

**NDB No. 19146**  
**Baking chocolate, M&M MARS, "M&M's" Milk Chocolate Mini Baking Bits**  
*M&M/Mars Inc.*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common		
	Mean	Std. Error	Number of Data	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2
			Points					Measure 3
<b>Proximates:</b>								
Water.....g	2.42		0	MC	9		274.43	0.34
Energy.....kcal	498		0	MC	9		56473	71
Energy.....kj	2084				9		236284	296
Protein.....g	4.78		0	MC	9		542.05	0.68
Total lipid (fat).....g	23.34		0	MC	9		2646.76	3.31
Ash.....g	2.16		0	MC	9		244.94	0.31
Carbohydrate, by difference.....g	67.30		0	MC	9		7631.82	9.56
Fiber, total dietary.....g	2.7		0	MC	9		306.2	0.4
Sugars, total.....g	61.58		0	MC	9		6983.17	8.74
Starch.....g								
<b>Minerals:</b>								
Calcium, Ca.....mg	116		0	MC	9		13154	16
Iron, Fe.....mg	1.23		0	MC	9		139.48	0.17
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	68		0	MC	9		7711	10
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
<b>Vitamins:</b>								
Vitamin C, total ascorbic acid.....mg	0.6		0	MC	9		68.0	0.1
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folic acid.....mcg								
Folate, food.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	224		0	MC	9		25402	32
Vitamin A, RAE.....mcg_RAE								
Retinol.....mcg								
Vitamin E (alpha-tocopherol).....mg								
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....mcg								
<b>Lipids:</b>								
Fatty acids, total saturated.....g	14.452		0	MC	9		1638.857	2.052
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g								
12:0.....g								
13:0.....g								
14:0.....g								
15:0.....g								
16:0.....g								
17:0.....g								
18:0.....g								
20:0.....g								
22:0.....g								
24:0.....g								

**Baking chocolate, M&M MARS, "M&M's" Milk Chocolate Mini Baking Bits**

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

Measure 1 = 11340g: 1 package  
Measure 2 = 14.2g: 1 serving

## Carbohydrate

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

*M&M/Mars Inc.*

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.27		0	MC	9		0.18	144.02	0.18
Energy.....kcal	518		0	MC	9		73	58741	74
Energy.....kj	2167				9		303	245773	308
Protein.....g	4.42		0	MC	9		0.62	501.23	0.63
Total lipid (fat).....g	26.29		0	MC	9		3.68	2981.29	3.73
Ash.....g	2.07		0	MC	9		0.29	234.74	0.29
Carbohydrate, by difference.....g	65.96		0	MC	9		9.23	7479.86	9.37
Fiber, total dietary.....g	6.7		0	MC	9		0.9	759.8	1.0
Sugars, total.....g	53.19		0	MC	9		7.45	6031.75	7.55
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	34		0	MC	9		5	3856	5
Iron, Fe.....mg	2.95		0	MC	9		0.41	334.53	0.42
Magnesium, Mg.....mg	106		0	FLM	4		15	12020	15
Phosphorus, P.....mg	122		0	FLM	4		17	13835	17
Potassium, K.....mg	336		0	FLM	4		47	38102	48
Sodium, Na.....mg	3		0	MC	9		0	340	0
Zinc, Zn.....mg	1.49		0	FLM	4		0.21	168.97	0.21
Copper, Cu.....mg	0.646		0	FLM	4		0.090	73.256	0.092
Manganese, Mn.....mg	0.736		0	FLM	4		0.103	83.462	0.105
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0	0.0	0.0
Thiamin.....mg	0.051		0	FLM	4		0.007	5.783	0.007
Riboflavin.....mg	0.084		0	FLM	4		0.012	9.526	0.012
Niacin.....mg	0.393		0	FLM	4		0.055	44.566	0.056
Pantothenic acid.....mg	0.097		0	FLM	4		0.014	11.000	0.014
Vitamin B-6.....mg	0.046		0	FLM	4		0.006	5.216	0.007
Folate, total.....mcg	28		0	FLM	4		4	3175	4
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	28		0	FLM	4		4	3175	4
Folate, DFE.....mcg_DFE	28		0	NC	4		4	3175	4
Vitamin B-12.....mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, IU.....IU	73		0	MC	9		10	8278	10
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		1	414	1
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	15.655		0	MC	9		2.192	1775.277	2.223
4:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.044		0	FLM	4		0.006	4.990	0.006
15:0.....g									
16:0.....g	7.171		0	FLM	4		1.004	813.191	1.018
17:0.....g									
18:0.....g	8.243		0	FLM	4		1.154	934.756	1.171
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 19139

Baking chocolate, M&M MARS, "M&M's" Semisweet Chocolate Mini Baking Bits

Nutrients and Units	Amount in 100 grams of edible portion					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	8.789		0	FLM	4		1.230	996.673	1.248
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	8.789		0	FLM	4		1.230	996.673	1.248
20:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.842		0	FLM	4		0.118	95.483	0.120
18:2 undifferentiated.....g	0.842		0	FLM	4		0.118	95.483	0.120
18:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	3		0	MC	9		0	340	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 11340g: 1 package

Measure 3 = 14.2g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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



**NDB No. 19124**  
**Baking chocolate, mexican, squares**

Nutrients and Units	Amount in 100 grams of edible portion					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	5.044		2	A	1		1.009		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		2	A	1		0.007		
17:1.....g									
18:1 undifferentiated.....g	5.007		2	A	1		1.001		
20:1.....g	0.000		2	A	1		0.000		
22:1 undifferentiated.....g	0.000		2	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.162		2	A	1		0.232		
18:2 undifferentiated.....g	0.942		2	A	1		0.188		
18:3 undifferentiated.....g	0.072		2	A	1		0.014		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.148		2	A	1		0.030		
20:5 n-3.....g	0.000		2	A	1		0.000		
22:5 n-3.....g	0.000		2	A	1		0.000		
22:6 n-3.....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2	A	1		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	14		0	FLA	4		3		
Theobromine.....mg	231		0	FLA	4		46		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLA	4		0.013		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.052		
Lycopene.....mcg	0		0	FLA	4		0.006		
Lutein + zeaxanthin.....mcg	7		0	FLA	4		1.451		

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**Common Measures:**

Measure 1 = 20g: 1 tablet

**Calories Factors: Protein 2**

**Fat 8.4**

**Carbohydrate 3.7**

**Food Group: 19 Sweets**

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



**NDB No. 19077**  
**Baking chocolate, unsweetened, liquid**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	9.230		0		1		2.617		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		1		1		0.014		
17:1.....g									
18:1 undifferentiated.....g	9.180		1		1		2.603		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.700		0		1		3.033		
18:2 undifferentiated.....g	10.100		1		1		2.863		
18:3 undifferentiated.....g	0.600		1		1		0.170		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.182		0		1		0.052		
Threonine.....g	0.481		0		1		0.136		
Isoleucine.....g	0.471		0		1		0.134		
Leucine.....g	0.737		0		1		0.209		
Lysine.....g	0.609		0		1		0.173		
Methionine.....g	0.125		0		1		0.035		
Cystine.....g	0.148		0		1		0.042		
Phenylalanine.....g	0.584		0		1		0.166		
Tyrosine.....g	0.456		0		1		0.129		
Valine.....g	0.730		0		1		0.207		
Arginine.....g	0.689		0		1		0.195		
Histidine.....g	0.210		0		1		0.060		
Alanine.....g	0.561		0		1		0.159		
Aspartic acid.....g	1.211		0		1		0.343		
Glutamic acid.....g	1.828		0		1		0.518		
Glycine.....g	0.545		0		1		0.155		
Proline.....g	0.520		0		1		0.147		
Serine.....g	0.525		0		1		0.149		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	47		0	FLA	4		13		
Theobromine.....mg	1597		0	FLA	4		453		

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**Common Measures:**

Measure 1 = 28.35g: 1 oz

**Calories Factors: Protein 1.83**

**Fat 8.4**

**Carbohydrate 1.33**

**Food Group: 19 Sweets**

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



**NDB No. 19078**  
**Baking chocolate, unsweetened, squares**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.34	0.092	3	A	1		1.77	0.39	
Energy.....kcal	501		0	NC	4		662	145	
Energy.....kj	2097		0	NC	4		2768	608	
Protein (N x 5.63).....g	12.90		0	NR	4		17.03	3.74	
Adjusted Protein (N x 4.74).....g	10.86		0	NR	4		14.34	3.15	
Total lipid (fat).....g	52.31	0.337	3	A	1		69.05	15.17	
Ash.....g	3.60	0.146	3	A	1		4.76	1.04	
Carbohydrate, by difference.....g	29.84		0	NR	4		39.39	8.65	
Fiber, total dietary.....g	16.6		3	A	1		21.9	4.8	
Sugars, total.....g	0.91	0.177	3	A	1		1.21	0.26	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	101	7.206	3	A	1		134	29	
Iron, Fe.....mg	17.40	2.854	3	A	1		22.97	5.05	
Magnesium, Mg.....mg	327	7.767	3	A	1		432	95	
Phosphorus, P.....mg	400	25.115	3	A	1		528	116	
Potassium, K.....mg	830	41.914	3	A	1		1096	241	
Sodium, Na.....mg	24	2.671	3	A	1		31	7	
Zinc, Zn.....mg	9.63	1.011	3	A	1		12.72	2.79	
Copper, Cu.....mg	3.233	0.088	3	A	1		4.268	0.938	
Manganese, Mn.....mg	4.167	0.186	3	A	1		5.500	1.208	
Selenium, Se.....mcg	8.1		2	A	1		10.7	2.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg	0.147		2	A	1		0.194	0.043	
Riboflavin.....mg	0.100		2	A	1		0.132	0.029	
Niacin.....mg	1.355		2	A	1		1.789	0.393	
Pantothenic acid.....mg	0.168		2	A	1		0.222	0.049	
Vitamin B-6.....mg	0.027		2	A	1		0.036	0.008	
Folate, total.....mcg	28		2	A	1		37	8	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	28		2	A	1		37	8	
Folate, DFE.....mcg_DFE	28		0	NC	4		37	8	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.40		1	A	1		0.53	0.12	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	5.83		1	A	1		7.70	1.69	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	9.7		2	A	1		12.8	2.8	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	32.351		0	NC	4		42.704	9.382	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g	0.000	0.000	3	A	1		0.000	0.000	
14:0.....g	0.033	0.033	3	A	1		0.044	0.010	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	13.340	0.010	3	A	1		17.608	3.868	
17:0.....g	0.100	0.001	3	A	1		0.132	0.029	
18:0.....g	18.274	0.348	3	A	1		24.122	5.299	
20:0.....g	0.554	0.026	3	A	1		0.731	0.161	
22:0.....g	0.050	0.029	3	A	1		0.067	0.015	

NDB No. 19078

Baking chocolate, unsweetened, squares

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	16.106		0	NC	4		21.259	4.671	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.100	0.001	3	A	1		0.132	0.029	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	16.006		0	A	1		21.128	4.642	
18:1 c.....g	16.006	0.039	3	A	1		21.128	4.642	
18:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
20:1.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.555		0	NC	4		2.052	0.451	
18:2 undifferentiated.....g	1.438	0.008	3	A	1		1.898	0.417	
18:3 undifferentiated.....g	0.117		0	A	1		0.154	0.034	
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Stigmasterol.....mg	38		2	A	1		50	11	
Campesterol.....mg	13		2	A	1		18	4	
Beta-sitosterol.....mg	85		2	A	1		112	25	
<b>Amino Acids:</b>									
Tryptophan.....g	0.130		2	A	1		0.172	0.038	
Threonine.....g	0.370		2	A	1		0.488	0.107	
Isoleucine.....g	0.410		2	A	1		0.541	0.119	
Leucine.....g	0.695		2	A	1		0.917	0.202	
Lysine.....g	0.470		2	A	1		0.620	0.136	
Methionine.....g	0.140		2	A	1		0.185	0.041	
Cystine.....g	0.225		2	A	1		0.297	0.065	
Phenylalanine.....g	0.525		2	A	1		0.693	0.152	
Tyrosine.....g	0.425		2	A	1		0.561	0.123	
Valine.....g	0.655		2	A	1		0.865	0.190	
Arginine.....g	0.815		2	A	1		1.076	0.236	
Histidine.....g	0.215		2	A	1		0.284	0.062	
Alanine.....g	0.475		2	A	1		0.627	0.138	
Aspartic acid.....g	1.270		2	A	1		1.676	0.368	
Glutamic acid.....g	1.870		2	A	1		2.468	0.542	
Glycine.....g	0.505		2	A	1		0.667	0.146	
Proline.....g	0.880		2	A	1		1.162	0.255	
Serine.....g	0.530		2	A	1		0.700	0.154	
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	80	0.000	3	A	1		106	23	
Theobromine.....mg	1297	34.801	3	A	1		1712	376	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		2	A	1		0.000	0.000	
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	
Lycopene.....mcg	0		2	A	1		0.000	0.000	

**NDB No. 19078**  
**Baking chocolate, unsweetened, squares**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
	Points								
Lutein + zeaxanthin.....mcg	38		0	NR	4		50.589	11.114	

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

**Common Measures:**

Measure 1 = 132g: 1 cup, grated

Measure 2 = 29g: 1 square

**Calories Factors:** Protein 1.83 Fat 8.37 Carbohydrate 1.33

**Food Group:** 19 Sweets

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

**NDB No. 19248**  
**Candies, ALMOND JOY BITES**  
*Hershey Food Corp.*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.26		1	MC	9		0.50		
Energy.....kcal	545		1	MC	9		218		
Energy.....kj	2282		0	MC	9		913		
Protein (N x 6.25).....g	5.58		1	MC	9		2.23		
Total lipid (fat).....g	34.50		1	MC	9		13.80		
Ash.....g	1.12		1	MC	9		0.45		
Carbohydrate, by difference.....g	57.48		1	MC	9		22.99		
Fiber, total dietary.....g	4.3		1	MC	9		1.7		
Sugars, total.....g	51.71		1	MC	9		20.68		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	109		1	MC	9		44		
Iron, Fe.....mg	1.33		1	MC	9		0.53		
Magnesium, Mg.....mg	38		1	MC	9		15		
Phosphorus, P.....mg	129		1	MC	9		52		
Potassium, K.....mg	306		1	MC	9		123		
Sodium, Na.....mg	39		1	MC	9		16		
Zinc, Zn.....mg	0.79		1	MC	9		0.32		
Copper, Cu.....mg	0.180		1	MC	9		0.072		
Manganese, Mn.....mg	0.000		1	MC	9		0.000		
Selenium, Se.....mcg	0.0		1	MC	9		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		1	MC	9		0.4		
Thiamin.....mg	0.040		1	MC	9		0.016		
Riboflavin.....mg	0.160		1	MC	9		0.064		
Niacin.....mg	0.330		1	MC	9		0.132		
Pantothenic acid.....mg	0.250		1	MC	9		0.100		
Vitamin B-6.....mg	0.060		1	MC	9		0.024		
Folate, total.....mcg	8		1	MC	9		3		
Folic acid.....mcg									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	117		1	MC	9		47		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	20.600		1	MC	9		8.240		
Fatty acids, total monounsaturated.....g	8.850		1	MC	9		3.540		
Fatty acids, total polyunsaturated.....g	1.460		1	MC	9		0.584		
Fatty acids, total trans.....g									
Cholesterol.....mg	11		1	MC	9		5		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		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.

**NDB No. 19248**  
**Candies, ALMOND JOY BITES**

**Common Measures:**  
Measure 1 = 40g: 18 pieces

<b>Calories Factors:</b>	<b>Protein</b>	<b>Fat</b>	<b>Carbohydrate</b>	<b>Food Group:</b> 19 Sweets
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 19098**  
**Candies, 5TH AVENUE Candy Bar**

*Hershey Food Corp.*

**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	measures of food		
			of Data Points				Measure 1	Measure 2	Measure 3
<b><u>Proximates:</u></b>									
Water.....g	2.30		1	MC	9		1.29	0.37	
Energy.....kcal	482		1	MC	9		270	77	
Energy.....kj	2017		0	MC	9		1130	323	
Protein.....g	8.78		1	MC	9		4.92	1.40	
Total lipid (fat).....g	23.98		1	MC	9		13.43	3.84	
Ash.....g	1.91		1	MC	9		1.07	0.31	
Carbohydrate, by difference.....g	62.68		1	MC	9		35.10	10.03	
Fiber, total dietary.....g	3.1		1	MC	9		1.7	0.5	
Sugars, total.....g	47.19		1	MC	9		26.43	7.55	
Starch.....g									
<b><u>Minerals:</u></b>									
Calcium, Ca.....mg	73		1	MC	9		41	12	
Iron, Fe.....mg	1.20		1	MC	9		0.67	0.19	
Magnesium, Mg.....mg	62		1	MC	9		35	10	
Phosphorus, P.....mg	141		1	MC	9		79	23	
Potassium, K.....mg	347		1	MC	9		195	56	
Sodium, Na.....mg	225		1	MC	9		126	36	
Zinc, Zn.....mg	1.12		1	MC	9		0.63	0.18	
Copper, Cu.....mg	0.210		1	MC	9		0.118	0.034	
Manganese, Mn.....mg	0.050		1	MC	9		0.028	0.008	
Selenium, Se.....mcg	0.6		1	MC	9		0.3	0.1	
<b><u>Vitamins:</u></b>									
Vitamin C, total ascorbic acid.....mg	0.4		1	MC	9		0.2	0.1	
Thiamin.....mg	0.140		1	MC	9		0.078	0.022	
Riboflavin.....mg	0.090		1	MC	9		0.050	0.014	
Niacin.....mg	3.900		1	MC	9		2.184	0.624	
Pantothenic acid.....mg	0.540		1	MC	9		0.302	0.086	
Vitamin B-6.....mg	0.110		1	MC	9		0.062	0.018	
Folate, total.....mcg	36		0	FLM	4		20	6	
Folic acid.....mcg	0		0	FLM	4		0	0	
Folate, food.....mcg	36		0	FLM	4		20	6	
Folate, DFE.....mcg_DFE	36		0	NC	4		20	6	
Vitamin B-12.....mcg	0.18		0	FLM	4		0.10	0.03	
Vitamin A, IU.....IU	51		0	FLM	4		28	8	
Vitamin A, RAE.....mcg_RAE	14		0	FLM	4		8	2	
Retinol.....mcg	14		0	FLM	4		8	2	
Vitamin E (alpha-tocopherol).....mg	2.70		0	FLM	4		1.51	0.43	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.7		0	FLM	4		1.5	0.4	
<b><u>Lipids:</u></b>									
Fatty acids, total saturated.....g	6.650		1	MC	9		3.724	1.064	
4:0.....g	0.128		0	FLM	4		0.072	0.020	
6:0.....g	0.045		0	FLM	4		0.025	0.007	
8:0.....g	0.028		0	FLM	4		0.015	0.004	
10:0.....g	0.053		0	FLM	4		0.030	0.009	
12:0.....g	0.058		0	FLM	4		0.033	0.009	
13:0.....g	0.000		0	FLM	4		0.000	0.000	
14:0.....g	0.213		0	FLM	4		0.119	0.034	
15:0.....g	0.016		0	FLM	4		0.009	0.003	
16:0.....g	3.532		0	FLM	4		1.978	0.565	
17:0.....g	0.015		0	FLM	4		0.008	0.002	
18:0.....g	1.974		0	FLM	4		1.106	0.316	
20:0.....g	0.040		0	FLM	4		0.022	0.006	
22:0.....g	0.004		0	FLM	4		0.002	0.001	

**NDB No. 19098**  
**Candies, 5TH AVENUE Candy Bar**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	10.600		1	MC	9		5.936	1.696	
14:1.....g	0.014		0	FLM	4		0.008	0.002	
15:1.....g	0.000		0	FLM	4		0.000	0.000	
16:1 undifferentiated.....g	0.054		0	FLM	4		0.030	0.009	
17:1.....g	0.004		0	FLM	4		0.002	0.001	
18:1 undifferentiated.....g	8.355		0	FLM	4		4.679	1.337	
20:1.....g	0.145		0	FLM	4		0.081	0.023	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	3.390		0	FLM	4		1.898	0.542	
18:2 undifferentiated.....g	3.305		0	FLM	4		1.851	0.529	
18:3 undifferentiated.....g	0.084		0	FLM	4		0.047	0.014	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	6		1	MC	9		3	1	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	
Caffeine.....mg	5		0	FLM	4		3	1	
Theobromine.....mg	79		0	FLM	4		44	13	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	1		0	FLM	4		0.298	0.085	
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLM	4		0.264	0.075	

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**Common Measures:**

Measure 1 = 56g: 1 bar 2 oz

Measure 2 = 16g: 1 bar snack size

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

**NDB No. 19065**  
**Candies, ALMOND JOY Candy Bar**  
*Hershey Food Corp.*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	8.20		1	MC	9		4.02	1.56	
Energy.....kcal	479		1	MC	9		235	91	
Energy.....kj	2003		0	MC	9		981	380	
Protein.....g	4.13		1	MC	9		2.02	0.78	
Total lipid (fat).....g	26.93		1	MC	9		13.20	5.12	
Ash.....g	1.23		1	MC	9		0.60	0.23	
Carbohydrate, by difference.....g	59.51		0	NC	4		29.16	11.31	
Fiber, total dietary.....g	5.0		1	MC	9		2.5	1.0	
Sugars, total.....g	48.34		1	MC	9		23.69	9.18	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	64		1	MC	9		31	12	
Iron, Fe.....mg	1.27		1	MC	9		0.62	0.24	
Magnesium, Mg.....mg									
Phosphorus, P.....mg	112		1	MC	9		55	21	
Potassium, K.....mg	254		1	MC	9		124	48	
Sodium, Na.....mg	142		1	MC	9		70	27	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		1	MC	9		0.3	0.1	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	42		1	MC	9		21	8	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	17.590		1	MC	9		8.619	3.342	
Fatty acids, total monounsaturated.....g	5.260		1	MC	9		2.577	0.999	
Fatty acids, total polyunsaturated.....g	1.180		1	MC	9		0.578	0.224	
Fatty acids, total trans.....g									
Cholesterol.....mg	4		1	MC	9		2	1	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 49g: 1 package 1.76 oz

Measure 2 = 19g: 1 bar snack size



NDB No. 19065  
Candies, ALMOND JOY Candy Bar

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 19 Sweets
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 19075**  
**Candies, CARAMELLO Candy Bar**  
*Hershey Food Corp.*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.79		1	MC	9		2.38	3.06	2.92
Energy.....kcal	462		1	MC	9		162	208	199
Energy.....kj	1932		0	MC	9		676	869	831
Protein.....g	6.19		1	MC	9		2.17	2.79	2.66
Total lipid (fat).....g	21.19		1	MC	9		7.42	9.54	9.11
Ash.....g	1.46		1	MC	9		0.51	0.66	0.63
Carbohydrate, by difference.....g	63.81		1	MC	9		22.33	28.71	27.44
Fiber, total dietary.....g	1.2		1	MC	9		0.4	0.5	0.5
Sugars, total.....g	56.92		1	MC	9		19.92	25.61	24.48
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	213		1	MC	9		74	96	92
Iron, Fe.....mg	1.09		1	MC	9		0.38	0.49	0.47
Magnesium, Mg.....mg									
Phosphorus, P.....mg	150		1	MC	9		53	68	65
Potassium, K.....mg	341		1	MC	9		119	154	147
Sodium, Na.....mg	122		1	MC	9		43	55	52
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.7		1	MC	9		0.6	0.8	0.7
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	303		1	MC	9		106	136	130
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	12.720		1	MC	9		4.452	5.724	5.470
Fatty acids, total monounsaturated.....g	5.290		1	MC	9		1.852	2.381	2.275
Fatty acids, total polyunsaturated.....g	0.630		1	MC	9		0.221	0.284	0.271
Fatty acids, total trans.....g									
Cholesterol.....mg	27		1	MC	9		9	12	11
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 35g: 1 bar 1.25 oz

Measure 2 = 45g: 1 bar 1.6 oz

Measure 3 = 43g: 6 blocks

NDB No. 19075  
Candies, CARMELLO Candy Bar

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 19 Sweets
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 19179**  
**Candies, E.J. BRACH'S, BRACH'S STAR BRITES Peppermint Mints**  
*E.J. Brach's Corp.*

**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	Code	Code				
<b><u>Proximates:</u></b>									
Water.....g	1.90		1	A	1		0.29		
Energy.....kcal	393		0	NC	4		59		
Energy.....kj	1643				4		246		
Protein.....g	0.00		1	A	1		0.00		
Total lipid (fat).....g	0.20		1	A	1		0.03		
Ash.....g	0.20		1	A	1		0.03		
Carbohydrate, by difference.....g	97.70		0	NC	4		14.66		
Fiber, total dietary.....g									
Sugars, total.....g	62.90		1	A	1		9.44		
Starch.....g									
<b><u>Minerals:</u></b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	40		1	A	1		6		
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 = 15.0g: 3 pieces

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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

**NDB No. 19243**  
**Candies, HEATH BITES**  
*Hershey Food Corp.*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	0.86		1	MC	9		0.34		
Energy.....kcal	530		1	MC	9		207		
Energy.....kj	2217		0	MC	9		864		
Protein (N x 6.25).....g	3.94		1	MC	9		1.54		
Total lipid (fat).....g	30.38		1	MC	9		11.85		
Ash.....g	1.16		1	MC	9		0.45		
Carbohydrate, by difference.....g	63.39		1	MC	9		24.72		
Fiber, total dietary.....g	2.0		1	MC	9		0.8		
Sugars, total.....g	60.02		1	MC	9		23.41		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	86		1	MC	9		34		
Iron, Fe.....mg	0.78		1	MC	9		0.30		
Magnesium, Mg.....mg	6		1	MC	9		2		
Phosphorus, P.....mg	71		1	MC	9		28		
Potassium, K.....mg	210		1	MC	9		82		
Sodium, Na.....mg	245		1	MC	9		96		
Zinc, Zn.....mg	0.11		1	MC	9		0.04		
Copper, Cu.....mg	0.030		1	MC	9		0.012		
Manganese, Mn.....mg	0.000		1	MC	9		0.000		
Selenium, Se.....mcg	0.0		1	MC	9		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		1	MC	9		0.3		
Thiamin.....mg	0.020		1	MC	9		0.008		
Riboflavin.....mg	0.110		1	MC	9		0.043		
Niacin.....mg	0.090		1	MC	9		0.035		
Pantothenic acid.....mg	0.010		1	MC	9		0.004		
Vitamin B-6.....mg	0.000		1	MC	9		0.000		
Folate, total.....mcg	1		1	MC	9		1		
Folic acid.....mcg									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	232		1	MC	9		91		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	15.620		1	MC	9		6.092		
Fatty acids, total monounsaturated.....g	8.800		1	MC	9		3.432		
Fatty acids, total polyunsaturated.....g	2.550		1	MC	9		0.995		
Fatty acids, total trans.....g									
Cholesterol.....mg	19		1	MC	9		7		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0		
Caffeine.....mg	0		1	MC	9		0		
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.

**NDB No. 19243**  
**Candies, HEATH BITES**  
**Common Measures:**  
Measure 1 = 39g: 15 pieces

<b>Calories Factors:</b>	<b>Protein</b>	<b>Fat</b>	<b>Carbohydrate</b>	<b>Food Group:</b> 19 Sweets
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 19084**  
**Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES**  
*Hershey Food Corp.*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g									
Energy.....kcal	570		0	NC	4		234		
Energy.....kj	2384		0	NC	4		977		
Protein (N x 6.25).....g	11.97		1	MC	9		4.91		
Total lipid (fat).....g	37.13		1	MC	9		15.22		
Ash.....g									
Carbohydrate, by difference.....g	46.91		1	MC	9		19.23		
Fiber, total dietary.....g	4.4		1	MC	9		1.8		
Sugars, total.....g	37.13		1	MC	9		15.22		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	203		1	MC	9		83		
Iron, Fe.....mg	2.50		1	MC	9		1.03		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	52		1	MC	9		21		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		1	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	15.230		1	MC	9		6.244		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	13		1	MC	9		5		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 41g: 13 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 19084**

**Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES**

**Food Group:** 19 Sweets

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



**NDB No. 19236**  
**Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES**  
*Hershey Food Corp.*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
<b>Proximates:</b>									
Water.....g	1.19		1	MC	9		0.46		
Energy.....kcal	550		1	MC	9		214		
Energy.....kj	2300		0	MC	9		897		
Protein (N x 6.25).....g	9.76		1	MC	9		3.81		
Total lipid (fat).....g	35.73		1	MC	9		13.93		
Ash.....g	1.59		1	MC	9		0.62		
Carbohydrate, by difference.....g	51.00		1	MC	9		19.89		
Fiber, total dietary.....g	3.6		1	MC	9		1.4		
Sugars, total.....g	44.59		1	MC	9		17.39		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	220		1	MC	9		86		
Iron, Fe.....mg	1.50		1	MC	9		0.59		
Magnesium, Mg.....mg	59		1	MC	9		23		
Phosphorus, P.....mg	227		1	MC	9		88		
Potassium, K.....mg	471		1	MC	9		184		
Sodium, Na.....mg	74		1	MC	9		29		
Zinc, Zn.....mg	1.34		1	MC	9		0.52		
Copper, Cu.....mg	0.200		1	MC	9		0.078		
Manganese, Mn.....mg	0.010		1	MC	9		0.004		
Selenium, Se.....mcg	3.4		1	MC	9		1.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.8		1	MC	9		0.7		
Thiamin.....mg	0.070		1	MC	9		0.027		
Riboflavin.....mg	0.380		1	MC	9		0.148		
Niacin.....mg	0.620		1	MC	9		0.242		
Pantothenic acid.....mg	0.470		1	MC	9		0.183		
Vitamin B-6.....mg	0.070		1	MC	9		0.027		
Folate, total.....mcg	16		1	MC	9		6		
Folic acid.....mcg									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	177		1	MC	9		69		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	17.390		1	MC	9		6.782		
Fatty acids, total monounsaturated.....g	14.380		1	MC	9		5.608		
Fatty acids, total polyunsaturated.....g	2.420		1	MC	9		0.944		
Fatty acids, total trans.....g	0.150		1	MC	9		0.059		
Cholesterol.....mg	19		1	MC	9		7		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		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.

**NDB No. 19236**  
**Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES**

**Common Measures:**  
Measure 1 = 39g: 17 pieces

<b>Calories Factors:</b>	<b>Protein</b>	<b>Fat</b>	<b>Carbohydrate</b>	<b>Food Group:</b> 19 Sweets
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

*Hershey Food Corp.*

[illegible]

## Carbohydrate

**NDB No. 19130**  
**Candies, HERSHEY'S POT OF GOLD Almond Bar**

**Food Group:** 19 Sweets

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

**NDB No. 19253**  
**Candies, HERSHEY, Crispy Rice Snacks Peanut Butter**  
*Hershey Food Corp.*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	3.88		1	MC	9				
Energy.....kcal	443		1	MC	9				
Energy.....kj	1855		0	MC	9				
Protein (N x 6.25).....g	6.46		1	MC	9				
Total lipid (fat).....g	15.86		1	MC	9				
Ash.....g	2.71		1	MC	9				
Carbohydrate, by difference.....g	71.00		1	MC	9				
Fiber, total dietary.....g	2.1		1	MC	9				
Sugars, total.....g	32.45		1	MC	9				
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	344		1	MC	9				
Iron, Fe.....mg	5.17		1	MC	9				
Magnesium, Mg.....mg	28		1	MC	9				
Phosphorus, P.....mg	102		1	MC	9				
Potassium, K.....mg	185		1	MC	9				
Sodium, Na.....mg	406		1	MC	9				
Zinc, Zn.....mg	0.49		1	MC	9				
Copper, Cu.....mg	0.110		1	MC	9				
Manganese, Mn.....mg	0.000		1	MC	9				
Selenium, Se.....mcg	0.0		1	MC	9				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	14.9		1	MC	9				
Thiamin.....mg	0.430		1	MC	9				
Riboflavin.....mg	0.450		1	MC	9				
Niacin.....mg	6.900		1	MC	9				
Pantothenic acid.....mg	0.210		1	MC	9				
Vitamin B-6.....mg	0.530		1	MC	9				
Folate, total.....mcg	119		1	MC	9				
Folic acid.....mcg									
Folate, food.....mcg	119		1	MC	9				
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	1248		1	MC	9				
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.280		1	MC	9				
Fatty acids, total monounsaturated.....g	6.020		1	MC	9				
Fatty acids, total polyunsaturated.....g	2.970		1	MC	9				
Fatty acids, total trans.....g	0.000		1	MC	9				
Cholesterol.....mg	3		1	MC	9				
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9				
Caffeine.....mg	0		1	MC	9				
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.

NDB No. 19253  
Candies, HERSHEY, Crispy Rice Snacks Peanut Butter  
Common Measures:

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 19 Sweets
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 19250**  
**Candies, HERSHEY, KIT KAT BIG KAT Bar**  
*Hershey Food Corp.*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.10		1	MC	9		0.61	0.87	
Energy.....kcal	520		1	MC	9		286	411	
Energy.....kj	2175		0	MC	9		1196	1718	
Protein (N x 6.25).....g	6.24		1	MC	9		3.43	4.93	
Total lipid (fat).....g	27.84		1	MC	9		15.31	21.99	
Ash.....g	0.96		1	MC	9		0.53	0.76	
Carbohydrate, by difference.....g	63.64		1	MC	9		35.00	50.28	
Fiber, total dietary.....g	1.9		1	MC	9		1.0	1.5	
Sugars, total.....g	53.96		1	MC	9		29.68	42.63	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	138		1	MC	9		76	109	
Iron, Fe.....mg	0.84		1	MC	9		0.46	0.66	
Magnesium, Mg.....mg	2		1	MC	9		1	2	
Phosphorus, P.....mg	112		1	MC	9		62	89	
Potassium, K.....mg	294		1	MC	9		162	233	
Sodium, Na.....mg	64		1	MC	9		35	51	
Zinc, Zn.....mg	0.07		1	MC	9		0.04	0.06	
Copper, Cu.....mg	0.010		1	MC	9		0.006	0.008	
Manganese, Mn.....mg	0.000		1	MC	9		0.000	0.000	
Selenium, Se.....mcg	0.0		1	MC	9		0.0	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.3		1	MC	9		0.7	1.1	
Thiamin.....mg	0.050		1	MC	9		0.028	0.040	
Riboflavin.....mg	0.170		1	MC	9		0.094	0.134	
Niacin.....mg	0.180		1	MC	9		0.099	0.142	
Pantothenic acid.....mg	0.040		1	MC	9		0.022	0.032	
Vitamin B-6.....mg	0.000		1	MC	9		0.000	0.000	
Folate, total.....mcg	3		1	MC	9		2	2	
Folic acid.....mcg									
Folate, food.....mcg	3		1	MC	9		2	2	
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	92		1	MC	9		50	72	
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	17.990		1	MC	9		9.895	14.212	
Fatty acids, total monounsaturated.....g	4.910		1	MC	9		2.701	3.879	
Fatty acids, total polyunsaturated.....g	0.510		1	MC	9		0.281	0.403	
Fatty acids, total trans.....g	0.000		1	MC	9		0.000	0.000	
Cholesterol.....mg	9		1	MC	9		5	7	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	
Caffeine.....mg	0		1	MC	9		0	0	
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.

**NDB No. 19250**

**Candies, HERSHEY, KIT KAT BIG KAT Bar**

**Common Measures:**

Measure 1 = 55g: 1 bar 1.94 oz

Measure 2 = 79g: 1 bar king size 2.8 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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



NDB No. 19249

Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate

Hershey Food Corp.

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						
<b>Proximates:</b>									
Water.....g	1.60		1	MC	9		0.67		
Energy.....kcal	521		1	MC	9		219		
Energy.....kj	2181		0	MC	9		916		
Protein (N x 6.25).....g	9.53		1	MC	9		4.00		
Total lipid (fat).....g	31.34		1	MC	9		13.16		
Ash.....g	2.00		1	MC	9		0.84		
Carbohydrate, by difference.....g	55.38		1	MC	9		23.26		
Fiber, total dietary.....g	3.3		1	MC	9		1.4		
Sugars, total.....g	40.33		1	MC	9		16.94		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	70		1	MC	9		30		
Iron, Fe.....mg	1.30		1	MC	9		0.55		
Magnesium, Mg.....mg	49		1	MC	9		21		
Phosphorus, P.....mg	144		1	MC	9		60		
Potassium, K.....mg	295		1	MC	9		124		
Sodium, Na.....mg	264		1	MC	9		111		
Zinc, Zn.....mg	0.99		1	MC	9		0.42		
Copper, Cu.....mg	0.200		1	MC	9		0.084		
Manganese, Mn.....mg	0.000		1	MC	9		0.000		
Selenium, Se.....mcg	0.7		1	MC	9		0.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6		1	MC	9		0.2		
Thiamin.....mg	0.130		1	MC	9		0.055		
Riboflavin.....mg	0.100		1	MC	9		0.042		
Niacin.....mg	3.640		1	MC	9		1.529		
Pantothenic acid.....mg	0.440		1	MC	9		0.185		
Vitamin B-6.....mg	0.080		1	MC	9		0.034		
Folate, total.....mcg	40		1	MC	9		17		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	40		1	MC	9		17		
Folate, DFE.....mcg_DFE	40		0	NC	4		17		
Vitamin B-12.....mcg	0.15		0	FLC	4		0.06		
Vitamin A, IU.....IU	58		1	MC	9		24		
Vitamin A, RAE.....mcg_RAE	14		0	NC	4		6		
Retinol.....mcg	14		0	O	4		6		
Vitamin E (alpha-tocopherol).....mg	2.77		0	FLC	4		1.16		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.9		0	FLC	4		2.5		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	13.210		1	MC	9		5.548		
4:0.....g	0.119		0	FLC	4		0.050		
6:0.....g	0.044		0	FLC	4		0.018		
8:0.....g	0.040		0	FLC	4		0.017		
10:0.....g	0.060		0	FLC	4		0.025		
12:0.....g	0.222		0	FLC	4		0.093		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.236		0	FLC	4		0.099		
15:0.....g	0.016		0	FLC	4		0.007		
16:0.....g	6.006		0	FLC	4		2.523		
17:0.....g	0.015		0	FLC	4		0.006		
18:0.....g	6.155		0	FLC	4		2.585		
20:0.....g	0.040		0	FLC	4		0.017		
22:0.....g	0.004		0	FLC	4		0.002		
24:0.....g	0.000		0	FLC	4		0.000		

NDB No. 19249

Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate

Nutrients and Units	Amount in 100 grams of edible portion					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	10.820		1	MC	9		4.544		
14:1.....g	0.013		0	FLC	4		0.005		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.053		0	FLC	4		0.022		
17:1.....g	0.004		0	FLC	4		0.002		
18:1 undifferentiated.....g	9.323		0	FLC	4		3.915		
20:1.....g	0.113		0	FLC	4		0.048		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	4.680		1	MC	9		1.966		
18:2 undifferentiated.....g	4.593		0	FLC	4		1.929		
18:3 undifferentiated.....g	0.049		0	FLC	4		0.020		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	6		1	MC	9		2		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0		
Caffeine.....mg	0		1	MC	9		0		
Theobromine.....mg	48		0	FLC	4		20		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	4		0	NR	4		1.680		
Carotene, alpha.....mcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	45		0	FLC	4		18.727		

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

#### Common Measures:

Measure 1 = 42g: 1 serving 1.5 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

**NDB No. 19237**  
**Candies, KIT KAT BITES**  
*Hershey Food Corp.*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	1.00		1	MC	9		0.39		
Energy.....kcal	511		1	MC	9		199		
Energy.....kj	2139		0	MC	9		834		
Protein (N x 6.25).....g	6.50		1	MC	9		2.54		
Total lipid (fat).....g	26.41		1	MC	9		10.30		
Ash.....g	0.87		1	MC	9		0.34		
Carbohydrate, by difference.....g	64.55		1	MC	9		25.17		
Fiber, total dietary.....g	2.2		1	MC	9		0.8		
Sugars, total.....g	49.47		1	MC	9		19.29		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	131		1	MC	9		51		
Iron, Fe.....mg	0.88		1	MC	9		0.34		
Magnesium, Mg.....mg	0		1	MC	9		0		
Phosphorus, P.....mg	94		1	MC	9		37		
Potassium, K.....mg	297		1	MC	9		116		
Sodium, Na.....mg	67		1	MC	9		26		
Zinc, Zn.....mg	0.00		1	MC	9		0.00		
Copper, Cu.....mg	0.000		1	MC	9		0.000		
Manganese, Mn.....mg	0.000		1	MC	9		0.000		
Selenium, Se.....mcg	0.0		1	MC	9		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2		1	MC	9		0.5		
Thiamin.....mg	0.030		1	MC	9		0.012		
Riboflavin.....mg	0.160		1	MC	9		0.062		
Niacin.....mg	0.060		1	MC	9		0.023		
Pantothenic acid.....mg	0.000		1	MC	9		0.000		
Vitamin B-6.....mg	0.000		1	MC	9		0.000		
Folate, total.....mcg	1		1	MC	9		0		
Folic acid.....mcg									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	84		1	MC	9		33		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	17.100		1	MC	9		6.669		
Fatty acids, total monounsaturated.....g	4.500		1	MC	9		1.755		
Fatty acids, total polyunsaturated.....g	0.430		1	MC	9		0.168		
Fatty acids, total trans.....g									
Cholesterol.....mg	8		1	MC	9		3		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		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.

**NDB No. 19237**  
**Candies, KIT KAT BITES**

**Common Measures:**  
Measure 1 = 39g: 15 pieces

<b>Calories Factors:</b>	<b>Protein</b>	<b>Fat</b>	<b>Carbohydrate</b>	<b>Food Group:</b> 19 Sweets
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 19109**  
**Candies, KIT KAT Wafer Bar**  
*Hershey Food Corp.*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.63		1	A	1		0.68	0.16	0.75
Energy.....kcal	518		0	NC	4		218	52	238
Energy.....kj	2169		0	NC	4		911	217	998
Protein (N x 6.25).....g	6.51		1	A	1		2.73	0.65	2.99
Total lipid (fat).....g	25.99		1	A	1		10.92	2.60	11.96
Ash.....g	1.28		1	A	1		0.54	0.13	0.59
Carbohydrate, by difference.....g	64.59		0	NC	4		27.13	6.46	29.71
Fiber, total dietary.....g	1.0		1	A	1		0.4	0.1	0.5
Sugars, total.....g	48.68		1	A	1		20.45	4.87	22.39
Sucrose.....g	40.04		1	A	1		16.82	4.00	18.42
Glucose (dextrose).....g	0.16		1	A	1		0.07	0.02	0.07
Fructose.....g	0.20		1	A	1		0.08	0.02	0.09
Lactose.....g	8.21		1	A	1		3.45	0.82	3.78
Maltose.....g	0.07		1	A	1		0.03	0.01	0.03
Galactose.....g	0.00		1	A	1		0.00	0.00	0.00
Starch.....g	10.60		1	A	1		4.45	1.06	4.88
<b>Minerals:</b>									
Calcium, Ca.....mg	125		1	A	1		53	13	58
Iron, Fe.....mg	1.00		1	A	1		0.42	0.10	0.46
Magnesium, Mg.....mg	37		1	A	1		16	4	17
Phosphorus, P.....mg	135		1	A	1		57	14	62
Potassium, K.....mg	231		1	A	1		97	23	106
Sodium, Na.....mg	54		1	A	1		23	5	25
Zinc, Zn.....mg	0.09		1	MC	9		0.04	0.01	0.04
Copper, Cu.....mg	0.220		1	A	1		0.092	0.022	0.101
Manganese, Mn.....mg	0.100		1	A	1		0.042	0.010	0.046
Selenium, Se.....mcg	5.0		1	A	1		2.1	0.5	2.3
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin.....mg	0.117		1	A	1		0.049	0.012	0.054
Riboflavin.....mg	0.210		1	A	1		0.088	0.021	0.097
Niacin.....mg	0.500		1	A	1		0.210	0.050	0.230
Pantothenic acid.....mg	0.640		1	A	1		0.269	0.064	0.294
Vitamin B-6.....mg	0.020		1	A	1		0.008	0.002	0.009
Folate, total.....mcg	14		1	A	1		6	1	6
Folic acid.....mcg	6		1	A	1		3	1	3
Folate, food.....mcg	8		1	AS	1		3	1	4
Folate, DFE.....mcg_DFE	18		0	NC	4		8	2	8
Vitamin B-12.....mcg	0.56		1	A	1		0.24	0.06	0.26
Vitamin A, IU.....IU	81		0	AS	1		34	8	37
Vitamin A, RAE.....mcg_RAE	24		0	AS	1		10	2	11
Retinol.....mcg	24		1	A	1		10	2	11
Vitamin E (alpha-tocopherol).....mg	0.34		1	A	1		0.14	0.03	0.16
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	4.13		1	A	1		1.73	0.41	1.90
Tocopherol, delta.....mg	0.22		1	A	1		0.09	0.02	0.10
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.2		1	A	1		2.2	0.5	2.4
<b>Lipids:</b>									
Fatty acids, total saturated.....g	17.953		0	NC	4		7.540	1.795	8.258
4:0.....g	0.136		1	A	1		0.057	0.014	0.063
6:0.....g	0.117		1	A	1		0.049	0.012	0.054
8:0.....g	0.502		1	A	1		0.211	0.050	0.231
10:0.....g	0.508		1	A	1		0.213	0.051	0.234
12:0.....g	4.913		1	A	1		2.064	0.491	2.260
13:0.....g	0.000		1	A	1		0.000	0.000	0.000
14:0.....g	1.748		1	A	1		0.734	0.175	0.804
15:0.....g	0.049		1	A	1				0.023

**NDB No. 19109**  
**Candies, KIT KAT Wafer Bar**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:0.....g	0.049			A	1		0.021	0.005	
16:0.....g	4.978		1	A	1		2.091	0.498	2.290
17:0.....g	0.050		1	A	1		0.021	0.005	0.023
18:0.....g	4.802		1	A	1		2.017	0.480	2.209
20:0.....g	0.150		1	A	1		0.063	0.015	0.069
22:0.....g	0.000		1	A	1		0.000	0.000	0.000
24:0.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	5.844		0	NC	4		2.455	0.584	2.688
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.149		1	A	1		0.062	0.015	0.068
17:1.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	5.696		0	AS	1		2.392	0.570	2.620
18:1 c.....g	5.596		1	A	1		2.350	0.560	2.574
18:1 t.....g	0.099		1	A	1		0.042	0.010	0.046
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.895		0	NC	4		0.376	0.090	0.412
18:2 undifferentiated.....g	0.821		1	A	1		0.345	0.082	0.377
18:3 undifferentiated.....g	0.075		0	AS	1		0.031	0.007	0.034
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0	O	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	O	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.099		0	NC	4		0.042	0.010	0.046
Fatty acids, total trans-monoenoic.....g	0.099		0	NC	4		0.042	0.010	0.046
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	11		1	A	1		4	1	5
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.090		1	A	1		0.038	0.009	0.041
Threonine.....g	0.190		1	A	1		0.080	0.019	0.087
Isoleucine.....g	0.280		1	A	1		0.118	0.028	0.129
Leucine.....g	0.520		1	A	1		0.218	0.052	0.239
Lysine.....g	0.280		1	A	1		0.118	0.028	0.129
Methionine.....g	0.160		1	A	1		0.067	0.016	0.074
Cystine.....g	0.120		1	A	1		0.050	0.012	0.055
Phenylalanine.....g	0.270		1	A	1		0.113	0.027	0.124
Tyrosine.....g	0.150		1	A	1		0.063	0.015	0.069
Valine.....g	0.360		1	A	1		0.151	0.036	0.166
Arginine.....g	0.200		1	A	1		0.084	0.020	0.092
Histidine.....g	0.110		1	A	1		0.046	0.011	0.051
Alanine.....g	0.200		1	A	1		0.084	0.020	0.092
Aspartic acid.....g	0.470		1	A	1		0.197	0.047	0.216
Glutamic acid.....g	1.520		1	A	1		0.638	0.152	0.699
Glycine.....g	0.160		1	A	1		0.067	0.016	0.074
Proline.....g	0.650		1	A	1		0.273	0.065	0.299
Serine.....g	0.320		1	A	1		0.134	0.032	0.147
Hydroxyproline.....g	0.000		1	A	1		0.000	0.000	0.000
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	0.0
Caffeine.....mg	14		1	A	1		6	1	6
Theobromine.....mg	116		1	A	1		49	12	53

**NDB No. 19109**  
**Candies, KIT KAT Wafer Bar**

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				
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		1	A	1		0.000	0.000	0.000
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	0.000
Lycopene.....mcg	0		1	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	23		0	NR	4		9.702	2.310	10.626

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

**Common Measures:**

Measure 1 = 42g: 1 bar (1.5 oz)

Measure 2 = 10.0g: 1 bar, miniature (.35 oz)

Measure 3 = 46g: 1 bar (1.625 oz)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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

**NDB No. 19110**  
**Candies, KRACKEL Chocolate Bar**  
*Hershey Food Corp.*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.17		1	MC	9		0.48	0.66	0.43
Energy.....kcal	512		1	MC	9		210	287	189
Energy.....kj	2143		0	MC	9		878	1200	793
Protein.....g	6.62		1	MC	9		2.71	3.71	2.45
Total lipid (fat).....g	26.58		1	MC	9		10.90	14.88	9.83
Ash.....g	1.29		1	MC	9		0.53	0.72	0.48
Carbohydrate, by difference.....g	63.96		1	MC	9		26.22	35.82	23.67
Fiber, total dietary.....g	2.2		1	MC	9		0.9	1.3	0.8
Sugars, total.....g	52.53		1	MC	9		21.54	29.42	19.44
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	158		1	MC	9		65	88	58
Iron, Fe.....mg	1.06		1	MC	9		0.43	0.59	0.39
Magnesium, Mg.....mg	13		1	MC	9		5	7	5
Phosphorus, P.....mg	123		1	MC	9		51	69	46
Potassium, K.....mg	325		1	MC	9		133	182	120
Sodium, Na.....mg	196		1	MC	9		80	110	72
Zinc, Zn.....mg	0.49		1	MC	9		0.20	0.27	0.18
Copper, Cu.....mg	0.020		1	MC	9		0.008	0.011	0.007
Manganese, Mn.....mg	0.000		1	MC	9		0.000	0.000	0.000
Selenium, Se.....mcg	3.5		1	MC	9		1.4	1.9	1.3
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		1	MC	9		0.3	0.4	0.3
Thiamin.....mg	0.050		1	MC	9		0.021	0.028	0.019
Riboflavin.....mg	0.190		1	MC	9		0.078	0.106	0.070
Niacin.....mg	0.260		1	MC	9		0.107	0.146	0.096
Pantothenic acid.....mg	0.420		1	MC	9		0.172	0.235	0.155
Vitamin B-6.....mg	0.040		1	MC	9		0.016	0.022	0.015
Folate, total.....mcg	6		1	MC	9		2	3	2
Folic acid.....mcg									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	102		1	MC	9		42	57	38
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	15.920		1	MC	9		6.527	8.915	5.890
Fatty acids, total monounsaturated.....g	6.250		1	MC	9		2.563	3.500	2.313
Fatty acids, total polyunsaturated.....g	0.570		1	MC	9		0.234	0.319	0.211
Fatty acids, total trans.....g									
Cholesterol.....mg	11		1	MC	9		4	6	4
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

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



**NDB No. 19110**  
**Candies, KRACKEL Chocolate Bar**

**Common Measures:**  
Measure 1 = 41g: 1 bar 1.45 oz  
Measure 2 = 56g: 1 bar 2 oz  
Measure 3 = 37g: 3 blocks

<b>Calories Factors:</b>	<b>Protein</b>	<b>Fat</b>	<b>Carbohydrate</b>	<b>Food Group:</b> 19 Sweets
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Candies, M&M MARS, "M&M'S" Almond Chocolate Candies**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.60		0		4		3.12	0.05	
Energy.....kcal	526		0		4		1026	18	
Energy.....kj	2201		0	NC	4		4292	75	
Protein.....g	8.30		0		4		16.19	0.28	
Total lipid (fat).....g	27.80		0		4		54.21	0.95	
Ash.....g	1.79		0	FLC	4		3.50	0.06	
Carbohydrate, by difference.....g	60.60		0		4		118.17	2.06	
Fiber, total dietary.....g	3.2		0		4		6.2	0.1	
Sugars, total.....g	48.47		0	FLC	4		94.51	1.65	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	141		0		4		275	5	
Iron, Fe.....mg	1.96		0		4		3.82	0.07	
Magnesium, Mg.....mg	115		0		4		224	4	
Phosphorus, P.....mg	250		0		4		488	9	
Potassium, K.....mg	379		0		4		739	13	
Sodium, Na.....mg	107		0		4		209	4	
Zinc, Zn.....mg	1.52		0		4		2.96	0.05	
Copper, Cu.....mg	0.490		0		4		0.956	0.017	
Manganese, Mn.....mg									
Selenium, Se.....mcg	3.9		0	BFZN	4		7.6	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		0		4		2.0	0.0	
Thiamin.....mg	0.040		0		4		0.078	0.001	
Riboflavin.....mg	0.360		0		4		0.702	0.012	
Niacin.....mg	1.260		0		4		2.457	0.043	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.050		0		4		0.098	0.002	
Folate, total.....mcg	15		0		4		29	1	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	15		0		4		29	1	
Folate, DFE.....mcg_DFE	15		0	NC	4		29	1	
Vitamin B-12.....mcg	0.13		0		4		0.25	0.00	
Vitamin A, IU.....IU	112		0	FLC	4		218	4	
Vitamin A, RAE.....mcg_RAE	31		0	FLC	4		61	1	
Retinol.....mcg	31		0	FLC	4		60	1	
Vitamin E (alpha-tocopherol).....mg	6.77		0	FLC	4		13.19	0.23	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.6		0	FLC	4		7.1	0.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.574		0		4		18.669	0.326	
4:0.....g	0.081		0		4		0.158	0.003	
6:0.....g	0.022		0		4		0.043	0.001	
8:0.....g	0.025		0		4		0.049	0.001	
10:0.....g	0.055		0		4		0.107	0.002	
12:0.....g	0.058		0		4		0.113	0.002	
13:0.....g									
14:0.....g	0.352		0		4		0.686	0.012	
15:0.....g									
16:0.....g	4.578		0		4		8.927	0.156	
17:0.....g									
18:0.....g	4.403		0		4		8.586	0.150	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 42227**  
**Candies, M&M MARS, "M&M'S" Almond Chocolate Candies**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.518		0		4		26.360	0.460	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.215		0		4		0.419	0.007	
17:1.....g									
18:1 undifferentiated.....g	13.290		0		4		25.916	0.452	
20:1.....g	0.013		0		4		0.025	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.314		0		4		6.462	0.113	
18:2 undifferentiated.....g	3.183		0		4		6.207	0.108	
18:3 undifferentiated.....g	0.131		0		4		0.255	0.004	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0		4		14	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	11		0	BFZN	4		21	0	
Theobromine.....mg	76		0	BFZN	4		148	3	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	1		0	FLC	4		1.120	0.020	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.551	0.010	

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

**Common Measures:**

Measure 1 = 195g: 1 cup  
Measure 2 = 3.4g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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



**NDB No. 42148**  
**Candies, M&M MARS, "M&M'S" Peanut Butter Chocolate Candies**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.647				4		21.613	2.236	0.234
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	10.449				4		21.211	2.194	0.230
20:1.....g	0.198				4		0.402	0.042	0.004
22:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.886				4		9.919	1.026	0.107
18:2 undifferentiated.....g	4.801				4		9.746	1.008	0.106
18:3 undifferentiated.....g	0.025				4		0.051	0.005	0.001
18:4.....g	0.000				4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060				4		0.122	0.013	0.001
20:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:6 n-3.....g	0.000				4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	13				4		26	3	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				4		0.0	0.0	0.0
Caffeine.....mg	10		0	BFZN	4		20	2	0
Theobromine.....mg	66		0	BFZN	4		134	14	1
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLC	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	FLC	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 = 203g: 1 cup  
 Measure 2 = 21g: 1 bar, fun size  
 Measure 3 = 2.2g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

**NDB No. 19141**  
**Candies, M&M MARS, "M&M's" Milk Chocolate Candies**  
*M&M/Mars Inc.*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	1.68		1		1		3.49	0.71	175.27
Energy.....kcal	492		0	MC	9		1023	207	51330
Energy.....kj	2059				9		4282	865	214766
Protein.....g	4.33		0	MC	9		9.01	1.82	451.75
Total lipid (fat).....g	21.13		0	MC	9		43.95	8.87	2204.49
Ash.....g	1.63		0	MC	9		3.39	0.68	170.06
Carbohydrate, by difference.....g	71.21		0	MC	9		148.12	29.91	7429.34
Fiber, total dietary.....g	2.5		0	MC	9		5.2	1.1	260.8
Sugars, total.....g	63.66		0	MC	9		132.41	26.74	6641.65
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	105		0	MC	9		218	44	10955
Iron, Fe.....mg	1.11		0	MC	9		2.31	0.47	115.81
Magnesium, Mg.....mg	34		0	FLM	4		71	14	3572
Phosphorus, P.....mg	114		0	FLM	4		237	48	11901
Potassium, K.....mg	203		0	FLM	4		423	85	21201
Sodium, Na.....mg	61		0	MC	9		127	26	6364
Zinc, Zn.....mg	1.10		0	FLM	4		2.28	0.46	114.39
Copper, Cu.....mg	0.272		0	FLM	4		0.566	0.114	28.414
Manganese, Mn.....mg	0.266		0	FLM	4		0.553	0.112	27.758
Selenium, Se.....mcg	2.9		0	FLM	4		6.0	1.2	298.5
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		0	MC	9		1.0	0.2	52.2
Thiamin.....mg	0.061		0	FLM	4		0.126	0.025	6.328
Riboflavin.....mg	0.169		0	FLM	4		0.352	0.071	17.646
Niacin.....mg	0.209		0	FLM	4		0.436	0.088	21.857
Pantothenic acid.....mg	0.257		0	FLM	4		0.535	0.108	26.845
Vitamin B-6.....mg	0.019		0	FLM	4		0.040	0.008	2.022
Folate, total.....mcg	6		0	FLM	4		13	3	666
Folic acid.....mcg	0		0	FLM	4		0	0	0
Folate, food.....mcg	6		0	FLM	4		13	3	666
Folate, DFE.....mcg_DFE	6		0	NC	4		13	3	666
Vitamin B-12.....mcg	0.34		0	FLM	4		0.70	0.14	35.10
Vitamin A, IU.....IU	95		0	FLM	4		197	40	9868
Vitamin A, RAE.....mcg_RAE	27		0	FLM	4		55	11	2768
Retinol.....mcg	26		0	FLM	4		54	11	2730
Vitamin E (alpha-tocopherol).....mg	1.10		0	FLM	4		2.28	0.46	114.44
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.1		0	FLM	4		6.5	1.3	324.5
<b>Lipids:</b>									
Fatty acids, total saturated.....g	13.080		0	MC	9		27.206	5.494	1364.636
4:0.....g	0.442		0	FLM	4		0.920	0.186	46.133
6:0.....g	0.160		0	FLM	4		0.332	0.067	16.672
8:0.....g	0.091		0	FLM	4		0.190	0.038	9.537
10:0.....g	0.173		0	FLM	4		0.361	0.073	18.090
12:0.....g	0.190		0	FLM	4		0.396	0.080	19.853
13:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
14:0.....g	0.583		0	FLM	4		1.213	0.245	60.849
15:0.....g	0.060		0	FLM	4		0.125	0.025	6.281
16:0.....g	5.234		0	FLM	4		10.887	2.198	546.091
17:0.....g	0.057		0	FLM	4		0.120	0.024	5.999
18:0.....g	5.367		0	FLM	4		11.164	2.254	559.958
20:0.....g	0.151		0	FLM	4		0.313	0.063	15.716
22:0.....g	0.016		0	FLM	4		0.034	0.007	1.682
24:0.....g	0.000		0	FLM	4		0.000	0.000	0.000

**NDB No. 19141**  
**Candies, M&M MARS, "M&M's" Milk Chocolate Candies**

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	3.535		0	FLM	4		7.352	1.485	368.777
14:1.....g	0.034		0	FLM	4		0.071	0.014	3.577
15:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.065		0	FLM	4		0.136	0.027	6.807
17:1.....g	0.010		0	FLM	4		0.020	0.004	1.009
18:1 undifferentiated.....g	3.426		0	FLM	4		7.125	1.439	357.384
20:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.385		0	FLM	4		0.801	0.162	40.190
18:2 undifferentiated.....g	0.385		0	FLM	4		0.801	0.162	40.190
18:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	14		0	MC	9		29	6	1461
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	11		0	FLM	4		23	5	1133
Theobromine.....mg	111		0	FLM	4		232	47	11628
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	FLM	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	FLM	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 = 208g: 1 cup  
Measure 2 = 42g: 1 box (1.48 oz)  
Measure 3 = 10433g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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





**NDB No. 19157**  
**Candies, M&M MARS, "M&M's" Mini Milk Chocolate Candies**

Nutrients and Units	Amount in 100 grams of edible portion				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									
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g									
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g									
18:2 undifferentiated.....g									
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	15		0	MC	9		9	21	
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g									
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 = 60g: 1 bar 2.13 oz

Measure 2 = 142g: 1 package (net weight, 5 oz)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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 Points	Code	Code	Code			
Proximates:									
Water.....g	1.78		0	MC	9		3.03	0.37	0.84
Energy.....kcal	516		0	MC	9		877	108	243
Energy.....kj	2159				9		3670	453	1015
Protein.....g	9.47		0	MC	9		16.10	1.99	4.45
Total lipid (fat).....g	26.24		0	MC	9		44.61	5.51	12.33
Ash.....g	2.05		0	MC	9		3.49	0.43	0.96
Carbohydrate, by difference.....g	60.46		0	MC	9		102.78	12.70	28.42
Fiber, total dietary.....g	3.4		0	MC	9		5.8	0.7	1.6
Sugars, total.....g	50.76		0	MC	9		86.29	10.66	23.86
Starch.....g									
Minerals:									
Calcium, Ca.....mg	101		0	MC	9		172	21	47
Iron, Fe.....mg	1.15		0	MC	9		1.96	0.24	0.54
Magnesium, Mg.....mg	76		0	FLM	4		129	16	36
Phosphorus, P.....mg	233		0	FLM	4		396	49	109
Potassium, K.....mg	347		0	FLM	4		591	73	163
Sodium, Na.....mg	48		0	MC	9		82	10	23
Zinc, Zn.....mg	2.41		0	FLM	4		4.10	0.51	1.13
Copper, Cu.....mg	0.532		0	FLM	4		0.904	0.112	0.250
Manganese, Mn.....mg	0.698		0	FLM	4		1.186	0.147	0.328
Selenium, Se.....mcg	3.9		0	FLM	4		6.7	0.8	1.9
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		0	MC	9		0.9	0.1	0.2
Thiamin.....mg	0.102		0	FLM	4		0.174	0.022	0.048
Riboflavin.....mg	0.158		0	FLM	4		0.269	0.033	0.074
Niacin.....mg	4.090		0	FLM	4		6.953	0.859	1.922
Pantothenic acid.....mg	0.559		0	FLM	4		0.950	0.117	0.263
Vitamin B-6.....mg	0.088		0	FLM	4		0.149	0.018	0.041
Folate, total.....mcg	38		0	FLM	4		65	8	18
Folic acid.....mcg	0		0	FLM	4		0	0	0
Folate, food.....mcg	38		0	FLM	4		65	8	18
Folate, DFE.....mcg_DFE	38		0	NC	4		65	8	18
Vitamin B-12.....mcg	0.16		0	FLM	4		0.27	0.03	0.08
Vitamin A, IU.....IU	93		0	MC	9		158	20	44
Vitamin A, RAE.....mcg_RAE	26		0	FLM	4		44	5	12
Retinol.....mcg	26		0	FLM	4		44	5	12
Vitamin E (alpha-tocopherol).....mg	2.56		0	FLM	4		4.36	0.54	1.20
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.1		0	FLM	4		5.2	0.6	1.4
Lipids:									
Fatty acids, total saturated.....g	10.331		0	MC	9		17.563	2.170	4.856
4:0.....g	0.080		0	FLM	4		0.137	0.017	0.038
6:0.....g	0.031		0	FLM	4		0.053	0.007	0.015
8:0.....g	0.022		0	FLM	4		0.038	0.005	0.011
10:0.....g	0.165		0	FLM	4		0.281	0.035	0.078
12:0.....g	0.478		0	FLM	4		0.813	0.100	0.225
13:0.....g									
14:0.....g	0.428		0	FLM	4		0.727	0.090	0.201
15:0.....g									
16:0.....g	5.129		0	FLM	4		8.719	1.077	2.410
17:0.....g									
18:0.....g	3.744		0	FLM	4		6.364	0.786	1.760
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 19140**  
**Candies, M&M MARS, "M&M's" Peanut Chocolate Candies**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	11.000		0	MC	9		18.700	2.310	5.170
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.073		0	FLM	4		0.124	0.015	0.034
17:1.....g									
18:1 undifferentiated.....g	10.653		0	FLM	4		18.111	2.237	5.007
20:1.....g	0.186		0	FLM	4		0.316	0.039	0.087
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.200		0	MC	9		7.140	0.882	1.974
18:2 undifferentiated.....g	4.163		0	FLM	4		7.077	0.874	1.957
18:3 undifferentiated.....g	0.037		0	FLM	4		0.063	0.008	0.017
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	MC	9		15	2	4
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine.....mg	11		0	FLM	4		18	2	5
Theobromine.....mg	69		0	FLM	4		118	15	33
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLM	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	FLM	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 = 170g: 1 cup

Measure 2 = 21g: 1 package, fun size

Measure 3 = 47g: 1 package (1.67 oz)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

*M&M/Mars Inc.*

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	5.80	0.171	7		1		1.33	2.96	0.99
Energy.....kcal	416		0		4		96	212	71
Energy.....kj	1741				4		400	888	296
Protein (N x 6.1).....g	3.20	0.054	7		1		0.74	1.63	0.54
Total lipid (fat).....g	12.90	0.500	7		1		2.97	6.58	2.19
Ash.....g	1.20	0.069	7		1		0.28	0.61	0.20
Carbohydrate, by difference.....g	76.80		0	NC	4		17.66	39.17	13.06
Fiber, total dietary.....g	1.8		0	FLC	4		0.4	0.9	0.3
Sugars, total.....g	66.23		0	LC	8		15.23	33.78	11.26
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	84	8.563	3		1		19	43	14
Iron, Fe.....mg	0.73	0.046	3		1		0.17	0.37	0.12
Magnesium, Mg.....mg	29		2		1		7	15	5
Phosphorus, P.....mg	91		1		1		21	46	15
Potassium, K.....mg	133	51.928	3		1		31	68	23
Sodium, Na.....mg	194	14.063	4		1		45	99	33
Zinc, Zn.....mg	0.55		2		1		0.13	0.28	0.09
Copper, Cu.....mg	0.155		2		1		0.036	0.079	0.026
Manganese, Mn.....mg	0.160		1		1		0.037	0.082	0.027
Selenium, Se.....mcg	2.5		0	FLC	4		0.6	1.3	0.4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		1		1		0.1	0.2	0.1
Thiamin.....mg	0.034	0.002	3		1		0.008	0.017	0.006
Riboflavin.....mg	0.140	0.015	3		1		0.032	0.071	0.024
Niacin.....mg	0.230	0.035	3		1		0.053	0.117	0.039
Pantothenic acid.....mg	0.231		1		1		0.053	0.118	0.039
Vitamin B-6.....mg	0.015		1		1		0.003	0.008	0.003
Folate, total.....mcg	0		1		1		0	0	0
Folic acid.....mcg	0		0	FLC	4		0	0	0
Folate, food.....mcg	0		1		1		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.19		0	FLC	4		0.04	0.10	0.03
Vitamin A, IU.....IU	54		0	FLC	4		12	27	9
Vitamin A, RAE.....mcg_RAE	15		0	FLC	4		3	8	3
Retinol.....mcg	15		0	FLC	4		3	8	3
Vitamin E (alpha-tocopherol).....mg	0.93		0	FLC	4		0.21	0.47	0.16
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.8		0	FLC	4		0.6	1.4	0.5
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.500		0		1		1.495	3.315	1.105
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.010		2		1		0.002	0.005	0.002
10:0.....g	0.010		2		1		0.002	0.005	0.002
12:0.....g	0.160		2		1		0.037	0.082	0.027
13:0.....g									
14:0.....g	0.270		2		1		0.062	0.138	0.046
15:0.....g									
16:0.....g	2.900		2		1		0.667	1.479	0.493
17:0.....g									
18:0.....g	3.150		2		1		0.725	1.607	0.536
20:0.....g									
22:0.....g									

**NDB No. 19159**  
**Candies, M&M MARS, 3 MUSKETEERS Bar**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	4.290		0		1		0.987	2.188	0.729
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080		2		1		0.018	0.041	0.014
17:1.....g									
18:1 undifferentiated.....g	4.130		2		1		0.950	2.106	0.702
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.450		0		1		0.104	0.230	0.077
18:2 undifferentiated.....g	0.360		2		1		0.083	0.184	0.061
18:3 undifferentiated.....g	0.090		2		1		0.021	0.046	0.015
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	11		2		1		3	6	2
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	8		0	FLC	4		2	4	1
Theobromine.....mg	132		0	FLC	4		30	68	23
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLC	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	1		0	FLC	4		0.228	0.506	0.169

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

**Common Measures:**

Measure 1 = 23g: 1 bar (.8 oz)  
Measure 2 = 51g: 1 bar ( 1.813 oz)  
Measure 3 = 17g: 1 bar, fun size

**Calories Factors: Protein 3.6 Fat 8.7 Carbohydrate 3.8**

**Food Group: 19 Sweets**

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



**NDB No. 19115**  
**Candies, M&M MARS, MARS Almond Bar**

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	10.693		0	FLA	4		5.347		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.215		0	FLA	4		0.108		
17:1.....g									
18:1 undifferentiated.....g	10.315		0	FLA	4		5.158		
20:1.....g	0.009		0	FLA	4		0.005		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.980		0	FLA	4		1.990		
18:2 undifferentiated.....g	3.700		0	FLA	4		1.850		
18:3 undifferentiated.....g	0.261		0	FLA	4		0.131		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	17		0	FLA	4		9		
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	4		0	FLA	4		2		
Theobromine.....mg	29		0	FLA	4		15		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	1		0	FLC	4		0.574		
Carotene, alpha.....mcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.166		

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

**Common Measures:**

Measure 1 = 50g: 1 bar (1.76 oz)

**Calories Factors: Protein 3.7**

**Fat 8.6**

**Carbohydrate 3.8**

**Food Group: 19 Sweets**

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

*M&M/Mars Inc.*

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			
<b>Proximates:</b>									
Water.....g	6.30	0.113	5		1		1.45	3.40	3.78
Energy.....kcal	423		0		4		97	228	254
Energy.....kj	1770		0		4		407	956	1062
Protein (N x 6.2).....g	4.50	0.110	4		1		1.04	2.43	2.70
Total lipid (fat).....g	16.10	1.139	5		1		3.70	8.69	9.66
Ash.....g	1.30	0.028	4		1		0.30	0.70	0.78
Carbohydrate, by difference.....g	71.70		0		4		16.49	38.72	43.02
Fiber, total dietary.....g	1.7		0	FLA	4		0.4	0.9	1.0
Sugars, total.....g	60.66		0	LC	8		13.95	32.76	36.40
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	130		2		1		30	70	78
Iron, Fe.....mg	0.76		2		1		0.17	0.41	0.46
Magnesium, Mg.....mg	34		2		1		8	18	20
Phosphorus, P.....mg	144		0	FLA	4		33	78	86
Potassium, K.....mg	241		2		1		55	130	145
Sodium, Na.....mg	240		1		1		55	130	144
Zinc, Zn.....mg	0.71		1		1		0.16	0.38	0.43
Copper, Cu.....mg	0.150		1		1		0.035	0.081	0.090
Manganese, Mn.....mg	0.235		0	FLA	4		0.054	0.127	0.141
Selenium, Se.....mcg	5.6		0	FLA	4		1.3	3.0	3.4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		0		4		0.2	0.5	0.6
Thiamin.....mg	0.035		2		1		0.008	0.019	0.021
Riboflavin.....mg	0.222		2		1		0.051	0.120	0.133
Niacin.....mg	0.350		2		1		0.081	0.189	0.210
Pantothenic acid.....mg	0.300		0	FLA	4		0.069	0.162	0.180
Vitamin B-6.....mg	0.050		0	FLA	4		0.012	0.027	0.030
Folate, total.....mcg	6		0	FLC	4		1	3	3
Folic acid.....mcg	0		0	FLC	4		0	0	0
Folate, food.....mcg	6		0	FLC	4		1	3	3
Folate, DFE.....mcg_DFE	6		0	NC	4		1	3	3
Vitamin B-12.....mcg	0.32		0	FLA	4		0.07	0.17	0.19
Vitamin A, IU.....IU	64		0	FLC	4		15	35	39
Vitamin A, RAE.....mcg_RAE	18		0	FLC	4		4	10	11
Retinol.....mcg	18		0	FLC	4		4	10	11
Vitamin E (alpha-tocopherol).....mg	1.25		0	FLC	4		0.29	0.67	0.75
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.8		0	FLC	4		0.9	2.0	2.3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.790		0		4		1.792	4.207	4.674
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.050		5		1		0.012	0.027	0.030
8:0.....g	0.020		5		1		0.005	0.011	0.012
10:0.....g	0.070		5		1		0.016	0.038	0.042
12:0.....g	0.070		5		1		0.016	0.038	0.042
13:0.....g									
14:0.....g	0.370		5		1		0.085	0.200	0.222
15:0.....g									
16:0.....g	3.490		5		1		0.803	1.885	2.094
17:0.....g									
18:0.....g	3.580		5		1		0.823	1.933	2.148
20:0.....g									
22:0.....g				</					



**NDB No. 19135**  
**Candies, M&M MARS, MARS MILKY WAY Bar**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	6.020		0		4		1.385	3.251	3.612
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080		5		1		0.018	0.043	0.048
17:1.....g									
18:1 undifferentiated.....g	5.940		5		1		1.366	3.208	3.564
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.600		0		4		0.138	0.324	0.360
18:2 undifferentiated.....g	0.560		5		1		0.129	0.302	0.336
18:3 undifferentiated.....g	0.040		5		1		0.009	0.022	0.024
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	14		1		1		3	8	8
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	8		0	FLA	4		2	4	5
Theobromine.....mg	92		0	FLA	4		21	50	55
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	1		0	FLC	4		0.251	0.590	0.656
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.001	0.001
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.001	0.001
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	4		0	FLC	4		0.938	2.202	2.446

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

**Common Measures:**

Measure 1 = 23g: 1 bar (.8 oz)

Measure 2 = 54g: 1 bar (1.9 oz)

Measure 3 = 60g: 1 bar (2.1 oz)

**Calories Factors: Protein** 3.9

**Fat** 8.7

**Carbohydrate** 3.7

**Food Group:** 19 Sweets

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

*M&M/Mars Inc.*

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	7.20		0		4		3.60	1.30	
Energy.....kcal	448		0		4		224	81	
Energy.....kj	1874		0		4		937	337	
Protein.....g	2.80		0		4		1.40	0.50	
Total lipid (fat).....g	16.30		0		4		8.15	2.93	
Ash.....g	1.02		0	FLC	4		0.51	0.18	
Carbohydrate, by difference.....g	72.40		0		4		36.20	13.03	
Fiber, total dietary.....g	2.2		0		4		1.1	0.4	
Sugars, total.....g	60.12		0	FLC	4		30.06	10.82	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	56		0		4		28	10	
Iron, Fe.....mg	0.91		0		4		0.46	0.16	
Magnesium, Mg.....mg	51		0		4		26	9	
Phosphorus, P.....mg	143		0		4		72	26	
Potassium, K.....mg	287		0		4		144	52	
Sodium, Na.....mg	228		0		4		114	41	
Zinc, Zn.....mg	0.91		0		4		0.46	0.16	
Copper, Cu.....mg	0.256		0		4		0.128	0.046	
Manganese, Mn.....mg									
Selenium, Se.....mcg	5.6		0	FLM	4		2.8	1.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6		0		4		0.3	0.1	
Thiamin.....mg	0.010		0		4		0.005	0.002	
Riboflavin.....mg	0.100		0		4		0.050	0.018	
Niacin.....mg	0.210		0		4		0.105	0.038	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.050		0		4		0.025	0.009	
Folate, total.....mcg	3		0	FLC	4		1	0	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	3		0	FLC	4		1	0	
Folate, DFE.....mcg_DFE	3		0	NC	4		1	0	
Vitamin B-12.....mcg	0.05		0		4		0.03	0.01	
Vitamin A, IU.....IU	68		0	FLC	4		34	12	
Vitamin A, RAE.....mcg_RAE	19		0	FLC	4		9	3	
Retinol.....mcg	18		0	FLC	4		9	3	
Vitamin E (alpha-tocopherol).....mg	0.31		0	FLC	4		0.15	0.06	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.9		0	FLC	4		1.4	0.5	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.461		0		4		4.231	1.523	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.011		0		4		0.006	0.002	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.064		0		4		0.032	0.012	
13:0.....g									
14:0.....g	0.493		0		4		0.247	0.089	
15:0.....g									
16:0.....g	4.107		0		4		2.054	0.739	
17:0.....g									
18:0.....g	3.796		0		4		1.898	0.683	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 42196**  
**Candies, M&M MARS, MILKY WAY Dark Bar**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	5.866		0		4		2.933	1.056	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.150		0		4		0.075	0.027	
17:1.....g									
18:1 undifferentiated.....g	5.716		0		4		2.858	1.029	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.568		0		4		0.284	0.102	
18:2 undifferentiated.....g	0.568		0		4		0.284	0.102	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	14		0		4		7	3	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	17		0	FLM	4		9	3	
Theobromine.....mg	174		0	FLM	4		87	31	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	4		0	FLC	4		1.971	0.710	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	7		0	FLC	4		3.597	1.295	

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

**Common Measures:**

Measure 1 = 50g: 1 bar 1.76 oz (1.76 oz)

Measure 2 = 18g: 1 bar fun size

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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



**NDB No. 19370**  
**Candies, M&M MARS, SKITTLES Original Bite Size Candies**

Nutrients and Units	Amount in 100 grams of edible portion				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	2.960		0	MC	9		6.068	295.378	1.687
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026		0	FLM	4		0.053	2.595	0.015
17:1.....g									
18:1 undifferentiated.....g	2.896		0	FLM	4		5.937	288.992	1.651
20:1.....g	0.026		0	FLM	4		0.053	2.595	0.015
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.120		0	MC	9		0.246	11.975	0.068
18:2 undifferentiated.....g	0.014		0	FLM	4		0.029	1.397	0.008
18:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0	0	0
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

**Common Measures:**

Measure 1 = 205g: 1 cup

Measure 2 = 9979g: 1 package

Measure 3 = 57g: 1 package (2 oz, 54 pieces)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

**NDB No. 19155**  
**Candies, M&M MARS, SNICKERS Bar**  
*M&M/Mars Inc.*

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	5.55		1	A	1		3.16	0.83	6.27
Energy.....kcal	467		0	NC	4		266	70	528
Energy.....kj	1955		0	NC	4		1114	293	2209
Protein (N x 6.25).....g	9.11		1	A	1		5.19	1.37	10.29
Total lipid (fat).....g	19.15		1	A	1		10.92	2.87	21.64
Ash.....g	1.57		1	A	1		0.89	0.24	1.77
Carbohydrate, by difference.....g	64.62		0	NC	4		36.83	9.69	73.02
Fiber, total dietary.....g	2.5		1	A	1		1.5	0.4	2.9
Sugars, total.....g	49.88		1	A	1		28.43	7.48	56.36
Sucrose.....g	31.48		1	A	1		17.94	4.72	35.57
Glucose (dextrose).....g	5.85		1	A	1		3.33	0.88	6.61
Fructose.....g	0.18		1	A	1		0.10	0.03	0.20
Lactose.....g	6.73		1	A	1		3.84	1.01	7.60
Maltose.....g	5.64		1	A	1		3.21	0.85	6.37
Galactose.....g	0.00		1	A	1		0.00	0.00	0.00
Starch.....g	1.20		1	A	1		0.68	0.18	1.36
<b>Minerals:</b>									
Calcium, Ca.....mg	105		1	A	1		60	16	119
Iron, Fe.....mg	1.20		1	A	1		0.68	0.18	1.36
Magnesium, Mg.....mg	72		1	A	1		41	11	81
Phosphorus, P.....mg	190		1	A	1		108	29	215
Potassium, K.....mg	323		1	A	1		184	48	365
Sodium, Na.....mg	228		1	A	1		130	34	258
Zinc, Zn.....mg	2.50		1	A	1		1.43	0.38	2.83
Copper, Cu.....mg	0.270		1	A	1		0.154	0.041	0.305
Manganese, Mn.....mg	0.350		1	A	1		0.199	0.052	0.395
Selenium, Se.....mcg	7.8		1	A	1		4.4	1.2	8.8
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin.....mg	0.060		1	A	1		0.034	0.009	0.068
Riboflavin.....mg	0.130		1	A	1		0.074	0.019	0.147
Niacin.....mg	3.600		1	A	1		2.052	0.540	4.068
Pantothenic acid.....mg	0.590		1	A	1		0.336	0.088	0.667
Vitamin B-6.....mg	0.090		1	A	1		0.051	0.014	0.102
Folate, total.....mcg	27		1	A	1		15	4	31
Folic acid.....mcg	6		1	A	1		3	1	7
Folate, food.....mcg	21		1	AS	1		12	3	24
Folate, DFE.....mcg_DFE	31		0	NC	4		18	5	35
Vitamin B-12.....mcg	0.16		1	A	1		0.09	0.02	0.18
Vitamin A, IU.....IU	130		0	AS	1		74	20	147
Vitamin A, RAE.....mcg_RAE	39		0	AS	1		22	6	44
Retinol.....mcg	39		1	A	1		22	6	44
Vitamin E (alpha-tocopherol).....mg	1.50		1	A	1		0.86	0.23	1.70
Tocopherol, beta.....mg	0.03		1	A	1		0.02	0.00	0.03
Tocopherol, gamma.....mg	3.95		1	A	1		2.25	0.59	4.46
Tocopherol, delta.....mg	0.42		1	A	1		0.24	0.06	0.47
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.9		1	A	1		1.1	0.3	2.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.359		0	NC	4		4.195	1.104	8.315
4:0.....g	0.151		1	A	1		0.086	0.023	0.170
6:0.....g	0.086		1	A	1		0.049	0.013	0.098
8:0.....g	0.053		1	A	1		0.030	0.008	0.060
10:0.....g	0.107		1	A	1		0.061	0.016	0.121
12:0.....g	0.126		1	A	1		0.072	0.019	0.142
13:0.....g	0.000		1	A	1		0.000	0.000	0.000
14:0.....g	0.363		1	A	1		0.207	0.054	0.410
15:0.....g	0.036		1	A	1				0.041

**NDB No. 19155**  
**Candies, M&M MARS, SNICKERS Bar**

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						
15:0.....g	0.036			A	1		0.021	0.005	
16:0.....g	3.540		1	A	1		2.018	0.531	4.000
17:0.....g	0.037		1	A	1		0.021	0.005	0.041
18:0.....g	2.695		1	A	1		1.536	0.404	3.045
20:0.....g	0.166		1	A	1		0.094	0.025	0.187
22:0.....g	0.000		1	A	1		0.000	0.000	0.000
24:0.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	8.229		0	NC	4		4.691	1.234	9.299
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.109		1	A	1		0.062	0.016	0.124
17:1.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	7.917		0	AS	1		4.513	1.188	8.946
18:1 c.....g	7.624		1	A	1		4.346	1.144	8.615
18:1 t.....g	0.293		1	A	1		0.167	0.044	0.331
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.203		1	A	1		0.116	0.030	0.229
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.693		0	NC	4		1.535	0.404	3.043
18:2 undifferentiated.....g	2.620		1	A	1		1.493	0.393	2.960
18:3 undifferentiated.....g	0.073		0	AS	1		0.042	0.011	0.083
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.293		0	NC	4		0.167	0.044	0.331
Fatty acids, total trans-monoenoic.....g	0.293		0	NC	4		0.167	0.044	0.331
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	14		1	A	1		8	2	16
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.190		1	A	1		0.108	0.028	0.215
Threonine.....g	0.210		1	A	1		0.120	0.031	0.237
Isoleucine.....g	0.310		1	A	1		0.177	0.047	0.350
Leucine.....g	0.600		1	A	1		0.342	0.090	0.678
Lysine.....g	0.320		1	A	1		0.182	0.048	0.361
Methionine.....g	0.130		1	A	1		0.074	0.019	0.147
Cystine.....g	0.150		1	A	1		0.086	0.023	0.170
Phenylalanine.....g	0.400		1	A	1		0.228	0.060	0.452
Tyrosine.....g	0.230		1	A	1		0.131	0.035	0.260
Valine.....g	0.400		1	A	1		0.228	0.060	0.452
Arginine.....g	0.730		1	A	1		0.416	0.110	0.825
Histidine.....g	0.160		1	A	1		0.091	0.024	0.181
Alanine.....g	0.330		1	A	1		0.188	0.050	0.373
Aspartic acid.....g	0.940		1	A	1		0.536	0.141	1.062
Glutamic acid.....g	1.680		1	A	1		0.958	0.252	1.898
Glycine.....g	0.380		1	A	1		0.217	0.057	0.429
Proline.....g	0.650		1	A	1		0.370	0.097	0.734
Serine.....g	0.420		1	A	1		0.239	0.063	0.474
Hydroxyproline.....g	0.000		1	A	1		0.000	0.000	0.000
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine.....mg	8		1	A	1		4	1	9
Theobromine.....mg	51		1	A	1		29	8	58

**NDB No. 19155**  
**Candies, M&M MARS, SNICKERS Bar**

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
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		1	A	1		0.000	0.000	0.000
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	0.000
Lycopene.....mcg	0		1	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	16		0	NR	4		8.892	2.340	17.628

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

**Common Measures:**

Measure 1 = 57g: 1 bar (2 oz)

Measure 2 = 15.0g: 1 bar, fun size

Measure 3 = 113g: 1 bar, king size (4 oz)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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**NDB No. 19156**  
**Candies, M&M MARS, STARBURST Fruit Chews**

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	3.569		0		4		1.499	2.106	0.178
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.033		0		4		0.014	0.019	0.002
17:1.....g									
18:1 undifferentiated.....g	3.528		0		4		1.482	2.082	0.176
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.121		0		4		1.311	1.841	0.156
18:2 undifferentiated.....g	2.897		0		4		1.217	1.709	0.145
18:3 undifferentiated.....g	0.216		0		4		0.091	0.127	0.011
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	0
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

**Common Measures:**

Measure 1 = 42g: 1 package, fun size

Measure 2 = 59g: 1 package 2.07 oz (2.07 oz)

Measure 3 = 5.0g: 1 piece

**Calories Factors: Protein** 3.9

**Fat** 8.8

**Carbohydrate** 3.8

**Food Group:** 19 Sweets

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

**NDB No. 19160**  
**Candies, M&M MARS, TWIX Caramel Cookie Bars**  
*M&M/Mars Inc.*

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	4.23		0	MC	9		2.41	2.45	4.02
Energy.....kcal	499		0	MC	9		284	289	474
Energy.....kj	2088				9		1190	1211	1983
Protein.....g	4.60		0	MC	9		2.62	2.67	4.37
Total lipid (fat).....g	24.39		0	MC	9		13.90	14.15	23.17
Ash.....g	1.21		0	MC	9		0.69	0.70	1.15
Carbohydrate, by difference.....g	65.58		0	MC	9		37.38	38.04	62.30
Fiber, total dietary.....g	1.1		0	MC	9		0.6	0.6	1.0
Sugars, total.....g	48.02		0	MC	9		27.37	27.85	45.62
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	90		0	MC	9		51	52	86
Iron, Fe.....mg	0.81		0	MC	9		0.46	0.47	0.77
Magnesium, Mg.....mg	32		0	FLM	4		18	19	30
Phosphorus, P.....mg	109		0	FLM	4		62	63	104
Potassium, K.....mg	189		0	FLM	4		108	110	180
Sodium, Na.....mg	193		0	MC	9		110	112	183
Zinc, Zn.....mg	1.00		0	FLM	4		0.57	0.58	0.95
Copper, Cu.....mg	0.245		0	FLM	4		0.140	0.142	0.233
Manganese, Mn.....mg	0.302		0	FLM	4		0.172	0.175	0.287
Selenium, Se.....mcg	5.9		0	FLM	4		3.4	3.4	5.6
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		0	MC	9		0.2	0.2	0.4
Thiamin.....mg	0.120		0	FLM	4		0.068	0.069	0.114
Riboflavin.....mg	0.191		0	FLM	4		0.109	0.111	0.181
Niacin.....mg	0.752		0	FLM	4		0.428	0.436	0.714
Pantothenic acid.....mg	0.270		0	FLM	4		0.154	0.156	0.256
Vitamin B-6.....mg	0.022		0	FLM	4		0.013	0.013	0.021
Folate, total.....mcg	19		0	FLM	4		11	11	18
Folic acid.....mcg	12		0	FLM	4		7	7	11
Folate, food.....mcg	8		0	FLM	4		4	4	7
Folate, DFE.....mcg_DFE	27		0	NC	4		16	16	26
Vitamin B-12.....mcg	0.29		0	FLM	4		0.16	0.17	0.27
Vitamin A, IU.....IU	95		0	MC	9		54	55	90
Vitamin A, RAE.....mcg_RAE	22		0	FLM	4		13	13	21
Retinol.....mcg	26		0	FLA	4		15	15	25
Vitamin E (alpha-tocopherol).....mg	1.94		0	FLM	4		1.10	1.12	1.84
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.2		0	FLM	4		13.8	14.0	23.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.899		0	MC	9		5.072	5.161	8.454
4:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
13:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
14:0.....g	0.338		0	FLM	4		0.193	0.196	0.321
15:0.....g	0.034		0	FLM	4		0.019	0.020	0.032
16:0.....g	4.675		0	FLM	4		2.665	2.712	4.441
17:0.....g	0.033		0	FLM	4		0.019	0.019	0.031
18:0.....g	3.820		0	FLM	4		2.177	2.216	3.629
20:0.....g	0.086		0	FLM	4		0.049	0.050	0.081
22:0.....g	0.009		0	FLM	4		0.005	0.005	0.009
24:0.....g	0.000		0	FLM	4		0.000	0.000	0.000

**NDB No. 19160**  
**Candies, M&M MARS, TWIX Caramel Cookie Bars**

Nutrients and Units	Amount in 100 grams of edible portion				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	13.400		0	MC	9		7.638	7.772	12.730
14:1.....g	0.028		0	FLM	4		0.016	0.016	0.026
15:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.043		0	FLM	4		0.025	0.025	0.041
17:1.....g	0.008		0	FLM	4		0.004	0.005	0.007
18:1 undifferentiated.....g	13.291		0	FLM	4		7.576	7.709	12.626
20:1.....g	0.043		0	FLM	4		0.025	0.025	0.041
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.850		0	MC	9		0.485	0.493	0.808
18:2 undifferentiated.....g	0.755		0	FLM	4		0.430	0.438	0.717
18:3 undifferentiated.....g	0.094		0	FLM	4		0.054	0.055	0.089
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	5		0	MC	9		3	3	5
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine.....mg	3		1		1		2	2	3
Theobromine.....mg	90		1		1		51	52	86
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLA	4		0.066	0.067	0.109
Carotene, alpha.....mcg	0		0	FLA	4		0.006	0.007	0.011
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.007	0.007	0.012
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	5		0	FLA	4		2.730	2.778	4.550

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

**Common Measures:**

Measure 1 = 57g: 1 package (2 oz)

Measure 2 = 58g: 1 package (2.06 oz, 2 bars)

Measure 3 = 95g: 1 package, king size (3.35 oz, 4 bars)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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 Points	Code	Code	Code			
Proximates:									
Water.....g	1.82		0	MC	9		0.98	1.06	0.91
Energy.....kcal	530		0	MC	9		286	307	265
Energy.....kj	2218				9		1197	1286	1109
Protein.....g	10.12		0	MC	9		5.46	5.87	5.06
Total lipid (fat).....g	32.18		0	MC	9		17.38	18.66	16.09
Ash.....g	3.21		0	MC	9		1.73	1.86	1.61
Carbohydrate, by difference.....g	52.67		0	MC	9		28.44	30.55	26.34
Fiber, total dietary.....g	3.4		0	MC	9		1.8	2.0	1.7
Sugars, total.....g	35.28		0	MC	9		19.05	20.46	17.64
Starch.....g									
Minerals:									
Calcium, Ca.....mg	77		0	MC	9		42	45	39
Iron, Fe.....mg	0.91		0	MC	9		0.49	0.53	0.46
Magnesium, Mg.....mg	69		0	FLC	4		38	40	35
Phosphorus, P.....mg	187		0	FLC	4		101	109	94
Potassium, K.....mg	272		0	FLC	4		147	158	136
Sodium, Na.....mg	272		0	MC	9		147	158	136
Zinc, Zn.....mg	1.40		0	FLM	4		0.76	0.81	0.70
Copper, Cu.....mg	0.208		0	FLC	4		0.112	0.121	0.104
Manganese, Mn.....mg	0.977		0	FLC	4		0.528	0.567	0.489
Selenium, Se.....mcg	17.2		0	FLC	4		9.3	10.0	8.6
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		0	MC	9		0.3	0.3	0.3
Thiamin.....mg	0.108		0	FLC	4		0.058	0.063	0.054
Riboflavin.....mg	0.122		0	FLC	4		0.066	0.071	0.061
Niacin.....mg	3.206		0	FLC	4		1.731	1.860	1.603
Pantothenic acid.....mg	0.473		0	FLC	4		0.256	0.274	0.237
Vitamin B-6.....mg	0.137		0	FLC	4		0.074	0.079	0.068
Folate, total.....mcg	18		0	FLC	4		10	10	9
Folic acid.....mcg	0		0	FLC	4		0	0	0
Folate, food.....mcg	18		0	FLC	4		10	10	9
Folate, DFE.....mcg_DFE	18		0	NC	4		10	10	9
Vitamin B-12.....mcg	0.13		0	FLC	4		0.07	0.07	0.06
Vitamin A, IU.....IU	38		0	FLC	4		20	22	19
Vitamin A, RAE.....mcg_RAE	10		0	FLC	4		6	6	5
Retinol.....mcg	10		0	FLC	4		5	6	5
Vitamin E (alpha-tocopherol).....mg	3.61		0	FLC	4		1.95	2.10	1.81
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	32.6		0	FLC	4		17.6	18.9	16.3
Lipids:									
Fatty acids, total saturated.....g	11.392		0	MC	9		6.152	6.607	5.696
4:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
8:0.....g	0.002		0	FLM	4		0.001	0.001	0.001
10:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
12:0.....g	0.007		0	FLM	4		0.004	0.004	0.004
13:0.....g									
14:0.....g	0.339		0	FLM	4		0.183	0.197	0.170
15:0.....g									
16:0.....g	6.147		0	FLM	4		3.319	3.565	3.074
17:0.....g									
18:0.....g	4.293		0	FLM	4		2.318	2.490	2.147
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 19161**  
**Candies, M&M MARS, TWIX Peanut Butter Cookie Bars**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.800		0	MC	9		7.992	8.584	7.400
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0	FLM	4		0.011	0.012	0.010
17:1.....g									
18:1 undifferentiated.....g	14.536		0	FLM	4		7.849	8.431	7.268
20:1.....g	0.224		0	FLM	4		0.121	0.130	0.112
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.200		0	MC	9		2.268	2.436	2.100
18:2 undifferentiated.....g	3.878		0	FLM	4		2.094	2.249	1.939
18:3 undifferentiated.....g	0.297		0	FLM	4		0.160	0.172	0.149
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.021		0	FLM	4		0.011	0.012	0.011
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	5		0	MC	9		3	3	3
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	9		0	FLM	4		5	5	5
Theobromine.....mg	57		0	FLM	4		31	33	29
<b>Carotenoids:</b>									
Carotene, beta.....mcg	1		0	FLC	4		0.533	0.572	0.493
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	41		0	FLC	4		22.123	23.762	20.485

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

**Common Measures:**

Measure 1 = 54g: 1 package (1.89 oz, 2 bars)

Measure 2 = 58g: 1 package (2.06 oz, 2 bars)

Measure 3 = 50g: 1 package (1.77 oz)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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



**NDB No. 42183**  
**Candies, M&M MARS, TWIX chocolate fudge cookie bars**

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	14.319					4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.133					4			
17:1.....g									
18:1 undifferentiated.....g	14.152					4			
20:1.....g	0.000					4			
22:1 undifferentiated.....g	0.000					4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.521					4			
18:2 undifferentiated.....g	11.622					4			
18:3 undifferentiated.....g	0.866					4			
18:4.....g	0.000					4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000					4			
20:5 n-3.....g	0.000					4			
22:5 n-3.....g	0.000					4			
22:6 n-3.....g	0.000					4			
Fatty acids, total trans.....g									
Cholesterol.....mg	6					4			
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0					7			
Caffeine.....mg	10		0	FLM		4			
Theobromine.....mg	212		0	FLM		4			
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLC		4			
Carotene, alpha.....mcg	0		0	FLC		4			
Cryptoxanthin, beta.....mcg	0		0	FLC		4			
Lycopene.....mcg	0		0	FLC		4			
Lutein + zeaxanthin.....mcg	4		0	FLC		4			

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

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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



**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	9.05		1	MC	9		1.72	4.80	
Energy.....kcal	486		1	MC	9		92	258	
Energy.....kj	2034		0	MC	9		386	1078	
Protein.....g	4.60		1	MC	9		0.87	2.44	
Total lipid (fat).....g	26.60		1	MC	9		5.05	14.10	
Ash.....g	0.87		1	MC	9		0.17	0.46	
Carbohydrate, by difference.....g	58.59		1	MC	9		11.13	31.05	
Fiber, total dietary.....g	3.7		1	MC	9		0.7	1.9	
Sugars, total.....g	46.19		1	MC	9		8.78	24.48	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	21		1	MC	9		4	11	
Iron, Fe.....mg	2.09		1	MC	9		0.40	1.11	
Magnesium, Mg.....mg	0		1	MC	9		0	0	
Phosphorus, P.....mg	0		1	MC	9		0	0	
Potassium, K.....mg	321		1	MC	9		61	170	
Sodium, Na.....mg	145		1	MC	9		28	77	
Zinc, Zn.....mg	0.00		1	MC	9		0.00	0.00	
Copper, Cu.....mg	0.000		1	MC	9		0.000	0.000	
Manganese, Mn.....mg	0.000		1	MC	9		0.000	0.000	
Selenium, Se.....mcg	0.0		1	MC	9		0.0	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		1	MC	9		0.1	0.4	
Thiamin.....mg	0.000		1	MC	9		0.000	0.000	
Riboflavin.....mg	0.000		1	MC	9		0.000	0.000	
Niacin.....mg	0.000		1	MC	9		0.000	0.000	
Pantothenic acid.....mg	0.000		1	MC	9		0.000	0.000	
Vitamin B-6.....mg	0.000		1	MC	9		0.000	0.000	
Folate, total.....mcg	0		1	MC	9		0	0	
Folic acid.....mcg	0		0	FLM	4		0	0	
Folate, food.....mcg	0		1	MC	9		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, IU.....IU	0		0	FLM	4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	FLM	4		0	0	
Retinol.....mcg	0		0	FLM	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.18		0	FLM	4		0.03	0.09	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.6		0	FLM	4		0.3	0.8	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	20.580		1	MC	9		3.910	10.907	
4:0.....g	0.000		0	FLM	4		0.000	0.000	
6:0.....g	0.101		0	FLM	4		0.019	0.053	
8:0.....g	1.160		1	AI	13		0.220	0.615	
10:0.....g	0.925		1	AI	13		0.176	0.490	
12:0.....g	6.775		1	AI	13		1.287	3.591	
13:0.....g									
14:0.....g	2.515		1	AI	13		0.478	1.333	
15:0.....g	0.010		1	AI	13		0.002	0.005	
16:0.....g	3.065		1	AI	13		0.582	1.624	
17:0.....g	0.010		1	AI	13		0.002	0.005	
18:0.....g	2.945		1	AI	13		0.560	1.561	
20:0.....g	0.090		1	AI	13		0.017	0.048	
22:0.....g	0.010		1	AI	13		0.002	0.005	
24:0.....g									

**NDB No. 19142**  
**Candies, MOUNDS Candy Bar**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total monounsaturated.....g	0.390		1	MC	9		0.074	0.207	
14:1.....g	0.010		1	AI	13		0.002	0.005	
15:1.....g									
16:1 undifferentiated.....g	0.030		1	AI	13		0.006	0.016	
17:1.....g	0.010		1	AI	13		0.002	0.005	
18:1 undifferentiated.....g	0.388		0	FLM	4		0.074	0.205	
20:1.....g	0.010		1	AI	13		0.002	0.005	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.140		1	MC	9		0.027	0.074	
18:2 undifferentiated.....g	0.135		0	FLM	4		0.026	0.072	
18:3 undifferentiated.....g	0.005		0	FLM	4		0.001	0.003	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1	MC	9		0	1	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	
Caffeine.....mg	17		0	FLM	4		3	9	
Theobromine.....mg	130		0	FLM	4		25	69	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLM	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	5		0	FLM	4		0.925	2.580	

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

**Common Measures:**

Measure 1 = 19g: 1 bar snack size

Measure 2 = 53g: 1 package 1.9 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

**NDB No. 19143**  
**Candies, MR. GOODBAR Chocolate Bar**

*Hershey Food Corp.*

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	0.45		1	MC	9		0.22	0.33	
Energy.....kcal	538		1	MC	9		264	393	
Energy.....kj	2252		0	MC	9		1103	1644	
Protein.....g	10.22		1	MC	9		5.01	7.46	
Total lipid (fat).....g	33.21		1	MC	9		16.27	24.24	
Ash.....g	1.53		1	MC	9		0.75	1.12	
Carbohydrate, by difference.....g	54.34		1	MC	9		26.63	39.67	
Fiber, total dietary.....g	3.8		1	MC	9		1.9	2.8	
Sugars, total.....g	47.22		1	MC	9		23.14	34.47	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	110		1	MC	9		54	80	
Iron, Fe.....mg	1.39		1	MC	9		0.68	1.01	
Magnesium, Mg.....mg	47		1	MC	9		23	34	
Phosphorus, P.....mg	163		1	MC	9		80	119	
Potassium, K.....mg	394		1	MC	9		193	287	
Sodium, Na.....mg	41		1	MC	9		20	30	
Zinc, Zn.....mg	0.93		1	MC	9		0.46	0.68	
Copper, Cu.....mg	0.170		1	MC	9		0.083	0.124	
Manganese, Mn.....mg	0.000		1	MC	9		0.000	0.000	
Selenium, Se.....mcg	0.0		1	MC	9		0.0	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.9		1	MC	9		0.4	0.7	
Thiamin.....mg	0.140		1	MC	9		0.069	0.102	
Riboflavin.....mg	0.140		1	MC	9		0.069	0.102	
Niacin.....mg	3.440		1	MC	9		1.686	2.511	
Pantothenic acid.....mg	0.420		1	MC	9		0.206	0.307	
Vitamin B-6.....mg	0.070		1	MC	9		0.034	0.051	
Folate, total.....mcg	38		1	MC	9		18	27	
Folic acid.....mcg	0		0	FLM	4		0	0	
Folate, food.....mcg	38		1	MC	9		18	27	
Folate, DFE.....mcg_DFE	38		0	NC	4		18	27	
Vitamin B-12.....mcg	0.33		0	FLM	4		0.16	0.24	
Vitamin A, IU.....IU	125		1	MC	9		61	91	
Vitamin A, RAE.....mcg_RAE	35		0	FLC	4		17	26	
Retinol.....mcg	35		0	FLC	4		17	25	
Vitamin E (alpha-tocopherol).....mg	3.17		0	FLM	4		1.55	2.31	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.6		0	FLM	4		1.8	2.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	14.130		1	MC	9		6.924	10.315	
4:0.....g	0.339		0	FLM	4		0.166	0.247	
6:0.....g	0.123		0	FLM	4		0.060	0.089	
8:0.....g	0.070		0	FLM	4		0.034	0.051	
10:0.....g	0.133		0	FLM	4		0.065	0.097	
12:0.....g	0.146		0	FLM	4		0.071	0.106	
13:0.....g	0.000		0	FLM	4		0.000	0.000	
14:0.....g	0.461		0	FLM	4		0.226	0.337	
15:0.....g	0.046		0	FLM	4		0.023	0.034	
16:0.....g	6.730		0	FLM	4		3.298	4.913	
17:0.....g	0.044		0	FLM	4		0.022	0.032	
18:0.....g	5.700		0	FLM	4		2.793	4.161	
20:0.....g	0.115		0	FLM	4		0.057	0.084	
22:0.....g	0.012		0	FLM	4		0.006	0.009	

**NDB No. 19143**  
**Candies, MR. GOODBAR Chocolate Bar**

Nutrients and Units	Amount in 100 grams of edible portion					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						
24:0.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	8.203		0	FLM	4		4.020	5.988	
14:1.....g	0.026		0	FLM	4		0.013	0.019	
15:1.....g	0.000		0	FLM	4		0.000	0.000	
16:1 undifferentiated.....g	0.052		0	FLM	4		0.025	0.038	
17:1.....g	0.007		0	FLM	4		0.004	0.005	
18:1 undifferentiated.....g	7.991		0	FLM	4		3.915	5.833	
20:1.....g	0.127		0	FLM	4		0.062	0.093	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	4.366		0	FLM	4		2.139	3.187	
18:2 undifferentiated.....g	4.365		0	FLM	4		2.139	3.186	
18:3 undifferentiated.....g	0.001		0	FLM	4		0.000	0.001	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	10		1	MC	9		5	7	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	
Caffeine.....mg	18		0	FLM	4		9	13	
Theobromine.....mg	198		0	FLM	4		97	145	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLC	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	5		0	FLC	4		2.615	3.895	

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

**Common Measures:**

Measure 1 = 49g: 1 bar (1.75 oz)

Measure 2 = 73g: 1 bar (2.6 oz)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

**NDB No. 19144**  
**Candies, NESTLE, 100 GRAND Bar**  
*Nestle USA, Inc.*

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	5.79			MC	9		2.49	1.22	656.59
Energy.....kcal	447			MC	9		192	94	50690
Energy.....kj	1870		0	MC	9		804	393	212086
Protein.....g	2.81		0	MC	9		1.21	0.59	318.65
Total lipid (fat).....g	18.80			MC	9		8.08	3.95	2131.92
Ash.....g	1.10		3	A	1		0.47	0.23	124.74
Carbohydrate, by difference.....g	71.50		0	MC	9		30.75	15.02	8108.10
Fiber, total dietary.....g	0.9			MC	9		0.4	0.2	102.1
Sugars, total.....g	54.10			MC	9		23.26	11.36	6134.94
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	70			MC	9		30	15	7949
Iron, Fe.....mg	0.40			MC	9		0.17	0.08	45.36
Magnesium, Mg.....mg	29		0	FLM	4		13	6	3332
Phosphorus, P.....mg	123		0	FLM	4		53	26	13992
Potassium, K.....mg	214		0	FLM	4		92	45	24253
Sodium, Na.....mg	200			MC	9		86	42	22680
Zinc, Zn.....mg	0.98		0	FLM	4		0.42	0.21	111.65
Copper, Cu.....mg	0.180		0	FLM	4		0.077	0.038	20.410
Manganese, Mn.....mg	0.305		0	FLM	4		0.131	0.064	34.581
Selenium, Se.....mcg	4.5		0	FLM	4		2.0	1.0	515.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2			MC	9		0.1	0.0	22.7
Thiamin.....mg	0.230		0	FLM	4		0.099	0.048	26.136
Riboflavin.....mg	0.370		0	FLM	4		0.159	0.078	41.973
Niacin.....mg	2.467		0	FLM	4		1.061	0.518	279.758
Pantothenic acid.....mg	0.370		0	FLM	4		0.159	0.078	41.947
Vitamin B-6.....mg	0.261		0	FLM	4		0.112	0.055	29.613
Folate, total.....mcg	35		0	FLM	4		15	7	4014
Folic acid.....mcg	29		0	FLM	4		12	6	3271
Folate, food.....mcg	7		0	FLM	4		3	1	742
Folate, DFE.....mcg_DFE	56		0	NC	4		24	12	6303
Vitamin B-12.....mcg	0.42		0	FLM	4		0.18	0.09	47.55
Vitamin A, IU.....IU	86			MC	9		37	18	9752
Vitamin A, RAE.....mcg_RAE	25		0	FLM	4		11	5	2800
Retinol.....mcg	24		0	FLM	4		11	5	2773
Vitamin E (alpha-tocopherol).....mg	0.75		0	FLM	4		0.32	0.16	85.07
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.4		0	FLM	4		1.0	0.5	266.9
<b>Lipids:</b>									
Fatty acids, total saturated.....g	11.700			MC	9		5.031	2.457	1326.780
4:0.....g	0.013		0	FLM	4		0.006	0.003	1.474
6:0.....g	0.009		0	FLM	4		0.004	0.002	1.021
8:0.....g	0.034		0	FLM	4		0.015	0.007	3.856
10:0.....g	0.034		0	FLM	4		0.015	0.007	3.856
12:0.....g	0.183		0	FLM	4		0.079	0.038	20.752
13:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
14:0.....g	0.577		0	FLM	4		0.248	0.121	65.432
15:0.....g	0.056		0	FLM	4		0.024	0.012	6.375
16:0.....g	5.269		0	FLM	4		2.266	1.106	597.505
17:0.....g									
18:0.....g	4.954		0	FLM	4		2.130	1.040	561.784
20:0.....g									
22:0.....g	0.015		0	FLM	4		0.006	0.003	1.707
24:0.....g	0.000		0	FLM	4		0.000	0.000	0.000

**NDB No. 19144**  
**Candies, NESTLE, 100 GRAND Bar**

Nutrients and Units	Amount in 100 grams of edible portion					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	5.794		0	FLM	4		2.491	1.217	657.040
14:1.....g	0.029		0	FLM	4		0.012	0.006	3.240
15:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.012		0	FLM	4		0.005	0.003	1.361
17:1.....g	0.008		0	FLM	4		0.003	0.002	0.914
18:1 undifferentiated.....g	5.762		0	FLM	4		2.478	1.210	653.411
20:1.....g	0.001		0	FLM	4		0.000	0.000	0.113
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.612		0	FLM	4		0.263	0.129	69.401
18:2 undifferentiated.....g	0.583		0	FLM	4		0.251	0.122	66.112
18:3 undifferentiated.....g	0.010		0	FLM	4		0.004	0.002	1.134
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	15			MC	9		6	3	1701
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	26		1		1		11	5	2948
Theobromine.....mg	74		1		1		32	16	8392
<b>Carotenoids:</b>									
Carotene, beta.....mcg	8		0	FLM	4		3.327	1.625	877.517
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	FLM	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 = 43g: 1 bar (1.5 oz)  
 Measure 2 = 21g: 1 bar, miniature  
 Measure 3 = 11340g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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 Points	Code	Code	Code			
<b>Proximates:</b>									
Water.....g	6.30		1		1		0.52	2.58	2.58
Energy.....kcal	358		0		4		29	147	147
Energy.....kj	1498				4		123	614	614
Protein (N x 5.63).....g	2.20		1		1		0.18	0.90	0.90
Total lipid (fat).....g	13.70		1		1		1.12	5.62	5.62
Ash.....g	0.60		1		1		0.05	0.25	0.25
Carbohydrate, by difference.....g	76.80		0	NC	4		6.30	31.49	31.49
Fiber, total dietary.....g	2.1		0	FLM	4		0.2	0.9	0.9
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	23		1		1		2	9	9
Iron, Fe.....mg	1.53		1		1		0.13	0.63	0.63
Magnesium, Mg.....mg	45		1		4		4	18	18
Phosphorus, P.....mg	57		1		4		5	23	23
Potassium, K.....mg	168		1		1		14	69	69
Sodium, Na.....mg	12		1		1		1	5	5
Zinc, Zn.....mg	0.59		1		4		0.05	0.24	0.24
Copper, Cu.....mg	0.247		1		4		0.020	0.101	0.101
Manganese, Mn.....mg	0.217		1		4		0.018	0.089	0.089
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	0.0
Thiamin.....mg	0.050		1		1		0.004	0.021	0.021
Riboflavin.....mg	0.040		1		1		0.003	0.016	0.016
Niacin.....mg	0.300		1		1		0.025	0.123	0.123
Pantothenic acid.....mg	0.034		1		4		0.003	0.014	0.014
Vitamin B-6.....mg	0.016		1		4		0.001	0.007	0.007
Folate, total.....mcg	1		1		4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	1		1		4		0	0	0
Folate, DFE.....mcg_DFE	1		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	0.00
Vitamin A, IU.....IU	20		1		1		2	8	8
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.180		0		1		0.671	3.354	3.354
4:0.....g	0.010		1		1		0.001	0.004	0.004
6:0.....g	0.010		1		1		0.001	0.004	0.004
8:0.....g	0.010		1		1		0.001	0.004	0.004
10:0.....g	0.050		1		1		0.004	0.021	0.021
12:0.....g	0.040		1		1		0.003	0.016	0.016
13:0.....g									
14:0.....g	0.120		1		1		0.010	0.049	0.049
15:0.....g									
16:0.....g	3.460		1		1		0.284	1.419	1.419
17:0.....g									
18:0.....g	4.420		1		1		0.362	1.812	1.812
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 19153**  
**Candies, NESTLE, AFTER EIGHT Mints**

Nutrients and Units	Amount in 100 grams of edible portion					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	4.410		0		1		0.362	1.808	1.808
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		1		1		0.006	0.029	0.029
17:1.....g									
18:1 undifferentiated.....g	4.300		1		1		0.353	1.763	1.763
20:1.....g	0.010		1		1		0.001	0.004	0.004
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.520		0		1		0.043	0.213	0.213
18:2 undifferentiated.....g	0.500		1		1		0.041	0.205	0.205
18:3 undifferentiated.....g	0.030		1		1		0.002	0.012	0.012
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	20		1		1		2	8	8
Theobromine.....mg	142		1		1		12	58	58

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

**Common Measures:**

Measure 1 = 8.2g: 1 piece

Measure 2 = 41g: 1 serving

Measure 3 = 41g: 5 pieces

**Calories Factors: Protein 1.83**

**Fat 8.37**

**Carbohydrate 3.1**

**Food Group: 19 Sweets**

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





**NDB No. 19111**  
**Candies, NESTLE, BABY RUTH Bar**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.456		0	FLM	4		1.356	1.808	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLM	4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	6.320		0	FLM	4		1.327	1.770	
20:1.....g	0.132		0	FLM	4		0.028	0.037	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.304		0	FLM	4		0.694	0.925	
18:2 undifferentiated.....g	3.302		0	FLM	4		0.693	0.925	
18:3 undifferentiated.....g	0.001		0	FLM	4		0.000	0.000	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2			MC	9		0	1	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	4		1		1		1	1	
Theobromine.....mg	44		1		1		9	12	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLC	4		0.003	0.004	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 21g: 1 bar (0.75oz)

Measure 2 = 28g: 1 bar fun size (1.0 oz)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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



**NDB No. 19068**  
**Candies, NESTLE, BIT-O'-HONEY Candy Chews**

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	1.953		0	FLM	4		0.781		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0	FLM	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	1.979		0	FLM	4		0.792		
20:1.....g	0.002		0	FLM	4		0.001		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.624		0	FLM	4		0.250		
18:2 undifferentiated.....g	0.603		0	FLM	4		0.241		
18:3 undifferentiated.....g	0.019		0	FLM	4		0.008		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.001		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	FLC	4		0.089		
Carotene, alpha.....mcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.021		

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

**Common Measures:**

Measure 1 = 40g: 6 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

**Refuse: 0%**

[illegible]

**NDB No. 19069**  
**Candies, NESTLE, BUTTERFINGER Bar**

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	4.879		0	FLM	4		1.025		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	4.780		0	FLM	4		1.004		
20:1.....g	0.098		0	FLM	4		0.021		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.461		0	FLM	4		0.517		
18:2 undifferentiated.....g	2.461		0	FLM	4		0.517		
18:3 undifferentiated.....g	0.001		0	FLM	4		0.000		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0			MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	5		0	FLA	4		1		
Theobromine.....mg	184		0	FLA	4		39		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLM	4		0.022		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

**Common Measures:**

Measure 1 = 21g: 1 bar fun size

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

**Refuse: 0%**

[illegible]

**NDB No. 19119**  
**Candies, NESTLE, CHUNKY Bar**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.310		0		1		0.109	0.124	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.130		1		1		0.046	0.052	
17:1.....g									
18:1 undifferentiated.....g	0.130		1		1		0.046	0.052	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.410		0		1		1.544	1.764	
18:2 undifferentiated.....g	4.270		1		1		1.495	1.708	
18:3 undifferentiated.....g	0.130		1		1		0.046	0.052	
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	11		2		1		4	4	
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g									
Caffeine.....mg	29		1		1		10	12	
Theobromine.....mg	157		1		1		55	63	

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

**Common Measures:**

Measure 1 = 35g: 1 bar (1.25 oz)

Measure 2 = 40g: 1 bar (1.4 oz)

**Calories Factors: Protein 3.6**

**Fat 8.6**

**Carbohydrate 3.7**

**Food Group: 19 Sweets**

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





**NDB No. 19145**  
**Candies, NESTLE, CRUNCH Bar and Dessert Topping**

Nutrients and Units	Amount in 100 grams of edible portion					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									
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g									
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g									
18:2 undifferentiated.....g									
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	13		3	MA	12		5	1	1474
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g									
Caffeine.....mg	24		1		1		10	2	2722
Theobromine.....mg	156		1		1		62	16	17690

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

**Common Measures:**

Measure 1 = 40g: 1 bar (1.4 oz)

Measure 2 = 10.0g: 1 bar, miniature

Measure 3 = 11340g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.10		1		1		10.37	1.04	
Energy.....kcal	485		0		4		825	82	
Energy.....kj	2029				4		3450	345	
Protein (N x 6.1).....g	6.40		1		1		10.88	1.09	
Total lipid (fat).....g	27.80		1		1		47.26	4.73	
Ash.....g	1.40		1		1		2.38	0.24	
Carbohydrate, by difference.....g	58.00		0	NC	4		98.60	9.86	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	158		1		1		269	27	
Iron, Fe.....mg	1.36		1		1		2.31	0.23	
Magnesium, Mg.....mg	52		0		1		89	9	
Phosphorus, P.....mg									
Potassium, K.....mg	308		1		1		524	52	
Sodium, Na.....mg	94		1		1		160	16	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.150		1		1		0.255	0.026	
Riboflavin.....mg	0.240		1		1		0.408	0.041	
Niacin.....mg	0.340		1		1		0.578	0.058	
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folic acid.....mcg									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	163		1		1		277	28	
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.840		0		1		18.428	1.843	
4:0.....g	0.190		1		1		0.323	0.032	
6:0.....g	0.130		1		1		0.221	0.022	
8:0.....g	0.270		1		1		0.459	0.046	
10:0.....g	0.240		1		1		0.408	0.041	
12:0.....g	0.800		1		1		1.360	0.136	
13:0.....g									
14:0.....g	0.190		1		1		0.323	0.032	
15:0.....g									
16:0.....g	5.020		1		1		8.534	0.853	
17:0.....g									
18:0.....g	3.910		1		1		6.647	0.665	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 19158**  
**Candies, NESTLE, DEMET'S TURTLES Candy**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	11.080		0		1		18.836	1.884	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.190		1		1		0.323	0.032	
17:1.....g									
18:1 undifferentiated.....g	10.840		1		1		18.428	1.843	
20:1.....g	0.030		1		1		0.051	0.005	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.650		0		1		7.905	0.791	
18:2 undifferentiated.....g	4.440		1		1		7.548	0.755	
18:3 undifferentiated.....g	0.210		1		1		0.357	0.036	
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		1		1		37	4	
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g									
Caffeine.....mg	4		1		1		7	1	
Theobromine.....mg	48		1		1		82	8	

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

**Common Measures:**

Measure 1 = 170g: 1 package (6 oz)

Measure 2 = 17g: 1 piece

**Calories Factors: Protein 3.8**

**Fat 8.6**

**Carbohydrate 3.8**

**Food Group: 19 Sweets**

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



**NDB No. 19105**  
**Candies, NESTLE, GOOBERS Chocolate Covered Peanuts**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total monounsaturated.....g	14.740		0		1		5.749	29.185	6.043
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		1		1		0.023	0.119	0.025
17:1.....g									
18:1 undifferentiated.....g	14.450		1		1		5.636	28.611	5.925
20:1.....g	0.190		1		1		0.074	0.376	0.078
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.100		0		1		1.989	10.098	2.091
18:2 undifferentiated.....g	5.030		1		1		1.962	9.959	2.062
18:3 undifferentiated.....g	0.060		1		1		0.023	0.119	0.025
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	9		2		1		4	18	4
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g									
Caffeine.....mg	22		1		1		9	44	9
Theobromine.....mg	109		1		1		43	216	45

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

**Common Measures:**

Measure 1 = 39g: 1 package (1.375 oz)

Measure 2 = 198g: 1 package (7 oz)

Measure 3 = 41g: 1 serving

**Calories Factors: Protein 3.4**

**Fat 8.5**

**Carbohydrate 3.7**

**Food Group: 19 Sweets**

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



**NDB No. 19118**  
**Candies, NESTLE, OH HENRY! Bar**

Nutrients and Units	Amount in 100 grams of edible portion					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	6.670		0		1		1.734		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		1		1		0.008		
17:1.....g									
18:1 undifferentiated.....g	6.620		1		1		1.721		
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	2.720		0		1		0.707		
18:2 undifferentiated.....g	2.720		1		1		0.707		
18:3 undifferentiated.....g	0.000		0		1		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	9		1		1		2		
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	4		0	FLC	4		1		
Theobromine.....mg	41		0	FLC	4		11		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	FLC	4		0.006		
Carotene, alpha.....mcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000		

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

**Common Measures:**

Measure 1 = 26g: 1 bar

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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





**NDB No. 19149**  
**Candies, NESTLE, RAISINETS Chocolate Covered Raisins**

Nutrients and Units	Amount in 100 grams of edible portion					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	5.940		0		1		2.673	0.594	2.673
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080		3		1		0.036	0.008	0.036
17:1.....g									
18:1 undifferentiated.....g	5.800		3		1		2.610	0.580	2.610
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.900		0		1		0.855	0.190	0.855
18:2 undifferentiated.....g	1.780		3		1		0.801	0.178	0.801
18:3 undifferentiated.....g	0.120		3		1		0.054	0.012	0.054
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	4		2		1		2	0	2
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g									
Caffeine.....mg	25		1		1		11	3	11
Theobromine.....mg	127		1		1		57	13	57

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

**Common Measures:**

Measure 1 = 45g: 1 package

Measure 2 = 10.0g: 10 pieces

Measure 3 = 45g: 1 package (1.58 oz)

**Calories Factors: Protein 3.6**

**Fat 8.7**

**Carbohydrate 3.6**

**Food Group: 19 Sweets**

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

**NDB No. 19238**  
**Candies, REESE'S BITES**  
*Hershey Food Corp.*

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.65		1	MC	9		0.64		
Energy.....kcal	521		1	MC	9		203		
Energy.....kj	2181		0	MC	9		851		
Protein (N x 6.25).....g	11.34		1	MC	9		4.42		
Total lipid (fat).....g	29.85		1	MC	9		11.64		
Ash.....g	1.62		1	MC	9		0.63		
Carbohydrate, by difference.....g	55.18		1	MC	9		21.52		
Fiber, total dietary.....g	3.1		1	MC	9		1.2		
Sugars, total.....g	48.03		1	MC	9		18.73		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	112		1	MC	9		44		
Iron, Fe.....mg	0.85		1	MC	9		0.33		
Magnesium, Mg.....mg	63		1	MC	9		25		
Phosphorus, P.....mg	194		1	MC	9		76		
Potassium, K.....mg	382		1	MC	9		149		
Sodium, Na.....mg	179		1	MC	9		70		
Zinc, Zn.....mg	1.06		1	MC	9		0.41		
Copper, Cu.....mg	0.300		1	MC	9		0.117		
Manganese, Mn.....mg	0.650		1	MC	9		0.254		
Selenium, Se.....mcg	1.6		1	MC	9		0.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		1	MC	9		0.3		
Thiamin.....mg	0.150		1	MC	9		0.059		
Riboflavin.....mg	0.210		1	MC	9		0.082		
Niacin.....mg	4.330		1	MC	9		1.689		
Pantothenic acid.....mg	0.570		1	MC	9		0.222		
Vitamin B-6.....mg	0.100		1	MC	9		0.039		
Folate, total.....mcg	42		1	MC	9		17		
Folic acid.....mcg									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	60		1	MC	9		23		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	18.000		1	MC	9		7.020		
Fatty acids, total monounsaturated.....g	7.060		1	MC	9		2.753		
Fatty acids, total polyunsaturated.....g	1.820		1	MC	9		0.710		
Fatty acids, total trans.....g	0.050		1	MC	9		0.020		
Cholesterol.....mg	7		1	MC	9		3		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0		
Caffeine.....mg	0		1	MC	9		0		
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.

**NDB No. 19238**  
**Candies, REESE'S BITES**

**Common Measures:**  
Measure 1 = 39g: 16 pieces

<b>Calories Factors:</b>	<b>Protein</b>	<b>Fat</b>	<b>Carbohydrate</b>	<b>Food Group:</b> 19 Sweets
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 19242**  
**Candies, REESE'S CRUNCHY COOKIE CUPS**  
*Hershey Food Corp.*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.02		1	MC	9		0.17	0.20	0.41
Energy.....kcal	507		1	MC	9		86	101	203
Energy.....kj	2120		0	MC	9		360	424	848
Protein.....g	8.47		1	MC	9		1.44	1.69	3.39
Total lipid (fat).....g	28.16		1	MC	9		4.79	5.63	11.26
Ash.....g	1.84		1	MC	9		0.31	0.37	0.74
Carbohydrate, by difference.....g	59.60		1	MC	9		10.13	11.92	23.84
Fiber, total dietary.....g	3.2		1	MC	9		0.5	0.6	1.3
Sugars, total.....g	48.73		1	MC	9		8.28	9.75	19.49
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	79		1	MC	9		13	16	32
Iron, Fe.....mg	1.23		1	MC	9		0.21	0.25	0.49
Magnesium, Mg.....mg	41		1	MC	9		7	8	17
Phosphorus, P.....mg	132		1	MC	9		22	26	53
Potassium, K.....mg	339		1	MC	9		58	68	136
Sodium, Na.....mg	262		1	MC	9		44	52	105
Zinc, Zn.....mg	0.70		1	MC	9		0.12	0.14	0.28
Copper, Cu.....mg	0.160		1	MC	9		0.027	0.032	0.064
Manganese, Mn.....mg	0.000		1	MC	9		0.000	0.000	0.000
Selenium, Se.....mcg	0.3		1	MC	9		0.0	0.1	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6		1	MC	9		0.1	0.1	0.2
Thiamin.....mg	0.140		1	MC	9		0.024	0.028	0.056
Riboflavin.....mg	0.130		1	MC	9		0.022	0.026	0.052
Niacin.....mg	3.090		1	MC	9		0.525	0.618	1.236
Pantothenic acid.....mg	0.300		1	MC	9		0.051	0.060	0.120
Vitamin B-6.....mg	0.050		1	MC	9		0.009	0.010	0.020
Folate, total.....mcg	38		1	MC	9		6	8	15
Folic acid.....mcg									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	71		1	MC	9		12	14	28
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	11.560		1	MC	9		1.965	2.312	4.624
Fatty acids, total monounsaturated.....g	9.730		1	MC	9		1.654	1.946	3.892
Fatty acids, total polyunsaturated.....g	3.990		1	MC	9		0.678	0.798	1.596
Fatty acids, total trans.....g	0.170		1	MC	9		0.029	0.034	0.068
Cholesterol.....mg	7		1	MC	9		1	1	3
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

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

**NDB No. 19242**

**Candies, REESE'S CRUNCHY COOKIE CUPS**

**Common Measures:**

Measure 1 = 17g: 1 package .6 oz

Measure 2 = 20g: 1 package .72 oz

Measure 3 = 40g: 1 package 1.44 oz, 2 cups

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19239**  
**Candies, REESE'S NUTRAGEOUS Candy Bar**  
*Hershey Food Corp.*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.50		1	MC	9		0.81	0.51	
Energy.....kcal	517		1	MC	9		279	176	
Energy.....kj	2165		0	MC	9		1169	736	
Protein.....g	11.28		1	MC	9		6.09	3.84	
Total lipid (fat).....g	32.09		1	MC	9		17.33	10.91	
Ash.....g	2.18		1	MC	9		1.18	0.74	
Carbohydrate, by difference.....g	52.80		1	MC	9		28.51	17.95	
Fiber, total dietary.....g	3.9		1	MC	9		2.1	1.3	
Sugars, total.....g	40.22		1	MC	9		21.72	13.67	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	68		1	MC	9		37	23	
Iron, Fe.....mg	1.23		1	MC	9		0.66	0.42	
Magnesium, Mg.....mg	68		1	MC	9		37	23	
Phosphorus, P.....mg	175		1	MC	9		94	59	
Potassium, K.....mg	364		1	MC	9		197	124	
Sodium, Na.....mg	141		1	MC	9		76	48	
Zinc, Zn.....mg	1.29		1	MC	9		0.70	0.44	
Copper, Cu.....mg	0.270		1	MC	9		0.146	0.092	
Manganese, Mn.....mg	0.000		1	MC	9		0.000	0.000	
Selenium, Se.....mcg	0.2		1	MC	9		0.1	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		1	MC	9		0.2	0.2	
Thiamin.....mg	0.180		1	MC	9		0.097	0.061	
Riboflavin.....mg	0.100		1	MC	9		0.054	0.034	
Niacin.....mg	5.250		1	MC	9		2.835	1.785	
Pantothenic acid.....mg	0.540		1	MC	9		0.292	0.184	
Vitamin B-6.....mg	0.100		1	MC	9		0.054	0.034	
Folate, total.....mcg	56		1	MC	9		30	19	
Folic acid.....mcg									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	36		1	MC	9		19	12	
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.860		1	MC	9		4.784	3.012	
Fatty acids, total monounsaturated.....g	12.630		1	MC	9		6.820	4.294	
Fatty acids, total polyunsaturated.....g	8.090		1	MC	9		4.369	2.751	
Fatty acids, total trans.....g									
Cholesterol.....mg	3		1	MC	9		2	1	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**NDB No. 19239**  
**Candies, REESE'S NUTRAGEOUS Candy Bar**

**Common Measures:**  
Measure 1 = 54g: 1 bar 1.92 oz  
Measure 2 = 34g: 2 bars

<b>Calories Factors:</b>	<b>Protein</b>	<b>Fat</b>	<b>Carbohydrate</b>	<b>Food Group:</b> 19 Sweets
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**Refuse: 0%**

**NDB No. 19151**  
**Candies, REESE'S PIECES Candy**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.460		1	MC	9		2.096	0.357	2.052
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019		0	FLM	4		0.009	0.002	0.009
17:1.....g									
18:1 undifferentiated.....g	4.434		0	FLM	4		2.084	0.355	2.040
20:1.....g	0.001		0	FLM	4		0.001	0.000	0.001
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.880		1	MC	9		0.884	0.150	0.865
18:2 undifferentiated.....g	1.769		0	FLM	4		0.831	0.141	0.814
18:3 undifferentiated.....g	0.107		0	FLM	4		0.050	0.009	0.049
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MC	9		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	0.0
Caffeine.....mg	0		1	MC	9		0	0	0
Theobromine.....mg	0		0	FLM	4		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	FLM	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 = 47g: .25 cup

Measure 2 = 8.0g: 10 pieces

Measure 3 = 46g: 1 package 1.63 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

**NDB No. 19150**  
**Candies, REESE'S Peanut Butter Cups**  
*Hershey Food Corp.*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	1.44		1	MC	9		0.10	0.24	0.65
Energy.....kcal	515		1	MC	9		36	87	232
Energy.....kj	2153		0	MC	9		151	366	969
Protein.....g	10.24		1	MC	9		0.72	1.74	4.61
Total lipid (fat).....g	30.53		1	MC	9		2.14	5.19	13.74
Ash.....g	2.28		1	MC	9		0.16	0.39	1.03
Carbohydrate, by difference.....g	55.36		1	MC	9		3.88	9.41	24.91
Fiber, total dietary.....g	3.6		1	MC	9		0.3	0.6	1.6
Sugars, total.....g	47.17		1	MC	9		3.30	8.02	21.23
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	78		1	MC	9		5	13	35
Iron, Fe.....mg	1.21		1	MC	9		0.08	0.21	0.54
Magnesium, Mg.....mg	62		1	MC	9		4	11	28
Phosphorus, P.....mg	161		1	MC	9		11	27	73
Potassium, K.....mg	343		1	MC	9		24	58	155
Sodium, Na.....mg	314		1	MC	9		22	53	141
Zinc, Zn.....mg	1.28		1	MC	9		0.09	0.22	0.58
Copper, Cu.....mg	0.240		1	MC	9		0.017	0.041	0.108
Manganese, Mn.....mg	0.000		1	MC	9		0.000	0.000	0.000
Selenium, Se.....mcg	1.4		1	MC	9		0.1	0.2	0.6
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		1	MC	9		0.0	0.1	0.1
Thiamin.....mg	0.160		1	MC	9		0.011	0.027	0.072
Riboflavin.....mg	0.110		1	MC	9		0.008	0.019	0.050
Niacin.....mg	4.490		1	MC	9		0.314	0.763	2.021
Pantothenic acid.....mg	0.620		1	MC	9		0.043	0.105	0.279
Vitamin B-6.....mg	0.100		1	MC	9		0.007	0.017	0.045
Folate, total.....mcg	50		1	MC	9		3	8	22
Folic acid.....mcg	0		0	FLM	4		0	0	0
Folate, food.....mcg	50		1	MC	9		3	8	22
Folate, DFE.....mcg_DFE	50		0	NC	4		3	8	22
Vitamin B-12.....mcg	0.56		0	FLM	4		0.04	0.09	0.25
Vitamin A, IU.....IU	56		1	MC	9		4	10	25
Vitamin A, RAE.....mcg_RAE	17		0	NC	4		1	3	8
Retinol.....mcg	17		0	NR	4		1	3	8
Vitamin E (alpha-tocopherol).....mg	0.15		0	NR	4		0.01	0.03	0.07
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.1		0	FLM	4		0.4	0.9	2.3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.730		1	MC	9		0.751	1.824	4.829
4:0.....g	0.363		0	FLM	4		0.025	0.062	0.164
6:0.....g	0.131		0	FLM	4		0.009	0.022	0.059
8:0.....g	0.075		0	FLM	4		0.005	0.013	0.034
10:0.....g	0.143		0	FLM	4		0.010	0.024	0.064
12:0.....g	0.156		0	FLM	4		0.011	0.027	0.070
13:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
14:0.....g	0.481		0	FLM	4		0.034	0.082	0.216
15:0.....g	0.049		0	FLM	4		0.003	0.008	0.022
16:0.....g	4.630		0	FLM	4		0.324	0.787	2.083
17:0.....g	0.047		0	FLM	4		0.003	0.008	0.021
18:0.....g	4.481		0	FLM	4		0.314	0.762	2.017
20:0.....g	0.124		0	FLM	4		0.009	0.021	0.056
22:0.....g	0.013		0	FLM	4		0.001	0.002	0.006
24:0.....g	0.000		0	FLM	4		0.000	0.000	0.000

**NDB No. 19150**  
**Candies, REESE'S Peanut Butter Cups**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	13.100		1	MA	12		0.917	2.227	5.895
14:1.....g	0.049		0	FLM	4		0.003	0.008	0.022
15:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.094		0	FLM	4		0.007	0.016	0.042
17:1.....g	0.014		0	FLM	4		0.001	0.002	0.006
18:1 undifferentiated.....g	6.502		0	FLM	4		0.455	1.105	2.926
20:1.....g	0.044		0	FLM	4		0.003	0.007	0.020
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	5.600		1	MA	12		0.392	0.952	2.520
18:2 undifferentiated.....g	5.288		0	FLM	4		0.370	0.899	2.380
18:3 undifferentiated.....g	0.001		0	FLM	4		0.000	0.000	0.000
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	6		1	MC	9		0	1	3
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	0.0
Caffeine.....mg	18		0	FLM	4		1	3	8
Theobromine.....mg	184		0	FLM	4		13	31	83
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLM	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	FLM	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 = 7.0g: 1 miniature

Measure 2 = 17g: 1 package 0.6 oz 1 cup

Measure 3 = 45g: 1 package 1.6 oz 2 cups

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

NDB No. 19252

Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats

Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.10		1	MC	9		2.30		
Energy.....kcal	474		1	MC	9		266		
Energy.....kj	1985		0	MC	9		1112		
Protein (N x 6.25).....g	8.66		1	MC	9		4.85		
Total lipid (fat).....g	23.42		1	MC	9		13.12		
Ash.....g	2.01		1	MC	9		1.13		
Carbohydrate, by difference.....g	61.60		1	MC	9		34.50		
Fiber, total dietary.....g	2.9		1	MC	9		1.6		
Sugars, total.....g	53.08		1	MC	9		29.72		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	61		1	MC	9		34		
Iron, Fe.....mg	0.96		1	MC	9		0.54		
Magnesium, Mg.....mg	48		1	MC	9		27		
Phosphorus, P.....mg	130		1	MC	9		73		
Potassium, K.....mg	284		1	MC	9		159		
Sodium, Na.....mg	330		1	MC	9		185		
Zinc, Zn.....mg	0.94		1	MC	9		0.53		
Copper, Cu.....mg	0.180		1	MC	9		0.101		
Manganese, Mn.....mg	0.000		1	MC	9		0.000		
Selenium, Se.....mcg	0.0		1	MC	9		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		1	MC	9		0.2		
Thiamin.....mg	0.130		1	MC	9		0.073		
Riboflavin.....mg	0.100		1	MC	9		0.056		
Niacin.....mg	3.570		1	MC	9		1.999		
Pantothenic acid.....mg	0.420		1	MC	9		0.235		
Vitamin B-6.....mg	0.070		1	MC	9		0.039		
Folate, total.....mcg	39		1	MC	9		22		
Folic acid.....mcg									
Folate, food.....mcg	39		1	MC	9		22		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	40		1	MC	9		23		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.230		1	MC	9		4.609		
Fatty acids, total monounsaturated.....g	8.940		1	MC	9		5.006		
Fatty acids, total polyunsaturated.....g	4.330		1	MC	9		2.425		
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	4		1	MC	9		2		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0		
Caffeine.....mg	0		1	MC	9		0		
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.

**NDB No. 19252**  
**Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats**

**Common Measures:**  
Measure 1 = 56g: 2 oz bar

<b>Calories Factors:</b>	<b>Protein</b>	<b>Fat</b>	<b>Carbohydrate</b>	<b>Food Group:</b> 19 Sweets
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 19152**  
**Candies, ROLO Caramels in Milk Chocolate**  
*Hershey Food Corp.*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	4.60		1	MC	9		2.48	1.66	1.93
Energy.....kcal	474		1	MC	9		256	171	199
Energy.....kj	1984		0	MC	9		1071	714	833
Protein.....g	5.08		1	MC	9		2.74	1.83	2.13
Total lipid (fat).....g	20.93		1	MC	9		11.30	7.53	8.79
Ash.....g	1.27		1	MC	9		0.69	0.46	0.53
Carbohydrate, by difference.....g	67.95		1	MC	9		36.69	24.46	28.54
Fiber, total dietary.....g	0.9		1	MC	9		0.5	0.3	0.4
Sugars, total.....g	63.93		1	MC	9		34.52	23.01	26.85
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	145		1	MC	9		79	52	61
Iron, Fe.....mg	0.42		1	MC	9		0.23	0.15	0.18
Magnesium, Mg.....mg	0		1	MC	9		0	0	0
Phosphorus, P.....mg	71		1	MC	9		38	26	30
Potassium, K.....mg	188		1	MC	9		101	68	79
Sodium, Na.....mg	188		1	MC	9		101	68	79
Zinc, Zn.....mg	0.00		1	MC	9		0.00	0.00	0.00
Copper, Cu.....mg	0.000		1	MC	9		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1	MC	9		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		1	MC	9		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.9		1	MC	9		0.5	0.3	0.4
Thiamin.....mg	0.020		1	MC	9		0.011	0.007	0.008
Riboflavin.....mg	0.120		1	MC	9		0.065	0.043	0.050
Niacin.....mg	0.040		1	MC	9		0.022	0.014	0.017
Pantothenic acid.....mg	0.000		1	MC	9		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		1	MC	9		0.000	0.000	0.000
Folate, total.....mcg	0		1	MC	9		0	0	0
Folic acid.....mcg	0		0	FLM	4		0	0	0
Folate, food.....mcg	0		1	MC	9		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.27		0	FLM	4		0.15	0.10	0.11
Vitamin A, IU.....IU	121		1	MC	9		65	43	51
Vitamin A, RAE.....mcg_RAE	34		0	FLM	4		18	12	14
Retinol.....mcg	33		0	FLM	4		18	12	14
Vitamin E (alpha-tocopherol).....mg	0.89		0	FLM	4		0.48	0.32	0.37
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.4		0	FLM	4		2.4	1.6	1.8
<b>Lipids:</b>									
Fatty acids, total saturated.....g	14.420		1	MC	9		7.787	5.191	6.056
4:0.....g	0.138		0	FLM	4		0.075	0.050	0.058
6:0.....g	0.109		0	FLM	4		0.059	0.039	0.046
8:0.....g	0.502		0	FLM	4		0.271	0.181	0.211
10:0.....g	0.570		0	FLM	4		0.308	0.205	0.239
12:0.....g	6.243		0	FLM	4		3.371	2.247	2.622
13:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
14:0.....g	2.467		0	FLM	4		1.332	0.888	1.036
15:0.....g	0.012		0	FLM	4		0.006	0.004	0.005
16:0.....g	2.662		0	FLM	4		1.437	0.958	1.118
17:0.....g	0.011		0	FLM	4		0.006	0.004	0.005
18:0.....g	1.673		0	FLM	4		0.904	0.602	0.703
20:0.....g	0.030		0	FLM	4		0.016	0.011	0.012
22:0.....g	0.003		0	FLM	4		0.002	0.001	0.001
24:0.....g	0.000		0	FLM	4		0.000	0.000	0.000

**NDB No. 19152**  
**Candies, ROLO Caramels in Milk Chocolate**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	3.760		1	MC	9		2.030	1.354	1.579
14:1.....g	0.010		0	FLM	4		0.005	0.004	0.004
15:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.019		0	FLM	4		0.010	0.007	0.008
17:1.....g	0.003		0	FLM	4		0.001	0.001	0.001
18:1 undifferentiated.....g	2.755		0	FLM	4		1.488	0.992	1.157
20:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.390		1	MC	9		0.211	0.140	0.164
18:2 undifferentiated.....g	0.337		0	FLM	4		0.182	0.121	0.141
18:3 undifferentiated.....g	0.042		0	FLM	4		0.022	0.015	0.017
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	12		1	MC	9		6	4	5
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	0.0
Caffeine.....mg	3		0	FLM	4		2	1	1
Theobromine.....mg	35		0	FLM	4		19	13	15
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	FLM	4		0.032	0.022	0.025
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	FLM	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 = 54g: 1 package 1.91 oz

Measure 2 = 36g: 2 rolls 3 pieces per snack size roll

Measure 3 = 42g: 7 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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



**NDB No. 19136**  
**Candies, SKOR Toffee Bar**  
*Hershey Food Corp.*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
<b>Proximates:</b>									
Water.....g	1.57		1	MC	9		0.61		
Energy.....kcal	535		1	MC	9		209		
Energy.....Kj	2240		0	MC	9		874		
Protein.....g	3.13		1	MC	9		1.22		
Total lipid (fat).....g	32.18		1	MC	9		12.55		
Ash.....g	1.20		1	MC	9		0.47		
Carbohydrate, by difference.....g	61.72		1	MC	9		24.07		
Fiber, total dietary.....g	1.3		1	MC	9		0.5		
Sugars, total.....g	59.89		1	MC	9		23.36		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.57		1	MC	9		0.22		
Magnesium, Mg.....mg	10		1	MC	9		4		
Phosphorus, P.....mg	61		1	MC	9		24		
Potassium, K.....mg	153		1	MC	9		60		
Sodium, Na.....mg	317		1	MC	9		124		
Zinc, Zn.....mg	0.17		1	MC	9		0.07		
Copper, Cu.....mg	0.040		1	MC	9		0.016		
Manganese, Mn.....mg	0.000		1	MC	9		0.000		
Selenium, Se.....mcg	0.0		1	MC	9		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		1	MC	9		0.2		
Thiamin.....mg	0.020		1	MC	9		0.008		
Riboflavin.....mg	0.100		1	MC	9		0.039		
Niacin.....mg	0.130		1	MC	9		0.051		
Pantothenic acid.....mg	0.040		1	MC	9		0.016		
Vitamin B-6.....mg									
Folate, total.....mcg	3		1	MC	9		1		
Folic acid.....mcg									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	718		1	MC	9		280		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	18.780		1	MC	9		7.324		
Fatty acids, total monounsaturated.....g	9.290		1	MC	9		3.623		
Fatty acids, total polyunsaturated.....g	1.280		1	MC	9		0.499		
Fatty acids, total trans.....g									
Cholesterol.....mg	53		1	MC	9		21		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		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.

NDB No. 19136  
Candies, SKOR Toffee Bar

Common Measures:  
Measure 1 = 39g: 1 bar 1.4 oz

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 19 Sweets
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 19164**  
**Candies, SPECIAL DARK Chocolate Bar**

*Hershey Food Corp.*

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.90		1	MC	9		0.37	0.66	0.38
Energy.....kcal	531		1	MC	9		218	388	223
Energy.....kj	2222		0	MC	9		911	1622	933
Protein.....g	5.54		1	MC	9		2.27	4.04	2.33
Total lipid (fat).....g	32.40		1	MC	9		13.28	23.65	13.61
Ash.....g	0.67		1	MC	9		0.27	0.49	0.28
Carbohydrate, by difference.....g	59.41		1	MC	9		24.36	43.37	24.95
Fiber, total dietary.....g	6.5		1	MC	9		2.7	4.8	2.7
Sugars, total.....g	47.56		1	MC	9		19.50	34.72	19.98
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	30		1	MC	9		12	22	13
Iron, Fe.....mg	2.13		1	MC	9		0.87	1.55	0.89
Magnesium, Mg.....mg	31		1	MC	9		13	23	13
Phosphorus, P.....mg	51		1	MC	9		21	37	22
Potassium, K.....mg	502		1	MC	9		206	366	211
Sodium, Na.....mg	6		1	MC	9		2	4	2
Zinc, Zn.....mg	0.01		1	MC	9		0.00	0.01	0.00
Copper, Cu.....mg	0.020		1	MC	9		0.008	0.015	0.008
Manganese, Mn.....mg	0.000		1	MC	9		0.000	0.000	0.000
Selenium, Se.....mcg	0.3		1	MC	9		0.1	0.2	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0	0.0	0.0
Thiamin.....mg	0.000		1	MC	9		0.000	0.000	0.000
Riboflavin.....mg	0.010		1	MC	9		0.004	0.007	0.004
Niacin.....mg	0.000		1	MC	9		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		1	MC	9		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		1	MC	9		0.000	0.000	0.000
Folate, total.....mcg	0		1	MC	9		0	0	0
Folic acid.....mcg									
Folate, food.....mcg	0		1	MC	9		0	0	0
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g	5.140		1	MC	9		2.107	3.752	2.159
Fatty acids, total polyunsaturated.....g	0.440		1	MC	9		0.180	0.321	0.185
Fatty acids, total trans.....g									
Cholesterol.....mg	5		1	MC	9		2	4	2
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

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

NDB No. 19164  
Candies, SPECIAL DARK Chocolate Bar

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			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 41g: 1 bar 1.45 oz

Measure 2 = 73g: 1 bar 2.6 oz

Measure 3 = 42g: 3 blocks

**Calories Factors:** Protein

Fat

Carbohydrate

**Food Group:** 19 Sweets

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

**NDB No. 19282**  
**Candies, SWEET ESCAPES Triple Chocolate Wafer Bars**  
*Hershey Food Corp.*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	6.82		0	FLC	4		1.30		
Energy.....kcal	430		0	NC	4		82		
Energy.....kj	1800		0	NC	4		342		
Protein (N x 6.25).....g	4.66		0	FLC	4		0.89		
Total lipid (fat).....g	13.16		1	LC	8		2.50		
Ash.....g	2.07		0	FLC	4		0.39		
Carbohydrate, by difference.....g	73.29		0	NC	4		13.93		
Fiber, total dietary.....g	4.1		0	FLC	4		0.8		
Sugars, total.....g	57.89		1	LC	8		11.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	526		1	LC	8		100		
Iron, Fe.....mg	2.24		0	FLC	4		0.43		
Magnesium, Mg.....mg	65		0	FLC	4		12		
Phosphorus, P.....mg	133		0	FLC	4		25		
Potassium, K.....mg	355		0	FLC	4		67		
Sodium, Na.....mg	158		1	LC	8		30		
Zinc, Zn.....mg	1.17		0	FLC	4		0.22		
Copper, Cu.....mg	0.520		0	FLC	4		0.099		
Manganese, Mn.....mg	0.576		0	FLC	4		0.109		
Selenium, Se.....mcg	6.2		0	FLC	4		1.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg	0.048		0	FLC	4		0.009		
Riboflavin.....mg	0.127		0	FLC	4		0.024		
Niacin.....mg	0.462		0	FLC	4		0.088		
Pantothenic acid.....mg	0.184		0	FLC	4		0.035		
Vitamin B-6.....mg	0.025		0	FLC	4		0.005		
Folate, total.....mcg	9		0	FLC	4		2		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	9		0	FLC	4		2		
Folate, DFE.....mcg_DFE	9		0	NC	4		2		
Vitamin B-12.....mcg	0.14		0	FLC	4		0.03		
Vitamin A, IU.....IU	36		0	FLC	4		7		
Vitamin A, RAE.....mcg_RAE	10		0	FLC	4		2		
Retinol.....mcg	10		0	FLC	4		2		
Vitamin E (alpha-tocopherol).....mg	0.88		0	FLC	4		0.17		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.8		0	FLC	4		0.5		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.895		1	LC	8		1.500		
4:0.....g	0.126		0	FLC	4		0.024		
6:0.....g	0.052		0	FLC	4		0.010		
8:0.....g	0.137		0	FLC	4		0.026		
10:0.....g	0.173		0	FLC	4		0.033		
12:0.....g	1.629		0	FLC	4		0.309		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.729		0	FLC	4		0.138		
15:0.....g	0.017		0	FLC	4		0.003		
16:0.....g	2.695		0	FLC	4		0.512		
17:0.....g	0.016		0	FLC	4		0.003		
18:0.....g	2.259		0	FLC	4		0.429		
20:0.....g	0.043		0	FLC	4		0.008		
22:0.....g	0.005		0	FLC	4		0.001		
24:0.....g	0.000		0	FLC	4		0.000		

**NDB No. 19282**  
**Candies, SWEET ESCAPES Triple Chocolate Wafer Bars**

Nutrients and Units	Amount in 100 grams of edible portion					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				
<hr/>									
Fatty acids, total monounsaturated.....g	2.312		0	FLC	4		0.439		
14:1.....g	0.010		0	FLC	4		0.002		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.024		0	FLC	4		0.005		
17:1.....g	0.003		0	FLC	4		0.001		
18:1 undifferentiated.....g	2.274		0	FLC	4		0.432		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	1.249		0	FLC	4		0.237		
18:2 undifferentiated.....g	1.187		0	FLC	4		0.226		
18:3 undifferentiated.....g	0.062		0	FLC	4		0.012		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	12		0	FLC	4		2		
Theobromine.....mg	316		0	FLC	4		60		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	FLC	4		0.004		
Carotene, alpha.....mcg	0		0	FLC	4		0.001		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.002		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	6		0	FLC	4		1.102		

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

**Common Measures:**

Measure 1 = 19g: 1 bar

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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

**NDB No. 19093**  
**Candies, SYMPHONY Milk Chocolate Bar**  
*Hershey Food Corp.*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.94		1	MC	9		0.39	0.64	
Energy.....kcal	531		1	MC	9		223	361	
Energy.....kj	2222		0	MC	9		933	1511	
Protein.....g	8.51		1	MC	9		3.57	5.79	
Total lipid (fat).....g	30.57		1	MC	9		12.84	20.79	
Ash.....g	1.61		1	MC	9		0.68	1.09	
Carbohydrate, by difference.....g	58.01		1	MC	9		24.36	39.45	
Fiber, total dietary.....g	1.7		1	MC	9		0.7	1.2	
Sugars, total.....g	53.96		1	MC	9		22.66	36.69	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	251		1	MC	9		105	170	
Iron, Fe.....mg	0.91		1	MC	9		0.38	0.62	
Magnesium, Mg.....mg									
Phosphorus, P.....mg	206		1	MC	9		87	140	
Potassium, K.....mg	438		1	MC	9		184	298	
Sodium, Na.....mg	101		1	MC	9		42	68	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.2		1	MC	9		0.9	1.5	
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	229		1	MC	9		96	155	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	18.340		1	MC	9		7.703	12.471	
Fatty acids, total monounsaturated.....g	7.910		1	MC	9		3.322	5.379	
Fatty acids, total polyunsaturated.....g	0.690		1	MC	9		0.290	0.469	
Fatty acids, total trans.....g									
Cholesterol.....mg	24		1	MC	9		10	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 = 42g: 1 bar 1.5 oz

Measure 2 = 68g: 1 bar 2.4 oz

NDB No. 19093  
Candies, SYMPHONY Milk Chocolate Bar

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 19 Sweets
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 19064**  
**Candies, TOOTSIE ROLL, chocolate-flavor roll**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	6.69		1	A	1	D	2.68	0.44	
Energy.....kcal	387		0	NC	4		155	26	
Energy.....kj	1619		0	NC	4		648	107	
Protein (N x 6.25).....g	1.59		1	A	1	D	0.64	0.10	
Total lipid (fat).....g	3.31		1	A	1	D	1.32	0.22	
Ash.....g	0.68		1	A	1	D	0.27	0.04	
Carbohydrate, by difference.....g	87.73		0	NC	4		35.09	5.79	
Fiber, total dietary.....g	0.1		1	A	1	D	0.0	0.0	
Sugars, total.....g	56.32		1	A	1	D	22.53	3.72	
Sucrose.....g	39.35		1	A	1	D	15.74	2.60	
Glucose (dextrose).....g	7.85		1	A	1	D	3.14	0.52	
Fructose.....g	0.40		1	A	1	D	0.16	0.03	
Lactose.....g	2.18		1	A	1	D	0.87	0.14	
Maltose.....g	6.54		1	A	1	D	2.62	0.43	
Galactose.....g	0.00		1	A	1	D	0.00	0.00	
Starch.....g	15.30		1	A	1	D	6.12	1.01	
<b>Minerals:</b>									
Calcium, Ca.....mg	36		1	A	1	D	14	2	
Iron, Fe.....mg	0.80		1	A	1	D	0.32	0.05	
Magnesium, Mg.....mg	22		1	A	1	D	9	1	
Phosphorus, P.....mg	57		1	A	1	D	23	4	
Potassium, K.....mg	116		1	A	1	D	46	8	
Sodium, Na.....mg	44		1	A	1	D	18	3	
Zinc, Zn.....mg	0.40		1	A	1	D	0.16	0.03	
Copper, Cu.....mg	0.130		1	A	1	D	0.052	0.009	
Manganese, Mn.....mg	0.047		1	A	1	D	0.019	0.003	
Selenium, Se.....mcg	2.2		1	A	1	D	0.9	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1	D	0.0	0.0	
Thiamin.....mg	0.056		1	A	1	D	0.022	0.004	
Riboflavin.....mg	0.070		1	A	1	D	0.028	0.005	
Niacin.....mg	0.210		1	A	1	D	0.084	0.014	
Pantothenic acid.....mg	0.290		1	A	1	D	0.116	0.019	
Vitamin B-6.....mg	0.010		1	A	1	D	0.004	0.001	
Folate, total.....mcg	9		1	A	1	D	4	1	
Folic acid.....mcg	3		1	A	1	D	1	0	
Folate, food.....mcg	6		1	AS	1		2	0	
Folate, DFE.....mcg_DFE	11		0	NC	4		4	1	
Vitamin B-12.....mcg	0.00		1	A	1	D	0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.65		1	A	1	D	0.26	0.04	
Tocopherol, beta.....mg	0.06		1	A	1	D	0.02	0.00	
Tocopherol, gamma.....mg	7.42		1	A	1	D	2.97	0.49	
Tocopherol, delta.....mg	3.18		1	A	1	D	1.27	0.21	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	9.6		1	A	1	D	3.9	0.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.967		0	NC	4		0.387	0.064	
4:0.....g	0.000		1	A	1	D	0.000	0.000	
6:0.....g	0.000		1	A	1	D	0.000	0.000	
8:0.....g	0.067		1	A	1	D	0.027	0.004	
10:0.....g	0.025		1	A	1	D	0.010	0.002	
12:0.....g	0.000		1	A	1	D	0.000	0.000	
13:0.....g	0.000		1	A	1	D	0.000	0.000	
14:0.....g	0.000		1	A	1	D	0.000	0.000	
15:0.....g	0.000		1	A	1	D	0.000	0.000	

**NDB No. 19064**  
**Candies, TOOTSIE ROLL, chocolate-flavor roll**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.467		1	A	1	D	0.187	0.031	
17:0.....g	0.000		1	A	1	D	0.000	0.000	
18:0.....g	0.396		1	A	1	D	0.158	0.026	
20:0.....g	0.013		1	A	1	D	0.005	0.001	
22:0.....g	0.000		1	A	1	D	0.000	0.000	
24:0.....g	0.000		1	A	1	D	0.000	0.000	
Fatty acids, total monounsaturated.....g	1.929		0	NC	4		0.772	0.127	
14:1.....g	0.000		1	A	1	D	0.000	0.000	
15:1.....g	0.000		1	A	1	D	0.000	0.000	
16:1 undifferentiated.....g	0.000		1	A	1	D	0.000	0.000	
17:1.....g	0.000		1	A	1	D	0.000	0.000	
18:1 undifferentiated.....g	1.907		0	A	1		0.763	0.126	
18:1 c.....g	1.188		1	A	1	D	0.475	0.078	
18:1 t.....g	0.719		1	A	1	D	0.288	0.047	
20:1.....g	0.000		1	A	1	D	0.000	0.000	
22:1 undifferentiated.....g	0.022		1	A	1	D	0.009	0.001	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.266		0	NC	4		0.106	0.018	
18:2 undifferentiated.....g	0.250		1	A	1	D	0.100	0.017	
18:3 undifferentiated.....g	0.000		0	A	1		0.000	0.000	
18:3 n-6 c,c,c.....g	0.000		1	A	1	D	0.000	0.000	
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1	D	0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1	D	0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1	D	0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		1	A	1	D	0.000	0.000	
22:5 n-3.....g									
22:6 n-3.....g	0.000		1	A	1	D	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1	A	1	D	1	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.190		0	A	1		0.076	0.013	
Threonine.....g	0.040		0	A	1		0.016	0.003	
Isoleucine.....g	0.060		0	A	1		0.024	0.004	
Leucine.....g	0.110		0	A	1		0.044	0.007	
Lysine.....g	0.090		0	A	1		0.036	0.006	
Methionine.....g	0.010		0	A	1		0.004	0.001	
Cystine.....g	0.000		0	A	1		0.000	0.000	
Phenylalanine.....g	0.050		0	A	1		0.020	0.003	
Tyrosine.....g	0.020		0	A	1		0.008	0.001	
Valine.....g	0.080		0	A	1		0.032	0.005	
Arginine.....g	0.060		0	A	1		0.024	0.004	
Histidine.....g	0.030		0	A	1		0.012	0.002	
Alanine.....g	0.060		0	A	1		0.024	0.004	
Aspartic acid.....g	0.200		0	A	1		0.080	0.013	
Glutamic acid.....g	0.280		0	A	1		0.112	0.018	
Glycine.....g	0.050		0	A	1		0.020	0.003	
Proline.....g	0.030		0	A	1		0.012	0.002	
Serine.....g	0.080		0	A	1		0.032	0.005	
Hydroxyproline.....g	0.000		1	A	1	D	0.000	0.000	
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	7		1	A	1	D	3	0	
Theobromine.....mg	75		1	A	1	D	30	5	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		1	A	1	D	0.000	0.000	
Carotene, alpha.....mcg	0		1	A	1	D	0.000	0.000	

**NDB No. 19064**  
**Candies, TOOTSIE ROLL, chocolate-flavor roll**

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			
Cryptoxanthin, beta.....mcg	0		1	A	1	D	0.000	0.000	
Lycopene.....mcg	0		1	A	1	D	0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 40g: 1 serving 6 pieces

Measure 2 = 6.6g: 1 piece

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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

**NDB No. 19067**  
**Candies, TWIZZLERS CHERRY BITES**  
*Hershey Food Corp.*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	15.00		1	MC	9		6.00		
Energy.....kcal	338		1	MC	9		135		
Energy.....kj	1413		0	MC	9		565		
Protein (N x 6.25).....g	2.97		1	MC	9		1.19		
Total lipid (fat).....g	1.70		1	MC	9		0.68		
Ash.....g	0.79		1	MC	9		0.32		
Carbohydrate, by difference.....g	79.38		1	MC	9		31.75		
Fiber, total dietary.....g	0.1		1	MC	9		0.0		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12		1	MC	9		5		
Iron, Fe.....mg	0.55		1	MC	9		0.22		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	47		1	MC	9		19		
Potassium, K.....mg	14		1	MC	9		6		
Sodium, Na.....mg	261		1	MC	9		104		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		1	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.250		1	MC	9		0.100		
Fatty acids, total monounsaturated.....g	0.490		1	MC	9		0.196		
Fatty acids, total polyunsaturated.....g	0.040		1	MC	9		0.016		
Fatty acids, total trans.....g	0.540		1	MC	9		0.216		
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 40g: 18 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 19067**  
**Candies, TWIZZLERS CHERRY BITES**

**Food Group:** 19 Sweets

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

**NDB No. 19092**  
**Candies, TWIZZLERS NIBS CHERRY BITS**  
*Hershey Food Corp.*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	15.00		1	MC	9		6.00		
Energy.....kcal	347		1	MC	9		139		
Energy.....kj	1453		0	MC	9		581		
Protein (N x 6.25).....g	2.30		1	MC	9		0.92		
Total lipid (fat).....g	2.64		1	MC	9		1.06		
Ash.....g	0.57		1	MC	9		0.23		
Carbohydrate, by difference.....g	79.37		1	MC	9		31.75		
Fiber, total dietary.....g	0.6		1	MC	9		0.3		
Sugars, total.....g	51.35		1	MC	9		20.54		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8		1	MC	9		3		
Iron, Fe.....mg	0.28		1	MC	9		0.11		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	24		1	MC	9		10		
Potassium, K.....mg	37		1	MC	9		15		
Sodium, Na.....mg	195		1	MC	9		78		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		1	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.540		1	MC	9		0.216		
Fatty acids, total monounsaturated.....g	1.880		1	MC	9		0.752		
Fatty acids, total polyunsaturated.....g	0.140		1	MC	9		0.056		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 40g: 27 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 19092**  
**Candies, TWIZZLERS NIBS CHERRY BITS**

**Food Group:** 19 Sweets

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

**NDB No. 19112**  
**Candies, TWIZZLERS Strawberry Twists Candy**  
*Hershey Food Corp.*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g									
Energy.....kcal	350	4.034	3	LC	8		248	133	157
Energy.....kj	1464		0	LC	8		1039	556	659
Protein.....g	2.56	0.176	3	LC	8		1.82	0.97	1.15
Total lipid (fat).....g	2.32	0.158	3	LC	8		1.65	0.88	1.04
Ash.....g									
Carbohydrate, by difference.....g	79.74	0.406	3	LC	8		56.62	30.30	35.88
Fiber, total dietary.....g	0.0	0.000	3	LC	8		0.0	0.0	0.0
Sugars, total.....g	39.64	0.182	3	LC	8		28.14	15.06	17.84
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0	0.000	3	LC	8		0	0	0
Iron, Fe.....mg	0.51			LC	8		0.36	0.19	0.23
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	287	2.503	3	LC	8		204	109	129
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	LC	8		0.0	0.0	0.0
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0	0.000	3	LC	8		0	0	0
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000	0.000	3	LC	8		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	3	LC	8		0	0	0
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 71g: 2.5 oz 2.5 oz

Measure 2 = 38g: 4 pieces from 5 oz package

Measure 3 = 45g: 4 pieces from 8 oz package



NDB No. 19112  
Candies, TWIZZLERS Strawberry Twists Candy

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 19 Sweets
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 19162**  
**Candies, WHATCHAMACALLIT Candy Bar**  
*Hershey Food Corp.*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	3.04		1	MC	9		1.46		
Energy.....kcal	494		1	MC	9		237		
Energy.....kj	2067		0	MC	9		992		
Protein.....g	8.04		1	MC	9		3.86		
Total lipid (fat).....g	23.68		1	MC	9		11.37		
Ash.....g	1.66		1	MC	9		0.80		
Carbohydrate, by difference.....g	63.23		1	MC	9		30.35		
Fiber, total dietary.....g	1.9		1	MC	9		0.9		
Sugars, total.....g	48.86		1	MC	9		23.45		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	118		1	MC	9		57		
Iron, Fe.....mg	1.13		1	MC	9		0.54		
Magnesium, Mg.....mg	28		1	MC	9		14		
Phosphorus, P.....mg	138		1	MC	9		66		
Potassium, K.....mg	303		1	MC	9		146		
Sodium, Na.....mg	299		1	MC	9		144		
Zinc, Zn.....mg	0.43		1	MC	9		0.21		
Copper, Cu.....mg	0.120		1	MC	9		0.058		
Manganese, Mn.....mg	0.330		1	MC	9		0.158		
Selenium, Se.....mcg	0.7		1	MC	9		0.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.9		1	MC	9		0.4		
Thiamin.....mg	0.110		1	MC	9		0.053		
Riboflavin.....mg	0.210		1	MC	9		0.101		
Niacin.....mg	2.470		1	MC	9		1.186		
Pantothenic acid.....mg	0.260		1	MC	9		0.125		
Vitamin B-6.....mg	0.040		1	MC	9		0.019		
Folate, total.....mcg	18		1	MC	9		9		
Folic acid.....mcg	0		0	O	4		0		
Folate, food.....mcg	18		0	FLM	4		8		
Folate, DFE.....mcg_DFE	18		0	NC	4		8		
Vitamin B-12.....mcg	0.37		0	FLM	4		0.18		
Vitamin A, IU.....IU	134		1	MC	9		64		
Vitamin A, RAE.....mcg_RAE	38		0	FLM	4		18		
Retinol.....mcg	37		0	FLM	4		18		
Vitamin E (alpha-tocopherol).....mg	1.27		0	FLM	4		0.61		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.3		0	FLM	4		2.1		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	17.040		1	MC	9		8.179		
4:0.....g	0.403		0	FLM	4		0.193		
6:0.....g	0.169		0	FLM	4		0.081		
8:0.....g	0.334		0	FLM	4		0.160		
10:0.....g	0.449		0	FLM	4		0.216		
12:0.....g	3.660		0	FLM	4		1.757		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	1.801		0	FLM	4		0.865		
15:0.....g	0.048		0	FLM	4		0.023		
16:0.....g	5.260		0	FLM	4		2.525		
17:0.....g	0.053		0	FLM	4		0.025		
18:0.....g	4.715		0	FLM	4		2.263		
20:0.....g	0.122		0	FLM	4		0.059		
22:0.....g	0.013		0	FLM	4		0.006		
24:0.....g	0.000		0	FLM	4		0.000		

**NDB No. 19162**  
**Candies, WHATCHAMACALLIT Candy Bar**

Nutrients and Units	Amount in 100 grams of edible portion					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	3.780		1	MC	9		1.814		
14:1.....g	0.016		0	FLM	4		0.008		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.040		0	FLM	4		0.019		
17:1.....g	0.004		0	FLM	4		0.002		
18:1 undifferentiated.....g	2.146		0	FLM	4		1.030		
20:1.....g	0.001		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	0.830		1	MC	9		0.398		
18:2 undifferentiated.....g	0.761		0	FLM	4		0.366		
18:3 undifferentiated.....g	0.027		0	FLM	4		0.013		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.120		1	MC	9		0.058		
Cholesterol.....mg	12		1	MC	9		6		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0		
Caffeine.....mg	10		0	FLM	4		5		
Theobromine.....mg	100		0	FLM	4		48		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	1		0	FLM	4		0.503		
Carotene, alpha.....mcg	0		0	FLM	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLM	4		0.000		

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

**Common Measures:**

Measure 1 = 48g: 1 bar 1.7 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

NDB No. 19180  
 Candies, WILLY WONKA'S EVERLASTING GOBSTOPPERS Jawbreakers  
 Nestle USA, Inc.

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						
<b>Proximates:</b>									
Water.....g	7.70		1	A	1		1.23		
Energy.....kcal	369		0	NC	4		59		
Energy.....kj	1544				4		247		
Protein.....g	0.00		1	A	1		0.00		
Total lipid (fat).....g	0.00		1	A	1		0.00		
Ash.....g	0.30		1	A	1		0.05		
Carbohydrate, by difference.....g	92.30		0	NC	4		14.77		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	6		1	A	1		1		
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 = 16g: 6 pieces

Calories Factors: Protein 4                      Fat 9                      Carbohydrate 4

Food Group: 19 Sweets

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

**NDB No. 19181**  
**Candies, YORK BITES**  
*Hershey Food Corp.*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	9.09		1	MC	9		3.55		
Energy.....kcal	394		1	MC	9		153		
Energy.....kj	1647		0	MC	9		642		
Protein (N x 6.25).....g	1.78		1	MC	9		0.69		
Total lipid (fat).....g	7.32		1	MC	9		2.85		
Ash.....g	0.10		1	MC	9		0.04		
Carbohydrate, by difference.....g	81.64		1	MC	9		31.84		
Fiber, total dietary.....g	2.0		1	MC	9		0.8		
Sugars, total.....g	75.00		1	MC	9		29.25		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	10		1	MC	9		4		
Iron, Fe.....mg	0.94		1	MC	9		0.37		
Magnesium, Mg.....mg	1		1	MC	9		1		
Phosphorus, P.....mg	3		1	MC	9		1		
Potassium, K.....mg	108		1	MC	9		42		
Sodium, Na.....mg	46		1	MC	9		18		
Zinc, Zn.....mg	0.01		1	MC	9		0.00		
Copper, Cu.....mg	0.000		1	MC	9		0.000		
Manganese, Mn.....mg	0.000		1	MC	9		0.000		
Selenium, Se.....mcg	0.0		1	MC	9		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
Thiamin.....mg	0.000		1	MC	9		0.000		
Riboflavin.....mg	0.000		1	MC	9		0.000		
Niacin.....mg	0.000		1	MC	9		0.000		
Pantothenic acid.....mg	0.000		1	MC	9		0.000		
Vitamin B-6.....mg	0.000		1	MC	9		0.000		
Folate, total.....mcg	0		1	MC	9		0		
Folic acid.....mcg									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	7		1	MC	9		3		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.430		1	MC	9		1.728		
Fatty acids, total monounsaturated.....g	0.480		1	MC	9		0.187		
Fatty acids, total polyunsaturated.....g	0.100		1	MC	9		0.039		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		1	MC	9		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		1	MC	9		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.

**NDB No. 19181**  
**Candies, YORK BITES**

**Common Measures:**  
Measure 1 = 39g: 15 pieces

<b>Calories Factors:</b>	<b>Protein</b>	<b>Fat</b>	<b>Carbohydrate</b>	<b>Food Group:</b> 19 Sweets
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 19091**  
**Candies, YORK Peppermint Pattie**  
*Hershey Food Corp.*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	9.03		1	MC	9		3.88		
Energy.....kcal	384		1	MC	9		165		
Energy.....kj	1606		0	MC	9		691		
Protein.....g	2.19		1	MC	9		0.94		
Total lipid (fat).....g	7.17		1	MC	9		3.08		
Ash.....g	0.14		1	MC	9		0.06		
Carbohydrate, by difference.....g	80.99		1	MC	9		34.83		
Fiber, total dietary.....g	2.0		1	MC	9		0.9		
Sugars, total.....g	63.78		1	MC	9		27.43		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11		1	MC	9		5		
Iron, Fe.....mg	0.92		1	MC	9		0.40		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	0		1	MC	9		0		
Potassium, K.....mg	111		1	MC	9		48		
Sodium, Na.....mg	28		1	MC	9		12		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	7		1	MC	9		3		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.340		1	MC	9		1.866		
Fatty acids, total monounsaturated.....g	0.410		1	MC	9		0.176		
Fatty acids, total polyunsaturated.....g	0.110		1	MC	9		0.047		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		1	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 43g: 1 patty 1.5 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 19091**  
**Candies, YORK Peppermint Pattie**

**Food Group:** 19 Sweets

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





**NDB No. 19070**  
**Candies, butterscotch**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	0.849		0	FLC	4		0.241	0.136	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.039		0	FLC	4		0.011	0.006	
17:1.....g									
18:1 undifferentiated.....g	0.807		0	FLC	4		0.229	0.129	
20:1.....g	0.004		0	FLC	4		0.001	0.001	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.123		0	FLC	4		0.035	0.020	
18:2 undifferentiated.....g	0.110		0	FLC	4		0.031	0.018	
18:3 undifferentiated.....g	0.013		0	FLC	4		0.004	0.002	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	FLC	4		2	1	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0	FLC	4		0.000	0.000	
Threonine.....g	0.002		0	FLC	4		0.000	0.000	
Isoleucine.....g	0.002		0	FLC	4		0.001	0.000	
Leucine.....g	0.003		0	FLC	4		0.001	0.001	
Lysine.....g	0.003		0	FLC	4		0.001	0.000	
Methionine.....g	0.001		0	FLC	4		0.000	0.000	
Cystine.....g	0.000		0	FLC	4		0.000	0.000	
Phenylalanine.....g	0.002		0	FLC	4		0.000	0.000	
Tyrosine.....g	0.002		0	FLC	4		0.000	0.000	
Valine.....g	0.002		0	FLC	4		0.001	0.000	
Arginine.....g	0.001		0	FLC	4		0.000	0.000	
Histidine.....g	0.001		0	FLC	4		0.000	0.000	
Alanine.....g	0.001		0	FLC	4		0.000	0.000	
Aspartic acid.....g	0.003		0	FLC	4		0.001	0.000	
Glutamic acid.....g	0.007		0	FLC	4		0.002	0.001	
Glycine.....g	0.001		0	FLC	4		0.000	0.000	
Proline.....g	0.003		0	FLC	4		0.001	0.001	
Serine.....g	0.002		0	FLC	4		0.001	0.000	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	6		0	FLC	4		1.804	1.018	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 16g: 3 pieces

NDB No. 19070  
Candies, butterscotch

Calories Factors:	Protein	Fat	Carbohydrate	Food Group:
				19 Sweets

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

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	8.50	0.343	5		1		6.04	0.86	
Energy.....kcal	382		0	NC	4		271	39	
Energy.....kj	1598				4		1135	161	
Protein (N x 6.4).....g	4.60	0.126	3		1		3.27	0.46	
Total lipid (fat).....g	8.10		1		1		5.75	0.82	
Ash.....g	1.80	0.049	3		1		1.28	0.18	
Carbohydrate, by difference.....g	77.00		0	NC	4		54.67	7.78	
Fiber, total dietary.....g	1.2		0		1		0.9	0.1	
Sugars, total.....g	65.50		0	LC	8		46.51	6.62	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	138	7.131	41		1		98	14	
Iron, Fe.....mg	0.14	0.048	41		1		0.10	0.01	
Magnesium, Mg.....mg	17	0.874	41		1		12	2	
Phosphorus, P.....mg	114	5.475	40		1		81	12	
Potassium, K.....mg	214	12.300	42		1		152	22	
Sodium, Na.....mg	245	13.433	42		1		174	25	
Zinc, Zn.....mg	0.44	0.029	42		1		0.31	0.04	
Copper, Cu.....mg	0.018	0.002	41		1		0.013	0.002	
Manganese, Mn.....mg	0.011	0.002	41		1		0.008	0.001	
Selenium, Se.....mcg	1.8	0.367	12	A	1		1.3	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		0	FLC	4		0.4	0.1	
Thiamin.....mg	0.010		1		1		0.007	0.001	
Riboflavin.....mg	0.335		0	FLC	4		0.238	0.034	
Niacin.....mg	0.250		1		1		0.178	0.025	
Pantothenic acid.....mg	0.592		1		1		0.420	0.060	
Vitamin B-6.....mg	0.035		1		1		0.025	0.004	
Folate, total.....mcg	5		0	FLC	4		3	0	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	5		0	FLC	4		3	0	
Folate, DFE.....mcg_DFE	5		0	NC	4		3	0	
Vitamin B-12.....mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU.....IU	5		0	FLC	4		4	1	
Vitamin A, RAE.....mcg_RAE	1		0	FLC	4		1	0	
Retinol.....mcg	1		0	FLC	4		1	0	
Vitamin E (alpha-tocopherol).....mg	2.77		0	FLC	4		1.97	0.28	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.0		0	FLC	4		1.4	0.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.580		0		1		4.672	0.665	
4:0.....g	0.050		1		1		0.036	0.005	
6:0.....g	0.070		1		1		0.050	0.007	
8:0.....g	0.500		1		1		0.355	0.051	
10:0.....g	0.430		1		1		0.305	0.043	
12:0.....g	2.920		1		1		2.073	0.295	

**NDB No. 19074**  
**Candies, caramels**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.840		0		1		0.596	0.085	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		1		1		0.028	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.810		1		1		0.575	0.082	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.180		0		1		0.128	0.018	
18:2 undifferentiated.....g	0.150		1		1		0.107	0.015	
18:3 undifferentiated.....g	0.020		1		1		0.014	0.002	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	7	0.333	3		1		5	1	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.060		0		1		0.043	0.006	
Threonine.....g	0.192		0		1		0.136	0.019	
Isoleucine.....g	0.258		0		1		0.183	0.026	
Leucine.....g	0.417		0		1		0.296	0.042	
Lysine.....g	0.338		0		1		0.240	0.034	
Methionine.....g	0.107		0		1		0.076	0.011	
Cystine.....g	0.039		0		1		0.028	0.004	
Phenylalanine.....g	0.205		0		1		0.146	0.021	
Tyrosine.....g	0.205		0		1		0.146	0.021	
Valine.....g	0.285		0		1		0.202	0.029	
Arginine.....g	0.155		0		1		0.110	0.016	
Histidine.....g	0.115		0		1		0.082	0.012	
Alanine.....g	0.147		0		1		0.104	0.015	
Aspartic acid.....g	0.323		0		1		0.229	0.033	
Glutamic acid.....g	0.892		0		1		0.633	0.090	
Glycine.....g	0.091		0		1		0.065	0.009	
Proline.....g	0.412		0		1		0.293	0.042	
Serine.....g	0.232		0		1		0.165	0.023	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLC	4		0.214	0.031	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 71g: 1 package (2.5 oz)

Measure 2 = 10.1g: 1 piece

**NDB No. 19074**  
**Candies, caramels**

**Calories Factors:** **Protein** 4.3                      **Fat** 8.6                      **Carbohydrate** 3.8                      **Food Group:** 19 Sweets

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

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	7.00	0.305	5	JA	6		2.80	0.46	4.48
Energy.....kcal	386		0	NC	4		154	25	247
Energy.....kj	1614		0	NC	4		646	107	1033
Protein (N x 6.25).....g	1.59		0	BFZN	4		0.64	0.10	1.02
Total lipid (fat).....g	3.31		0	BFZN	4		1.32	0.22	2.12
Ash.....g	0.68		0	BFZN	4		0.27	0.04	0.44
Carbohydrate, by difference.....g	87.43		0	NC	4		34.97	5.77	55.95
Fiber, total dietary.....g	0.1		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	56.32		0	BFZN	4		22.53	3.72	36.04
Sucrose.....g	39.35		0	BFZN	4		15.74	2.60	25.18
Glucose (dextrose).....g	7.85		0	BFZN	4		3.14	0.52	5.02
Fructose.....g									
Lactose.....g	2.18		0	BFZN	4		0.87	0.14	1.40
Maltose.....g	6.54		0	BFZN	4		2.62	0.43	4.19
Galactose.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g	15.30		0	BFZN	4		6.12	1.01	9.79
<b>Minerals:</b>									
Calcium, Ca.....mg	36		0	BFZN	4		14	2	23
Iron, Fe.....mg	0.80		0	BFZN	4		0.32	0.05	0.51
Magnesium, Mg.....mg	27		2	JA	6		11	2	17
Phosphorus, P.....mg	57		0	BFZN	4		23	4	36
Potassium, K.....mg	116		0	BFZN	4		46	8	74
Sodium, Na.....mg	44		0	BFZN	4		18	3	28
Zinc, Zn.....mg	0.47		2	JA	6		0.19	0.03	0.30
Copper, Cu.....mg	0.210		2	JA	6		0.084	0.014	0.134
Manganese, Mn.....mg	0.047		0	BFZN	4		0.019	0.003	0.030
Selenium, Se.....mcg	2.2		0	BFZN	4		0.9	0.1	1.4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.056		0	BFZN	4		0.022	0.004	0.036
Riboflavin.....mg	0.070		0	BFZN	4		0.028	0.005	0.045
Niacin.....mg	0.210		0	BFZN	4		0.084	0.014	0.134
Pantothenic acid.....mg	0.290		0	BFZN	4		0.116	0.019	0.186
Vitamin B-6.....mg	0.010		0	BFZN	4		0.004	0.001	0.006
Folate, total.....mcg	9		0	BFZN	4		4	1	6
Folic acid.....mcg	3		0	BFZN	4		1	0	2
Folate, food.....mcg	6		0	BFZN	4		2	0	4
Folate, DFE.....mcg_DFE	11		0	NC	4		4	1	7
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU.....IU	1		0	NC	4		0	0	1
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.65		0	BFZN	4		0.26	0.04	0.42
Tocopherol, beta.....mg	0.06		0	BFZN	4		0.02	0.00	0.04
Tocopherol, gamma.....mg	7.42		0	BFZN	4		2.97	0.49	4.75
Tocopherol, delta.....mg	3.18		0	BFZN	4		1.27	0.21	2.04
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	9.6		0	BFZN	4		3.9	0.6	6.2
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.967		0	BFZN	4		0.387	0.064	0.619
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	0.067		0	BFZN	4		0.027	0.004	0.043
10:0.....g	0.025		0	BFZN	4		0.010	0.002	0.016
12:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
15:0.....g									

**NDB No. 19076**  
**Candies, caramels, chocolate-flavor roll**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
16:0.....g	0.467		0	BFZN	4		0.187	0.031	0.299
17:0.....g									
18:0.....g	0.396		0	BFZN	4		0.158	0.026	0.253
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.929		0	BFZN	4		0.772	0.127	1.235
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	1.907		0	BFZN	4		0.763	0.126	1.220
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.022		0	BFZN	4		0.009	0.001	0.014
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.266		0	BFZN	4		0.106	0.018	0.170
18:2 undifferentiated.....g	0.250		0	BFZN	4		0.100	0.017	0.160
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
18:4.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	BFZN	4		1	0	1
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.190		0	BFZN	4		0.076	0.013	0.122
Threonine.....g	0.040		0	BFZN	4		0.016	0.003	0.026
Isoleucine.....g	0.060		0	BFZN	4		0.024	0.004	0.038
Leucine.....g	0.110		0	BFZN	4		0.044	0.007	0.070
Lysine.....g	0.090		0	BFZN	4		0.036	0.006	0.058
Methionine.....g	0.010		0	BFZN	4		0.004	0.001	0.006
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.050		0	BFZN	4		0.020	0.003	0.032
Tyrosine.....g	0.020		0	BFZN	4		0.008	0.001	0.013
Valine.....g	0.080		0	BFZN	4		0.032	0.005	0.051
Arginine.....g	0.060		0	BFZN	4		0.024	0.004	0.038
Histidine.....g	0.030		0	BFZN	4		0.012	0.002	0.019
Alanine.....g	0.060		0	BFZN	4		0.024	0.004	0.038
Aspartic acid.....g	0.200		0	BFZN	4		0.080	0.013	0.128
Glutamic acid.....g	0.280		0	BFZN	4		0.112	0.018	0.179
Glycine.....g	0.050		0	BFZN	4		0.020	0.003	0.032
Proline.....g	0.030		0	BFZN	4		0.012	0.002	0.019
Serine.....g	0.080		0	BFZN	4		0.032	0.005	0.051
Hydroxyproline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	7		0	BFZN	4		3	0	4
Theobromine.....mg	75		0	BFZN	4		30	5	48
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	0.000

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**NDB No. 19076**

**Candies, caramels, chocolate-flavor roll**

**Common Measures:**

Measure 1 = 40g: 1 serving 6 pieces

Measure 2 = 6.6g: 1 piece

Measure 3 = 64g: 1 bar 2.25 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group:** 19 Sweets

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



**NDB No. 19071**  
**Candies, carob**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.483		2	A	1		0.137	0.420	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.482		2	A	1		0.137	0.419	
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.295		2	A	1		0.084	0.257	
18:2 undifferentiated.....g	0.259		2	A	1		0.073	0.225	
18:3 undifferentiated.....g	0.034		2	A	1		0.010	0.030	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	3		2	A	1		1	3	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLA	4		0.024	0.074	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 87g: 1 bar (3 oz)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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



NDB No. 43031

Candies, chocolate covered, caramel with nuts

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	9.444				4		1.322		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	9.194				4		1.287		
20:1.....g	0.246				4		0.034		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.834				4		0.817		
18:2 undifferentiated.....g	5.833				4		0.817		
18:3 undifferentiated.....g	0.001				4		0.000		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				4		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	19		0	BFFN	4		3		
Theobromine.....mg	113		0	BFFN	4		16		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	7		0	BFZN	4		1.037		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

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#### Common Measures:

Measure 1 = 14.0g: 1 piece

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

**Candies, chocolate covered, dietetic or low calorie**

**Refuse: 0%**

[illegible]

NDB No. 43059

Candies, chocolate covered, dietetic or low calorie

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	10.942					4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.035					4			
17:1.....g									
18:1 undifferentiated.....g	10.753					4			
20:1.....g	0.126					4			
22:1 undifferentiated.....g	0.000					4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.354					4			
18:2 undifferentiated.....g	4.303					4			
18:3 undifferentiated.....g	0.042					4			
18:4.....g	0.000					4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000					4			
20:5 n-3.....g	0.000					4			
22:5 n-3.....g	0.000					4			
22:6 n-3.....g	0.000					4			
Fatty acids, total trans.....g									
Cholesterol.....mg	21		0	FLC		4			
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC		4			
Caffeine.....mg	9		0	FLC		4			
Theobromine.....mg	150		0	FLC		4			
<b>Carotenoids:</b>									
Carotene, beta.....mcg	12		0	FLC		4			
Carotene, alpha.....mcg	0		0	FLC		4			
Cryptoxanthin, beta.....mcg	0		0	FLC		4			
Lycopene.....mcg	0		0	FLC		4			
Lutein + zeaxanthin.....mcg	6		0	FLC		4			

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#### Common Measures:

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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





NDB No. 19085

Candies, confectioner's coating, butterscotch

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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		4		3.861	0.644	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		2	A	1		0.012	0.002	
17:1.....g									
18:1 undifferentiated.....g	2.250		2	A	1		3.825	0.638	
20:1.....g	0.014		1	A	1		0.024	0.004	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.435		0		4		0.740	0.123	
18:2 undifferentiated.....g	0.407		2	A	1		0.692	0.115	
18:3 undifferentiated.....g	0.014		2	A	1		0.024	0.004	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		1	A	1		0.024	0.004	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		1	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.030		0		1		0.051	0.009	
Threonine.....g	0.096		0		1		0.163	0.027	
Isoleucine.....g	0.129		0		1		0.219	0.037	
Leucine.....g	0.208		0		1		0.354	0.059	
Lysine.....g	0.169		0		1		0.287	0.048	
Methionine.....g	0.053		0		1		0.090	0.015	
Cystine.....g	0.020		0		1		0.034	0.006	
Phenylalanine.....g	0.103		0		1		0.175	0.029	
Tyrosine.....g	0.103		0		1		0.175	0.029	
Valine.....g	0.142		0		1		0.241	0.040	
Arginine.....g	0.077		0		1		0.131	0.022	
Histidine.....g	0.058		0		1		0.099	0.016	
Alanine.....g	0.073		0		1		0.124	0.021	
Aspartic acid.....g	0.161		0		1		0.274	0.046	
Glutamic acid.....g	0.445		0		1		0.757	0.126	
Glycine.....g	0.045		0		1		0.077	0.013	
Proline.....g	0.206		0		1		0.350	0.058	
Serine.....g	0.115		0		1		0.196	0.033	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.081	0.013	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

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#### Common Measures:

Measure 1 = 170g: 1 cup chips

Measure 2 = 28.35g: 1 oz

**NDB No. 19085**  
**Candies, confectioner's coating, butterscotch**

**Calories Factors:** Protein 4                      Fat 9                      Carbohydrate 4                      **Food Group:** 19 Sweets

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



NDB No. 19086

Candies, confectioner's coating, peanut butter

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.590		0		1		16.111	2.719	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	9.370		1		1		15.742	2.656	
20:1.....g	0.220		1		1		0.370	0.062	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.340		0		1		8.971	1.514	
18:2 undifferentiated.....g	5.340		1		1		8.971	1.514	
18:3 undifferentiated.....g	0.000		1		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLC	4		2	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.176		0		1		0.296	0.050	
Threonine.....g	0.629		0		1		1.057	0.178	
Isoleucine.....g	0.649		0		1		1.090	0.184	
Leucine.....g	1.191		0		1		2.001	0.338	
Lysine.....g	0.669		0		1		1.124	0.190	
Methionine.....g	0.166		0		1		0.279	0.047	
Cystine.....g	0.233		0		1		0.391	0.066	
Phenylalanine.....g	0.942		0		1		1.583	0.267	
Tyrosine.....g	0.742		0		1		1.247	0.210	
Valine.....g	0.772		0		1		1.297	0.219	
Arginine.....g	2.150		0		1		3.612	0.610	
Histidine.....g	0.463		0		1		0.778	0.131	
Alanine.....g	0.722		0		1		1.213	0.205	
Aspartic acid.....g	2.206		0		1		3.706	0.625	
Glutamic acid.....g	3.807		0		1		6.396	1.079	
Glycine.....g	1.082		0		1		1.818	0.307	
Proline.....g	0.822		0		1		1.381	0.233	
Serine.....g	0.899		0		1		1.510	0.255	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLC	4		0.111	0.019	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

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**Common Measures:**

Measure 1 = 168g: 1 cup chips

Measure 2 = 28.35g: 1 oz

NDB No. 19086  
Candies, confectioner's coating, peanut butter

Calories Factors: Protein 4                      Fat 9                      Carbohydrate 4                      Food Group: 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Candies, confectioner's coating, white**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.30		5	A	1		2.21	1.11	
Energy.....kcal	539		0	NC	4		916	458	
Energy.....kj	2255				4		3834	1917	
Protein (N x 6.38).....g	5.87		3	A	1		9.98	4.99	
Total lipid (fat).....g	32.09		5	A	1		54.55	27.28	
Ash.....g	1.50		3	A	1		2.55	1.28	
Carbohydrate, by difference.....g	59.25		0	NC	4		100.73	50.36	
Fiber, total dietary.....g	0.0		0	FLA	4		0.0	0.0	
Sugars, total.....g	59.08		0	FLA	4		100.44	50.22	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	199		3	A	1		338	169	
Iron, Fe.....mg	0.24		3	A	1		0.41	0.20	
Magnesium, Mg.....mg	12		3	A	1		20	10	
Phosphorus, P.....mg	176		3	A	1		299	150	
Potassium, K.....mg	286		3	A	1		486	243	
Sodium, Na.....mg	90		3	A	1		153	77	
Zinc, Zn.....mg	0.74		3	A	1		1.26	0.63	
Copper, Cu.....mg	0.060		3	A	1		0.102	0.051	
Manganese, Mn.....mg	0.003		0	FLA	4		0.005	0.003	
Selenium, Se.....mcg	4.7		0	FLA	4		7.9	4.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		3	A	1		0.9	0.4	
Thiamin.....mg	0.063		3	A	1		0.107	0.054	
Riboflavin.....mg	0.282		3	A	1		0.479	0.240	
Niacin.....mg	0.745		3	A	1		1.267	0.633	
Pantothenic acid.....mg	0.608		3	A	1		1.034	0.517	
Vitamin B-6.....mg	0.056		3	A	1		0.095	0.048	
Folate, total.....mcg	8		0	FLA	4		13	6	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	8		0	FLA	4		13	6	
Folate, DFE.....mcg_DFE	8		0	NC	4		13	6	
Vitamin B-12.....mcg	0.63		0	FLA	4		1.06	0.53	
Vitamin A, IU.....IU	28		0	FLA	4		47	24	
Vitamin A, RAE.....mcg_RAE	8		0	FLA	4		13	7	
Retinol.....mcg	8		0	FLA	4		13	6	
Vitamin E (alpha-tocopherol).....mg	0.93		0	FLA	4		1.59	0.79	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	8.2		0	FLA	4		13.9	7.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	19.412		2	A	1		33.000	16.500	
4:0.....g	0.314		2	A	1		0.534	0.267	
6:0.....g	0.155		2	A	1		0.264	0.132	
8:0.....g	0.115		2	A	1		0.196	0.098	
10:0.....g	0.220		2	A	1		0.374	0.187	
12:0.....g	0.629		2	A	1		1.069	0.535	
13:0.....g									
14:0.....g	0.797		2	A	1		1.355	0.677	
15:0.....g									
16:0.....g	7.947		2	A	1		13.510	6.755	
17:0.....g									
18:0.....g	9.145		2	A	1		15.547	7.773	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 19087**  
**Candies, confectioner's coating, white**

Nutrients and Units	Amount in 100 grams of edible portion				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	9.097		2	A	1		15.465	7.732	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.062		2	A	1		0.105	0.053	
17:1.....g									
18:1 undifferentiated.....g	8.990		2	A	1		15.283	7.642	
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.013		2	A	1		1.722	0.861	
18:2 undifferentiated.....g	0.910		2	A	1		1.547	0.774	
18:3 undifferentiated.....g	0.103		2	A	1		0.175	0.088	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	5		0	FLA	4		9	5	
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	2		0	FLA	4		2.703	1.351	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 170g: 1 cup chips

Measure 2 = 85g: 1 bar (3 oz)

**Calories Factors: Protein 4.3**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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

**Candies, confectioner's coating, yogurt**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.91		2	A	1		3.25		
Energy.....kcal	522		0	FLA	4		888		
Energy.....kj	2185		0	FLA	4		3715		
Protein.....g	5.87		0	FLA	4		9.98		
Total lipid (fat).....g	27.00		0	FLA	4		45.90		
Ash.....g	1.28		0	FLA	4		2.18		
Carbohydrate, by difference.....g	63.94		0	FLA	4		108.70		
Fiber, total dietary.....g	0.0		0	FLA	4		0.0		
Sugars, total.....g	62.33		0	FLA	4		105.96		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	204		0	FLA	4		348		
Iron, Fe.....mg	0.06		0	FLA	4		0.11		
Magnesium, Mg.....mg	18		0	FLA	4		31		
Phosphorus, P.....mg	157		0	FLA	4		268		
Potassium, K.....mg	290		0	FLA	4		492		
Sodium, Na.....mg	86		0	FLA	4		147		
Zinc, Zn.....mg	0.70		0	FLA	4		1.18		
Copper, Cu.....mg	0.008		0	FLA	4		0.013		
Manganese, Mn.....mg	0.003		0	FLA	4		0.006		
Selenium, Se.....mcg	4.7		0	FLA	4		8.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		0	FLA	4		1.7		
Thiamin.....mg	0.064		0	FLA	4		0.108		
Riboflavin.....mg	0.261		0	FLA	4		0.444		
Niacin.....mg	0.154		0	FLA	4		0.261		
Pantothenic acid.....mg	0.587		0	FLA	4		0.998		
Vitamin B-6.....mg	0.056		0	FLA	4		0.095		
Folate, total.....mcg	8		0	FLA	4		14		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	8		0	FLA	4		14		
Folate, DFE.....mcg_DFE	8		0	NC	4		14		
Vitamin B-12.....mcg	0.61		0	FLA	4		1.03		
Vitamin A, IU.....IU	4		0	FLA	4		7		
Vitamin A, RAE.....mcg_RAE	1		0	FLA	4		2		
Retinol.....mcg	1		0	FLA	4		2		
Vitamin E (alpha-tocopherol).....mg	1.11		0	FLA	4		1.89		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	9.4		0	FLA	4		16.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	24.108		0	FLA	4		40.984		
4:0.....g	0.005		0	FLA	4		0.009		
6:0.....g	0.060		0	FLA	4		0.102		
8:0.....g	0.963		0	FLA	4		1.637		
10:0.....g	1.082		0	FLA	4		1.839		
12:0.....g	13.695		0	FLA	4		23.282		
13:0.....g									
14:0.....g	4.796		0	FLA	4		8.153		
15:0.....g									



**NDB No. 19079**  
**Candies, confectioner's coating, yogurt**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total monounsaturated.....g	0.527		0	FLA	4		0.895		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.525		0	FLA	4		0.892		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.524		0	FLA	4		0.891		
18:2 undifferentiated.....g	0.485		0	FLA	4		0.825		
18:3 undifferentiated.....g	0.039		0	FLA	4		0.066		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	3		0	FLA	4		5		
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	FLA	4		0.356		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000		

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

**Common Measures:**

Measure 1 = 170g: 1 cup chips

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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

**NDB No. 19268**  
**Candies, dark chocolate coated coffee beans**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	1.47		0	FLC	4		0.59		
Energy.....kcal	540		0	NC	4		216		
Energy.....kj	2259		0	NC	4		903		
Protein (N x 6.25).....g	7.50		1	LC	8		3.00		
Total lipid (fat).....g	30.00		1	LC	8		12.00		
Ash.....g	1.08		0	FLC	4		0.43		
Carbohydrate, by difference.....g	59.95		0	NC	4		23.98		
Fiber, total dietary.....g	7.5		1	LC	8		3.0		
Sugars, total.....g	42.50		1	LC	8		17.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	100		1	LC	8		40		
Iron, Fe.....mg	2.70		1	LC	8		1.08		
Magnesium, Mg.....mg	107		0	FLC	4		43		
Phosphorus, P.....mg	135		0	FLC	4		54		
Potassium, K.....mg	342		0	FLC	4		137		
Sodium, Na.....mg	25		1	LC	8		10		
Zinc, Zn.....mg	1.32		0	FLC	4		0.53		
Copper, Cu.....mg	0.563		0	FLC	4		0.225		
Manganese, Mn.....mg	0.558		0	FLC	4		0.223		
Selenium, Se.....mcg	2.8		0	FLC	4		1.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg	0.018		0	FLC	4		0.007		
Riboflavin.....mg	0.266		0	FLC	4		0.106		
Niacin.....mg	0.578		0	FLC	4		0.231		
Pantothenic acid.....mg	0.108		0	FLC	4		0.043		
Vitamin B-6.....mg	0.038		0	FLC	4		0.015		
Folate, total.....mcg	3		0	FLC	4		1		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	3		0	FLC	4		1		
Folate, DFE.....mcg_DFE	3		0	NC	4		1		
Vitamin B-12.....mcg	0.00		0	FLC	4		0.00		
Vitamin A, IU.....IU	0		1	LC	8		0		
Vitamin A, RAE.....mcg_RAE	0		0	FLC	4		0		
Retinol.....mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol).....mg	0.23		0	FLC	4		0.09		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.9		0	FLC	4		2.4		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	15.000		1	LC	8		6.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.022		0	FLC	4		0.009		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	6.552		0	FLC	4		2.621		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	8.407		0	FLC	4		3.363		
20:0.....g	0.012		0	FLC	4		0.005		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		

**NDB No. 19268**  
**Candies, dark chocolate coated coffee 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	0.000		1	LC	8		0.000		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		1	LC	8		0.000		
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	13		1	LC	8		5		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	839		0	FLC	4		336		
Theobromine.....mg	368		0	FLC	4		147		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLC	4		0.000		
Carotene, alpha.....mcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	16		0	FLC	4		6.273		

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

**Common Measures:**

Measure 1 = 40g: 1 serving 28 pieces

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	6.51		0	RKI	6				
Energy.....kcal	374		0	RKI	6				
Energy.....kj	1564		0	RKI	6				
Protein.....g	0.00		0	RKI	6				
Total lipid (fat).....g	0.01		0	RKI	6				
Ash.....g	0.06		0	RKI	6				
Carbohydrate, by difference.....g	93.42		0	RKI	6				
Fiber, total dietary.....g	0.0		0	RKI	6				
Sugars, total.....g	93.36		0	RKI	6				
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	2		0	RKA	1				
Iron, Fe.....mg	0.01		0	RKA	1				
Magnesium, Mg.....mg	0		0	RKA	1				
Phosphorus, P.....mg	0		0	RKA	1				
Potassium, K.....mg	4		0	RKA	1				
Sodium, Na.....mg	16		0	RKA	1				
Zinc, Zn.....mg	0.00		0	RKA	1				
Copper, Cu.....mg	0.003		0	RKA	1				
Manganese, Mn.....mg	0.008		0	RKA	1				
Selenium, Se.....mcg	0.6		0	RKI	6				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RKI	6				
Thiamin.....mg	0.001		0	RKI	6				
Riboflavin.....mg	0.017		0	RKI	6				
Niacin.....mg	0.002		0	RKI	6				
Pantothenic acid.....mg	0.002		0	RKI	6				
Vitamin B-6.....mg	0.001		0	RKI	6				
Folate, total.....mcg	0		0	RKI	6				
Folic acid.....mcg	0		0	RKI	6				
Folate, food.....mcg	0		0	RKI	6				
Folate, DFE.....mcg_DFE	0		0	NC	4				
Vitamin B-12.....mcg	0.00		0	RKI	6				
Vitamin A, IU.....IU	0		0	RKI	6				
Vitamin A, RAE.....mcg_RAE	0		0	RKI	6				
Retinol.....mcg	0		0	RKI	6				
Vitamin E (alpha-tocopherol).....mg	0.00		0	RKI	6				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RKI	6				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0	RKI	6				
4:0.....g	0.000		0	RKI	6				
6:0.....g	0.000		0	RKI	6				
8:0.....g	0.000		0	RKI	6				
10:0.....g	0.000		0	RKI	6				
12:0.....g	0.000		0	RKI	6				
13:0.....g									
14:0.....g	0.000		0	RKI	6				
15:0.....g									
16:0.....g	0.000		0	RKI	6				
17:0.....g									
18:0.....g	0.000		0	RKI	6				
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 19099**  
**Candies, fondant, prepared-from-recipe**

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

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

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 19099**  
**Candies, fondant, prepared-from-recipe**

**Food Group:** 19 Sweets

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

NDB No. 19301

Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	7.41		0	RC	4				
Energy.....kcal	472		0	RC	4				
Energy.....kj	1973		0	RC	4				
Protein.....g	3.23		0	RC	4				
Total lipid (fat).....g	21.05		0	RC	4				
Ash.....g	0.84		0	RC	4				
Carbohydrate, by difference.....g	67.12		0	RC	4				
Fiber, total dietary.....g	2.1		0	RC	4				
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	49		0	RC	4				
Iron, Fe.....mg	1.14		0	RC	4				
Magnesium, Mg.....mg	46		0	RC	4				
Phosphorus, P.....mg	88		0	RC	4				
Potassium, K.....mg	169		0	RC	4				
Sodium, Na.....mg	97		0	RC	4				
Zinc, Zn.....mg	0.77		0	RC	4				
Copper, Cu.....mg	0.336		0	RC	4				
Manganese, Mn.....mg	0.471		0	RC	4				
Selenium, Se.....mcg	2.0		0	RC	4				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0	RC	4				
Thiamin.....mg	0.042		0	RC	4				
Riboflavin.....mg	0.082		0	RC	4				
Niacin.....mg	0.292		0	RC	4				
Pantothenic acid.....mg	0.155		0	RC	4				
Vitamin B-6.....mg	0.054		0	RC	4				
Folate, total.....mcg	8		0	RC	4				
Folic acid.....mcg	0		0	RC	4				
Folate, food.....mcg	8		0	RC	4				
Folate, DFE.....mcg_DFE	8		0	NC	4				
Vitamin B-12.....mcg	0.03		0	RC	4				
Vitamin A, IU.....IU	330		0	O	4				
Vitamin A, RAE.....mcg_RAE	77		0	NC	4				
Retinol.....mcg	73		0	RC	4				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.984		0	RC	4				
4:0.....g	0.260		0	RC	4				
6:0.....g	0.156		0	RC	4				
8:0.....g	0.088		0	RC	4				
10:0.....g	0.197		0	RC	4				
12:0.....g	0.240		0	RC	4				
13:0.....g	0.000		0	RC	4				
14:0.....g	0.862		0	RC	4				
15:0.....g	0.000		0	RC	4				
16:0.....g	4.543		0	RC	4				
17:0.....g	0.000		0	RC	4				
18:0.....g	3.631		0	RC	4				
20:0.....g	0.005		0	RC	4				
22:0.....g	0.000		0	RC	4				
24:0.....g	0.000		0	RC	4				

NDB No. 19301

Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.592		0	RC	4				
14:1.....g	0.000		0	RC	4				
15:1.....g									
16:1 undifferentiated.....g	0.207		0	RC	4				
17:1.....g									
18:1 undifferentiated.....g	5.375		0	RC	4				
20:1.....g	0.010		0	RC	4				
22:1 undifferentiated.....g	0.000		0	RC	4				
24:1 c.....g	0.000		0	RC	4				
Fatty acids, total polyunsaturated.....g	4.066		0	RC	4				
18:2 undifferentiated.....g	3.260		0	RC	4				
18:3 undifferentiated.....g	0.806		0	RC	4				
18:4.....g	0.000		0	RC	4				
20:2 n-6 c,c.....g	0.000		0	RC	4				
20:3 undifferentiated.....g	0.000		0	RC	4				
20:4 undifferentiated.....g	0.000		0	RC	4				
20:5 n-3.....g	0.000		0	RC	4				
22:5 n-3.....g	0.000		0	RC	4				
22:6 n-3.....g	0.000		0	RC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	23		0	RC	4				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.042		0	RC	4				
Threonine.....g	0.133		0	RC	4				
Isoleucine.....g	0.146		0	RC	4				
Leucine.....g	0.249		0	RC	4				
Lysine.....g	0.167		0	RC	4				
Methionine.....g	0.053		0	RC	4				
Cystine.....g	0.038		0	RC	4				
Phenylalanine.....g	0.155		0	RC	4				
Tyrosine.....g	0.116		0	RC	4				
Valine.....g	0.188		0	RC	4				
Arginine.....g	0.284		0	RC	4				
Histidine.....g	0.074		0	RC	4				
Alanine.....g	0.158		0	RC	4				
Aspartic acid.....g	0.330		0	RC	4				
Glutamic acid.....g	0.588		0	RC	4				
Glycine.....g	0.185		0	RC	4				
Proline.....g	0.222		0	RC	4				
Serine.....g	0.173		0	RC	4				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	16		0	RC	4				
Theobromine.....mg	129		0	RC	4				
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	52		0	O	4				
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:

Calories Factors: Protein

Fat

Carbohydrate



**NDB No. 19301**

**Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe**

**Food Group:** 19 Sweets

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

**NDB No. 19100**  
**Candies, fudge, chocolate, prepared-from-recipe**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	9.78		0	RC	4		1.66		
Energy.....kcal	411		0	RC	4		70		
Energy.....kj	1719		0	RC	4		292		
Protein (N x 0).....g	2.39		0	RC	4		0.41		
Total lipid (fat).....g	10.41		0	RC	4		1.77		
Ash.....g	0.70		0	RC	4		0.12		
Carbohydrate, by difference.....g	76.48		0	RC	4		13.00		
Fiber, total dietary.....g	1.7		0	RC	4		0.3		
Sugars, total.....g	73.76		0	RC	4		12.54		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	45		0	RC	4		8		
Iron, Fe.....mg	1.77		0	RC	4		0.30		
Magnesium, Mg.....mg	36		0	RC	4		6		
Phosphorus, P.....mg	69		0	RC	4		12		
Potassium, K.....mg	131		0	RC	4		22		
Sodium, Na.....mg	47		0	RC	4		8		
Zinc, Zn.....mg	1.10		0	RC	4		0.19		
Copper, Cu.....mg	0.333		0	RC	4		0.057		
Manganese, Mn.....mg	0.423		0	RC	4		0.072		
Selenium, Se.....mcg	2.5		0	RC	4		0.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RC	4		0.0		
Thiamin.....mg	0.026		0	RC	4		0.004		
Riboflavin.....mg	0.085		0	RC	4		0.015		
Niacin.....mg	0.177		0	RC	4		0.030		
Pantothenic acid.....mg	0.141		0	RC	4		0.024		
Vitamin B-6.....mg	0.012		0	RC	4		0.002		
Folate, total.....mcg	4		0	RC	4		1		
Folic acid.....mcg	0		0	RC	4		0		
Folate, food.....mcg	4		0	RC	4		1		
Folate, DFE.....mcg_DFE	4		0	NC	4		1		
Vitamin B-12.....mcg	0.09		0	RC	4		0.01		
Vitamin A, IU.....IU	159		0	RC	4		27		
Vitamin A, RAE.....mcg_RAE	44		0	RC	4		7		
Retinol.....mcg	43		0	RC	4		7		
Vitamin E (alpha-tocopherol).....mg	0.18		0	RC	4		0.03		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	15.948		0	RC	4		2.711		
Vitamin K (phylloquinone).....mcg	1.4		0	RC	4		0.2		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.918		0	RC	4		1.006		
4:0.....g	0.153		0	RC	4		0.026		
6:0.....g	0.105		0	RC	4		0.018		
8:0.....g	0.072		0	RC	4		0.012		
10:0.....g	0.125		0	RC	4		0.021		
12:0.....g	0.129		0	RC	4		0.022		
13:0.....g	0.000		0	RC	4		0.000		
14:0.....g	0.398		0	RC	4		0.068		
15:0.....g	0.000		0	RC	4		0.000		
16:0.....g	2.480		0	RC	4		0.422		
17:0.....g	0.032		0	RC	4		0.006		
18:0.....g	2.357		0	RC	4		0.401		
20:0.....g	0.061		0	RC	4		0.010		
22:0.....g	0.005		0	RC	4		0.001		
24:0.....g	0.000		0	RC	4		0.000		

NDB No. 19100

Candies, fudge, chocolate, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	2.726		0	RC	4		0.463		
14:1.....g	0.000		0	RC	4		0.000		
15:1.....g	0.000		0	RC	4		0.000		
16:1 undifferentiated.....g	0.049		0	RC	4		0.008		
16:1 c.....g	0.038		0	RC	4		0.007		
16:1 t.....g									
17:1.....g	0.000		0	RC	4		0.000		
18:1 undifferentiated.....g	2.673		0	RC	4		0.454		
18:1 c.....g	2.290		0	RC	4		0.389		
18:1 t.....g	0.119		0	RC	4		0.020		
20:1.....g	0.004		0	RC	4		0.001		
22:1 undifferentiated.....g	0.000		0	RC	4		0.000		
24:1 c.....g	0.000		0	RC	4		0.000		
Fatty acids, total polyunsaturated.....g	0.230		0	RC	4		0.039		
18:2 undifferentiated.....g	0.206		0	RC	4		0.035		
18:2 n-6 c,c.....g	0.087		0	RC	4		0.015		
18:2 CLAs.....g	0.011		0	RC	4		0.002		
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.012		0	RC	4		0.002		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.024		0	RC	4		0.004		
18:3 n-6 c,c,c.....g	0.000		0	RC	4		0.000		
18:3i.....g									
18:4.....g	0.000		0	RC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	RC	4		0.000		
20:3 undifferentiated.....g	0.000		0	RC	4		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		0	RC	4		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	RC	4		0.000		
22:5 n-3.....g	0.000		0	RC	4		0.000		
22:6 n-3.....g	0.000		0	RC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	14		0	RC	4		2		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	8		0	RC	4		1		
Theobromine.....mg	130		0	RC	4		22		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	10		0	RC	4		1.636		
Carotene, alpha.....mcg	0		0	RC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	RC	4		0.000		
Lycopene.....mcg	0		0	RC	4		0.000		
Lutein + zeaxanthin.....mcg	4		0	RC	4		0.655		

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

**Common Measures:**

Measure 1 = 17g: 1 piece

**Calories Factors: Protein****Fat****Carbohydrate****Food Group: 19 Sweets**

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

NDB No. 19101

Candies, fudge, chocolate, with nuts, prepared-from-recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data						
			Points						
<b>Proximates:</b>									
Water.....g	7.64		0	RC	4				
Energy.....kcal	461		0	RC	4				
Energy.....kj	1930		0	RC	4				
Protein.....g	4.38		0	RC	4				
Total lipid (fat).....g	18.93		0	RC	4				
Ash.....g	0.87		0	RC	4				
Carbohydrate, by difference.....g	67.96		0	RC	4				
Fiber, total dietary.....g	2.5		0	RC	4				
Sugars, total.....g	63.92		0	RC	4				
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	54		0	RC	4				
Iron, Fe.....mg	1.97		0	RC	4				
Magnesium, Mg.....mg	55		0	RC	4				
Phosphorus, P.....mg	112		0	RC	4				
Potassium, K.....mg	180		0	RC	4				
Sodium, Na.....mg	41		0	RC	4				
Zinc, Zn.....mg	1.42		0	RC	4				
Copper, Cu.....mg	0.529		0	RC	4				
Manganese, Mn.....mg	0.886		0	RC	4				
Selenium, Se.....mcg	2.9		0	RC	4				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0	RC	4				
Thiamin.....mg	0.067		0	RC	4				
Riboflavin.....mg	0.095		0	RC	4				
Niacin.....mg	0.316		0	RC	4				
Pantothenic acid.....mg	0.208		0	RC	4				
Vitamin B-6.....mg	0.088		0	RC	4				
Folate, total.....mcg	16		0	RC	4				
Folic acid.....mcg	0		0	RC	4				
Folate, food.....mcg	16		0	RC	4				
Folate, DFE.....mcg_DFE	16		0	NC	4				
Vitamin B-12.....mcg	0.07		0	RC	4				
Vitamin A, IU.....IU	140		0	RC	4				
Vitamin A, RAE.....mcg_RAE	38		0	RC	4				
Retinol.....mcg	37		0	RC	4				
Vitamin E (alpha-tocopherol).....mg	0.26		0	RC	4				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	13.735		0	RC	4				
Vitamin K (phylloquinone).....mcg	1.6		0	RC	4				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.033		0	RC	4				
4:0.....g	0.132		0	RC	4				
6:0.....g	0.090		0	RC	4				
8:0.....g	0.062		0	RC	4				
10:0.....g	0.108		0	RC	4				
12:0.....g	0.111		0	RC	4				
13:0.....g	0.000		0	RC	4				
14:0.....g	0.342		0	RC	4				
15:0.....g	0.000		0	RC	4				
16:0.....g	2.809		0	RC	4				
17:0.....g	0.028		0	RC	4				
18:0.....g	2.284		0	RC	4				
20:0.....g	0.062		0	RC	4				
22:0.....g	0.004		0	RC	4				
24:0.....g	0.000		0	RC	4				

**NDB No. 19101**
**Candies, fudge, chocolate, with nuts, prepared-from-recipe**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.713		0	RC	4				
14:1.....g	0.000		0	RC	4				
15:1.....g	0.000		0	RC	4				
16:1 undifferentiated.....g	0.042		0	RC	4				
16:1 c.....g	0.033		0	RC	4				
16:1 t.....g									
17:1.....g	0.000		0	RC	4				
18:1 undifferentiated.....g	3.647		0	RC	4				
20:1.....g	0.024		0	RC	4				
22:1 undifferentiated.....g	0.000		0	RC	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.406		0	RC	4				
18:2 undifferentiated.....g	5.998		0	RC	4				
18:3 undifferentiated.....g	1.408		0	RC	4				
18:4.....g	0.000		0	RC	4				
20:2 n-6 c,c.....g	0.000		0	RC	4				
20:3 undifferentiated.....g	0.000		0	RC	4				
20:4 undifferentiated.....g	0.000		0	RC	4				
20:5 n-3.....g	0.000		0	RC	4				
22:5 n-3.....g	0.000		0	Z	7				
22:6 n-3.....g	0.000		0	RC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0	RC	4				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	7		0	RC	4				
Theobromine.....mg	112		0	RC	4				
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	10		0	RC	4				
Carotene, alpha.....mcg	0		0	RC	4				
Cryptoxanthin, beta.....mcg	0		0	RC	4				
Lycopene.....mcg	0		0	RC	4				
Lutein + zeaxanthin.....mcg	5		0	RC	4				

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

**Common Measures:**

**NDB No. 19101**  
**Candies, fudge, chocolate, with nuts, prepared-from-recipe**

<b>Calories Factors:</b>	<b>Protein</b>	<b>Fat</b>	<b>Carbohydrate</b>	<b>Food Group:</b> 19 Sweets
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 19104**  
**Candies, fudge, vanilla with nuts**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	7.86		0	RC	4				
Energy.....kcal	435		0	RC	4				
Energy.....kj	1821		0	RC	4				
Protein.....g	3.00		0	RC	4				
Total lipid (fat).....g	13.68		0	RC	4				
Ash.....g	0.54		0	RC	4				
Carbohydrate, by difference.....g	74.74		0	RC	4				
Fiber, total dietary.....g	0.9		0	RC	4				
Sugars, total.....g	73.39		0	RC	4				
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	43		0	RC	4				
Iron, Fe.....mg	0.42		0	RC	4				
Magnesium, Mg.....mg	24		0	RC	4				
Phosphorus, P.....mg	71		0	RC	4				
Potassium, K.....mg	100		0	RC	4				
Sodium, Na.....mg	46		0	RC	4				
Zinc, Zn.....mg	0.53		0	RC	4				
Copper, Cu.....mg	0.223		0	RC	4				
Manganese, Mn.....mg	0.470		0	RC	4				
Selenium, Se.....mcg	2.2		0	RC	4				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	RC	4				
Thiamin.....mg	0.049		0	RC	4				
Riboflavin.....mg	0.085		0	RC	4				
Niacin.....mg	0.180		0	RC	4				
Pantothenic acid.....mg	0.184		0	RC	4				
Vitamin B-6.....mg	0.078		0	RC	4				
Folate, total.....mcg	12		0	RC	4				
Folic acid.....mcg	0		0	RC	4				
Folate, food.....mcg	12		0	RC	4				
Folate, DFE.....mcg_DFE	12		0	NC	4				
Vitamin B-12.....mcg	0.07		0	RC	4				
Vitamin A, IU.....IU	151		0	RC	4				
Vitamin A, RAE.....mcg_RAE	41		0	RC	4				
Retinol.....mcg	40		0	RC	4				
Vitamin E (alpha-tocopherol).....mg	0.22		0	RC	4				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	13.879		0	RC	4				
Vitamin K (phylloquinone).....mcg	0.8		0	RC	4				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.320		0	RC	4				
4:0.....g	0.144		0	RC	4				
6:0.....g	0.098		0	RC	4				
8:0.....g	0.066		0	RC	4				
10:0.....g	0.118		0	RC	4				
12:0.....g	0.120		0	RC	4				
13:0.....g	0.000		0	RC	4				
14:0.....g	0.367		0	RC	4				
15:0.....g	0.000		0	RC	4				
16:0.....g	1.660		0	RC	4				
17:0.....g	0.021		0	RC	4				
18:0.....g	0.710		0	RC	4				
20:0.....g	0.014		0	RC	4				
22:0.....g	0.000		0	RC	4				
24:0.....g	0.000		0	RC	4				

**NDB No. 19104**  
**Candies, fudge, vanilla with nuts**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	2.246		0	RC	4				
14:1.....g	0.000		0	RC	4				
15:1.....g									
16:1 undifferentiated.....g	0.037		0	RC	4				
17:1.....g									
18:1 undifferentiated.....g	2.187		0	RC	4				
20:1.....g	0.022		0	RC	4				
22:1 undifferentiated.....g	0.000		0	RC	4				
24:1 c.....g	0.000		0	RC	4				
Fatty acids, total polyunsaturated.....g	6.489		0	RC	4				
18:2 undifferentiated.....g	5.234		0	RC	4				
18:3 undifferentiated.....g	1.255		0	RC	4				
18:4.....g	0.000		0	RC	4				
20:2 n-6 c,c.....g	0.000		0	RC	4				
20:3 undifferentiated.....g	0.000		0	RC	4				
20:4 undifferentiated.....g	0.000		0	RC	4				
20:5 n-3.....g	0.000		0	RC	4				
22:5 n-3.....g	0.000		0	RC	4				
22:6 n-3.....g	0.000		0	RC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	13		0	RC	4				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.044		0	RC	4				
Threonine.....g	0.122		0	RC	4				
Isoleucine.....g	0.133		0	RC	4				
Leucine.....g	0.237		0	RC	4				
Lysine.....g	0.100		0	RC	4				
Methionine.....g	0.054		0	RC	4				
Cystine.....g	0.033		0	RC	4				
Phenylalanine.....g	0.139		0	RC	4				
Tyrosine.....g	0.099		0	RC	4				
Valine.....g	0.158		0	RC	4				
Arginine.....g	0.332		0	RC	4				
Histidine.....g	0.075		0	RC	4				
Alanine.....g	0.124		0	RC	4				
Aspartic acid.....g	0.317		0	RC	4				
Glutamic acid.....g	0.571		0	RC	4				
Glycine.....g	0.132		0	RC	4				
Proline.....g	0.194		0	RC	4				
Serine.....g	0.159		0	RC	4				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	RC	4				
Theobromine.....mg	0		0	RC	4				
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	11		0	RC	4				
Carotene, alpha.....mcg	0		0	RC	4				
Cryptoxanthin, beta.....mcg	0		0	RC	4				
Lycopene.....mcg	0		0	RC	4				
Lutein + zeaxanthin.....mcg	1		0	RC	4				

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

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**



**NDB No. 19104**  
**Candies, fudge, vanilla with nuts**

**Food Group:** 19 Sweets

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

**NDB No. 19103**  
**Candies, fudge, vanilla, prepared-from-recipe**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	10.71		0	RC	4				
Energy.....kcal	384		0	RC	4				
Energy.....kj	1605		0	RC	4				
Protein.....g	1.05		0	RC	4				
Total lipid (fat).....g	5.44		0	RC	4				
Ash.....g	0.34		0	RC	4				
Carbohydrate, by difference.....g	82.28		0	RC	4				
Fiber, total dietary.....g	0.0		0	RC	4				
Sugars, total.....g	82.28		0	NR	4				
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	34		0	RC	4				
Iron, Fe.....mg	0.02		0	RC	4				
Magnesium, Mg.....mg	3		0	RC	4				
Phosphorus, P.....mg	28		0	RC	4				
Potassium, K.....mg	46		0	RC	4				
Sodium, Na.....mg	51		0	RC	4				
Zinc, Zn.....mg	0.13		0	RC	4				
Copper, Cu.....mg	0.008		0	RC	4				
Manganese, Mn.....mg	0.007		0	RC	4				
Selenium, Se.....mcg	1.7		0	RC	4				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RC	4				
Thiamin.....mg	0.011		0	RC	4				
Riboflavin.....mg	0.074		0	RC	4				
Niacin.....mg	0.039		0	RC	4				
Pantothenic acid.....mg	0.120		0	RC	4				
Vitamin B-6.....mg	0.009		0	RC	4				
Folate, total.....mcg	1		0	RC	4				
Folic acid.....mcg	0		0	RC	4				
Folate, food.....mcg	1		0	RC	4				
Folate, DFE.....mcg_DFE	1		0	NC	4				
Vitamin B-12.....mcg	0.08		0	RC	4				
Vitamin A, IU.....IU	168		0	RC	4				
Vitamin A, RAE.....mcg_RAE	46		0	RC	4				
Retinol.....mcg	45		0	RC	4				
Vitamin E (alpha-tocopherol).....mg	0.14		0	RC	4				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	15.668		0	RC	4				
Vitamin K (phylloquinone).....mcg	0.5		0	RC	4				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.807		0	RC	4				
4:0.....g	0.163		0	RC	4				
6:0.....g	0.110		0	RC	4				
8:0.....g	0.075		0	RC	4				
10:0.....g	0.133		0	RC	4				
12:0.....g	0.136		0	RC	4				
13:0.....g	0.000		0	RC	4				
14:0.....g	0.415		0	RC	4				
15:0.....g	0.000		0	RC	4				
16:0.....g	1.199		0	RC	4				
17:0.....g	0.024		0	RC	4				
18:0.....g	0.547		0	RC	4				
20:0.....g	0.006		0	RC	4				
22:0.....g	0.000		0	RC	4				
24:0.....g	0.000		0	RC	4				

NDB No. 19103

Candies, fudge, vanilla, prepared-from-recipe

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.164		0	RC	4				
14:1.....g	0.000		0	RC	4				
15:1.....g									
16:1 undifferentiated.....g	0.042		0	RC	4				
16:1 c.....g	0.042		0	RC	4				
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	1.118		0	RC	4				
18:1 c.....g	0.735		0	RC	4				
18:1 t.....g	0.129		0	RC	4				
20:1.....g	0.004		0	RC	4				
22:1 undifferentiated.....g	0.000		0	RC	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.085		0	RC	4				
18:2 undifferentiated.....g	0.062		0	RC	4				
18:2 n-6 c,c.....g	0.094		0	RC	4				
18:2 CLAs.....g	0.012		0	RC	4				
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.013		0	RC	4				
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.023		0	RC	4				
18:4.....g	0.000		0	RC	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RC	4				
20:5 n-3.....g	0.000		0	RC	4				
22:5 n-3.....g	0.000		0	RC	4				
22:6 n-3.....g	0.000		0	RC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	15		0	RC	4				
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.024		0	RC	4				
Threonine.....g	0.047		0	RC	4				
Isoleucine.....g	0.054		0	RC	4				
Leucine.....g	0.087		0	RC	4				
Lysine.....g	0.047		0	RC	4				
Methionine.....g	0.024		0	RC	4				
Cystine.....g	0.006		0	RC	4				
Phenylalanine.....g	0.048		0	RC	4				
Tyrosine.....g	0.050		0	RC	4				
Valine.....g	0.063		0	RC	4				
Arginine.....g	0.025		0	RC	4				
Histidine.....g	0.025		0	RC	4				
Alanine.....g	0.034		0	RC	4				
Aspartic acid.....g	0.078		0	RC	4				
Glutamic acid.....g	0.212		0	RC	4				
Glycine.....g	0.024		0	RC	4				
Proline.....g	0.111		0	RC	4				
Serine.....g	0.036		0	RC	4				
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	RC	4				
Theobromine.....mg	0		0	RC	4				
<b>Carotenoids:</b>									
Carotene, beta.....mcg	10		0	RC	4				
Carotene, alpha.....mcg	0		0	RC	4				
Cryptoxanthin, beta.....mcg	0		0	RC	4				
Lycopene.....mcg	0		0	RC	4				
Lutein + zeaxanthin.....mcg	0		0	RC	4				

NDB No. 19103  
Candies, fudge, vanilla, prepared-from-recipe

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

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

Common Measures:

Calories Factors: Protein                      Fat                      Carbohydrate

Food Group: 19 Sweets

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



NDB No. 43057

Candies, gum drops, dietetic or low calorie (sorbitol)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.092				4		0.167	0.005	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.090				4		0.164	0.005	
20:1.....g	0.003				4		0.005	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.064				4		0.116	0.003	
18:2 undifferentiated.....g	0.064				4		0.116	0.003	
18:3 undifferentiated.....g	0.000				4		0.000	0.000	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	BFSN	4		0	0	
Theobromine.....mg	0		0	BFSN	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

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

# Common Measures:

Measure 1 = 182g: 1 cup

Measure 2 = 5.0g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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			
	Number					measures of food			
	Mean	Std. Error	Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.00	0.000	8		1		1.82	0.36	0.22
Energy.....kcal	396		0	NC	4		720	142	87
Energy.....kj	1655		0	NC	4		3012	596	364
Protein (N x 6.25).....g	0.00		1		4		0.00	0.00	0.00
Total lipid (fat).....g	0.00		1	LC	8		0.00	0.00	0.00
Ash.....g	0.10		1		4		0.18	0.04	0.02
Carbohydrate, by difference.....g	98.90		0	NC	4		180.00	35.60	21.76
Fiber, total dietary.....g	0.1		0	FLC	4		0.1	0.0	0.0
Sugars, total.....g	58.97		1	LC	8		107.33	21.23	12.97
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3	0.936	9		1		5	1	1
Iron, Fe.....mg	0.40	0.109	8		1		0.73	0.14	0.09
Magnesium, Mg.....mg	1	0.774	9		1		2	0	0
Phosphorus, P.....mg	1	0.453	8		1		2	0	0
Potassium, K.....mg	5	3.943	9		1		9	2	1
Sodium, Na.....mg	44	5.093	9		1		80	16	10
Zinc, Zn.....mg	0.00	0.004	8		1		0.00	0.00	0.00
Copper, Cu.....mg	0.012	0.008	8		1		0.022	0.004	0.003
Manganese, Mn.....mg	0.010	0.017	8		1		0.018	0.004	0.002
Selenium, Se.....mcg	0.8		0	FLC	4		1.5	0.3	0.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0	0.0	0.0
Thiamin.....mg	0.006		0	FLC	4		0.010	0.002	0.001
Riboflavin.....mg	0.013		0	FLC	4		0.023	0.005	0.003
Niacin.....mg	0.010		0	FLC	4		0.019	0.004	0.002
Pantothenic acid.....mg	0.012		0	FLC	4		0.022	0.004	0.003
Vitamin B-6.....mg	0.005		0	FLC	4		0.008	0.002	0.001
Folate, total.....mcg	0		0	FLC	4		0	0	0
Folic acid.....mcg	0		0	FLC	4		0	0	0
Folate, food.....mcg	0		0	FLC	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	FLC	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	FLC	4		0	0	0
Retinol.....mcg	0		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLC	4		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000	0.000	0.000
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 19106**  
**Candies, gumdrops, starch jelly pieces**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		7		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		1	LC	8		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	0
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	FLC	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	FLC	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 = 182g: 1 cup gumdrops

Measure 2 = 36g: 10 gumdrops

Measure 3 = 22g: 10 gummy bears

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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





**NDB No. 19117**  
**Candies, halavah, 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				
Fatty acids, total monounsaturated.....g	8.194		2	A	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025		2	A	1				
17:1.....g									
18:1 undifferentiated.....g	8.133		2	A	1				
20:1.....g	0.036		2	A	1				
22:1 undifferentiated.....g	0.000		2	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.481		2	A	1				
18:2 undifferentiated.....g	8.421		2	A	1				
18:3 undifferentiated.....g	0.060		2	A	1				
18:4.....g	0.000		2	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1				
20:5 n-3.....g	0.000		2	A	1				
22:5 n-3.....g	0.000		2	A	1				
22:6 n-3.....g	0.000		2	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg									
Theobromine.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	T	4				
Carotene, alpha.....mcg	0		0	T	4				
Cryptoxanthin, beta.....mcg	0		0	T	4				
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:**

**Calories Factors: Protein 4**

**Fat 8.5**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
<b>Proximates:</b>									
Water.....g	1.30	0.291	6		1		0.37	0.08	0.04
Energy.....kcal	394		0	NC	4		112	24	12
Energy.....kj	1648				4		467	99	49
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat).....g	0.20		1	A	1		0.06	0.01	0.01
Ash.....g	0.50	0.407	9		1		0.14	0.03	0.02
Carbohydrate, by difference.....g	98.00		0	NC	4		27.78	5.88	2.94
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	62.90		1	A	1		17.83	3.77	1.89
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3	1.419	37		1		1	0	0
Iron, Fe.....mg	0.30	0.050	42		1		0.09	0.02	0.01
Magnesium, Mg.....mg	3	0.707	37		1		1	0	0
Phosphorus, P.....mg	3	1.533	37		1		1	0	0
Potassium, K.....mg	5	1.358	37		1		1	0	0
Sodium, Na.....mg	38	7.185	33		1		11	2	1
Zinc, Zn.....mg	0.01	0.005	42		1		0.00	0.00	0.00
Copper, Cu.....mg	0.029	0.010	5		1		0.008	0.002	0.001
Manganese, Mn.....mg	0.010	0.001	37		1		0.003	0.001	0.000
Selenium, Se.....mcg	0.6		0	BFSN	4		0.2	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	0.0
Thiamin.....mg	0.004		1		4		0.001	0.000	0.000
Riboflavin.....mg	0.003		1		4		0.001	0.000	0.000
Niacin.....mg	0.007		1		4		0.002	0.000	0.000
Pantothenic acid.....mg	0.008		1		4		0.002	0.000	0.000
Vitamin B-6.....mg	0.003		1		4		0.001	0.000	0.000
Folate, total.....mcg	0		1		4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		1		4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		1		4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0		7		0.000	0.000	0.000
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 19107**  
**Candies, hard**

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

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 6.0g: 1 piece

Measure 3 = 3.0g: 1 piece, small

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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

**Candies, hard, dietetic or low calorie (sorbitol)**

[illegible]

**NDB No. 43058**  
**Candies, hard, dietetic or low calorie (sorbitol)**

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

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

**Common Measures:**

Measure 1 = 3.0g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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



**NDB No. 19108**  
**Candies, jellybeans**

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

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

**Common Measures:**

Measure 1 = 11.0g: 10 small

Measure 2 = 28g: 10 large (1 oz)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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



**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	16.40	0.374	6		1		8.20	1.15	1.18
Energy.....kcal	318		0	NC	4		159	22	23
Energy.....kj	1331				4		665	93	96
Protein (N x 5.6).....g	1.80	0.107	5		1		0.90	0.13	0.13
Total lipid (fat).....g	0.20	0.055	5		1		0.10	0.01	0.01
Ash.....g	0.30	0.136	5		1		0.15	0.02	0.02
Carbohydrate, by difference.....g	81.30		0	NC	4		40.65	5.69	5.85
Fiber, total dietary.....g	0.1		0	FLA	4		0.1	0.0	0.0
Sugars, total.....g	57.56	4.874	3	LC	8		28.78	4.03	4.14
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3	0.356	10		1		2	0	0
Iron, Fe.....mg	0.23	0.085	10		1		0.12	0.02	0.02
Magnesium, Mg.....mg	2	0.503	10		1		1	0	0
Phosphorus, P.....mg	8	1.376	6		1		4	1	1
Potassium, K.....mg	5	1.162	10		1		3	0	0
Sodium, Na.....mg	80	12.963	3	LC	8		40	6	6
Zinc, Zn.....mg	0.04	0.015	10		1		0.02	0.00	0.00
Copper, Cu.....mg	0.097		2		1		0.049	0.007	0.007
Manganese, Mn.....mg	0.008	0.034	5		1		0.004	0.001	0.001
Selenium, Se.....mcg	1.7		0	FLA	4		0.8	0.1	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	5		1		0.0	0.0	0.0
Thiamin.....mg	0.001	0.000	5		1		0.001	0.000	0.000
Riboflavin.....mg	0.001	0.000	4		1		0.001	0.000	0.000
Niacin.....mg	0.078	0.015	5		1		0.039	0.005	0.006
Pantothenic acid.....mg	0.005		1		1		0.003	0.000	0.000
Vitamin B-6.....mg	0.003		0	FLA	4		0.002	0.000	0.000
Folate, total.....mcg	1		0	FLA	4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	1		0	FLA	4		0	0	0
Folate, DFE.....mcg_DFE	1		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	FLA	4		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	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.056		0		4		0.028	0.004	0.004
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.001		0		4		0.001	0.000	0.000
15:0.....g									
16:0.....g	0.040		0		4		0.020	0.003	0.003
17:0.....g									
18:0.....g	0.015		0		4		0.008	0.001	0.001
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 19116**  
**Candies, marshmallows**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.080		0		4		0.040	0.006	0.006
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		4		0.002	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.076		0		4		0.038	0.005	0.005
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.047		0		4		0.024	0.003	0.003
18:2 undifferentiated.....g	0.045		0		4		0.023	0.003	0.003
18:3 undifferentiated.....g	0.001		0		4		0.001	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		4		0.001	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.023	4		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.035		0		1		0.018	0.002	0.003
Isoleucine.....g	0.028		0		1		0.014	0.002	0.002
Leucine.....g	0.066		0		1		0.033	0.005	0.005
Lysine.....g	0.077		0		1		0.039	0.005	0.006
Methionine.....g	0.015		0		1		0.008	0.001	0.001
Cystine.....g	0.002		0		1		0.001	0.000	0.000
Phenylalanine.....g	0.042		0		1		0.021	0.003	0.003
Tyrosine.....g	0.010		0		1		0.005	0.001	0.001
Valine.....g	0.050		0		1		0.025	0.004	0.004
Arginine.....g	0.147		0		1		0.074	0.010	0.011
Histidine.....g	0.017		0		1		0.009	0.001	0.001
Alanine.....g	0.180		0		1		0.090	0.013	0.013
Aspartic acid.....g	0.121		0		1		0.061	0.008	0.009
Glutamic acid.....g	0.208		0		1		0.104	0.015	0.015
Glycine.....g	0.416		0		1		0.208	0.029	0.030
Proline.....g	0.275		0		1		0.138	0.019	0.020
Serine.....g	0.061		0		1		0.031	0.004	0.004
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
<b>Carotenoids:</b>									
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 = 50g: 1 cup of miniature

Measure 2 = 7.0g: 10 miniatures

Measure 3 = 7.2g: 1 regular

NDB No. 19116  
Candies, marshmallows

Calories Factors: Protein 3.9      Fat 8.4      Carbohydrate 3.8      Food Group: 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 19120**  
**Candies, milk chocolate**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.50	0.054	9	A	1		2.53	0.11	0.66
Energy.....kcal	535		0	NC	4		899	37	235
Energy.....kj	2239		0	NC	4		3762	157	985
Protein (N x 6.25).....g	7.65	0.281	9	A	1		12.86	0.54	3.37
Total lipid (fat).....g	29.66	0.230	9	A	1		49.83	2.08	13.05
Ash.....g	1.78	0.036	9	A	1		2.99	0.12	0.78
Carbohydrate, by difference.....g	59.40		0	NC	4		99.80	4.16	26.14
Fiber, total dietary.....g	3.4	0.132	9	A	1		5.7	0.2	1.5
Sugars, total.....g	51.50	0.495	9	A	1		86.52	3.60	22.66
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	189	0.333	27	A	1		317	13	83
Iron, Fe.....mg	2.35	1.043	27	A	1		3.94	0.16	1.03
Magnesium, Mg.....mg	63	3.153	27	A	1		105	4	28
Phosphorus, P.....mg	208	6.583	27	A	1		350	15	92
Potassium, K.....mg	372	30.222	27	A	1		626	26	164
Sodium, Na.....mg	79	8.597	27	A	1		132	6	35
Zinc, Zn.....mg	2.01		0	FLC	4		3.37	0.14	0.88
Copper, Cu.....mg	0.491	0.083	27	A	1		0.825	0.034	0.216
Manganese, Mn.....mg	0.471	0.131	27	A	1		0.791	0.033	0.207
Selenium, Se.....mcg	4.5	0.173	22	A	1		7.5	0.3	2.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin.....mg	0.112	0.007	5	A	1		0.188	0.008	0.049
Riboflavin.....mg	0.298	0.034	5	A	1		0.501	0.021	0.131
Niacin.....mg	0.386	0.018	5	A	1		0.648	0.027	0.170
Pantothenic acid.....mg	0.472	0.041	5	A	1		0.794	0.033	0.208
Vitamin B-6.....mg	0.036	0.001	5	A	1		0.060	0.002	0.016
Folate, total.....mcg	12	0.802	5	A	1		20	1	5
Folic acid.....mcg	0		0	FLC	4		0	0	0
Folate, food.....mcg	12	0.802	5	A	1		20	1	5
Folate, DFE.....mcg_DFE	12		0	NC	4		20	1	5
Vitamin B-12.....mcg	0.62		0	FLC	4		1.04	0.04	0.27
Vitamin A, IU.....IU	174		0	FLC	4		293	12	77
Vitamin A, RAE.....mcg_RAE	49		0	FLC	4		82	3	22
Retinol.....mcg	48		0	FLC	4		81	3	21
Vitamin E (alpha-tocopherol).....mg	2.02		1	A	1		3.39	0.14	0.89
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.7	0.585	4	A	1		9.6	0.4	2.5
<b>Lipids:</b>									
Fatty acids, total saturated.....g	14.252		0	NC	4		23.944	0.998	6.271
4:0.....g	0.503	0.481	4	A	1		0.845	0.035	0.221
6:0.....g	0.182	0.172	4	A	1		0.305	0.013	0.080
8:0.....g	0.104	0.093	4	A	1		0.175	0.007	0.046
10:0.....g	0.197	0.160	4	A	1		0.331	0.014	0.087
12:0.....g	0.217	0.180	4	A	1		0.364	0.015	0.095
13:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
14:0.....g	0.664	0.564	4	A	1		1.115	0.046	0.292
15:0.....g	0.069	0.052	4	A	1		0.115	0.005	0.030
16:0.....g	5.955	4.953	4	A	1		10.004	0.417	2.620
17:0.....g	0.065	0.054	4	A	1		0.110	0.005	0.029
18:0.....g	6.107	4.811	4	A	1		10.260	0.428	2.687
20:0.....g	0.171	0.146	4	A	1		0.288	0.012	0.075
22:0.....g	0.018	0.024	4	A	1		0.031	0.001	0.008
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000

**NDB No. 19120**  
**Candies, milk chocolate**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	13.226		0	NC	4		22.220	0.926	5.820
14:1.....g	0.065	0.054	4	A	1		0.109	0.005	0.029
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.124	0.112	4	A	1		0.208	0.009	0.055
17:1.....g	0.018	0.021	4	A	1		0.031	0.001	0.008
18:1 undifferentiated.....g	6.509		0	A	1		10.936	0.456	2.864
18:1 c.....g	6.509	5.359	4	A	1		10.936	0.456	2.864
18:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.813		0	NC	4		1.366	0.057	0.358
18:2 undifferentiated.....g	0.729	0.618	4	A	1		1.225	0.051	0.321
18:3 undifferentiated.....g	0.084		0	A	1		0.141	0.006	0.037
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	23		1	A	1		38	2	10
Phytosterols.....mg									
Stigmasterol.....mg	16		1	A	1		27	1	7
Campesterol.....mg	6		1	A	1		10	0	3
Beta-sitosterol.....mg	37		1	A	1		62	3	16
Amino Acids:									
Tryptophan.....g	0.089		0	FLC	4		0.150	0.006	0.039
Threonine.....g	0.279		0	FLC	4		0.469	0.020	0.123
Isoleucine.....g	0.362		0	FLC	4		0.607	0.025	0.159
Leucine.....g	0.590		0	FLC	4		0.991	0.041	0.260
Lysine.....g	0.464		0	FLC	4		0.780	0.033	0.204
Methionine.....g	0.146		0	FLC	4		0.245	0.010	0.064
Cystine.....g	0.078		0	FLC	4		0.132	0.005	0.034
Phenylalanine.....g	0.317		0	FLC	4		0.532	0.022	0.139
Tyrosine.....g	0.303		0	FLC	4		0.508	0.021	0.133
Valine.....g	0.429		0	FLC	4		0.720	0.030	0.189
Arginine.....g	0.298		0	FLC	4		0.500	0.021	0.131
Histidine.....g	0.167		0	FLC	4		0.280	0.012	0.073
Alanine.....g	0.241		0	FLC	4		0.404	0.017	0.106
Aspartic acid.....g	0.561		0	FLC	4		0.943	0.039	0.247
Glutamic acid.....g	1.316		0	FLC	4		2.211	0.092	0.579
Glycine.....g	0.178		0	FLC	4		0.299	0.012	0.078
Proline.....g	0.611		0	FLC	4		1.026	0.043	0.269
Serine.....g	0.348		0	FLC	4		0.585	0.024	0.153
Hydroxyproline.....g	0.000		0	FLC	4		0.000	0.000	0.000
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	20	0.000	9	A	1		34	1	9
Theobromine.....mg	205	6.891	8	A	1		345	14	90
Carotenoids:									
Carotene, beta.....mcg	0	0.000	4	A	1		0.000	0.000	0.000
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	4	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

NDB No. 19120  
Candies, milk chocolate

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

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

**Common Measures:**

Measure 1 = 168g: 1 cup chips  
Measure 2 = 7.0g: 1 bar miniature  
Measure 3 = 44g: 1 bar 1.55 oz

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

**Food Group:** 19 Sweets

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

NDB No. 19279

Candies, milk chocolate coated coffee beans

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	2.34		0	RA	4				
Energy.....kcal	513		0	RA	4				
Energy.....kj	2148		0	RA	4				
Protein.....g	7.41		0	RA	4				
Total lipid (fat).....g	26.09		0	RA	4				
Ash.....g	1.75		0	RA	4				
Carbohydrate, by difference.....g	62.42		0	RA	4				
Fiber, total dietary.....g	5.7		0	RA	4				
Sugars, total.....g	49.54		0	RA	4				
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	169		0	RA	4				
Iron, Fe.....mg	2.29		0	RA	4				
Magnesium, Mg.....mg	64		0	RA	4				
Phosphorus, P.....mg	188		0	RA	4				
Potassium, K.....mg	413		0	RA	4				
Sodium, Na.....mg	71		0	RA	4				
Zinc, Zn.....mg	1.76		0	RA	4				
Copper, Cu.....mg	0.492		0	RA	4				
Manganese, Mn.....mg	0.538		0	RA	4				
Selenium, Se.....mcg	4.3		0	RA	4				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RA	4				
Thiamin.....mg	0.097		0	RA	4				
Riboflavin.....mg	0.316		0	RA	4				
Niacin.....mg	0.333		0	RA	4				
Pantothenic acid.....mg	0.454		0	RA	4				
Vitamin B-6.....mg	0.031		0	RA	4				
Folate, total.....mcg	10		0	RA	4				
Folic acid.....mcg	0		0	RA	4				
Folate, food.....mcg	10		0	RA	4				
Folate, DFE.....mcg_DFE	10		0	NC	4				
Vitamin B-12.....mcg	0.53		0	RA	4				
Vitamin A, IU.....IU	150		0	RA	4				
Vitamin A, RAE.....mcg_RAE	42		0	RA	4				
Retinol.....mcg	42		0	RA	4				
Vitamin E (alpha-tocopherol).....mg	1.74		0	RA	4				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.4		0	RA	4				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	12.490		0	RA	4				
4:0.....g	0.434		0	RA	4				
6:0.....g	0.157		0	RA	4				
8:0.....g	0.090		0	RA	4				
10:0.....g	0.170		0	RA	4				
12:0.....g	0.187		0	RA	4				
13:0.....g	0.000		0	RA	4				
14:0.....g	0.572		0	RA	4				
15:0.....g	0.059		0	RA	4				
16:0.....g	5.293		0	RA	4				
17:0.....g	0.056		0	RA	4				
18:0.....g	5.297		0	RA	4				
20:0.....g	0.161		0	RA	4				
22:0.....g	0.016		0	RA	4				
24:0.....g	0.000		0	RA	4				

NDB No. 19279

Candies, milk chocolate coated coffee beans

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv	Source	Confidence	measures of food		
			of Data				Code	Code	Measure 1
			Points						
Fatty acids, total monounsaturated.....g	5.833		0	RA	4				
14:1.....g	0.056		0	RA	4				
15:1.....g	0.000		0	RA	4				
16:1 undifferentiated.....g	0.107		0	RA	4				
17:1.....g	0.016		0	RA	4				
18:1 undifferentiated.....g	5.654		0	RA	4				
20:1.....g	0.000		0	RA	4				
22:1 undifferentiated.....g	0.000		0	RA	4				
24:1 c.....g	0.000		0	RA	4				
Fatty acids, total polyunsaturated.....g	0.854		0	RA	4				
18:2 undifferentiated.....g	0.847		0	RA	4				
18:3 undifferentiated.....g	0.007		0	RA	4				
18:4.....g	0.000		0	RA	4				
20:2 n-6 c,c.....g	0.000		0	RA	4				
20:3 undifferentiated.....g	0.000		0	RA	4				
20:4 undifferentiated.....g	0.000		0	RA	4				
20:5 n-3.....g	0.000		0	RA	4				
22:5 n-3.....g	0.000		0	RA	4				
22:6 n-3.....g	0.000		0	RA	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	20		0	RA	4				
Phytosterols.....mg									
Stigmasterol.....mg									
Campesterol.....mg									
Beta-sitosterol.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RA	4				
Caffeine.....mg	800		0	RA	4				
Theobromine.....mg	178		0	RA	4				
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	RA	4				
Carotene, alpha.....mcg	0		0	RA	4				
Cryptoxanthin, beta.....mcg	0		0	RA	4				
Lycopene.....mcg	0		0	RA	4				
Lutein + zeaxanthin.....mcg	0		0	RA	4				

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

**Common Measures:**



NDB No. 19279  
Candies, milk chocolate coated coffee beans

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 19 Sweets
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NDB No. 19126

Candies, milk chocolate coated peanuts

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.920		0		1		19.251	5.168	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.210		1		1		0.313	0.084	
17:1.....g									
18:1 undifferentiated.....g	12.550		1		1		18.700	5.020	
20:1.....g	0.160		1		1		0.238	0.064	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.330		0		1		6.452	1.732	
18:2 undifferentiated.....g	4.280		1		1		6.377	1.712	
18:3 undifferentiated.....g	0.050		1		1		0.075	0.020	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		2		1		13	4	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.140		0		1		0.209	0.056	
Threonine.....g	0.492		0		1		0.733	0.197	
Isoleucine.....g	0.561		0		1		0.836	0.224	
Leucine.....g	1.005		0		1		1.497	0.402	
Lysine.....g	0.602		0		1		0.897	0.241	
Methionine.....g	0.211		0		1		0.314	0.084	
Cystine.....g	0.126		0		1		0.188	0.050	
Phenylalanine.....g	0.687		0		1		1.024	0.275	
Tyrosine.....g	0.554		0		1		0.825	0.222	
Valine.....g	0.680		0		1		1.013	0.272	
Arginine.....g	1.001		0		1		1.491	0.400	
Histidine.....g	0.268		0		1		0.399	0.107	
Alanine.....g	0.483		0		1		0.720	0.193	
Aspartic acid.....g	1.347		0		1		2.007	0.539	
Glutamic acid.....g	2.693		0		1		4.013	1.077	
Glycine.....g	0.563		0		1		0.839	0.225	
Proline.....g	0.806		0		1		1.201	0.322	
Serine.....g	0.616		0		1		0.918	0.246	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	22		1		1		33	9	
Theobromine.....mg	109		1		1		162	44	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLM	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLM	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 149g: 1 cup

Measure 2 = 40g: 10 pieces

**NDB No. 19126**  
**Candies, milk chocolate coated peanuts**

**Calories Factors:** **Protein** 3.6                      **Fat** 8.6                      **Carbohydrate** 3.7                      **Food Group:** 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	11.20	2.282	7		1		20.16	1.12	
Energy.....kcal	390		0		4		702	39	
Energy.....kj	1632				4		2937	163	
Protein (N x 6.2).....g	4.10	0.299	8		1		7.38	0.41	
Total lipid (fat).....g	14.80	1.152	7		1		26.64	1.48	
Ash.....g	1.50	0.074	7		1		2.70	0.15	
Carbohydrate, by difference.....g	68.30		0	NC	4		122.94	6.83	
Fiber, total dietary.....g	4.2		0	FLA	4		7.6	0.4	
Sugars, total.....g	62.22		0	LC	8		112.00	6.22	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	86	14.400	4		1		155	9	
Iron, Fe.....mg	1.71	0.329	4		1		3.08	0.17	
Magnesium, Mg.....mg	45		1		1		81	5	
Phosphorus, P.....mg	143		2		1		257	14	
Potassium, K.....mg	514		2		1		925	51	
Sodium, Na.....mg	36		2		1		65	4	
Zinc, Zn.....mg	0.81		0	FLA	4		1.46	0.08	
Copper, Cu.....mg	0.339		0	FLA	4		0.610	0.034	
Manganese, Mn.....mg	0.283		0	FLA	4		0.509	0.028	
Selenium, Se.....mcg	2.3		0	FLA	4		4.1	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		2		1		0.4	0.0	
Thiamin.....mg	0.084	0.005	4		1		0.151	0.008	
Riboflavin.....mg	0.161	0.037	4		1		0.290	0.016	
Niacin.....mg	0.400		2		1		0.720	0.040	
Pantothenic acid.....mg	0.217		0	FLA	4		0.391	0.022	
Vitamin B-6.....mg	0.080		0	FLA	4		0.144	0.008	
Folate, total.....mcg	7		0	FLC	4		13	1	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	7		0	FLC	4		13	1	
Folate, DFE.....mcg_DFE	7		0	NC	4		13	1	
Vitamin B-12.....mcg	0.18		0	FLA	4		0.32	0.02	
Vitamin A, IU.....IU	85		0	FLC	4		153	9	
Vitamin A, RAE.....mcg_RAE	24		0	FLC	4		43	2	
Retinol.....mcg	24		0	FLC	4		42	2	
Vitamin E (alpha-tocopherol).....mg	1.02		0	NR	4		1.84	0.10	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.7		0	FLC	4		6.6	0.4	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.800		0		1		15.840	0.880	
4:0.....g	0.080		1		1		0.144	0.008	
6:0.....g	0.020		1		1		0.036	0.002	
8:0.....g	0.030		1		1		0.054	0.003	
10:0.....g	0.060		1		1		0.108	0.006	
12:0.....g	0.060		1		1		0.108	0.006	
13:0.....g									
14:0.....g	0.290		1		1		0.522	0.029	
15:0.....g									
16:0.....g	3.920		1		1		7.056	0.392	
17:0.....g									
18:0.....g	4.350		1		1		7.830	0.435	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 19127

Candies, milk chocolate coated raisins

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	4.740		0		1		8.532	0.474	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.140		1		1		0.252	0.014	
17:1.....g									
18:1 undifferentiated.....g	4.600		1		1		8.280	0.460	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.510		0		1		0.918	0.051	
18:2 undifferentiated.....g	0.450		1		1		0.810	0.045	
18:3 undifferentiated.....g	0.050		1		1		0.090	0.005	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	3	1.638	3		1		5	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.041		0		1		0.074	0.004	
Threonine.....g	0.158		0		1		0.284	0.016	
Isoleucine.....g	0.167		0		1		0.301	0.017	
Leucine.....g	0.299		0		1		0.538	0.030	
Lysine.....g	0.202		0		1		0.364	0.020	
Methionine.....g	0.102		0		1		0.184	0.010	
Cystine.....g	0.036		0		1		0.065	0.004	
Phenylalanine.....g	0.186		0		1		0.335	0.019	
Tyrosine.....g	0.155		0		1		0.279	0.016	
Valine.....g	0.226		0		1		0.407	0.023	
Arginine.....g	0.172		0		1		0.310	0.017	
Histidine.....g	0.088		0		1		0.158	0.009	
Alanine.....g	0.152		0		1		0.274	0.015	
Aspartic acid.....g	0.390		0		1		0.702	0.039	
Glutamic acid.....g	0.861		0		1		1.550	0.086	
Glycine.....g	0.108		0		1		0.194	0.011	
Proline.....g	0.287		0		1		0.517	0.029	
Serine.....g	0.191		0		1		0.344	0.019	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	25		1		1		45	3	
Theobromine.....mg	127		1		1		229	13	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLC	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLC	4		0.937	0.052	

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

**Common Measures:**

Measure 1 = 180g: 1 cup

Measure 2 = 10.0g: 10 pieces

**NDB No. 19127**  
**Candies, milk chocolate coated raisins**

**Calories Factors:** **Protein** 3.6                      **Fat** 8.7                      **Carbohydrate** 3.6

**Food Group:** 19 Sweets

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

**NDB No. 19132**  
**Candies, milk chocolate, with almonds**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.50	0.210	9		1		0.62	0.66	
Energy.....kcal	526		0		4		216	231	
Energy.....kj	2201				4		902	968	
Protein (N x 5.9).....g	9.00	0.319	13		1		3.69	3.96	
Total lipid (fat).....g	34.40	0.790	14		1		14.10	15.14	
Ash.....g	1.70	0.017	9		1		0.70	0.75	
Carbohydrate, by difference.....g	53.20		0	NC	4		21.81	23.41	
Fiber, total dietary.....g	6.2		1		1		2.5	2.7	
Sugars, total.....g	43.90		0	LC	8		18.00	19.32	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	224	13.194	12		1		92	99	
Iron, Fe.....mg	1.63	0.225	12		1		0.67	0.72	
Magnesium, Mg.....mg	90	5.285	6		1		37	40	
Phosphorus, P.....mg	264	14.134	6		1		108	116	
Potassium, K.....mg	444	6.652	8		1		182	195	
Sodium, Na.....mg	74	8.195	11		1		30	33	
Zinc, Zn.....mg	1.34	0.197	6		1		0.55	0.59	
Copper, Cu.....mg	0.422	0.033	5		1		0.173	0.186	
Manganese, Mn.....mg	0.624	0.056	5		1		0.256	0.275	
Selenium, Se.....mcg	4.0		0	FLA	4		1.6	1.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		2		1		0.1	0.1	
Thiamin.....mg	0.060	0.007	11		1		0.025	0.026	
Riboflavin.....mg	0.435	0.027	12		1		0.178	0.191	
Niacin.....mg	0.742	0.086	8		1		0.304	0.326	
Pantothenic acid.....mg	0.430		0		4		0.176	0.189	
Vitamin B-6.....mg	0.051		0	FLA	4		0.021	0.022	
Folate, total.....mcg	14		0	FLM	4		6	6	
Folic acid.....mcg	0		0	FLM	4		0	0	
Folate, food.....mcg	14		0	FLM	4		6	6	
Folate, DFE.....mcg_DFE	14		0	NC	4		6	6	
Vitamin B-12.....mcg	0.33		0	FLA	4		0.14	0.15	
Vitamin A, IU.....IU	156		0	FLM	4		64	69	
Vitamin A, RAE.....mcg_RAE	44		0	FLM	4		18	19	
Retinol.....mcg	43		0	FLM	4		18	19	
Vitamin E (alpha-tocopherol).....mg	4.49		0	FLM	4		1.84	1.97	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.1		0	FLM	4		2.1	2.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	16.980		0		1		6.962	7.471	
4:0.....g	0.160		1		1		0.066	0.070	
6:0.....g	0.040		1		1		0.016	0.018	
8:0.....g	0.050		1		1		0.021	0.022	
10:0.....g	0.110		1		1		0.045	0.048	
12:0.....g	0.110		1		1		0.045	0.048	
13:0.....g	0.000		0	FLM	4		0.000	0.000	
14:0.....g	0.580		1		1		0.238	0.255	
15:0.....g									
16:0.....g	7.660		1		1		3.141	3.370	
17:0.....g									
18:0.....g	8.270		1		1		3.391	3.639	
20:0.....g									
22:0.....g									
24:0.....g	0.000		0	FLM	4		0.000	0.000	



NDB No. 19132

Candies, milk chocolate, with almonds

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.490		0		1		5.531	5.936	
14:1.....g									
15:1.....g	0.000		0	FLM	4		0.000	0.000	
16:1 undifferentiated.....g	0.310		1		1		0.127	0.136	
17:1.....g									
18:1 undifferentiated.....g	13.170		1		1		5.400	5.795	
20:1.....g	0.010		1		1		0.004	0.004	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	2.280		0		1		0.935	1.003	
18:2 undifferentiated.....g	2.170		1		1		0.890	0.955	
18:3 undifferentiated.....g	0.110		1		1		0.045	0.048	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	19	1.933	8		1		8	8	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.116		0		1		0.048	0.051	
Threonine.....g	0.350		0		1		0.144	0.154	
Isoleucine.....g	0.432		0		1		0.177	0.190	
Leucine.....g	0.759		0		1		0.311	0.334	
Lysine.....g	0.446		0		1		0.183	0.196	
Methionine.....g	0.159		0		1		0.065	0.070	
Cystine.....g	0.079		0		1		0.032	0.035	
Phenylalanine.....g	0.470		0		1		0.193	0.207	
Tyrosine.....g	0.366		0		1		0.150	0.161	
Valine.....g	0.526		0		1		0.216	0.231	
Arginine.....g	0.468		0		1		0.192	0.206	
Histidine.....g	0.159		0		1		0.065	0.070	
Alanine.....g	0.327		0		1		0.134	0.144	
Aspartic acid.....g	0.792		0		1		0.325	0.348	
Glutamic acid.....g	1.984		0		1		0.813	0.873	
Glycine.....g	0.294		0		1		0.121	0.129	
Proline.....g	0.666		0		1		0.273	0.293	
Serine.....g	0.388		0		1		0.159	0.171	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	22		1		1		9	10	
Theobromine.....mg	158		1		1		65	70	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLM	4		0.174	0.187	
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLM	4		0.059	0.064	

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

**Common Measures:**

Measure 1 = 41g: 1 bar (1.45 oz)

Measure 2 = 44g: 1 bar (1.55 oz)

**NDB No. 19132**  
**Candies, milk chocolate, with almonds**

**Calories Factors:** **Protein** 3.6                      **Fat** 8.6                      **Carbohydrate** 3.7                      **Food Group:** 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Candies, milk chocolate, with rice cereal**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.90	0.180	15		1		0.76	0.86	0.89
Energy.....kcal	496		0		4		198	223	233
Energy.....kj	2075				4		830	934	975
Protein (N x 6.2).....g	6.30	0.141	18		1		2.52	2.84	2.96
Total lipid (fat).....g	26.50	0.389	20		1		10.60	11.93	12.46
Ash.....g	1.60	0.026	15		1		0.64	0.72	0.75
Carbohydrate, by difference.....g	63.40		0	NC	4		25.36	28.53	29.80
Fiber, total dietary.....g	3.3		0	FLC	4		1.3	1.5	1.6
Sugars, total.....g	55.00		0	LC	8		22.00	24.75	25.85
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	171	3.491	11		1		68	77	80
Iron, Fe.....mg	0.75	0.076	11		1		0.30	0.34	0.35
Magnesium, Mg.....mg	49	2.940	11		1		20	22	23
Phosphorus, P.....mg	193	11.628	10		1		77	87	91
Potassium, K.....mg	343	13.864	11		1		137	154	161
Sodium, Na.....mg	145	8.394	11		1		58	65	68
Zinc, Zn.....mg	1.12	0.029	10		1		0.45	0.50	0.53
Copper, Cu.....mg	0.312	0.030	10		1		0.125	0.140	0.147
Manganese, Mn.....mg	0.319	0.008	9		1		0.128	0.144	0.150
Selenium, Se.....mcg	4.6		0	FLC	4		1.8	2.1	2.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		2		1		0.1	0.1	0.1
Thiamin.....mg	0.058	0.003	12		1		0.023	0.026	0.027
Riboflavin.....mg	0.291	0.018	12		1		0.116	0.131	0.137
Niacin.....mg	0.463	0.023	11		1		0.185	0.208	0.218
Pantothenic acid.....mg	0.602		2		1		0.241	0.271	0.283
Vitamin B-6.....mg	0.058		2		1		0.023	0.026	0.027
Folate, total.....mcg	15		0	FLC	4		6	7	7
Folic acid.....mcg	3		0	FLC	4		1	1	1
Folate, food.....mcg	12		0	FLC	4		5	5	5
Folate, DFE.....mcg_DFE	17		0	NC	4		7	8	8
Vitamin B-12.....mcg	0.62		0	FLC	4		0.25	0.28	0.29
Vitamin A, IU.....IU	217		0	FLC	4		87	97	102
Vitamin A, RAE.....mcg_RAE	62		0	FLC	4		25	28	29
Retinol.....mcg	61		0	FLC	4		24	27	29
Vitamin E (alpha-tocopherol).....mg	2.00		0	FLC	4		0.80	0.90	0.94
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.7		0	FLC	4		2.3	2.6	2.7
<b>Lipids:</b>									
Fatty acids, total saturated.....g	15.890		0		1		6.356	7.151	7.468
4:0.....g	0.150		1		1		0.060	0.068	0.071
6:0.....g	0.040		1		1		0.016	0.018	0.019
8:0.....g	0.050		1		1		0.020	0.023	0.024
10:0.....g	0.110		1		1		0.044	0.050	0.052
12:0.....g	0.110		1		1		0.044	0.050	0.052
13:0.....g	0.000		0	FLC	4		0.000	0.000	0.000
14:0.....g	0.520		1		1		0.208	0.234	0.244
15:0.....g									
16:0.....g	7.010		1		1		2.804	3.155	3.295
17:0.....g									
18:0.....g	7.910		1		1		3.164		

NDB No. 19134

Candies, milk chocolate, with rice cereal

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	8.640		0		1		3.456	3.888	4.061
14:1.....g									
15:1.....g	0.000		0	FLC	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.260		1		1		0.104	0.117	0.122
17:1.....g									
18:1 undifferentiated.....g	8.380		1		1		3.352	3.771	3.939
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.780		0		1		0.312	0.351	0.367
18:2 undifferentiated.....g	0.720		1		1		0.288	0.324	0.338
18:3 undifferentiated.....g	0.060		1		1		0.024	0.027	0.028
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000	0.000	0.000
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	19	0.598	14		1		8	9	9
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.076		0		1		0.030	0.034	0.036
Threonine.....g	0.263		0		1		0.105	0.118	0.124
Isoleucine.....g	0.328		0		1		0.131	0.148	0.154
Leucine.....g	0.577		0		1		0.231	0.260	0.271
Lysine.....g	0.355		0		1		0.142	0.160	0.167
Methionine.....g	0.136		0		1		0.054	0.061	0.064
Cystine.....g	0.049		0		1		0.020	0.022	0.023
Phenylalanine.....g	0.344		0		1		0.138	0.155	0.162
Tyrosine.....g	0.278		0		1		0.111	0.125	0.131
Valine.....g	0.409		0		1		0.164	0.184	0.192
Arginine.....g	0.226		0		1		0.090	0.102	0.106
Histidine.....g	0.103		0		1		0.041	0.046	0.048
Alanine.....g	0.240		0		1		0.096	0.108	0.113
Aspartic acid.....g	0.536		0		1		0.214	0.241	0.252
Glutamic acid.....g	1.304		0		1		0.522	0.587	0.613
Glycine.....g	0.170		0		1		0.068	0.077	0.080
Proline.....g	0.498		0		1		0.199	0.224	0.234
Serine.....g	0.294		0		1		0.118	0.132	0.138
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	23		1		1		9	10	11
Theobromine.....mg	155		1		1		62	70	73
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	FLC	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 = 40g: 1 bar (1.4 oz)

Measure 2 = 45g: 1 bar (1.45 oz)

Measure 3 = 47g: 1 bar (1.65 oz)

**NDB No.** 19134  
**Candies, milk chocolate, with rice cereal**

**Calories Factors:** **Protein** 3.7                      **Fat** 8.7                      **Carbohydrate** 3.8  
**Food Group:** 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 43046**  
**Candies, nougat**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	2.15		0	FLC	4		0.30		
Energy.....kcal	398		0	NC	4		56		
Energy.....kj	1665		0	NC	4		233		
Protein.....g	3.33		1	LC	8		0.47		
Total lipid (fat).....g	1.67		1	LC	8		0.23		
Ash.....g	0.46		0	FLC	4		0.06		
Carbohydrate, by difference.....g	92.39		0	NC	4		12.93		
Fiber, total dietary.....g	3.3		1	LC	8		0.5		
Sugars, total.....g	83.33		1	LC	8		11.67		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	32		0	FLC	4		4		
Iron, Fe.....mg	0.59		0	FLC	4		0.08		
Magnesium, Mg.....mg	32		0	FLC	4		4		
Phosphorus, P.....mg	55		0	FLC	4		8		
Potassium, K.....mg	105		0	FLC	4		15		
Sodium, Na.....mg	33		1	LC	8		5		
Zinc, Zn.....mg	0.42		0	FLC	4		0.06		
Copper, Cu.....mg	0.134		0	FLC	4		0.019		
Manganese, Mn.....mg	0.304		0	FLC	4		0.043		
Selenium, Se.....mcg	2.6		0	FLC	4		0.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0	FLC	4		0.0		
Thiamin.....mg	0.013		0	FLC	4		0.002		
Riboflavin.....mg	0.148		0	FLC	4		0.021		
Niacin.....mg	0.478		0	FLC	4		0.067		
Pantothenic acid.....mg	0.060		0	FLC	4		0.008		
Vitamin B-6.....mg	0.020		0	FLC	4		0.003		
Folate, total.....mcg	5		0	FLC	4		1		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	4		0	FLC	4		1		
Folate, DFE.....mcg_DFE	5		0	NC	4		1		
Vitamin B-12.....mcg	0.01		0	FLC	4		0.00		
Vitamin A, IU.....IU	1		0	FLC	4		0		
Vitamin A, RAE.....mcg_RAE	0		0	FLC	4		0		
Retinol.....mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol).....mg	2.77		0	FLC	4		0.39		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLC	4		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.667		1	LC	8		0.233		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.002		0	FLC	4		0.000		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	1.340		0	FLC	4		0.188		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.324		0	FLC	4		0.045		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		

**NDB No. 43046**  
**Candies, nougat**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.000		1	LC	8		0.000		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	0.000		1	LC	8		0.000		
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLC	4		0.047		
Carotene, alpha.....mcg	0		0	FLC	4		0.012		
Cryptoxanthin, beta.....mcg	1		0	FLC	4		0.099		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	1		0	FLC	4		0.158		

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

**Common Measures:**

Measure 1 = 14.0g: 1 piece

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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 Points	Code	Code				
Proximates:									
Water.....g	1.60	0.150	4		1		0.45	0.64	0.72
Energy.....kcal	522		0	NC	4		148	209	235
Energy.....kj	2184				4		619	874	983
Protein (N x 5.5).....g	15.50	1.151	4		1		4.39	6.20	6.98
Total lipid (fat).....g	33.70	0.229	4		1		9.55	13.48	15.17
Ash.....g	1.90	0.089	3		1		0.54	0.76	0.86
Carbohydrate, by difference.....g	47.40		0	NC	4		13.44	18.96	21.33
Fiber, total dietary.....g	4.1		0	FLM	4		1.2	1.6	1.8
Sugars, total.....g	42.22		0	LC	8		11.97	16.89	19.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	78		1		1		22	31	35
Iron, Fe.....mg	0.97		1		1		0.27	0.39	0.44
Magnesium, Mg.....mg	110		0	FLM	4		31	44	50
Phosphorus, P.....mg	308		0	FLM	4		87	123	138
Potassium, K.....mg	407		2		1		115	163	183
Sodium, Na.....mg	156		0	LC	8		44	62	70
Zinc, Zn.....mg	3.94		0	FLM	4		1.12	1.58	1.77
Copper, Cu.....mg	0.774		0	FLM	4		0.220	0.310	0.348
Manganese, Mn.....mg	1.243		0	FLM	4		0.352	0.497	0.559
Selenium, Se.....mcg	4.7		0	FLM	4		1.3	1.9	2.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLM	4		0.0	0.0	0.0
Thiamin.....mg	0.100		1		1		0.028	0.040	0.045
Riboflavin.....mg	0.140		1		1		0.040	0.056	0.063
Niacin.....mg	7.922	0.821	4		1		2.246	3.169	3.565
Pantothenic acid.....mg	0.830		0	FLM	4		0.235	0.332	0.374
Vitamin B-6.....mg	0.153		0	FLM	4		0.043	0.061	0.069
Folate, total.....mcg	75		0	FLM	4		21	30	34
Folic acid.....mcg	0		0	FLM	4		0	0	0
Folate, food.....mcg	75		0	FLM	4		21	30	34
Folate, DFE.....mcg_DFE	75		0	NC	4		21	30	34
Vitamin B-12.....mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	FLM	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	FLM	4		0	0	0
Retinol.....mcg	0		0	FLM	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	4.10		0	FLM	4		1.16	1.64	1.85
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLM	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	4.678		0	FLA	4		1.326	1.871	2.105
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.022		0	FLA	4		0.006	0.009	0.010
15:0.....g									
16:0.....g	3.528		0	FLA	4		1.000	1.411	1.588
17:0.....g									
18:0.....g	0.752		0	FLA	4		0.213	0.301	0.338
20:0.....g									
22:0.....g									
24:0.....g									



**NDB No. 19147**  
**Candies, peanut bar**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	16.721		0	FLA	4		4.740	6.688	7.524
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0	FLA	4		0.003	0.004	0.005
17:1.....g									
18:1 undifferentiated.....g	16.260		0	FLA	4		4.610	6.504	7.317
20:1.....g	0.495		0	FLA	4		0.140	0.198	0.223
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.650		0	FLA	4		3.019	4.260	4.793
18:2 undifferentiated.....g	10.647		0	FLA	4		3.018	4.259	4.791
18:3 undifferentiated.....g	0.002		0	FLA	4		0.001	0.001	0.001
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.149		0		1		0.042	0.060	0.067
Threonine.....g	0.520		0		1		0.147	0.208	0.234
Isoleucine.....g	0.534		0		1		0.151	0.214	0.240
Leucine.....g	0.986		0		1		0.280	0.394	0.444
Lysine.....g	0.545		0		1		0.155	0.218	0.245
Methionine.....g	0.185		0		1		0.052	0.074	0.083
Cystine.....g	0.194		0		1		0.055	0.078	0.087
Phenylalanine.....g	0.787		0		1		0.223	0.315	0.354
Tyrosine.....g	0.618		0		1		0.175	0.247	0.278
Valine.....g	0.638		0		1		0.181	0.255	0.287
Arginine.....g	1.818		0		1		0.515	0.727	0.818
Histidine.....g	0.385		0		1		0.109	0.154	0.173
Alanine.....g	0.604		0		1		0.171	0.242	0.272
Aspartic acid.....g	1.855		0		1		0.526	0.742	0.835
Glutamic acid.....g	3.178		0		1		0.901	1.271	1.430
Glycine.....g	0.916		0		1		0.260	0.366	0.412
Proline.....g	0.672		0		1		0.191	0.269	0.302
Serine.....g	0.753		0		1		0.213	0.301	0.339
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLM	4		0	0	0
Theobromine.....mg	0		0	FLM	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLM	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	FLM	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 = 28.35g: 1 oz

Measure 2 = 40g: 1 bar (1.4 oz)

Measure 3 = 45g: 1 bar (1.6 oz)

NDB No. 19147  
Candies, peanut bar

Calories Factors: Protein 3.5      Fat 8.4      Carbohydrate 3.9      Food Group: 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 19148**  
**Candies, peanut brittle, prepared-from-recipe**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.064		0	RC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.046		0	RC	4				
17:1.....g									
18:1 undifferentiated.....g	7.821		0	RC	4				
20:1.....g	0.197		0	RC	4				
22:1 undifferentiated.....g	0.000		0	RC	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.558		0	RC	4				
18:2 undifferentiated.....g	4.557		0	RC	4				
18:3 undifferentiated.....g	0.001		0	RC	4				
18:4.....g	0.000		0	RC	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RC	4				
20:5 n-3.....g	0.000		0	RC	4				
22:5 n-3.....g	0.000		0	RC	4				
22:6 n-3.....g	0.000		0	RC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0	RC	4				
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RC	4				
Caffeine.....mg	0		0	RC	4				
Theobromine.....mg	0		0	RC	4				
<b>Carotenoids:</b>									
Carotene, beta.....mcg	9		0	RC	4				
Carotene, alpha.....mcg	0		0	RC	4				
Cryptoxanthin, beta.....mcg	0		0	RC	4				
Lycopene.....mcg	0		0	RC	4				
Lutein + zeaxanthin.....mcg	0		0	RC	4				

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

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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



**NDB No. 19080**  
**Candies, semisweet chocolate**

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	9.970		0		4		16.750	18.145	17.248
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.090		8		1		0.151	0.164	0.156
17:1.....g									
18:1 undifferentiated.....g	9.890		8		1		16.615	18.000	17.110
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.970		0		4		1.630	1.765	1.678
18:2 undifferentiated.....g	0.910		8		1		1.529	1.656	1.574
18:3 undifferentiated.....g	0.060		8		1		0.101	0.109	0.104
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.063		0		1		0.106	0.115	0.109
Threonine.....g	0.168		0		1		0.282	0.306	0.291
Isoleucine.....g	0.164		0		1		0.276	0.298	0.284
Leucine.....g	0.257		0		1		0.432	0.468	0.445
Lysine.....g	0.212		0		1		0.356	0.386	0.367
Methionine.....g	0.044		0		1		0.074	0.080	0.076
Cystine.....g	0.052		0		1		0.087	0.095	0.090
Phenylalanine.....g	0.204		0		1		0.343	0.371	0.353
Tyrosine.....g	0.159		0		1		0.267	0.289	0.275
Valine.....g	0.254		0		1		0.427	0.462	0.439
Arginine.....g	0.240		0		1		0.403	0.437	0.415
Histidine.....g	0.073		0		1		0.123	0.133	0.126
Alanine.....g	0.196		0		1		0.329	0.357	0.339
Aspartic acid.....g	0.422		0		1		0.709	0.768	0.730
Glutamic acid.....g	0.637		0		1		1.070	1.159	1.102
Glycine.....g	0.190		0		1		0.319	0.346	0.329
Proline.....g	0.181		0		1		0.304	0.329	0.313
Serine.....g	0.183		0		1		0.307	0.333	0.317
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	62	3.923	6		1		104	113	107
Theobromine.....mg	486	40.814	7		1		816	885	841
<b>Carotenoids:</b>									
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	18		0	FLA	4		30.517	33.060	31.426

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

**Common Measures:**

Measure 1 = 168g: 1 cup chips (6 oz package)

Measure 2 = 182g: 1 cup large chips

Measure 3 = 173g: 1 cup mini chips

NDB No. 19080  
Candies, semisweet chocolate

Calories Factors: Protein 1.83      Fat 8.5      Carbohydrate 3.4      Food Group: 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 19701

Candies, semisweet chocolate, made 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				
			Points						
Fatty acids, total monounsaturated.....g	9.930		0		1		16.881	18.073	17.179
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.360		0		4		0.612	0.655	0.623
17:1.....g									
18:1 undifferentiated.....g	9.930		6		1		16.881	18.073	17.179
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.950		0		1		1.615	1.729	1.644
18:2 undifferentiated.....g	0.950		6		1		1.615	1.729	1.644
18:3 undifferentiated.....g	0.240		0		4		0.408	0.437	0.415
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	18		0		1		31	33	31
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.063		0		1		0.107	0.115	0.109
Threonine.....g	0.168		0		1		0.286	0.306	0.291
Isoleucine.....g	0.164		0		1		0.279	0.298	0.284
Leucine.....g	0.257		0		1		0.437	0.468	0.445
Lysine.....g	0.212		0		1		0.360	0.386	0.367
Methionine.....g	0.044		0		1		0.075	0.080	0.076
Cystine.....g	0.052		0		1		0.088	0.095	0.090
Phenylalanine.....g	0.204		0		1		0.347	0.371	0.353
Tyrosine.....g	0.159		0		1		0.270	0.289	0.275
Valine.....g	0.254		0		1		0.432	0.462	0.439
Arginine.....g	0.240		0		1		0.408	0.437	0.415
Histidine.....g	0.073		0		1		0.124	0.133	0.126
Alanine.....g	0.196		0		1		0.333	0.357	0.339
Aspartic acid.....g	0.422		0		1		0.717	0.768	0.730
Glutamic acid.....g	0.637		0		1		1.083	1.159	1.102
Glycine.....g	0.190		0		1		0.323	0.346	0.329
Proline.....g	0.181		0		1		0.308	0.329	0.313
Serine.....g	0.183		0		1		0.311	0.333	0.317
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	62	3.923	6		1		105	113	107
Theobromine.....mg	486	40.814	7		1		826	885	841

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

**Common Measures:**

Measure 1 = 170g: 1 cup chips (6 oz package)

Measure 2 = 182g: 1 cup large chips

Measure 3 = 173g: 1 cup mini chips

**Calories Factors: Protein** 1.83**Fat** 8.5**Carbohydrate** 3.4**Food Group:** 19 Sweets

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



**NDB No. 19154**  
**Candies, sesame crunch**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.570		0		1		3.564	0.226	4.400
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		1		1		0.028	0.002	0.035
17:1.....g									
18:1 undifferentiated.....g	12.420		1		1		3.521	0.224	4.347
20:1.....g	0.050		1		1		0.014	0.001	0.018
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.580		0		1		4.133	0.262	5.103
18:2 undifferentiated.....g	14.330		1		1		4.063	0.258	5.016
18:3 undifferentiated.....g	0.250		1		1		0.071	0.005	0.088
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.223		0		1		0.063	0.004	0.078
Threonine.....g	0.424		0		1		0.120	0.008	0.148
Isoleucine.....g	0.440		0		1		0.125	0.008	0.154
Leucine.....g	0.783		0		1		0.222	0.014	0.274
Lysine.....g	0.328		0		1		0.093	0.006	0.115
Methionine.....g	0.337		0		1		0.096	0.006	0.118
Cystine.....g	0.206		0		1		0.058	0.004	0.072
Phenylalanine.....g	0.542		0		1		0.154	0.010	0.190
Tyrosine.....g	0.429		0		1		0.122	0.008	0.150
Valine.....g	0.571		0		1		0.162	0.010	0.200
Arginine.....g	1.513		0		1		0.429	0.027	0.530
Histidine.....g	0.302		0		1		0.086	0.005	0.106
Alanine.....g	0.534		0		1		0.151	0.010	0.187
Aspartic acid.....g	0.951		0		1		0.270	0.017	0.333
Glutamic acid.....g	2.279		0		1		0.646	0.041	0.798
Glycine.....g	0.700		0		1		0.198	0.013	0.245
Proline.....g	0.470		0		1		0.133	0.008	0.165
Serine.....g	0.558		0		1		0.158	0.010	0.195
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLM	4		0	0	0
Theobromine.....mg	0		0	FLM	4		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	3		0	FLM	4		0.975	0.062	1.203
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	FLM	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 = 28.35g: 1 oz

Measure 2 = 1.8g: 1 piece

Measure 3 = 35g: 20 pieces

NDB No. 19154  
Candies, sesame crunch

Calories Factors: Protein 3.5      Fat 8.4      Carbohydrate 3.9      Food Group: 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 19866**  
**Candies, soft fruit and nut squares**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	13.88		0	FLC	4				
Energy.....kcal	390		0	FLC	4				
Energy.....kj	1633		0	FLC	4				
Protein.....g	2.31		0	FLC	4				
Total lipid (fat).....g	9.52		0	FLC	4				
Ash.....g	0.40		0	FLC	4				
Carbohydrate, by difference.....g	73.81		0	FLC	4				
Fiber, total dietary.....g	2.4		0	FLC	4				
Sugars, total.....g	45.71		0	FLC	4				
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	17		0	FLC	4				
Iron, Fe.....mg	0.93		0	FLC	4				
Magnesium, Mg.....mg	25		0	FLC	4				
Phosphorus, P.....mg	54		0	FLC	4				
Potassium, K.....mg	82		0	FLC	4				
Sodium, Na.....mg	131		0	FLC	4				
Zinc, Zn.....mg	0.53		0	FLC	4				
Copper, Cu.....mg	0.303		0	FLC	4				
Manganese, Mn.....mg	0.539		0	FLC	4				
Selenium, Se.....mcg	1.4		0	FLC	4				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLC	4				
Thiamin.....mg	0.047		0	FLC	4				
Riboflavin.....mg	0.039		0	FLC	4				
Niacin.....mg	0.178		0	FLC	4				
Pantothenic acid.....mg	0.112		0	FLC	4				
Vitamin B-6.....mg	0.082		0	FLC	4				
Folate, total.....mcg	12		0	FLC	4				
Folic acid.....mcg	0		0	FLC	4				
Folate, food.....mcg	11		0	FLC	4				
Folate, DFE.....mcg_DFE	11		0	NC	4				
Vitamin B-12.....mcg	0.00		0	FLC	4				
Vitamin A, IU.....IU	3		0	NC	4				
Vitamin A, RAE.....mcg_RAE	0		0	NC	4				
Retinol.....mcg	0		0	FLC	4				
Vitamin E (alpha-tocopherol).....mg	0.10		0	FLC	4				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		0	FLC	4				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.898		0	FLC	4				
4:0.....g	0.000		0	FLC	4				
6:0.....g	0.000		0	FLC	4				
8:0.....g	0.000		0	FLC	4				
10:0.....g	0.000		0	FLC	4				
12:0.....g	0.000		0	FLC	4				
13:0.....g	0.000		0	FLC	4				
14:0.....g	0.000		0	FLC	4				
15:0.....g	0.000		0	FLC	4				
16:0.....g	0.647		0	FLC	4				
17:0.....g	0.000		0	FLC	4				
18:0.....g	0.241		0	FLC	4				
20:0.....g	0.009		0	FLC	4				
22:0.....g	0.000		0	FLC	4				
24:0.....g	0.000		0	FLC	4				

**NDB No. 19866**  
**Candies, soft fruit and nut squares**

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	1.297		0	FLC	4				
14:1.....g	0.000		0	FLC	4				
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4				
17:1.....g									
18:1 undifferentiated.....g	1.278		0	FLC	4				
20:1.....g	0.019		0	FLC	4				
22:1 undifferentiated.....g	0.000		0	FLC	4				
24:1 c.....g	0.000		0	FLC	4				
Fatty acids, total polyunsaturated.....g	6.840		0	FLC	4				
18:2 undifferentiated.....g	5.525		0	FLC	4				
18:3 undifferentiated.....g	1.315		0	FLC	4				
18:4.....g	0.000		0	FLC	4				
20:2 n-6 c,c.....g	0.000		0	FLC	4				
20:3 undifferentiated.....g	0.000		0	FLC	4				
20:4 undifferentiated.....g	0.000		0	FLC	4				
20:5 n-3.....g	0.000		0	FLC	4				
22:5 n-3.....g	0.000		0	FLC	4				
22:6 n-3.....g	0.000		0	FLC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4				
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLC	4				
Caffeine.....mg	0		0	FLC	4				
Theobromine.....mg	0		0	FLC	4				
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	2		0	FLC	4				
Carotene, alpha.....mcg	0		0	FLC	4				
Cryptoxanthin, beta.....mcg	0		0	FLC	4				
Lycopene.....mcg	0		0	FLC	4				
Lutein + zeaxanthin.....mcg	3		0	FLC	4				

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

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

**NDB No. 19858**  
**Candies, sugar-coated almonds**

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						
<b>Proximates:</b>									
Water.....g	2.39		0	FLM	4		0.08		
Energy.....kcal	472		0	NC	4		17		
Energy.....kj	1974		0	NC	4		69		
Protein.....g	10.00		1	LC	8		0.35		
Total lipid (fat).....g	17.50		1	LC	8		0.61		
Ash.....g	1.51		0	FLM	4		0.05		
Carbohydrate, by difference.....g	68.60		0	NC	4		2.40		
Fiber, total dietary.....g	2.5		1	LC	8		0.1		
Sugars, total.....g	62.50		1	LC	8		2.19		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	100				1		4		
Iron, Fe.....mg	1.90				1		0.07		
Magnesium, Mg.....mg	137		0	FLM	4		5		
Phosphorus, P.....mg	166				1		6		
Potassium, K.....mg	255				1		9		
Sodium, Na.....mg	13		1	LC	8		0		
Zinc, Zn.....mg	1.56		0	FLM	4		0.05		
Copper, Cu.....mg	0.586		0	FLM	4		0.020		
Manganese, Mn.....mg	1.121		0	FLM	4		0.039		
Selenium, Se.....mcg	1.7		0	FLM	4		0.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLM	4		0.0		
Thiamin.....mg	0.050				1		0.002		
Riboflavin.....mg	0.270				1		0.009		
Niacin.....mg	1.000				1		0.035		
Pantothenic acid.....mg	0.156		0	FLM	4		0.005		
Vitamin B-6.....mg	0.060		0	FLM	4		0.002		
Folate, total.....mcg	15		0	FLM	4		1		
Folic acid.....mcg	0		0	FLM	4		0		
Folate, food.....mcg	15		0	FLM	4		1		
Folate, DFE.....mcg_DFE	15		0	NC	4		1		
Vitamin B-12.....mcg	0.00		0	FLM	4		0.00		
Vitamin A, IU.....IU	3		0	FLM	4		0		
Vitamin A, RAE.....mcg_RAE	0		0	FLM	4		0		
Retinol.....mcg	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol).....mg	12.36		0	FLM	4		0.43		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLM	4		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.764		0	FLM	4		0.062		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.000		0	FLM	4		0.000		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.000		0	FLM	4		0.000		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	1.476		0	FLM	4		0.052		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.287		0	FLM	4		0.010		
20:0.....g	0.000		0	FLM	4		0.000		
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		

**NDB No. 19858**  
**Candies, sugar-coated almonds**

Nutrients and Units	Amount in 100 grams of edible portion					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	12.078		0	FLM	4		0.423		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.090		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	11.988		0	FLM	4		0.420		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	3.904		0	FLM	4		0.137		
18:2 undifferentiated.....g	3.904		0	FLM	4		0.137		
18:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLM	4		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	2		0	FLM	4		0.068		
Carotene, alpha.....mcg	0		0	FLM	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	1		0	FLM	4		0.023		

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

**Common Measures:**

Measure 1 = 3.5g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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





**NDB No. 19081**  
**Candies, sweet chocolate**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.220		0		1		3.181	4.600	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		1		1		0.020	0.029	
17:1.....g									
18:1 undifferentiated.....g	11.150		1		1		3.161	4.572	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.990		0		1		0.281	0.406	
18:2 undifferentiated.....g	0.960		1		1		0.272	0.394	
18:3 undifferentiated.....g	0.030		1		1		0.009	0.012	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.058		0		1		0.016	0.024	
Threonine.....g	0.154		0		1		0.044	0.063	
Isoleucine.....g	0.151		0		1		0.043	0.062	
Leucine.....g	0.236		0		1		0.067	0.097	
Lysine.....g	0.195		0		1		0.055	0.080	
Methionine.....g	0.040		0		1		0.011	0.016	
Cystine.....g	0.048		0		1		0.014	0.020	
Phenylalanine.....g	0.187		0		1		0.053	0.077	
Tyrosine.....g	0.146		0		1		0.041	0.060	
Valine.....g	0.234		0		1		0.066	0.096	
Arginine.....g	0.221		0		1		0.063	0.091	
Histidine.....g	0.067		0		1		0.019	0.027	
Alanine.....g	0.180		0		1		0.051	0.074	
Aspartic acid.....g	0.388		0		1		0.110	0.159	
Glutamic acid.....g	0.586		0		1		0.166	0.240	
Glycine.....g	0.175		0		1		0.050	0.072	
Proline.....g	0.167		0		1		0.047	0.068	
Serine.....g	0.168		0		1		0.048	0.069	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	66		1		1		19	27	
Theobromine.....mg	426		1		1		121	175	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	18		0	BFSN	4		5.160	7.463	

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 41g: 1 bar (1.45 oz)

NDB No. 19081  
Candies, sweet chocolate

Calories Factors: Protein 1.83      Fat 8.6      Carbohydrate 3.4      Food Group: 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 19083

Candies, sweet chocolate coated fondant

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	3.090		0		1		1.329	0.340	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	3.090		6		1		1.329	0.340	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.300		0		1		0.129	0.033	
18:2 undifferentiated.....g	0.300		6		1		0.129	0.033	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	3		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.029		0		1		0.012	0.003	
Threonine.....g	0.078		0		1		0.034	0.009	
Isoleucine.....g	0.076		0		1		0.033	0.008	
Leucine.....g	0.119		0		1		0.051	0.013	
Lysine.....g	0.098		0		1		0.042	0.011	
Methionine.....g	0.020		0		1		0.009	0.002	
Cystine.....g	0.024		0		1		0.010	0.003	
Phenylalanine.....g	0.094		0		1		0.040	0.010	
Tyrosine.....g	0.073		0		1		0.031	0.008	
Valine.....g	0.118		0		1		0.051	0.013	
Arginine.....g	0.111		0		1		0.048	0.012	
Histidine.....g	0.034		0		1		0.015	0.004	
Alanine.....g	0.090		0		1		0.039	0.010	
Aspartic acid.....g	0.195		0		1		0.084	0.021	
Glutamic acid.....g	0.294		0		1		0.126	0.032	
Glycine.....g	0.088		0		1		0.038	0.010	
Proline.....g	0.084		0		1		0.036	0.009	
Serine.....g	0.085		0		1		0.037	0.009	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	10		0	FLA	4		4	1	
Theobromine.....mg	185		0	FLA	4		79	20	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLA	4		0.007	0.002	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	4		0	FLA	4		1.618	0.414	

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**Common Measures:**

Measure 1 = 43g: 1 patty, large

Measure 2 = 11.0g: 1 patty, small

**NDB No. 19083**  
**Candies, sweet chocolate coated fondant**

**Calories Factors:** Protein 3.1                      Fat 8.4                      Carbohydrate 3.5

**Food Group:** 19 Sweets

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

bubble gum  
**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.60	0.304	3		1		0.08	0.42	0.21
Energy.....kcal	247		0	NC	4		7	40	20
Energy.....kj	1033		0	NC	4		31	165	83
Protein (N x 6.25).....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat).....g	0.30		2		1		0.01	0.05	0.02
Ash.....g	0.40		1		1		0.01	0.06	0.03
Carbohydrate, by difference.....g	66.08	7.208	3	LC	8		1.98	10.57	5.29
Fiber, total dietary.....g	2.4		0	FLC	4		0.1	0.4	0.2
Sugars, total.....g	66.08	7.208	3	LC	8		1.98	10.57	5.29
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		1		1		0	0	0
Iron, Fe.....mg	0.00		1		1		0.00	0.00	0.00
Magnesium, Mg.....mg	0		1		1		0	0	0
Phosphorus, P.....mg	0		1		1		0	0	0
Potassium, K.....mg	2		0	FLC	4		0	0	0
Sodium, Na.....mg	1		0	FLC	4		0	0	0
Zinc, Zn.....mg	0.00		1		1		0.00	0.00	0.00
Copper, Cu.....mg	0.000		1		1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1		1		0.000	0.000	0.000
Selenium, Se.....mcg	0.6		0	FLC	4		0.0	0.1	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	FLC	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		1		4		0.000	0.000	0.000
Niacin.....mg	0.000		0	FLC	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	FLC	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	FLC	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	FLC	4		0	0	0
Folic acid.....mcg	0		0	FLC	4		0	0	0
Folate, food.....mcg	0		0	FLC	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	FLC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	FLC	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	FLC	4		0	0	0
Retinol.....mcg	0		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLC	4		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.042		0		4		0.001	0.007	0.003
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.036		0		4		0.001	0.006	0.003
17:0.....g									
18:0.....g	0.005		0		4		0.000	0.001	0.000
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 19163**  
**Chewing gum**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.079		0		4		0.002	0.013	0.006
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.079		0		4		0.002	0.013	0.006
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.137		0		4		0.004	0.022	0.011
18:2 undifferentiated.....g	0.133		0		4		0.004	0.021	0.011
18:3 undifferentiated.....g	0.004		0		4		0.000	0.001	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	FLC	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 = 3.0g: 1 stick  
 Measure 2 = 16g: 10 Chiclets  
 Measure 3 = 8.0g: 1 block

**Calories Factors: Protein 1.82**

**Fat 8.37**

**Carbohydrate 3.7**

**Food Group: 19 Sweets**

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



**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.50				4		0.07		
Energy.....kcal	268				1		5		
Energy.....kj	1121				1		22		
Protein.....g	0.00				1		0.00		
Total lipid (fat).....g	0.40				1		0.01		
Ash.....g	1.30		0	NR	4		0.03		
Carbohydrate, by difference.....g	94.80			NC	4		1.90		
Fiber, total dietary.....g	2.4		0	BFZN	4		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	20				1		0		
Iron, Fe.....mg	0.00				4		0.00		
Magnesium, Mg.....mg	0				4		0		
Phosphorus, P.....mg	0				4		0		
Potassium, K.....mg	0				4		0		
Sodium, Na.....mg	7				4		0		
Zinc, Zn.....mg	0.00				4		0.00		
Copper, Cu.....mg	0.000				4		0.000		
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.5		0	BFZN	4		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0				1		0.0		
Thiamin.....mg	0.000				1		0.000		
Riboflavin.....mg	0.000				1		0.000		
Niacin.....mg	0.000				1		0.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000				4		0.000		
Folate, total.....mcg	0				4		0		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	0		0	BFZN	4		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Vitamin B-12.....mcg	0.00				4		0.00		
Vitamin A, IU.....IU	0				1		0		
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0		
Retinol.....mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.058				4		0.001		
4:0.....g	0.000				4		0.000		
6:0.....g	0.000				4		0.000		
8:0.....g	0.000				4		0.000		
10:0.....g	0.000				4		0.000		
12:0.....g	0.000				4		0.000		
13:0.....g									
14:0.....g	0.000				4		0.000		
15:0.....g									
16:0.....g	0.041				4		0.001		
17:0.....g									
18:0.....g	0.015				4		0.000		
20:0.....g									
22:0.....g									

**NDB No. 43060**  
**Chewing gum, sugarless**

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				
			Points						
24:0.....g									
Fatty acids, total monounsaturated.....g	0.093				4		0.002		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.091				4		0.002		
20:1.....g	0.001				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.232				4		0.005		
18:2 undifferentiated.....g	0.204				4		0.004		
18:3 undifferentiated.....g	0.027				4		0.001		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFZN	4		0.000		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

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

**Common Measures:**

Measure 1 = 2.0g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19125**  
**Chocolate-flavored hazelnut spread**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	1.07		0	FLC	4		0.39		
Energy.....kcal	541		1	LC	8		200		
Energy.....kj	2262		0	LC	8		837		
Protein.....g	5.41		1	LC	8		2.00		
Total lipid (fat).....g	29.73		1	LC	8		11.00		
Ash.....g	1.44		0	FLC	4		0.53		
Carbohydrate, by difference.....g	62.16		1	LC	8		23.00		
Fiber, total dietary.....g	5.4		1	LC	8		2.0		
Sugars, total.....g	54.84		0	LC	8		20.29		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	108		1	LC	8		40		
Iron, Fe.....mg	4.38		1	LC	8		1.62		
Magnesium, Mg.....mg	64		0	FLC	4		24		
Phosphorus, P.....mg	152		0	FLC	4		56		
Potassium, K.....mg	407		0	FLC	4		151		
Sodium, Na.....mg	41		1	LC	8		15		
Zinc, Zn.....mg	1.06		0	FLC	4		0.39		
Copper, Cu.....mg	0.469		0	FLC	4		0.174		
Manganese, Mn.....mg	0.868		0	FLC	4		0.321		
Selenium, Se.....mcg	3.6		0	FLC	4		1.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg	0.120		0	FLC	4		0.044		
Riboflavin.....mg	0.170		0	FLC	4		0.063		
Niacin.....mg	0.427		0	FLC	4		0.158		
Pantothenic acid.....mg	0.357		0	FLC	4		0.132		
Vitamin B-6.....mg	0.083		0	FLC	4		0.031		
Folate, total.....mcg	14		0	FLC	4		5		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	14		0	FLC	4		5		
Folate, DFE.....mcg_DFE	14		0	NC	4		5		
Vitamin B-12.....mcg	0.28		0	FLC	4		0.10		
Vitamin A, IU.....IU	3		0	FLC	4		1		
Vitamin A, RAE.....mcg_RAE	1		0	FLC	4		0		
Retinol.....mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol).....mg	4.96		0	FLC	4		1.83		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.9		0	FLC	4		0.7		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.393		0	FLC	4		1.996		
4:0.....g	0.002		0	FLC	4		0.001		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.001		0	FLC	4		0.000		
10:0.....g	0.001		0	FLC	4		0.001		
12:0.....g	0.001		0	FLC	4		0.000		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.033		0	FLC	4		0.012		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	3.020		0	FLC	4		1.117		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	1.060		0	FLC	4		0.392		
20:0.....g	0.357		0	FLC	4		0.132		
22:0.....g	0.695		0	FLC	4		0.257		
24:0.....g	0.223		0	FLC	4		0.083		

**NDB No. 19125**  
**Chocolate-flavored hazelnut spread**

Nutrients and Units	Amount in 100 grams of edible portion					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	16.281		0	FLC	4		6.024		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.059		0	FLC	4		0.022		
17:1.....g									
18:1 undifferentiated.....g	15.971		0	FLC	4		5.909		
20:1.....g	0.225		0	FLC	4		0.083		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.770		0	FLC	4		2.505		
18:2 undifferentiated.....g	6.673		0	FLC	4		2.469		
18:3 undifferentiated.....g	0.094		0	FLC	4		0.035		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	7		0	FLC	4		3		
Theobromine.....mg	230		0	FLC	4		85		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	1		0	FLC	4		0.306		
Carotene, alpha.....mcg	0		0	FLC	4		0.078		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	10		0	FLC	4		3.597		

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

**Common Measures:**

Measure 1 = 37g: 1 serving 2 TBSP

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

**Cocoa, dry powder, hi-fat or breakfast, plain**

[illegible]

NDB No. 19859

Cocoa, dry powder, hi-fat or breakfast, plain

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	7.380				4		0.399		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	7.380				4		0.399		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.769				4		0.042		
18:2 undifferentiated.....g	0.769				4		0.042		
18:3 undifferentiated.....g	0.000				4		0.000		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				1		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	197		0	BFPN	4		11		
Theobromine.....mg	1763		0	BFPN	4		95		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFCN	4		0.000		
Carotene, alpha.....mcg	0		0	BFCN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFCN	4		0.000		
Lycopene.....mcg	0		0	BFCN	4		0.000		
Lutein + zeaxanthin.....mcg	34		0	BFCN	4		1.810		

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

#### Common Measures:

Measure 1 = 5.4g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

**Cocoa, dry powder, hi-fat or breakfast, processed with alkali**

**Refuse: 0%**

[illegible]

NDB No. 19860

Cocoa, dry powder, hi-fat or breakfast, processed with alkali

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	7.380								
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000								
17:1.....g									
18:1 undifferentiated.....g	7.380								
20:1.....g	0.000								
22:1 undifferentiated.....g	0.000								
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.769								
18:2 undifferentiated.....g	0.769								
18:3 undifferentiated.....g	0.000								
18:4.....g	0.000								
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000								
20:5 n-3.....g	0.000								
22:5 n-3.....g	0.000								
22:6 n-3.....g	0.000								
Fatty acids, total trans.....g									
Cholesterol.....mg	0								
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0								
Caffeine.....mg	72		0	BFNN					
Theobromine.....mg	2445		0	BFNN					
Carotenoids:									
Carotene, beta.....mcg	0		0	BFNN					
Carotene, alpha.....mcg	0		0	BFNN					
Cryptoxanthin, beta.....mcg	0		0	BFNN					
Lycopene.....mcg	0		0	BFNN					
Lutein + zeaxanthin.....mcg	33		0	BFNN					

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

#### Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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



**NDB No. 19165**  
**Cocoa, dry powder, unsweetened**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.00	0.305	8		1		2.58	0.16	
Energy.....kcal	229		0		4		197	12	
Energy.....kj	958				4		824	52	
Protein (N x 5.63).....g	19.60	0.520	8		1		16.86	1.06	
Total lipid (fat).....g	13.70	0.495	8		1		11.78	0.74	
Ash.....g	5.80	0.558	7		1		4.99	0.31	
Carbohydrate, by difference.....g	54.30		0	NC	4		46.70	2.93	
Fiber, total dietary.....g	33.2		0		1		28.6	1.8	
Sugars, total.....g	1.75		0	BFCN	4		1.50	0.09	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	128	8.030	9		1		110	7	
Iron, Fe.....mg	13.86	1.608	9		1		11.92	0.75	
Magnesium, Mg.....mg	499	11.115	9		1		429	27	
Phosphorus, P.....mg	734	19.765	9		1		631	40	
Potassium, K.....mg	1524	74.068	6		1		1311	82	
Sodium, Na.....mg	21	3.184	8		1		18	1	
Zinc, Zn.....mg	6.81	0.256	9		1		5.86	0.37	
Copper, Cu.....mg	3.788	0.146	9		1		3.258	0.205	
Manganese, Mn.....mg	3.837	0.104	9		1		3.300	0.207	
Selenium, Se.....mcg	14.3	3.095	3	A	1		12.3	0.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.078	0.020	6		1		0.067	0.004	
Riboflavin.....mg	0.241	0.061	6		1		0.207	0.013	
Niacin.....mg	2.185	0.455	6		1		1.879	0.118	
Pantothenic acid.....mg	0.254	0.064	5		1		0.218	0.014	
Vitamin B-6.....mg	0.118	0.035	6		1		0.101	0.006	
Folate, total.....mcg	32		2		1		28	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	32		2		1		28	2	
Folate, DFE.....mcg_DFE	32		0	NC	4		28	2	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	0		0	BFSN	4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.10		0	BFFN	4		0.09	0.01	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.5		0	BFFN	4		2.2	0.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.070		0		1		6.940	0.436	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.020		6		1		0.017	0.001	
15:0.....g									
16:0.....g	3.690		6		1		3.173	0.199	
17:0.....g									
18:0.....g	4.250		6		1		3.655	0.230	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 19165**  
**Cocoa, dry powder, unsweetened**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	4.570		0		1		3.930	0.247	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	4.570		6		1		3.930	0.247	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.440		0		1		0.378	0.024	
18:2 undifferentiated.....g	0.440		6		1		0.378	0.024	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.293		0		1		0.252	0.016	
Threonine.....g	0.776		0		1		0.667	0.042	
Isoleucine.....g	0.760		0		1		0.654	0.041	
Leucine.....g	1.189		0		1		1.023	0.064	
Lysine.....g	0.983		0		1		0.845	0.053	
Methionine.....g	0.202		0		1		0.174	0.011	
Cystine.....g	0.239		0		1		0.206	0.013	
Phenylalanine.....g	0.941		0		1		0.809	0.051	
Tyrosine.....g	0.735		0		1		0.632	0.040	
Valine.....g	1.177		0		1		1.012	0.064	
Arginine.....g	1.111		0		1		0.955	0.060	
Histidine.....g	0.339		0		1		0.292	0.018	
Alanine.....g	0.904		0		1		0.777	0.049	
Aspartic acid.....g	1.953		0		1		1.680	0.105	
Glutamic acid.....g	2.948		0		1		2.535	0.159	
Glycine.....g	0.879		0		1		0.756	0.047	
Proline.....g	0.838		0		1		0.721	0.045	
Serine.....g	0.846		0		1		0.728	0.046	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	230		1		1		198	12	
Theobromine.....mg	2057		1		1		1769	111	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	38		0	BFSN	4		32.405	2.035	

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

**Common Measures:**

Measure 1 = 86g: 1 cup

Measure 2 = 5.4g: 1 tbsp

NDB No. 19165  
Cocoa, dry powder, unsweetened

Calories Factors: Protein 1.83      Fat 8.37      Carbohydrate 1.33      Food Group: 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 19171**  
**Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa**  
*Hershey Food Corp.*

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g									
Energy.....kcal	400		1	MC	9		20		
Energy.....kj	1674		0	MC	9		84		
Protein.....g	20.00		1	MC	9		1.00		
Total lipid (fat).....g	10.00		1	MC	9		0.50		
Ash.....g									
Carbohydrate, by difference.....g	60.00		1	MC	9		3.00		
Fiber, total dietary.....g	20.0		1	MC	9		1.0		
Sugars, total.....g	0.00		1	MC	9		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		1	MC	9		0		
Iron, Fe.....mg	36.00		1	MC	9		1.80		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	0		1	MC	9		0		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		1	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	MC	9		0.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 5.0g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 19171**

**Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa**

**Food Group:** 19 Sweets

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



NDB No. 19166

Cocoa, dry powder, unsweetened, processed with alkali

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	4.390		0		1		3.775	0.237	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	4.390		6		1		3.775	0.237	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.420		0		1		0.361	0.023	
18:2 undifferentiated.....g	0.420		6		1		0.361	0.023	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.271		0		1		0.233	0.015	
Threonine.....g	0.716		0		1		0.616	0.039	
Isoleucine.....g	0.701		0		1		0.603	0.038	
Leucine.....g	1.097		0		1		0.943	0.059	
Lysine.....g	0.907		0		1		0.780	0.049	
Methionine.....g	0.187		0		1		0.161	0.010	
Cystine.....g	0.221		0		1		0.190	0.012	
Phenylalanine.....g	0.869		0		1		0.747	0.047	
Tyrosine.....g	0.678		0		1		0.583	0.037	
Valine.....g	1.086		0		1		0.934	0.059	
Arginine.....g	1.025		0		1		0.882	0.055	
Histidine.....g	0.312		0		1		0.268	0.017	
Alanine.....g	0.834		0		1		0.717	0.045	
Aspartic acid.....g	1.802		0		1		1.550	0.097	
Glutamic acid.....g	2.720		0		1		2.339	0.147	
Glycine.....g	0.812		0		1		0.698	0.044	
Proline.....g	0.773		0		1		0.665	0.042	
Serine.....g	0.781		0		1		0.672	0.042	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	78		1		1		67	4	
Theobromine.....mg	2634		1		1		2265	142	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	38		0	BFSN	4		32.505	2.041	

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

**Common Measures:**

Measure 1 = 86g: 1 cup

Measure 2 = 5.4g: 1 tbsp

**NDB No. 19166**  
**Cocoa, dry powder, unsweetened, processed with alkali**

**Calories Factors:** **Protein** 1.83                      **Fat** 8.37                      **Carbohydrate** 1.33                      **Food Group:** 19 Sweets

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



NDB No. 19197  
 Desserts, CPC, ALSA Mousse Mix, powder, dark chocolate  
 CPC Food Service

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.74		3	A	1		0.37		
Energy.....kcal	501		0	MC	9		105		
Energy.....kj	2096				9		440		
Protein.....g	9.43		3	A	1		1.98		
Total lipid (fat).....g	24.26		3	A	1		5.09		
Ash.....g	3.22		3	A	1		0.68		
Carbohydrate, by difference.....g	61.33		0	MC	9		12.88		
Fiber, total dietary.....g									
Sugars, total.....g	36.33		2	A	1		7.63		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	396		3	A	1		83		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	17.160		2	A	1		3.604		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

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

Common Measures:  
 Measure 1 = 21g: 2.5 tbsp

Calories Factors:
Protein
Fat
Carbohydrate

Food Group: 19 Sweets

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

**Desserts, rennin, chocolate, dry mix**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.00		1		4		0.09	0.57	
Energy.....kcal	363		0	NC	4		33	207	
Energy.....kj	1519				4		137	866	
Protein (N x 5.6).....g	2.40		1		4		0.22	1.37	
Total lipid (fat).....g	3.30		1		4		0.30	1.88	
Ash.....g	1.40		1		4		0.13	0.80	
Carbohydrate, by difference.....g	91.50		0	NC	4		8.24	52.16	
Fiber, total dietary.....g	5.1		0	FLM	4		0.5	2.9	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	166		1		4		15	95	
Iron, Fe.....mg	2.55		1		4		0.23	1.45	
Magnesium, Mg.....mg	81		1		4		7	46	
Phosphorus, P.....mg	129		1		4		12	74	
Potassium, K.....mg	430		1		4		39	245	
Sodium, Na.....mg	70		1		4		6	40	
Zinc, Zn.....mg	1.58		1		4		0.14	0.90	
Copper, Cu.....mg	0.735		1		4		0.066	0.419	
Manganese, Mn.....mg	0.643		1		4		0.058	0.367	
Selenium, Se.....mcg	2.9		0	FLM	4		0.3	1.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.014		1		4		0.001	0.008	
Riboflavin.....mg	0.063		1		4		0.006	0.036	
Niacin.....mg	0.306		1		4		0.028	0.174	
Pantothenic acid.....mg	0.044		1		4		0.004	0.025	
Vitamin B-6.....mg	0.032		1		4		0.003	0.018	
Folate, total.....mcg	6		1		4		1	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6		1		4		1	3	
Folate, DFE.....mcg_DFE	6		0	NC	4		1	3	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	3		1		4		0	2	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.940		0		1		0.175	1.106	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.000		1		1		0.000	0.000	
15:0.....g									
16:0.....g	0.840		1		1		0		

**NDB No. 19220**  
**Desserts, rennin, chocolate, dry mix**

Nutrients and Units	Amount in 100 grams of edible portion					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	1.080		0		1		0.097	0.616	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.001	0.006	
17:1.....g									
18:1 undifferentiated.....g	1.070		1		1		0.096	0.610	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.100		0		1		0.009	0.057	
18:2 undifferentiated.....g	0.090		1		1		0.008	0.051	
18:3 undifferentiated.....g	0.000		1		1		0.000	0.000	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.030		0		1		0.003	0.017	
Threonine.....g	0.088		0		1		0.008	0.050	
Isoleucine.....g	0.085		0		1		0.008	0.048	
Leucine.....g	0.136		0		1		0.012	0.078	
Lysine.....g	0.120		0		1		0.011	0.068	
Methionine.....g	0.024		0		1		0.002	0.014	
Cystine.....g	0.025		0		1		0.002	0.014	
Phenylalanine.....g	0.107		0		1		0.010	0.061	
Tyrosine.....g	0.078		0		1		0.007	0.044	
Valine.....g	0.133		0		1		0.012	0.076	
Arginine.....g	0.148		0		1		0.013	0.084	
Histidine.....g	0.038		0		1		0.003	0.022	
Alanine.....g	0.134		0		1		0.012	0.076	
Aspartic acid.....g	0.230		0		1		0.021	0.131	
Glutamic acid.....g	0.351		0		1		0.032	0.200	
Glycine.....g	0.186		0		1		0.017	0.106	
Proline.....g	0.148		0		1		0.013	0.084	
Serine.....g	0.101		0		1		0.009	0.058	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	13		0	FLM	4		1	7	
Theobromine.....mg	424		0	FLM	4		38	242	

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

**Common Measures:**

Measure 1 = 9.0g: 1 tbsp

Measure 2 = 57g: 1 package (2 oz)

**Calories Factors: Protein 2.2**

**Fat 8.37**

**Carbohydrate 3.6**

**Food Group: 19 Sweets**

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



**NDB No. 19225**  
**Desserts, rennin, tablets, unsweetened**

Nutrients and Units	Amount in 100 grams of edible portion					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	0.038		0		4		0.004		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.033		0		4		0.003		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.007		0		4		0.001		
18:2 undifferentiated.....g	0.005		0		4		0.000		
18:3 undifferentiated.....g	0.001		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		4		0.000		
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	0		1		4		0		
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 9.9g: 1 package (0.35 oz)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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

**NDB No. 19222**  
**Desserts, rennin, vanilla, dry mix**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.40		1		4		0.04	0.17	
Energy.....kcal	383		0		4		41	165	
Energy.....kj	1602				4		173	689	
Protein (N x 5.6).....g	0.00		1		4		0.00	0.00	
Total lipid (fat).....g	0.00		1		4		0.00	0.00	
Ash.....g	0.60		1		4		0.06	0.26	
Carbohydrate, by difference.....g	99.00		0	NC	4		10.69	42.57	
Fiber, total dietary.....g	0.0		0	FLM	4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	117		1		4		13	50	
Iron, Fe.....mg	0.07		1		4		0.01	0.03	
Magnesium, Mg.....mg	1		1		4		0	0	
Phosphorus, P.....mg	91		1		4		10	39	
Potassium, K.....mg	3		1		4		0	1	
Sodium, Na.....mg	6		1		4		1	3	
Zinc, Zn.....mg	0.04		1		4		0.00	0.02	
Copper, Cu.....mg	0.058		1		4		0.006	0.025	
Manganese, Mn.....mg	0.009		1		4		0.001	0.004	
Selenium, Se.....mcg	0.7		0	FLM	4		0.1	0.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.000		1		4		0.000	0.000	
Riboflavin.....mg	0.021		1		4		0.002	0.009	
Niacin.....mg	0.001		1		4		0.000	0.000	
Pantothenic acid.....mg	0.001		1		4		0.000	0.000	
Vitamin B-6.....mg	0.001		1		4		0.000	0.000	
Folate, total.....mcg	0		1		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		1		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	0		1		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 10.8g: 1 tbsp

**NDB No. 19222**  
**Desserts, rennin, vanilla, dry mix**  
Measure 2 = 43g: 1 package (1.5 oz)

**Calories Factors:** **Protein** 3.9                      **Fat** 9                      **Carbohydrate** 3.9                      **Food Group:** 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 19169**  
**Egg custards, dry mix**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.70	0.043	6		1		1.45	0.36	
Energy.....kcal	410		0	NC	4		349	86	
Energy.....kj	1715				4		1458	360	
Protein (N x 6.3).....g	6.90	0.286	6		1		5.87	1.45	
Total lipid (fat).....g	6.40	0.161	6		1		5.44	1.34	
Ash.....g	2.20	0.060	6		1		1.87	0.46	
Carbohydrate, by difference.....g	82.80		0	NC	4		70.38	17.39	
Fiber, total dietary.....g	0.0		0	FLA	4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	228	4.423	6		1		194	48	
Iron, Fe.....mg	1.93	0.088	6		1		1.64	0.41	
Magnesium, Mg.....mg	45		0	FLA	4		38	9	
Phosphorus, P.....mg	332		0	FLA	4		282	70	
Potassium, K.....mg	540		0	FLA	4		459	113	
Sodium, Na.....mg	281		0	FLA	4		239	59	
Zinc, Zn.....mg	1.05		0	FLA	4		0.89	0.22	
Copper, Cu.....mg	0.046		0	FLA	4		0.039	0.010	
Manganese, Mn.....mg	0.020		0	FLA	4		0.017	0.004	
Selenium, Se.....mcg	16.6		0	FLA	4		14.1	3.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		0	FLA	4		0.3	0.1	
Thiamin.....mg	0.145	0.001	6		1		0.123	0.030	
Riboflavin.....mg	0.412	0.011	6		1		0.350	0.087	
Niacin.....mg	0.320		0	FLA	4		0.272	0.067	
Pantothenic acid.....mg	2.238		0	FLA	4		1.903	0.470	
Vitamin B-6.....mg	0.216		0	FLA	4		0.184	0.045	
Folate, total.....mcg	30		0	FLA	4		25	6	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	30		0	FLA	4		25	6	
Folate, DFE.....mcg_DFE	30		0	NC	4		25	6	
Vitamin B-12.....mcg	1.17		0	FLA	4		0.99	0.25	
Vitamin A, IU.....IU	217	13.661	6		1		184	46	
Vitamin A, RAE.....mcg_RAE	63		0	NC	4		54	13	
Retinol.....mcg	63		0	O	4		54	13	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.030		0		1		1.726	0.426	
4:0.....g	0.010		1		1		0.009	0.002	
6:0.....g	0.010		1		1		0.009	0.002	
8:0.....g	0.000		1		1		0.000	0.000	
10:0.....g	0.010		1		1		0.009	0.002	
12:0.....g	0.010		1		1		0.009	0.002	
13:0.....g									
14:0.....g	0.050		1		1		0.043	0.011	
15:0.....g									
16:0.....g	1.430		1		1		1.216	0.300	
17:0.....g									
18:0.....g	0.510		1		1		0.434	0.107	
20:0.....g									
22:0.....g									
24:0.....g									



**NDB No. 19169**  
**Egg custards, dry mix**

Nutrients and Units	Amount in 100 grams of edible portion					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	2.400		0		1		2.040	0.504	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.190		1		1		0.162	0.040	
17:1.....g									
18:1 undifferentiated.....g	2.190		1		1		1.862	0.460	
20:1.....g	0.020		1		1		0.017	0.004	
22:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.850		0		1		0.723	0.179	
18:2 undifferentiated.....g	0.710		1		1		0.604	0.149	
18:3 undifferentiated.....g	0.020		1		1		0.017	0.004	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		1		1		0.077	0.019	
20:5 n-3.....g	0.000		1		1		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.020		1		1		0.017	0.004	
Fatty acids, total trans.....g									
Cholesterol.....mg	258		0	FLA	4		220	54	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.094		0	FLA	4		0.080	0.020	
Threonine.....g	0.401		0	FLA	4		0.341	0.084	
Isoleucine.....g	0.368		0	FLA	4		0.312	0.077	
Leucine.....g	0.623		0	FLA	4		0.530	0.131	
Lysine.....g	0.553		0	FLA	4		0.470	0.116	
Methionine.....g	0.153		0	FLA	4		0.130	0.032	
Cystine.....g	0.130		0	FLA	4		0.110	0.027	
Phenylalanine.....g	0.261		0	FLA	4		0.222	0.055	
Tyrosine.....g	0.257		0	FLA	4		0.218	0.054	
Valine.....g	0.381		0	FLA	4		0.324	0.080	
Arginine.....g	0.361		0	FLA	4		0.307	0.076	
Histidine.....g	0.156		0	FLA	4		0.133	0.033	
Alanine.....g	0.341		0	FLA	4		0.290	0.072	
Aspartic acid.....g	0.681		0	FLA	4		0.579	0.143	
Glutamic acid.....g	1.031		0	FLA	4		0.876	0.217	
Glycine.....g	0.185		0	FLA	4		0.158	0.039	
Proline.....g	0.351		0	FLA	4		0.298	0.074	
Serine.....g	0.475		0	FLA	4		0.404	0.100	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein 4.3**

**Fat 9**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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

**Egg custards, dry mix, prepared with 2% milk**

[illegible]

NDB No. 19205

Egg custards, dry mix, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.852		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.069		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.780		0	RP	4				
20:1.....g	0.003		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.197		0	RP	4				
18:2 undifferentiated.....g	0.151		0	RP	4				
18:3 undifferentiated.....g	0.028		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.003		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	48		0	RP	4				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.057		0	RP	4				
Threonine.....g	0.198		0	RP	4				
Isoleucine.....g	0.239		0	RP	4				
Leucine.....g	0.391		0	RP	4				
Lysine.....g	0.325		0	RP	4				
Methionine.....g	0.100		0	RP	4				
Cystine.....g	0.048		0	RP	4				
Phenylalanine.....g	0.186		0	RP	4				
Tyrosine.....g	0.185		0	RP	4				
Valine.....g	0.261		0	RP	4				
Arginine.....g	0.166		0	RP	4				
Histidine.....g	0.106		0	RP	4				
Alanine.....g	0.157		0	RP	4				
Aspartic acid.....g	0.335		0	RP	4				
Glutamic acid.....g	0.789		0	RP	4				
Glycine.....g	0.092		0	RP	4				
Proline.....g	0.346		0	RP	4				
Serine.....g	0.238		0	RP	4				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	11		0	O	4				
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:****Calories Factors: Protein****Fat****Carbohydrate**

**NDB No. 19205**

**Egg custards, dry mix, prepared with 2% milk**

**Food Group:** 19 Sweets

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

**Egg custards, dry mix, prepared with whole milk**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	73.67		0	RP	4				
Energy.....kcal	121		0	RP	4				
Energy.....kj	508		0	RP	4				
Protein.....g	4.04		0	RP	4				
Total lipid (fat).....g	4.01		0	RP	4				
Ash.....g	0.99		0	RP	4				
Carbohydrate, by difference.....g	17.29		0	RP	4				
Fiber, total dietary.....g	0.0		0	RP	4				
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	143		0	RP	4				
Iron, Fe.....mg	0.35		0	RP	4				
Magnesium, Mg.....mg	19		0	RP	4				
Phosphorus, P.....mg	136		0	RP	4				
Potassium, K.....mg	221		0	RP	4				
Sodium, Na.....mg	88		0	RP	4				
Zinc, Zn.....mg	0.51		0	RP	4				
Copper, Cu.....mg	0.016		0	RP	4				
Manganese, Mn.....mg	0.007		0	RP	4				
Selenium, Se.....mcg	4.4		0	RP	4				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		0	RP	4				
Thiamin.....mg	0.054		0	RP	4				
Riboflavin.....mg	0.211		0	RP	4				
Niacin.....mg	0.126		0	RP	4				
Pantothenic acid.....mg	0.636		0	RP	4				
Vitamin B-6.....mg	0.068		0	RP	4				
Folate, total.....mcg	9		0	RP	4				
Folic acid.....mcg	0		0	RP	4				
Folate, food.....mcg	9		0	RP	4				
Folate, DFE.....mcg_DFE	9		0	NC	4				
Vitamin B-12.....mcg	0.44		0	RP	4				
Vitamin A, IU.....IU	147		0	RP	4				
Vitamin A, RAE.....mcg_RAE	37		0	NC	4				
Retinol.....mcg	36		0	RP	4				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.122		0	RP	4				
4:0.....g	0.098		0	RP	4				
6:0.....g	0.059		0	RP	4				
8:0.....g	0.033		0	RP	4				
10:0.....g	0.077		0	RP	4				
12:0.....g	0.086		0	RP	4				
13:0.....g									
14:0.....g	0.309		0	RP	4				
15:0.....g									
16:0.....g	1.015		0	RP	4				
17:0.....g									
18:0.....g	0.444		0	RP	4				
20:0									

NDB No. 19170

Egg custards, dry mix, prepared with whole milk

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	1.201		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.097		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	1.100		0	RP	4				
20:1.....g	0.003		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.244		0	RP	4				
18:2 undifferentiated.....g	0.180		0	RP	4				
18:3 undifferentiated.....g	0.047		0	RP	4				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.003		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	53		0	RP	4				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.056		0	RP	4				
Threonine.....g	0.197		0	RP	4				
Isoleucine.....g	0.237		0	RP	4				
Leucine.....g	0.387		0	RP	4				
Lysine.....g	0.322		0	RP	4				
Methionine.....g	0.099		0	RP	4				
Cystine.....g	0.047		0	RP	4				
Phenylalanine.....g	0.184		0	RP	4				
Tyrosine.....g	0.183		0	RP	4				
Valine.....g	0.258		0	RP	4				
Arginine.....g	0.164		0	RP	4				
Histidine.....g	0.105		0	RP	4				
Alanine.....g	0.155		0	RP	4				
Aspartic acid.....g	0.332		0	RP	4				
Glutamic acid.....g	0.781		0	RP	4				
Glycine.....g	0.092		0	RP	4				
Proline.....g	0.342		0	RP	4				
Serine.....g	0.236		0	RP	4				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	17		0	O	4				
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:****Calories Factors: Protein****Fat****Carbohydrate**

**NDB No. 19170**

**Egg custards, dry mix, prepared with whole milk**

**Food Group:** 19 Sweets

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

**NDB No. 19187**  
**Flan, caramel custard, dry mix**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	7.80		1		4		6.63	1.64	
Energy.....kcal	348		0	NC	4		296	73	
Energy.....kj	1456				4		1238	306	
Protein (N x 6.25).....g	0.00		1		4		0.00	0.00	
Total lipid (fat).....g	0.00		1		4		0.00	0.00	
Ash.....g	0.61		0	BFAN	4		0.52	0.13	
Carbohydrate, by difference.....g	91.60		0	NC	4		77.86	19.24	
Fiber, total dietary.....g	0.0		0	LC	8		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	24		1		4		20	5	
Iron, Fe.....mg	0.08		1		4		0.07	0.02	
Magnesium, Mg.....mg	0		1		4		0	0	
Phosphorus, P.....mg	1		1		4		1	0	
Potassium, K.....mg	153	8.625	5		1		130	32	
Sodium, Na.....mg	432	13.189	5		1		367	91	
Zinc, Zn.....mg	0.04		1		4		0.03	0.01	
Copper, Cu.....mg	0.015		1		4		0.013	0.003	
Manganese, Mn.....mg	0.007		1		4		0.006	0.001	
Selenium, Se.....mcg	21.3		0	BFZN	4		18.1	4.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.000		1		4		0.000	0.000	
Riboflavin.....mg	0.000		1		4		0.000	0.000	
Niacin.....mg	0.000		1		4		0.000	0.000	
Pantothenic acid.....mg	0.000		1		4		0.000	0.000	
Vitamin B-6.....mg	0.000		1		4		0.000	0.000	
Folate, total.....mcg	0		1		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		1		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	0		1		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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



**NDB No. 19187**

**Flan, caramel custard, dry mix**

**Common Measures:**

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein 1.8**

**Fat 8.4**

**Carbohydrate 3.8**

**Food Group:** 19 Sweets

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



NDB No. 19231

Flan, caramel custard, dry mix, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.472		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.039		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.434		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.064		0	RP	4				
18:2 undifferentiated.....g	0.039		0	RP	4				
18:3 undifferentiated.....g	0.025		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0	RP	4				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.042		0	RP	4				
Threonine.....g	0.135		0	RP	4				
Isoleucine.....g	0.180		0	RP	4				
Leucine.....g	0.293		0	RP	4				
Lysine.....g	0.237		0	RP	4				
Methionine.....g	0.075		0	RP	4				
Cystine.....g	0.028		0	RP	4				
Phenylalanine.....g	0.145		0	RP	4				
Tyrosine.....g	0.145		0	RP	4				
Valine.....g	0.200		0	RP	4				
Arginine.....g	0.109		0	RP	4				
Histidine.....g	0.081		0	RP	4				
Alanine.....g	0.103		0	RP	4				
Aspartic acid.....g	0.227		0	RP	4				
Glutamic acid.....g	0.626		0	RP	4				
Glycine.....g	0.063		0	RP	4				
Proline.....g	0.290		0	RP	4				
Serine.....g	0.162		0	RP	4				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	11		0	O	4				
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:****Calories Factors: Protein****Fat****Carbohydrate**

**NDB No. 19231**  
**Flan, caramel custard, dry mix, prepared with 2% milk**

**Food Group:** 19 Sweets

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

**Flan, caramel custard, dry mix, prepared with whole milk**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	74.63		0	RP	4				
Energy.....kcal	113		0	RP	4				
Energy.....kj	475		0	RP	4				
Protein.....g	2.95		0	RP	4				
Total lipid (fat).....g	3.00		0	RP	4				
Ash.....g	0.74		0	RP	4				
Carbohydrate, by difference.....g	18.68		0	RP	4				
Fiber, total dietary.....g	0.0		0	RP	4				
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	111		0	RP	4				
Iron, Fe.....mg	0.06		0	RP	4				
Magnesium, Mg.....mg	12		0	RP	4				
Phosphorus, P.....mg	84		0	RP	4				
Potassium, K.....mg	160		0	RP	4				
Sodium, Na.....mg	112		0	RP	4				
Zinc, Zn.....mg	0.35		0	RP	4				
Copper, Cu.....mg	0.011		0	RP	4				
Manganese, Mn.....mg	0.005		0	RP	4				
Selenium, Se.....mcg	5.2		0	RP	4				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		0	RP	4				
Thiamin.....mg	0.031		0	RP	4				
Riboflavin.....mg	0.145		0	RP	4				
Niacin.....mg	0.075		0	RP	4				
Pantothenic acid.....mg	0.282		0	RP	4				
Vitamin B-6.....mg	0.034		0	RP	4				
Folate, total.....mcg	4		0	RP	4				
Folic acid.....mcg	0		0	RP	4				
Folate, food.....mcg	4		0	RP	4				
Folate, DFE.....mcg_DFE	4		0	NC	4				
Vitamin B-12.....mcg	0.26		0	RP	4				
Vitamin A, IU.....IU	113		0	RP	4				
Vitamin A, RAE.....mcg_RAE	29		0	NC	4				
Retinol.....mcg	28		0	O	4				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	35.878		0	RP	4				
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.800		0	RP	4				
4:0.....g	0.097		0	RP	4				
6:0.....g	0.057		0	RP	4				
8:0.....g	0.033		0	RP	4				
10:0.....g	0.075		0	RP	4				
12:0.....g	0.084		0	RP	4				
13:0.....g									
14:0.....g	0.301		0	RP	4				
15:0.....g									
16:0.....g	0.788		0	RP	4				
17:0.....g									
18:0.....g	0.363		0	RP	4				
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 19232

Flan, caramel custard, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.821		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.067		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.753		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.111		0	RP	4				
18:2 undifferentiated.....g	0.067		0	RP	4				
18:3 undifferentiated.....g	0.044		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0	RP	4				
Phytosterols.....mg	0		0	RP	4				
<b>Amino Acids:</b>									
Tryptophan.....g	0.041		0	RP	4				
Threonine.....g	0.134		0	RP	4				
Isoleucine.....g	0.178		0	RP	4				
Leucine.....g	0.289		0	RP	4				
Lysine.....g	0.234		0	RP	4				
Methionine.....g	0.074		0	RP	4				
Cystine.....g	0.027		0	RP	4				
Phenylalanine.....g	0.143		0	RP	4				
Tyrosine.....g	0.143		0	RP	4				
Valine.....g	0.197		0	RP	4				
Arginine.....g	0.107		0	RP	4				
Histidine.....g	0.080		0	RP	4				
Alanine.....g	0.101		0	RP	4				
Aspartic acid.....g	0.224		0	RP	4				
Glutamic acid.....g	0.618		0	RP	4				
Glycine.....g	0.063		0	RP	4				
Proline.....g	0.286		0	RP	4				
Serine.....g	0.161		0	RP	4				
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
<b>Carotenoids:</b>									
Carotene, beta.....mcg	16		0	O	4				
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:

Calories Factors: Protein

Fat

Carbohydrate

**NDB No. 19232**

**Flan, caramel custard, dry mix, prepared with whole milk**

**Food Group:** 19 Sweets

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

**NDB No. 19240**  
**Frostings, chocolate, creamy, dry mix**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	0.60		1		1		2.33		
Energy.....kcal	389		0		4		1509		
Energy.....kj	1628				4		6315		
Protein (N x 5.6).....g	1.30		1		1		5.04		
Total lipid (fat).....g	5.20		1		1		20.18		
Ash.....g	0.60		1		1		2.33		
Carbohydrate, by difference.....g	92.00		0	NC	4		356.96		
Fiber, total dietary.....g	2.4		0	FLM	4		9.3		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11		1		4		43		
Iron, Fe.....mg	1.19		1		1		4.62		
Magnesium, Mg.....mg	38		1		4		147		
Phosphorus, P.....mg	62		1		4		241		
Potassium, K.....mg	180		1		1		698		
Sodium, Na.....mg	76		1		1		295		
Zinc, Zn.....mg	0.81		1		4		3.14		
Copper, Cu.....mg	0.294		1		4		1.141		
Manganese, Mn.....mg	0.333		1		4		1.292		
Selenium, Se.....mcg	1.6		0	FLM	4		6.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0		
Thiamin.....mg	0.006		1		4		0.023		
Riboflavin.....mg	0.029		1		4		0.113		
Niacin.....mg	0.142		1		4		0.551		
Pantothenic acid.....mg	0.029		1		4		0.113		
Vitamin B-6.....mg	0.080		1		4		0.310		
Folate, total.....mcg	3		1		4		12		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	3		1		4		12		
Folate, DFE.....mcg_DFE	3		0	NC	4		12		
Vitamin B-12.....mcg	0.00		1		4		0.00		
Vitamin A, IU.....IU	0		1		1		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									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.020		0		1		0.078		
Threonine.....g	0.053		0		1		0.206		
Isoleucine.....g	0.052		0		1		0.202		
Leucine.....g	0.082		0		1		0.318		
Lysine.....g	0.067		0		1		0.260		
Methionine.....g	0.014		0		1		0.054		
Cystine.....g	0.016		0		1		0.062		



NDB No. 19240

Frostings, chocolate, creamy, dry mix

Nutrients and Units	Amount in 100 grams of edible portion					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				
Phenylalanine.....g	0.064		0		1		0.248		
Tyrosine.....g	0.050		0		1		0.194		
Valine.....g	0.080		0		1		0.310		
Arginine.....g	0.076		0		1		0.295		
Histidine.....g	0.023		0		1		0.089		
Alanine.....g	0.062		0		1		0.241		
Aspartic acid.....g	0.133		0		1		0.516		
Glutamic acid.....g	0.202		0		1		0.784		
Glycine.....g	0.060		0		1		0.233		
Proline.....g	0.058		0		1		0.225		
Serine.....g	0.058		0		1		0.225		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g									
Caffeine.....mg	6		0	FLM	4		23		
Theobromine.....mg	188		0	FLM	4		729		

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

#### Common Measures:

Measure 1 = 388g: 1 package

Calories Factors: Protein 1.8

Fat 8.8

Carbohydrate 3.7

Food Group: 19 Sweets

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

**Frostings, chocolate, creamy, dry mix, prepared 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	14.20		0	RPI	6				
Energy.....kcal	404		0	RPI	6				
Energy.....kj	1691		0	RPI	6				
Protein.....g	1.09		0	RPI	6				
Total lipid (fat).....g	12.93		0	RPI	6				
Ash.....g	0.71		0	RPI	6				
Carbohydrate, by difference.....g	70.85		0	RPI	6				
Fiber, total dietary.....g	1.8		0	RPI	6				
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11		0	RPI	6				
Iron, Fe.....mg	0.94		0	RPA	1				
Magnesium, Mg.....mg	30		0	RPI	6				
Phosphorus, P.....mg	50		0	RPI	6				
Potassium, K.....mg	141		0	RPA	1				
Sodium, Na.....mg	150		0	RPA	1				
Zinc, Zn.....mg	0.63		0	RPI	6				
Copper, Cu.....mg	0.229		0	RPI	6				
Manganese, Mn.....mg	0.257		0	RPI	6				
Selenium, Se.....mcg	1.3		0	RPI	6				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RPI	6				
Thiamin.....mg	0.005		0	RPI	6				
Riboflavin.....mg	0.026		0	RPI	6				
Niacin.....mg	0.114		0	RPI	6				
Pantothenic acid.....mg	0.034		0	RPI	6				
Vitamin B-6.....mg	0.062		0	RPI	6				
Folate, total.....mcg	3		0	RPI	6				
Folic acid.....mcg	0		0	RPI	6				
Folate, food.....mcg	3		0	RPI	6				
Folate, DFE.....mcg_DFE	3		0	NC	4				
Vitamin B-12.....mcg	0.01		0	RPI	6				
Vitamin A, IU.....IU	320		0	O	4				
Vitamin A, RAE.....mcg_RAE	78		0	NC	4				
Retinol.....mcg	74		0	RPI	6				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.360		0	RPA	1				
4:0.....g	0.289		0	RPA	1				
6:0.....g	0.171		0	RPA	1				
8:0.....g	0.100		0	RPA	1				
10:0.....g	0.224		0	RPA	1				
12:0.....g	0.250		0	RPA	1				
13:0.....g									
14:0.....g	0.897		0	RPA	1				
15:0.....g									
16:0.....g	2.347		0	RPA	1				
17:0.....g									
18:0.....g	1.081		0	RPA	1				
20:0									

NDB No. 19241

Frostings, chocolate, creamy, dry mix, prepared 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 Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.444		0	RPA	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		0	RPA	1				
17:1.....g									
18:1 undifferentiated.....g	2.245		0	RPA	1				
20:1.....g	0.000		0	RPA	1				
22:1 undifferentiated.....g	0.000		0	RPA	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.331		0	RPA	1				
18:2 undifferentiated.....g	0.202		0	RPA	1				
18:3 undifferentiated.....g	0.130		0	RPA	1				
18:4.....g	0.000		0	RPA	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1				
20:5 n-3.....g	0.000		0	RPA	1				
22:5 n-3.....g	0.000		0	RPA	1				
22:6 n-3.....g	0.000		0	RPA	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	24		0	RPI	6				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.017		0	RPA	1				
Threonine.....g	0.045		0	RPA	1				
Isoleucine.....g	0.046		0	RPA	1				
Leucine.....g	0.072		0	RPA	1				
Lysine.....g	0.059		0	RPA	1				
Methionine.....g	0.013		0	RPA	1				
Cystine.....g	0.013		0	RPA	1				
Phenylalanine.....g	0.054		0	RPA	1				
Tyrosine.....g	0.043		0	RPA	1				
Valine.....g	0.068		0	RPA	1				
Arginine.....g	0.062		0	RPA	1				
Histidine.....g	0.020		0	RPA	1				
Alanine.....g	0.051		0	RPA	1				
Aspartic acid.....g	0.109		0	RPA	1				
Glutamic acid.....g	0.175		0	RPA	1				
Glycine.....g	0.048		0	RPA	1				
Proline.....g	0.054		0	RPA	1				
Serine.....g	0.050		0	RPA	1				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RPI	6				
Caffeine.....mg	5		0	RPI	6				
Theobromine.....mg	145		0	RPI	6				
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	55		0	O	4				
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:

Calories Factors: Protein

Fat

Carbohydrate

**NDB No. 19241**

**Frostings, chocolate, creamy, dry mix, prepared with butter**

**Food Group:** 19 Sweets

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

**Frostings, chocolate, creamy, dry mix, prepared with margarine**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	14.07		0	RP	4				
Energy.....kcal	404		0	RP	4				
Energy.....kj	1692		0	RP	4				
Protein.....g	1.10		0	RP	4				
Total lipid (fat).....g	12.87		0	RP	4				
Ash.....g	0.69		0	RP	4				
Carbohydrate, by difference.....g	71.02		0	RP	4				
Fiber, total dietary.....g	1.9		0	RP	4				
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12		0	RP	4				
Iron, Fe.....mg	0.93		0	RP	4				
Magnesium, Mg.....mg	30		0	RP	4				
Phosphorus, P.....mg	50		0	RP	4				
Potassium, K.....mg	143		0	RP	4				
Sodium, Na.....mg	163		0	RP	4				
Zinc, Zn.....mg	0.63		0	RP	4				
Copper, Cu.....mg	0.227		0	RP	4				
Manganese, Mn.....mg									
Selenium, Se.....mcg	1.2		0	RP	4				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RP	4				
Thiamin.....mg	0.006		0	RP	4				
Riboflavin.....mg	0.026		0	RP	4				
Niacin.....mg	0.112		0	RP	4				
Pantothenic acid.....mg	0.032		0	RP	4				
Vitamin B-6.....mg	0.063		0	RP	4				
Folate, total.....mcg	2		0	RP	4				
Folic acid.....mcg	0		0	RP	4				
Folate, food.....mcg	2		0	RP	4				
Folate, DFE.....mcg_DFE	2		0	NC	4				
Vitamin B-12.....mcg	0.01		0	RP	4				
Vitamin A, IU.....IU	393		0	RP	4				
Vitamin A, RAE.....mcg_RAE	80		0	NC	4				
Retinol.....mcg	73		0	RP	4				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.740		0	RP	4				
4:0.....g	0.000		0	RP	4				
6:0.....g	0.000		0	RP	4				
8:0.....g	0.000		0	RP	4				
10:0.....g	0.000		0	RP	4				
12:0.....g	0.000		0	RP	4				
13:0.....g									
14:0.....g	0.022		0	RP	4				
15:0.....g									
16:0.....g	1.068		0	RP	4				
17:0.....g									
18:0.....g	0.650		0	RP	4				
20:0.....g									

NDB No. 19372

Frostings, chocolate, creamy, dry mix, prepared with margarine

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	3.943		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	3.943		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.797		0	RP	4				
18:2 undifferentiated.....g	2.676		0	RP	4				
18:3 undifferentiated.....g	0.121		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4				
Phytosterols.....mg	29		0	RP	4				
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.017		0	RP	4				
Threonine.....g	0.045		0	RP	4				
Isoleucine.....g	0.046		0	RP	4				
Leucine.....g	0.072		0	RP	4				
Lysine.....g	0.059		0	RP	4				
Methionine.....g	0.013		0	RP	4				
Cystine.....g	0.013		0	RP	4				
Phenylalanine.....g	0.054		0	RP	4				
Tyrosine.....g	0.043		0	RP	4				
Valine.....g	0.068		0	RP	4				
Arginine.....g	0.062		0	RP	4				
Histidine.....g	0.020		0	RP	4				
Alanine.....g	0.051		0	RP	4				
Aspartic acid.....g	0.110		0	RP	4				
Glutamic acid.....g	0.175		0	RP	4				
Glycine.....g	0.048		0	RP	4				
Proline.....g	0.054		0	RP	4				
Serine.....g	0.050		0	RP	4				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	5		0	RP	4				
Theobromine.....mg	145		0	RP	4				
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	91		0	O	4				
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:

Calories Factors: Protein

Fat

Carbohydrate

**NDB No. 19372**  
**Frostings, chocolate, creamy, dry mix, prepared with margarine**

**Food Group:** 19 Sweets

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





**NDB No. 19226**  
**Frostings, chocolate, creamy, ready-to-eat**

Nutrients and Units	Amount in 100 grams of edible portion					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	9.020		0		1		3.698		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	9.020	0.000	3		1		3.698		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.130		0		1		0.873		
18:2 undifferentiated.....g	2.130	0.000	3		1		0.873		
18:3 undifferentiated.....g	0.096		0	FLC	4		0.039		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0		
Phytosterols.....mg	34		0	FLC	4		14		
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.016		0		1		0.007		
Threonine.....g	0.043		0		1		0.018		
Isoleucine.....g	0.042		0		1		0.017		
Leucine.....g	0.066		0		1		0.027		
Lysine.....g	0.054		0		1		0.022		
Methionine.....g	0.011		0		1		0.005		
Cystine.....g	0.013		0		1		0.005		
Phenylalanine.....g	0.052		0		1		0.021		
Tyrosine.....g	0.041		0		1		0.017		
Valine.....g	0.065		0		1		0.027		
Arginine.....g	0.061		0		1		0.025		
Histidine.....g	0.019		0		1		0.008		
Alanine.....g	0.050		0		1		0.021		
Aspartic acid.....g	0.108		0		1		0.044		
Glutamic acid.....g	0.163		0		1		0.067		
Glycine.....g	0.048		0		1		0.020		
Proline.....g	0.047		0		1		0.019		
Serine.....g	0.047		0		1		0.019		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	2		0	FLC	4		1		
Theobromine.....mg	79		0	FLC	4		32		

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

**Common Measures:**

Measure 1 = 41g: 2 tbsp creamy

**Calories Factors: Protein 1.8**

**Fat 8.8**

**Carbohydrate 3.8**

**Food Group: 19 Sweets**

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



**NDB No. 19227**  
**Frostings, coconut-nut, ready-to-eat**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.210		0		1		56.410	4.640	
14:1.....g	0.000		0	FLA	4		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.040		1		1		0.185	0.015	
17:1.....g									
18:1 undifferentiated.....g	12.120		1		1		55.994	4.606	
20:1.....g	0.060		1		1		0.277	0.023	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	3.410		0		1		15.754	1.296	
18:2 undifferentiated.....g	3.250		1		1		15.015	1.235	
18:3 undifferentiated.....g	0.160		1		1		0.739	0.061	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	FLA	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.031		0		1		0.143	0.012	
Threonine.....g	0.047		0		1		0.217	0.018	
Isoleucine.....g	0.057		0		1		0.263	0.022	
Leucine.....g	0.096		0		1		0.444	0.036	
Lysine.....g	0.054		0		1		0.249	0.021	
Methionine.....g	0.031		0		1		0.143	0.012	
Cystine.....g	0.035		0		1		0.162	0.013	
Phenylalanine.....g	0.072		0		1		0.333	0.027	
Tyrosine.....g	0.049		0		1		0.226	0.019	
Valine.....g	0.073		0		1		0.337	0.028	
Arginine.....g	0.205		0		1		0.947	0.078	
Histidine.....g	0.039		0		1		0.180	0.015	
Alanine.....g	0.063		0		1		0.291	0.024	
Aspartic acid.....g	0.129		0		1		0.596	0.049	
Glutamic acid.....g	0.287		0		1		1.326	0.109	
Glycine.....g	0.067		0		1		0.310	0.025	
Proline.....g	0.062		0		1		0.286	0.024	
Serine.....g	0.068		0		1		0.314	0.026	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	6		0	FLA	4		26.343	2.167	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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**Common Measures:**

Measure 1 = 462g: 1 package (16 oz)

Measure 2 = 38g: .083 package

NDB No. 19227  
Frostings, coconut-nut, ready-to-eat

Calories Factors: Protein 3.5      Fat 8.6      Carbohydrate 3.8      Food Group: 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 19228**  
**Frostings, cream cheese-flavor, ready-to-eat**

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	3.755		0	FLC	4		1.239	0.901	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026		0	FLC	4		0.009	0.006	
17:1.....g									
18:1 undifferentiated.....g	3.729		0	FLC	4		1.230	0.895	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.153		0	FLC	4		2.030	1.477	
18:2 undifferentiated.....g	5.792		0	FLC	4		1.911	1.390	
18:3 undifferentiated.....g	0.361		0	FLC	4		0.119	0.087	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0	FLC	4		0.000	0.000	
Threonine.....g	0.000		0	FLC	4		0.000	0.000	
Isoleucine.....g	0.000		0	FLC	4		0.000	0.000	
Leucine.....g	0.000		0	FLC	4		0.000	0.000	
Lysine.....g	0.000		0	FLC	4		0.000	0.000	
Methionine.....g	0.000		0	FLC	4		0.000	0.000	
Cystine.....g	0.000		0	FLC	4		0.000	0.000	
Phenylalanine.....g	0.000		0	FLC	4		0.000	0.000	
Tyrosine.....g	0.000		0	FLC	4		0.000	0.000	
Valine.....g	0.000		0	FLC	4		0.000	0.000	
Arginine.....g	0.000		0	FLC	4		0.000	0.000	
Histidine.....g	0.000		0	FLC	4		0.000	0.000	
Alanine.....g	0.000		0	FLC	4		0.000	0.000	
Aspartic acid.....g	0.000		0	FLC	4		0.000	0.000	
Glutamic acid.....g	0.000		0	FLC	4		0.000	0.000	
Glycine.....g	0.000		0	FLC	4		0.000	0.000	
Proline.....g	0.000		0	FLC	4		0.000	0.000	
Serine.....g	0.000		0	FLC	4		0.000	0.000	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 33g: 2 tbsp creamy  
Measure 2 = 24g: 2 tbsp whipped

**Calories Factors: Protein 4.1**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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



**NDB No. 19375**  
**Frostings, glaze, prepared-from-recipe**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.370		0		1		11.020		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.033		
17:1.....g									
18:1 undifferentiated.....g	3.360		0		1		10.987		
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	2.310		0		1		7.554		
18:2 undifferentiated.....g	2.200		0		1		7.194		
18:3 undifferentiated.....g	0.110		0		1		0.360		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0		1		7		
Phytosterols.....mg	24		0		1		78		
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.008		0		1		0.026		
Threonine.....g	0.026		0		1		0.085		
Isoleucine.....g	0.035		0		1		0.114		
Leucine.....g	0.057		0		1		0.186		
Lysine.....g	0.046		0		1		0.150		
Methionine.....g	0.014		0		1		0.046		
Cystine.....g	0.005		0		1		0.016		
Phenylalanine.....g	0.028		0		1		0.092		
Tyrosine.....g	0.028		0		1		0.092		
Valine.....g	0.039		0		1		0.128		
Arginine.....g	0.021		0		1		0.069		
Histidine.....g	0.016		0		1		0.052		
Alanine.....g	0.020		0		1		0.065		
Aspartic acid.....g	0.044		0		1		0.144		
Glutamic acid.....g	0.121		0		1		0.396		
Glycine.....g	0.012		0		1		0.039		
Proline.....g	0.056		0		1		0.183		
Serine.....g	0.031		0		1		0.101		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	87		0	0	4		284.686		
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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**Common Measures:**

Measure 1 = 327g: 1 recipe yield



NDB No. 19375  
Frostings, glaze, prepared-from-recipe

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 19 Sweets
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 19244

Frostings, vanilla, creamy, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.70	0.095	4		1		2.88	0.24	
Energy.....kcal	410		0	NC	4		1685	139	
Energy.....kj	1715				4		7050	583	
Protein (N x 6.25).....g	0.30	0.022	4		1		1.23	0.10	
Total lipid (fat).....g	4.90	0.377	3		1		20.14	1.67	
Ash.....g	0.30		1		1		1.23	0.10	
Carbohydrate, by difference.....g	93.80		0	NC	4		385.52	31.89	
Fiber, total dietary.....g	0.1		0	FLM	4		0.4	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3		1		1		12	1	
Iron, Fe.....mg	0.00		1		1		0.00	0.00	
Magnesium, Mg.....mg	2		1		1		8	1	
Phosphorus, P.....mg	4		1		1		16	1	
Potassium, K.....mg	7		2		1		29	2	
Sodium, Na.....mg	13		2		1		53	4	
Zinc, Zn.....mg	0.01		1		4		0.04	0.00	
Copper, Cu.....mg	0.035		1		4		0.144	0.012	
Manganese, Mn.....mg	0.012		1		4		0.049	0.004	
Selenium, Se.....mcg	0.8		0	FLM	4		3.3	0.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.000		1		4		0.000	0.000	
Riboflavin.....mg	0.002		1		4		0.008	0.001	
Niacin.....mg	0.001		1		4		0.004	0.000	
Pantothenic acid.....mg	0.007		1		4		0.029	0.002	
Vitamin B-6.....mg	0.001		1		4		0.004	0.000	
Folate, total.....mcg	0		1		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		1		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	0		1		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.001		0		1		0.004	0.000	
Threonine.....g	0.009		0		1		0.037	0.003	
Isoleucine.....g	0.010		0		1		0.041	0.003	
Leucine.....g	0.035		0		1		0.144	0.012	
Lysine.....g	0.006		0		1		0.025	0.002	
Methionine.....g	0.005		0		1		0.021	0.002	
Cystine.....g	0.006		0		1		0.025	0.002	

**NDB No. 19244**  
**Frostings, vanilla, creamy, dry mix**

Nutrients and Units	Amount in 100 grams of edible portion					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						
Phenylalanine.....g	0.013		0		1		0.053	0.004	
Tyrosine.....g	0.010		0		1		0.041	0.003	
Valine.....g	0.013		0		1		0.053	0.004	
Arginine.....g	0.012		0		1		0.049	0.004	
Histidine.....g	0.008		0		1		0.033	0.003	
Alanine.....g	0.019		0		1		0.078	0.006	
Aspartic acid.....g	0.020		0		1		0.082	0.007	
Glutamic acid.....g	0.052		0		1		0.214	0.018	
Glycine.....g	0.009		0		1		0.037	0.003	
Proline.....g	0.024		0		1		0.099	0.008	
Serine.....g	0.011		0		1		0.045	0.004	
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 = 411g: 1 package  
Measure 2 = 34g: .083 package

**Calories Factors: Protein 3.46**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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

**Frostings, vanilla, creamy, dry mix, prepared with margarine**

[illegible]

NDB No. 19371

Frostings, vanilla, creamy, dry mix, prepared with margarine

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	3.942		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	3.942		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.797		0	RP	4				
18:2 undifferentiated.....g	2.676		0	RP	4				
18:3 undifferentiated.....g	0.121		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.002		0	RP	4				
Threonine.....g	0.011		0	RP	4				
Isoleucine.....g	0.014		0	RP	4				
Leucine.....g	0.037		0	RP	4				
Lysine.....g	0.012		0	RP	4				
Methionine.....g	0.006		0	RP	4				
Cystine.....g	0.006		0	RP	4				
Phenylalanine.....g	0.015		0	RP	4				
Tyrosine.....g	0.012		0	RP	4				
Valine.....g	0.017		0	RP	4				
Arginine.....g	0.013		0	RP	4				
Histidine.....g	0.009		0	RP	4				
Alanine.....g	0.018		0	RP	4				
Aspartic acid.....g	0.023		0	RP	4				
Glutamic acid.....g	0.061		0	RP	4				
Glycine.....g	0.009		0	RP	4				
Proline.....g	0.028		0	RP	4				
Serine.....g	0.014		0	RP	4				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg									
Theobromine.....mg									
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	91		0	O	4				
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:

Calories Factors: Protein

Fat

Carbohydrate

**NDB No. 19371**

**Frostings, vanilla, creamy, dry mix, prepared with margarine**

**Food Group:** 19 Sweets

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

**Frostings, vanilla, creamy, ready-to-eat**

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			
<b>Proximates:</b>									
Water.....g	15.07	0.347	6	A	1		69.62	5.73	
Energy.....kcal	420		0	NC	4		1938	159	
Energy.....kj	1756		0	NC	4		8110	667	
Protein (N x 6.25).....g	0.00	0.000	6	A	1		0.00	0.00	
Total lipid (fat).....g	16.61	0.382	9	A	1		76.76	6.31	
Ash.....g	0.81	0.030	6	A	1		3.73	0.31	
Carbohydrate, by difference.....g	67.51		0	NC	4		311.90	25.65	
Fiber, total dietary.....g	0.1		0	FLA	4		0.3	0.0	
Sugars, total.....g	63.10	1.906	4	LC	8		291.51	23.98	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3	0.233	6	A	1		13	1	
Iron, Fe.....mg	0.16	0.009	6	A	1		0.73	0.06	
Magnesium, Mg.....mg	1	0.150	6	A	1		3	0	
Phosphorus, P.....mg	18	5.109	6	A	1		83	7	
Potassium, K.....mg	34	2.068	6	A	1		158	13	
Sodium, Na.....mg	184	2.798	6	A	1		851	70	
Zinc, Zn.....mg	0.07	0.010	6	A	1		0.32	0.03	
Copper, Cu.....mg	0.000	0.000	6	A	1		0.000	0.000	
Manganese, Mn.....mg	0.000	0.000	6	A	1		0.000	0.000	
Selenium, Se.....mcg	0.1	0.029	3	A	1		0.5	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.010	0.001	6	A	1		0.047	0.004	
Riboflavin.....mg	0.302	0.025	6	A	1		1.396	0.115	
Niacin.....mg	0.220	0.000	6	A	1		1.016	0.084	
Pantothenic acid.....mg	0.055	0.000	6	A	1		0.255	0.021	
Vitamin B-6.....mg	0.000	0.000	6	A	1		0.000	0.000	
Folate, total.....mcg	8	0.000	6	A	1		38	3	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	8	0.000	6	A	1		38	3	
Folate, DFE.....mcg_DFE	8		0	NC	4		38	3	
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, IU.....IU	0	0.000	4	LC	8		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	2.10	0.818	9	A	1		9.71	0.80	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	13.0	0.612	3	A	1		59.9	4.9	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.974			NC	4		13.738	1.130	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.049		0	FLA	4		0.228	0.019	
15:0.....g									
16:0.....g	2.313		0	FLA	4		10.687	0.879	
17:0.....g									
18:0.....g	0.611		0	FLA	4		2.823	0.232	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 19230**  
**Frostings, vanilla, creamy, ready-to-eat**

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	4.860		0	NC	4		22.452	1.847	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.033		0	FLA	4		0.154	0.013	
17:1.....g									
18:1 undifferentiated.....g	4.827		0	FLA	4		22.299	1.834	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.951		0	NC	4		36.733	3.021	
18:2 undifferentiated.....g	7.486		0	FLA	4		34.584	2.845	
18:3 undifferentiated.....g	0.465		0	FLA	4		2.149	0.177	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 462g: 1 package (16 oz)

Measure 2 = 38g: .083 package

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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



**NDB No. 19246**  
**Frostings, white, fluffy, dry mix**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.90		1		1		3.93	0.32	
Energy.....kcal	371		0	NC	4		768	63	
Energy.....kj	1552				4		3213	264	
Protein (N x 6.1).....g	2.30		1		1		4.76	0.39	
Total lipid (fat).....g	0.00		1		1		0.00	0.00	
Ash.....g	0.90		1		1		1.86	0.15	
Carbohydrate, by difference.....g	94.90		0	NC	4		196.44	16.13	
Fiber, total dietary.....g	0.0		0	FLM	4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	4		1		1		8	1	
Iron, Fe.....mg	0.09		1		4		0.19	0.02	
Magnesium, Mg.....mg	3		1		1		6	1	
Phosphorus, P.....mg	7		1		1		14	1	
Potassium, K.....mg	117		1		1		242	20	
Sodium, Na.....mg	234		1		1		484	40	
Zinc, Zn.....mg	0.01		1		4		0.02	0.00	
Copper, Cu.....mg	0.037		1		4		0.077	0.006	
Manganese, Mn.....mg	0.007		1		4		0.014	0.001	
Selenium, Se.....mcg	4.1		0	FLM	4		8.5	0.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.001		1		4		0.002	0.000	
Riboflavin.....mg	0.058		0		1		0.120	0.010	
Niacin.....mg	1.000		1		1		2.070	0.170	
Pantothenic acid.....mg	0.052		1		4		0.108	0.009	
Vitamin B-6.....mg	0.001		1		4		0.002	0.000	
Folate, total.....mcg	3		1		4		6	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		1		4		6	1	
Folate, DFE.....mcg_DFE	3		0	NC	4		6	1	
Vitamin B-12.....mcg	0.01		1		4		0.02	0.00	
Vitamin A, IU.....IU	0		1		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.025		0		1		0.052	0.004	
Threonine.....g	0.099		0		1		0.205	0.017	
Isoleucine.....g	0.119		0		1		0.246	0.020	
Leucine.....g	0.182		0		1		0.377	0.031	
Lysine.....g	0.152		0		1		0.315	0.026	
Methionine.....g	0.072		0		1		0.149	0.012	
Cystine.....g	0.052		0		1		0.108	0.009	

**NDB No. 19246**  
**Frostings, white, fluffy, dry mix**

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	0.126		0		1		0.261	0.021
Tyrosine.....g	0.080		0		1		0.166	0.014
Valine.....g	0.138		0		1		0.286	0.023
Arginine.....g	0.139		0		1		0.288	0.024
Histidine.....g	0.048		0		1		0.099	0.008
Alanine.....g	0.152		0		1		0.315	0.026
Aspartic acid.....g	0.228		0		1		0.472	0.039
Glutamic acid.....g	0.308		0		1		0.638	0.052
Glycine.....g	0.154		0		1		0.319	0.026
Proline.....g	0.133		0		1		0.275	0.023
Serine.....g	0.151		0		1		0.313	0.026
Hydroxyproline.....g								

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

**Common Measures:**

Measure 1 = 207g: 1 package  
 Measure 2 = 17g: .083 package

**Calories Factors: Protein 4.3**

**Fat 8.6**

**Carbohydrate 3.8**

**Food Group: 19 Sweets**

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

NDB No. 19247

Frostings, white, fluffy, dry mix, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	35.20		0		1		110.88	9.15	
Energy.....kcal	244		0	NC	4		769	63	
Energy.....kj	1021				4		3216	265	
Protein (N x 0).....g	1.50		0		1		4.73	0.39	
Total lipid (fat).....g	0.00		0		1		0.00	0.00	
Ash.....g	0.60		0		1		1.89	0.16	
Carbohydrate, by difference.....g	62.60		0	NC	4		197.19	16.28	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	4		0		1		13	1	
Iron, Fe.....mg	0.06		0		1		0.19	0.02	
Magnesium, Mg.....mg	2		0		1		6	1	
Phosphorus, P.....mg	5		0		1		16	1	
Potassium, K.....mg	77		0		1		243	20	
Sodium, Na.....mg	156		0		1		491	41	
Zinc, Zn.....mg	0.02		0		1		0.06	0.01	
Copper, Cu.....mg	0.027		0		1		0.085	0.007	
Manganese, Mn.....mg	0.005		0		1		0.016	0.001	
Selenium, Se.....mcg	2.6		0	RP	4		8.2	0.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.001		0		1		0.003	0.000	
Riboflavin.....mg	0.026		0		1		0.082	0.007	
Niacin.....mg	0.660		0		1		2.079	0.172	
Pantothenic acid.....mg	0.034		0		1		0.107	0.009	
Vitamin B-6.....mg	0.001		0		1		0.003	0.000	
Folate, total.....mcg	2		0		1		6	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		1		6	1	
Folate, DFE.....mcg_DFE	2		0	NC	4		6	1	
Vitamin B-12.....mcg	0.01		0		1		0.03	0.00	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.016		0		1		0.050	0.004	
Threonine.....g	0.065		0		1		0.205	0.017	
Isoleucine.....g	0.079		0		1		0.249	0.021	
Leucine.....g	0.120		0		1		0.378	0.031	
Lysine.....g	0.100		0		1		0.315	0.026	
Methionine.....g	0.048		0		1		0.151	0.012	
Cystine.....g	0.034		0		1		0.107	0.009	

NDB No. 19247

Frostings, white, fluffy, dry mix, prepared with water

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	<u>measures of food</u>	
							Measure 1	Measure 2
Phenylalanine.....g	0.083		0		1		0.261	0.022
Tyrosine.....g	0.053		0		1		0.167	0.014
Valine.....g	0.091		0		1		0.287	0.024
Arginine.....g	0.092		0		1		0.290	0.024
Histidine.....g	0.032		0		1		0.101	0.008
Alanine.....g	0.100		0		1		0.315	0.026
Aspartic acid.....g	0.151		0		1		0.476	0.039
Glutamic acid.....g	0.203		0		1		0.639	0.053
Glycine.....g	0.102		0		1		0.321	0.027
Proline.....g	0.088		0		1		0.277	0.023
Serine.....g	0.100		0		1		0.315	0.026
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 = 315g: 1 package yields

Measure 2 = 26g: .083 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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

**NDB No. 19217**  
**Frozen ice novelties, fruit, no sugar added**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	93.20		0		4		47.53		
Energy.....kcal	24		0		4		12		
Energy.....kj	100				4		51		
Protein (N x 5.6).....g	0.50		0		4		0.26		
Total lipid (fat).....g	0.10		0		4		0.05		
Ash.....g	0.10		0		4		0.05		
Carbohydrate, by difference.....g	6.20		0	NC	4		3.16		
Fiber, total dietary.....g	0.0		0		4		0.0		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	2		0		4		1		
Iron, Fe.....mg	0.13		0		4		0.07		
Magnesium, Mg.....mg	2		1		4		1		
Phosphorus, P.....mg	0		0		4		0		
Potassium, K.....mg	26		0		4		13		
Sodium, Na.....mg	5		0		4		3		
Zinc, Zn.....mg	0.04		1		4		0.02		
Copper, Cu.....mg	0.017		1		4		0.009		
Manganese, Mn.....mg	0.021		1		4		0.011		
Selenium, Se.....mcg	0.2		0	FLA	4		0.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.000		0		4		0.000		
Riboflavin.....mg	0.000		0		4		0.000		
Niacin.....mg	0.150		0		4		0.077		
Pantothenic acid.....mg	0.000		0		4		0.000		
Vitamin B-6.....mg	0.000		0		4		0.000		
Folate, total.....mcg	0		0		4		0		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	0		0		4		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Vitamin B-12.....mcg	0.00		0		4		0.00		
Vitamin A, IU.....IU	1		0		4		1		
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									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0		4		0.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 51g: 1 bar

NDB No. 19217  
Frozen ice novelties, fruit, no sugar added

Calories Factors: Protein 3.9                      Fat 9                      Carbohydrate 3.5                      Food Group: 19 Sweets

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

**NDB No. 43450**  
**Frozen juice novelites, juice with cream**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	75.12		0	FLC	4				
Energy.....kcal	105		0	NC	4				
Energy.....kj	439		0	NC	4				
Protein.....g	1.41		1	LC	8				
Total lipid (fat).....g	1.41		1	LC	8				
Ash.....g	0.41		0	FLC	4				
Carbohydrate, by difference.....g	21.66		0	NC	4				
Fiber, total dietary.....g	0.5		0	FLC	4				
Sugars, total.....g	19.22		0	FLC	4				
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	141		1	LC	8				
Iron, Fe.....mg	0.24		0	FLC	4				
Magnesium, Mg.....mg	9		0	FLC	4				
Phosphorus, P.....mg	42		0	FLC	4				
Potassium, K.....mg	122		0	FLC	4				
Sodium, Na.....mg	42		1	LC	8				
Zinc, Zn.....mg	0.28		0	FLC	4				
Copper, Cu.....mg	0.014		0	FLC	4				
Manganese, Mn.....mg	0.053		0	FLC	4				
Selenium, Se.....mcg	0.8		0	FLC	4				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	21.2		1	LC	8				
Thiamin.....mg	0.019		0	FLC	4				
Riboflavin.....mg	0.075		0	FLC	4				
Niacin.....mg	0.137		0	FLC	4				
Pantothenic acid.....mg	0.138		0	FLC	4				
Vitamin B-6.....mg	0.026		0	FLC	4				
Folate, total.....mcg	11		0	FLC	4				
Folic acid.....mcg	0		0	FLC	4				
Folate, food.....mcg	11		0	FLC	4				
Folate, DFE.....mcg_DFE	11		0	NC	4				
Vitamin B-12.....mcg	0.11		0	FLC	4				
Vitamin A, IU.....IU	183		0	FLC	4				
Vitamin A, RAE.....mcg_RAE	48		0	FLC	4				
Retinol.....mcg	47		0	FLC	4				
Vitamin E (alpha-tocopherol).....mg	0.06		0	FLM	4				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	FLM	4				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.705		1	LC	8				
4:0.....g	0.033		0	FLC	4				
6:0.....g	0.025		0	FLC	4				
8:0.....g	0.020		0	FLC	4				
10:0.....g	0.028		0	FLC	4				
12:0.....g	0.030		0	FLC	4				
13:0.....g	0.000		0	FLC	4				
14:0.....g	0.113		0	FLC	4				
15:0.....g	0.000		0	FLC	4				
16:0.....g	0.313		0	FLC	4				
17:0.....g	0.000		0	FLC	4				
18:0.....g	0.138		0	FLC	4				
20:0.....g	0.000		0	FLC	4				
22:0.....g	0.000		0	FLC	4				
24:0.....g	0.000		0	FLC	4				

NDB No. 43450

Frozen juice novelites, juice with cream

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
<hr/>									
Fatty acids, total monounsaturated.....g	0.000		1	LC	8				
14:1.....g	0.000		0	FLC	4				
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4				
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4				
20:1.....g	0.000		0	FLC	4				
22:1 undifferentiated.....g	0.000		0	FLC	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		1	LC	8				
18:2 undifferentiated.....g	0.000		0	FLC	4				
18:3 undifferentiated.....g	0.000		0	FLC	4				
18:4.....g	0.000		0	FLC	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4				
20:5 n-3.....g	0.000		0	FLC	4				
22:5 n-3.....g	0.000		0	FLC	4				
22:6 n-3.....g	0.000		0	FLC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	7		1	LC	8				
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLC	4				
Caffeine.....mg	0		0	FLC	4				
Theobromine.....mg	0		0	FLC	4				
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	15		0	FLC	4				
Carotene, alpha.....mcg	0		0	FLC	4				
Cryptoxanthin, beta.....mcg	1		0	FLC	4				
Lycopene.....mcg	0		0	FLC	4				
Lutein + zeaxanthin.....mcg	12		0	FLC	4				

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

#### Common Measures:

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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





NDB No. 19263

Frozen juice novelties, fruit and juice bars

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030		0		4		0.023	0.028	
18:2 undifferentiated.....g	0.020		0		4		0.015	0.018	
18:3 undifferentiated.....g	0.010		0		4		0.008	0.009	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	11		0	FLA	4		8.377	10.009	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	34		0	FLA	4		25.987	31.049	

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

**Common Measures:**

Measure 1 = 77g: 1 bar (2.5 fl oz)

Measure 2 = 92g: 1 bar (3 fl oz)

**Calories Factors: Protein** 3.4**Fat** 8.4**Carbohydrate** 3.8**Food Group:** 19 Sweets

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



**NDB No. 43346**  
**Frozen juice novelties, orange**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000				4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000				4		0.000		
18:2 undifferentiated.....g	0.000		0		4		0.000		
18:3 undifferentiated.....g	0.000		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
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	0				7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	19		0	O	4		5.786		
Carotene, alpha.....mcg	1		0	BFSN	4		0.202		
Cryptoxanthin, beta.....mcg	2		0	BFSN	4		0.505		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	4		0	BFSN	4		1.078		

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**Common Measures:**

Measure 1 = 29.8g: 1 fl oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

*Good Humor - Breyers Ice Cream*

**Refuse: 0%**

[illegible]

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

### Common Measures:

Measure 1 = 51g: 1 serving 1 pop

### Calories Factors: Protein

## Fat

## Carbohydrate

**NDB No. 19872**

**Frozen novelties, Fat Free FUDGESICLE bars**

**Food Group:** 19 Sweets

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

*Good Humor - Breyers Ice Cream*

[illegible]

## Carbohydrate

**NDB No. 19886**

**Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone**

**Food Group:** 19 Sweets

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



**NDB No. 19888**  
**Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Sandwich**  
*Good Humor - Breyers Ice Cream*

**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	46.53		0	O	4		29.78		
Energy.....kcal	212		1	MC	9		136		
Energy.....kj	888		0	MC	9		568		
Protein (N x 6.25).....g	6.21		1	MC	9		3.97		
Total lipid (fat).....g	2.43		1	MC	9		1.56		
Ash.....g	0.71		0	FLM	4		0.45		
Carbohydrate, by difference.....g	44.12		1	MC	9		28.24		
Fiber, total dietary.....g	4.8		1	MC	9		3.1		
Sugars, total.....g	21.50		1	MC	9		13.76		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	144		1	MC	9		92		
Iron, Fe.....mg	0.98		1	MC	9		0.63		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	188		1	MC	9		121		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		1	MC	9		0.4		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	378		1	MC	9		242		
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	0.810		1	MC	9		0.518		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	4		1	MC	9		3		
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 = 64g: 1 serving 1 sandwich

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 19888**  
**Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Sandwich**

**Food Group:** 19 Sweets

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

NDB No. 19874

Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added

Good Humor - Breyers Ice Cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Proximates:									
Water.....g	63.51		0	FLC	4		47.00		
Energy.....kcal	124		1	MC	9		91		
Energy.....kj	517		0	MC	9		382		
Protein (N x 6.25).....g	4.31		1	MC	9		3.19		
Total lipid (fat).....g	1.88		1	MC	9		1.39		
Ash.....g	0.23		0	O	4		0.17		
Carbohydrate, by difference.....g	30.07		1	MC	9		22.25		
Fiber, total dietary.....g	6.0		1	MC	9		4.4		
Sugars, total.....g	7.10		1	MC	9		5.25		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	138		1	MC	9		102		
Iron, Fe.....mg	0.71		1	MC	9		0.53		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	120		1	MC	9		89		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		1	MC	9		0.6		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	49		1	MC	9		36		
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	1.000		1	MC	9		0.740		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	7		1	MC	9		5		
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 74g: 1 serving 3.5 fl oz bar

Calories Factors: Protein

Fat

Carbohydrate

**NDB No. 19874**

**Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added**

**Food Group:** 19 Sweets

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

*Good Humor - Breyers Ice Cream*

**Refuse: 0%**

[illegible]

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

### Common Measures:

Measure 1 = 64g: 1 serving 1 sandwich

### Calories Factors: Protein

## Fat

## Carbohydrate

**NDB No. 19889**

**Frozen novelties, KLONDIKE, SLIM-A-BEAR Mint Sandwich**

**Food Group:** 19 Sweets

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

**NDB No. 19885**  
**Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Cone**  
*Good Humor - Breyers Ice Cream*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	46.57		0	O	4		36.79		
Energy.....kcal	222		1	MC	9		175		
Energy.....kj	928		0	MC	9		733		
Protein (N x 6.25).....g	3.72		1	MC	9		2.94		
Total lipid (fat).....g	4.00		1	MC	9		3.16		
Ash.....g	0.96		0	FLM	4		0.76		
Carbohydrate, by difference.....g	44.75		1	MC	9		35.35		
Fiber, total dietary.....g	3.8		1	MC	9		3.0		
Sugars, total.....g	24.75		1	MC	9		19.55		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	122		1	MC	9		96		
Iron, Fe.....mg	0.29		1	MC	9		0.23		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	160		1	MC	9		126		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6		1	MC	9		0.5		
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	258		1	MC	9		204		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.950		1	MC	9		0.751		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	3		1	MC	9		2		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 79g: 1 serving 1 cone

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 19885**  
**Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Cone**

**Food Group:** 19 Sweets

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



*Good Humor - Breyers Ice Cream*

[illegible]

## Carbohydrate

**NDB No. 19887**

**Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich**

**Food Group:** 19 Sweets

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

*Good Humor - Breyers Ice Cream*

[illegible]

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

### Common Measures:

## Carbohydrate

**NDB No. 19890**  
**Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar**

**Food Group:** 19 Sweets

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

*Good Humor - Breyers Ice Cream*

**Refuse: 0%**

[illegible]

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

### Common Measures:

Measure 1 = 44g: 1 serving 1 pop

### Calories Factors: Protein

## Fat

## Carbohydrate

**NDB No. 19891**  
**Frozen novelties, No Sugar Added CREAMSICLE Pops**

**Food Group:** 19 Sweets

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

*Good Humor - Breyers Ice Cream*

[illegible]

## Carbohydrate

**NDB No. 19871**  
**Frozen novelties, No Sugar Added, FUDGESICLE pops**

**Food Group:** 19 Sweets

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



**NDB No. 19892**  
**Frozen novelties, Sugar Free, CREAMSICLE Pops**  
*Good Humor - Breyers Ice Cream*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
<b>Proximates:</b>									
Water.....g	83.91		0	O	4		67.13		
Energy.....kcal	49		1	MC	9		39		
Energy.....kj	204		0	MC	9		163		
Protein (N x 6.25).....g	1.37		1	MC	9		1.10		
Total lipid (fat).....g	2.33		1	MC	9		1.86		
Ash.....g	0.44		0	BFZN	4		0.35		
Carbohydrate, by difference.....g	11.95		1	MC	9		9.56		
Fiber, total dietary.....g	7.5		1	MC	9		6.0		
Sugars, total.....g	0.43		1	MC	9		0.34		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	23		1	MC	9		18		
Iron, Fe.....mg	0.03		1	MC	9		0.02		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	6		1	MC	9		5		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		1	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.000		1	MC	9		1.600		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 80g: 1 serving 2 pops

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 19892**  
**Frozen novelties, Sugar Free, CREAMSICLE Pops**

**Food Group:** 19 Sweets

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

**NDB No. 19873**  
**Frozen novelties, sugar free, orange, cherry, and grape POPSICLE pops**  
*Good Humor - Breyers Ice Cream*

**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	Code	Code				
<b><u>Proximates:</u></b>									
Water.....g	94.75		0	O	4		52.11		
Energy.....kcal	31		1	MC	9		17		
Energy.....kj	129		0	MC	9		71		
Protein (N x 6.25).....g	0.01		1	MC	9		0.01		
Total lipid (fat).....g	0.00		1	MC	9		0.00		
Ash.....g	0.10		0	FLC	4		0.05		
Carbohydrate, by difference.....g	5.14		1	MC	9		2.83		
Fiber, total dietary.....g	0.0		1	MC	9		0.0		
Sugars, total.....g	0.13		1	MC	9		0.07		
Starch.....g									
<b><u>Minerals:</u></b>									
Calcium, Ca.....mg	3		1	MC	9		1		
Iron, Fe.....mg	0.02		1	MC	9		0.01		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	5		1	MC	9		3		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b><u>Vitamins:</u></b>									
Vitamin C, total ascorbic acid.....mg	12.0		1	MC	9		6.6		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		1	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b><u>Lipids:</u></b>									
Fatty acids, total saturated.....g	0.000		1	MC	9		0.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 55g: 1 serving 1 pop

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 19873**

**Frozen novelties, sugar free, orange, cherry, and grape POPSICLE pops**

**Food Group:** 19 Sweets

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



**NDB No. 42186**  
**Frozen yogurts, chocolate**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.961				4		1.672		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.067				4		0.117		
17:1.....g									
18:1 undifferentiated.....g	0.817				4		1.422		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.102				4		0.177		
18:2 undifferentiated.....g	0.073				4		0.127		
18:3 undifferentiated.....g	0.029				4		0.050		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	13				4		23		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				4		0.0		
Caffeine.....mg	3		0	BFSN	4		5		
Theobromine.....mg	106		0	BFSN	4		184		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	9		0	BFSN	4		15.203		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFFN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFFN	4		0.000		

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**Common Measures:**

Measure 1 = 174g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

**Frozen yogurts, chocolate, nonfat milk, with low calorie sweetener**

	<u>Amount in 100 grams of edible portion</u>		<u>Amount in edible portion of common measures of food</u>			
Nutrients and Units	Mean	Std. Error	Number of Data Deriv Source Confidence Points Code Code Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>						
Water.....g	73 .50			4		136 .71
Energy.....kcal	107			4		199
Energy.....kj	448			4		833
Protein.....g	4 .40			4		8 .18
Total lipid (fat).....g	0 .80			4		1 .49
Ash.....g	1 .60		0 O	4		2 .98
Carbohydrate, by difference.....g	19 .70			4		36 .64
Fiber, total dietary.....g	2 .0			4		3 .7
Sugars, total.....g	17 .70		0 NR	4		32 .92
Starch.....g						
<b>Minerals:</b>						
Calcium, Ca.....mg	159			4		296
Iron, Fe.....mg	0 .04			4		0 .07
Magnesium, Mg.....mg	40			4		74
Phosphorus, P.....mg	129			4		240
Potassium, K.....mg	339			4		631
Sodium, Na.....mg	81			4		151
Zinc, Zn.....mg	0 .49			4		0 .91
Copper, Cu.....mg	0 .203			4		0 .378
Manganese, Mn.....mg						
Selenium, Se.....mcg	2 .8		0 BFPN	4		5 .2
<b>Vitamins:</b>						
Vitamin C, total ascorbic acid.....mg	0 .7			4		1 .3
Thiamin.....mg	0 .040			4		0 .074
Riboflavin.....mg	0 .180			4		0 .335
Niacin.....mg	0 .200			4		0 .372
Pantothenic acid.....mg						
Vitamin B-6.....mg	0 .040			4		0 .074
Folate, total.....mcg	12			4		22
Folic acid.....mcg	0		0 O	4		0
Folate, food.....mcg	12			4		22
Folate, DFE.....mcg_DFE	12		0 NC	4		22
Vitamin B-12.....mcg	0 .49			4		0 .91
Vitamin A, IU.....IU	17		0 NC	4		31
Vitamin A, RAE.....mcg_RAE	2		0 NC	4		3
Retinol.....mcg	1		0 O	4		2
Vitamin E (alpha-tocopherol).....mg	0 .08		0 BFSN	4		0 .16
Tocopherol, beta.....mg						
Tocopherol, gamma.....mg						
Tocopherol, delta.....mg						
Vitamin D.....IU						
Vitamin K (phylloquinone).....mcg	0 .3		0 BFSN	4		0 .5
<b>Lipids:</b>						
Fatty acids, total saturated.....g	0 .505			4		0 .939
4:0.....g	0 .027			4		0 .050
6:0.....g	0 .009			4		0 .017
8:0.....g	0 .009			4		0 .017
10:0.....g	0 .018			4		0 .033
12:0.....g	0 .009			4		0 .017
13:0.....g						
14:0.....g	0 .071			4		0 .132
15:0.....g						
16:0.....g	0 .241			4		0 .448
17:0.....g						
18:0.....g	0 .104			4		0 .193
20:0.....g						
22:0.....g						
24:0.....g						

NDB No. 42185

Frozen yogurts, chocolate, nonfat milk, with low calorie sweetener

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.214				4		0.398		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018				4		0.033		
17:1.....g									
18:1 undifferentiated.....g	0.187				4		0.348		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030				4		0.056		
18:2 undifferentiated.....g	0.021				4		0.039		
18:3 undifferentiated.....g	0.009				4		0.017		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	4				4		7		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	3		0	BFZN	4		6		
Theobromine.....mg	106		0	BFZN	4		197		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	8		0	BFSN	4		14.953		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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#### Common Measures:

Measure 1 = 186g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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## NDB No. 19393

## Frozen yogurts, chocolate, soft-serve

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.750		0		1		1.260		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.110		1		1		0.079		
17:1.....g									
18:1 undifferentiated.....g	1.640		1		1		1.181		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.220		0		1		0.158		
18:2 undifferentiated.....g	0.140		1		1		0.101		
18:3 undifferentiated.....g	0.070		1		1		0.050		
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		4		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.056		0		1		0.040		
Threonine.....g	0.171		0		1		0.123		
Isoleucine.....g	0.214		0		1		0.154		
Leucine.....g	0.344		0		1		0.248		
Lysine.....g	0.279		0		1		0.201		
Methionine.....g	0.083		0		1		0.060		
Cystine.....g	0.040		0		1		0.029		
Phenylalanine.....g	0.189		0		1		0.136		
Tyrosine.....g	0.178		0		1		0.128		
Valine.....g	0.256		0		1		0.184		
Arginine.....g	0.164		0		1		0.118		
Histidine.....g	0.096		0		1		0.069		
Alanine.....g	0.147		0		1		0.106		
Aspartic acid.....g	0.323		0		1		0.233		
Glutamic acid.....g	0.758		0		1		0.546		
Glycine.....g	0.108		0		1		0.078		
Proline.....g	0.321		0		1		0.231		
Serine.....g	0.201		0		1		0.145		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	3		0	FLA	4		2		
Theobromine.....mg	106		0	FLA	4		76		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	12		0	O	4		8.640		
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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**Common Measures:**

Measure 1 = 72g: .5 cup (4 fl oz)

**NDB No. 19393**  
**Frozen yogurts, chocolate, soft-serve**

**Calories Factors:** **Protein** 3.6                      **Fat** 8.7                      **Carbohydrate** 3.7                      **Food Group:** 19 Sweets

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

### Frozen yogurts, flavors other than chocolate

[illegible]

NDB No. 42187

Frozen yogurts, flavors other than chocolate

Nutrients and Units	Amount in 100 grams of edible portion					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				
<hr/>									
Fatty acids, total monounsaturated.....g	0.986				4		1.716		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.078				4		0.136		
17:1.....g									
18:1 undifferentiated.....g	0.820				4		1.427		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.100				4		0.174		
18:2 undifferentiated.....g	0.067				4		0.117		
18:3 undifferentiated.....g	0.033				4		0.057		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	13				4		23		
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0				4		0.0		
Caffeine.....mg	0		0	BFSN	4		0		
Theobromine.....mg	0		0	BFSN	4		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	9		0	BFSN	4		15.203		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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#### Common Measures:

Measure 1 = 174g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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



**NDB No. 19293**  
**Frozen yogurts, vanilla, soft-serve**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.590		0		1		1.145		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.130		1		1		0.094		
17:1.....g									
18:1 undifferentiated.....g	1.460		1		1		1.051		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.210		0		1		0.151		
18:2 undifferentiated.....g	0.130		1		1		0.094		
18:3 undifferentiated.....g	0.080		1		1		0.058		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		2		1		1		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.053		0		1		0.038		
Threonine.....g	0.169		0		1		0.122		
Isoleucine.....g	0.228		0		1		0.164		
Leucine.....g	0.368		0		1		0.265		
Lysine.....g	0.298		0		1		0.215		
Methionine.....g	0.094		0		1		0.068		
Cystine.....g	0.035		0		1		0.025		
Phenylalanine.....g	0.181		0		1		0.130		
Tyrosine.....g	0.181		0		1		0.130		
Valine.....g	0.252		0		1		0.181		
Arginine.....g	0.136		0		1		0.098		
Histidine.....g	0.102		0		1		0.073		
Alanine.....g	0.129		0		1		0.093		
Aspartic acid.....g	0.285		0		1		0.205		
Glutamic acid.....g	0.786		0		1		0.566		
Glycine.....g	0.080		0		1		0.058		
Proline.....g	0.364		0		1		0.262		
Serine.....g	0.204		0		1		0.147		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	11		0	FLA	4		7.579		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000		

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**Common Measures:**

Measure 1 = 72g: .5 cup

NDB No. 19293  
Frozen yogurts, vanilla, soft-serve

Calories Factors: Protein 4                      Fat 9                      Carbohydrate 4                      Food Group: 19 Sweets

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Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	56.45		1	MA	12		159.19	9.60	
Energy.....kcal	173		0	NC	4		487	29	
Energy.....kj	722		0	NC	4		2037	123	
Protein (N x 6.25).....g	0.39		1	MA	12		1.10	0.07	
Total lipid (fat).....g	0.00		0	MC	9		0.00	0.00	
Ash.....g	0.39		1	MA	12		1.10	0.07	
Carbohydrate, by difference.....g	42.77		0	NC	4		120.61	7.27	
Fiber, total dietary.....g	1.5		1	MA	12		4.2	0.3	
Sugars, total.....g	35.30		1	MA	12		99.55	6.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14		1	MA	12		39	2	
Iron, Fe.....mg	0.31		1	MA	12		0.87	0.05	
Magnesium, Mg.....mg	5		0	FLA	4		15	1	
Phosphorus, P.....mg	7		0	FLA	4		20	1	
Potassium, K.....mg	91		0	FLA	4		257	15	
Sodium, Na.....mg	15		1	LC	8		42	3	
Zinc, Zn.....mg	0.06		1		1		0.17	0.01	
Copper, Cu.....mg	0.080		1		1		0.226	0.014	
Manganese, Mn.....mg	0.419		0	FLA	4		1.182	0.071	
Selenium, Se.....mcg	0.6		0	FLA	4		1.6	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		0	FLA	4		2.8	0.2	
Thiamin.....mg	0.006		0	FLA	4		0.018	0.001	
Riboflavin.....mg	0.023		0	FLA	4		0.066	0.004	
Niacin.....mg	0.062		0	FLA	4		0.175	0.011	
Pantothenic acid.....mg	0.048		0	FLA	4		0.134	0.008	
Vitamin B-6.....mg	0.036		0	FLA	4		0.102	0.006	
Folate, total.....mcg	1		0	FLA	4		3	0	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	1		0	FLA	4		3	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		3	0	
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, IU.....IU	9		0	NC	4		26	2	
Vitamin A, RAE.....mcg_RAE	1		0	FLA	4		3	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.02		0	FLA	4		0.05	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	FLA	4		0.5	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0	FLM	4		0.000	0.000	
4:0.....g	0.000		0	FLC	4		0.000	0.000	
6:0.....g	0.000		0	FLC	4		0.000	0.000	
8:0.....g	0.000		0	FLC	4		0.000	0.000	
10:0.....g	0.000		0	FLC	4		0.000	0.000	
12:0.....g	0.000		0	FLM	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLM	4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0	FLM	4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0	FLM	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 19294**  
**Fruit butters, apple**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	FLM	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLM	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	4		0	FLA	4		11.419	0.688	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	3		0	FLA	4		8.564	0.516	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	10		0	FLA	4		28.699	1.730	

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

**Common Measures:**

Measure 1 = 282g: 1 cup

Measure 2 = 17g: 1 tbsp

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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

NDB No. 19291

Gelatin desserts, KRAFT, JELL-O Brand Sugar Free Low Calorie Gelatin Snacks Strawberry, with aspartame and acesulfame potassium sweetener, ready-to-eat

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	97.80		0	MC	9		89.98		
Energy.....kcal	8		0	MC	9		7		
Energy.....kj	33				9		31		
Protein.....g	1.40		0	MC	9		1.29		
Total lipid (fat).....g	0.00		0	NR	4		0.00		
Ash.....g	0.00		0	MC	9		0.00		
Carbohydrate, by difference.....g	0.00		0	MC	9		0.00		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	0.00		0	MC	9		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0	MC	9		0		
Iron, Fe.....mg	0.03		0	MC	9		0.03		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	0		0	MC	9		0		
Potassium, K.....mg	3		0	MC	9		3		
Sodium, Na.....mg	49		0	MC	9		45		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0	MC	9		0.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 92g: 1 NLEA Serving

**NDB No. 19291**  
**Gelatin desserts, KRAFT, JELL-O Brand Sugar Free Low Calorie Gelatin Snacks Strawberry, with aspartame and acesulfame potassium sweetener, ready-to-eat**

<b>Calories Factors:</b>	<b>Protein</b>	<b>Fat</b>	<b>Carbohydrate</b>	<b>Food Group:</b> 19 Sweets
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 19172**  
**Gelatin desserts, dry mix**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	0.000		2	LC	8		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		2	LC	8		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2	LC	8		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.151		0		1		0.128	0.032	
Isoleucine.....g	0.118		0		1		0.100	0.025	
Leucine.....g	0.251		0		1		0.213	0.053	
Lysine.....g	0.354		0		1		0.301	0.074	
Methionine.....g	0.062		0		1		0.053	0.013	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.177		0		1		0.150	0.037	
Tyrosine.....g	0.031		0		1		0.026	0.007	
Valine.....g	0.213		0		1		0.181	0.045	
Arginine.....g	0.676		0		1		0.575	0.142	
Histidine.....g	0.068		0		1		0.058	0.014	
Alanine.....g	0.818		0		1		0.695	0.172	
Aspartic acid.....g	0.538		0		1		0.457	0.113	
Glutamic acid.....g	0.894		0		1		0.760	0.188	
Glycine.....g	1.947		0		1		1.655	0.409	
Proline.....g	1.256		0		1		1.068	0.264	
Serine.....g	0.266		0		1		0.226	0.056	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLC	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

NDB No. 19172  
Gelatin desserts, dry mix

Calories Factors: Protein 3.9      Fat 9.02      Carbohydrate 3.87      Food Group: 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Gelatin desserts, dry mix, prepared with water**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data						
	Points								
<b>Proximates:</b>									
Water.....g	84.39		0	RPI	6		455.68	113.92	455.68
Energy.....kcal	62		0	RPI	6		333	83	333
Energy.....kj	258		0	RPI	6		1393	348	1393
Protein.....g	1.22		0	RPI	6		6.61	1.65	6.61
Total lipid (fat).....g	0.00		0	RPI	6		0.00	0.00	0.00
Ash.....g	0.20		0	RPI	6		1.06	0.27	1.06
Carbohydrate, by difference.....g	14.19		0	RPI	6		76.65	19.16	76.65
Fiber, total dietary.....g	0.0		0	RPI	6		0.0	0.0	0.0
Sugars, total.....g	14.19		0	RPI	6		76.65	19.16	76.65
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3		0	RPA	1		14	4	14
Iron, Fe.....mg	0.02		0	RPI	6		0.13	0.03	0.13
Magnesium, Mg.....mg	1		0	RPI	6		5	1	5
Phosphorus, P.....mg	22		0	RPI	6		119	30	119
Potassium, K.....mg	1		0	RPA	1		7	2	7
Sodium, Na.....mg	75		0	RPI	6		405	101	405
Zinc, Zn.....mg	0.01		0	RPA	1		0.03	0.01	0.03
Copper, Cu.....mg	0.024		0	RPA	1		0.132	0.033	0.132
Manganese, Mn.....mg	0.002		0	RPI	6		0.012	0.003	0.012
Selenium, Se.....mcg	1.1		0	RPI	6		5.7	1.4	5.7
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RPI	6		0.0	0.0	0.0
Thiamin.....mg	0.000		0	RPI	6		0.002	0.001	0.002
Riboflavin.....mg	0.006		0	RPI	6		0.035	0.009	0.035
Niacin.....mg	0.001		0	RPI	6		0.008	0.002	0.008
Pantothenic acid.....mg	0.002		0	RPI	6		0.012	0.003	0.012
Vitamin B-6.....mg	0.000		0	RPI	6		0.001	0.000	0.001
Folate, total.....mcg	1		0	RPI	6		3	1	3
Folic acid.....mcg	0		0	RPI	6		0	0	0
Folate, food.....mcg	1		0	RPI	6		3	1	3
Folate, DFE.....mcg_DFE	1		0	NC	4		3	1	3
Vitamin B-12.....mcg	0.00		0	RPI	6		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	RPI	6		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	RPI	6		0	0	0
Retinol.....mcg	0		0	RPI	6		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	RPI	6		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	RPI	6		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0	RPI	6		0.000	0.000	0.000
4:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
6:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
8:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
10:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
12:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									



NDB No. 19173

Gelatin desserts, dry mix, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
20:1.....g	0.000		0	RPI	6		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RPI	6		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
18:4.....g	0.000		0	RPI	6		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0	RPA	1		0.000	0.000	0.000
Threonine.....g	0.024		0	RPA	1		0.128	0.032	0.128
Isoleucine.....g	0.019		0	RPA	1		0.100	0.025	0.100
Leucine.....g	0.039		0	RPA	1		0.213	0.053	0.213
Lysine.....g	0.056		0	RPA	1		0.300	0.075	0.300
Methionine.....g	0.010		0	RPA	1		0.053	0.013	0.053
Cystine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Phenylalanine.....g	0.028		0	RPA	1		0.150	0.037	0.150
Tyrosine.....g	0.005		0	RPA	1		0.026	0.007	0.026
Valine.....g	0.033		0	RPA	1		0.180	0.045	0.180
Arginine.....g	0.106		0	RPA	1		0.573	0.143	0.573
Histidine.....g	0.011		0	RPA	1		0.058	0.014	0.058
Alanine.....g	0.128		0	RPA	1		0.693	0.173	0.693
Aspartic acid.....g	0.084		0	RPA	1		0.456	0.114	0.456
Glutamic acid.....g	0.140		0	RPA	1		0.757	0.189	0.757
Glycine.....g	0.305		0	RPA	1		1.649	0.412	1.649
Proline.....g	0.197		0	RPA	1		1.064	0.266	1.064
Serine.....g	0.042		0	RPA	1		0.225	0.056	0.225
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	0.0
Caffeine.....mg	0		0	RPI	6		0	0	0
Theobromine.....mg	0		0	RPI	6		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	RPI	6		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	RPI	6		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000	0.000	0.000
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	RPI	6		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 = 540g: 1 package (3 oz) yields

Measure 2 = 135g: .5 cup

Measure 3 = 540g: 1 package yield (2 cups)

NDB No. 19173  
Gelatin desserts, dry mix, prepared with water

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 19 Sweets
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 19175

Gelatin desserts, dry mix, reduced calorie, with aspartame

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.000		0	FLC	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLC	4		0.000		
Carotene, alpha.....mcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000		

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

#### Common Measures:

Measure 1 = 6.4g: 1 serving

Calories Factors: Protein 0

Fat 0

Carbohydrate 2.47

Food Group: 19 Sweets

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

NDB No. 19703

Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	6.70		0		4		0.60	0.67	0.17
Energy.....kcal	345		0		4		31	35	9
Energy.....kj	1443				4		130	144	36
Protein (N x 5.55).....g	55.30		0		4		4.98	5.53	1.38
Total lipid (fat).....g	0.00		1		4		0.00	0.00	0.00
Ash.....g	4.70		0		4		0.42	0.47	0.12
Carbohydrate, by difference.....g	33.30		0	NC	4		3.00	3.33	0.83
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	2		0		4		0	0	0
Iron, Fe.....mg	0.02		1		4		0.00	0.00	0.00
Magnesium, Mg.....mg	1		0		4		0	0	0
Phosphorus, P.....mg	0		0		1		0	0	0
Potassium, K.....mg	1985		0		1		179	199	50
Sodium, Na.....mg	2751		0		1		248	275	69
Zinc, Zn.....mg	0.07		1		4		0.01	0.01	0.00
Copper, Cu.....mg	1.016		1		4		0.091	0.102	0.025
Manganese, Mn.....mg	0.049		1		4		0.004	0.005	0.001
Selenium, Se.....mcg	25.5		0	BFPN	4		2.3	2.6	0.6
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	490.0		0		1		44.1	49.0	12.3
Thiamin.....mg	0.012		1		4		0.001	0.001	0.000
Riboflavin.....mg	0.108		1		4		0.010	0.011	0.003
Niacin.....mg	0.040		1		4		0.004	0.004	0.001
Pantothenic acid.....mg	0.059		1		4		0.005	0.006	0.001
Vitamin B-6.....mg	0.049		1		4		0.004	0.005	0.001
Folate, total.....mcg	14		1		4		1	1	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	14		1		4		1	1	0
Folate, DFE.....mcg_DFE	14		0	NC	4		1	1	0
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0		4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	1.066		0		1		0.096	0.107	0.027
Isoleucine.....g	0.837		0		1		0.075	0.084	0.021
Leucine.....g	1.774		0		1		0.160	0.177	0.044
Lysine.....g	2.501		0		1		0.225	0.250	0.063
Methionine.....g	0.439		0		1		0.040	0.044	0.011
Cystine.....g	0.000		0		1		0.000	0.000	0.000

NDB No. 19703

Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Phenylalanine.....g	1.256		0		1		0.113	0.126	0.031
Tyrosine.....g	0.219		0		1		0.020	0.022	0.005
Valine.....g	1.505		0		1		0.135	0.151	0.038
Arginine.....g	4.784		0		1		0.431	0.478	0.120
Histidine.....g	0.478		0		1		0.043	0.048	0.012
Alanine.....g	5.790		0		1		0.521	0.579	0.145
Aspartic acid.....g	3.807		0		1		0.343	0.381	0.095
Glutamic acid.....g	6.328		0		1		0.570	0.633	0.158
Glycine.....g	13.773		0		1		1.240	1.377	0.344
Proline.....g	8.890		0		1		0.800	0.889	0.222
Serine.....g	1.884		0		1		0.170	0.188	0.047
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

#### Common Measures:

Measure 1 = 9.0g: 1 tbsp

Measure 2 = 10.0g: 1 package (0.35 oz)

Measure 3 = 2.5g: 1 portion, amount to make 1/2 cup

**Calories Factors:** Protein 3.9

Fat 9.02

Carbohydrate 3.87

**Food Group:** 19 Sweets

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

NDB No. 19704

Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	6.70		0		4		0.60	0.67	0.17
Energy.....kcal	345		0		4		31	35	9
Energy.....kj	1443				4		130	144	36
Protein (N x 5.55).....g	55.30		0		4		4.98	5.53	1.38
Total lipid (fat).....g	0.00		1		4		0.00	0.00	0.00
Ash.....g	4.70		0		4		0.42	0.47	0.12
Carbohydrate, by difference.....g	33.30		0	NC	4		3.00	3.33	0.83
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	2		0		4		0	0	0
Iron, Fe.....mg	0.02		1		4		0.00	0.00	0.00
Magnesium, Mg.....mg	1		0		4		0	0	0
Phosphorus, P.....mg	1293		0		4		116	129	32
Potassium, K.....mg	14	1.459	7		1		1	1	0
Sodium, Na.....mg	158		0		1		14	16	4
Zinc, Zn.....mg	0.07		1		4		0.01	0.01	0.00
Copper, Cu.....mg	1.016		1		4		0.091	0.102	0.025
Manganese, Mn.....mg	0.049		1		4		0.004	0.005	0.001
Selenium, Se.....mcg	25.5		0	BFPN	4		2.3	2.6	0.6
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.012		1		4		0.001	0.001	0.000
Riboflavin.....mg	0.108		1		4		0.010	0.011	0.003
Niacin.....mg	0.040		1		4		0.004	0.004	0.001
Pantothenic acid.....mg	0.059		1		4		0.005	0.006	0.001
Vitamin B-6.....mg	0.049		1		4		0.004	0.005	0.001
Folate, total.....mcg	14		1		4		1	1	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	14		1		4		1	1	0
Folate, DFE.....mcg_DFE	14		0	NC	4		1	1	0
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0		4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	1.066		0		1		0.096	0.107	0.027
Isoleucine.....g	0.837		0		1		0.075	0.084	0.021
Leucine.....g	1.774		0		1		0.160	0.177	0.044
Lysine.....g	2.501		0		1		0.225	0.250	0.063
Methionine.....g	0.439		0		1		0.040	0.044	0.011
Cystine.....g	0.000		0		1		0.000	0.000	0.000

NDB No. 19704

Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Phenylalanine.....g	1.256		0		1		0.113	0.126	0.031
Tyrosine.....g	0.219		0		1		0.020	0.022	0.005
Valine.....g	1.505		0		1		0.135	0.151	0.038
Arginine.....g	4.784		0		1		0.431	0.478	0.120
Histidine.....g	0.478		0		1		0.043	0.048	0.012
Alanine.....g	5.790		0		1		0.521	0.579	0.145
Aspartic acid.....g	3.807		0		1		0.343	0.381	0.095
Glutamic acid.....g	6.328		0		1		0.570	0.633	0.158
Glycine.....g	13.773		0		1		1.240	1.377	0.344
Proline.....g	8.890		0		1		0.800	0.889	0.222
Serine.....g	1.884		0		1		0.170	0.188	0.047
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

#### Common Measures:

Measure 1 = 9.0g: 1 tbsp

Measure 2 = 10.0g: 1 package (0.35 oz)

Measure 3 = 2.5g: 1 portion, amount to make 1/2 cup

**Calories Factors:** Protein 3.9

Fat 9.02

Carbohydrate 3.87

**Food Group:** 19 Sweets

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





NDB No. 19176

Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RPI	6		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	RPI	6		0.000	0.000	
Carotene, alpha.....mcg	0		0	RPI	6		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000	0.000	
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		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 = 117g: .5 cup

Measure 2 = 469g: 1 package yield (2 cups)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19702

Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.00	0.029	84		1		0.85	0.21	
Energy.....kcal	381		0		4		324	80	
Energy.....kj	1594				4		1355	335	
Protein (N x 5.55).....g	7.80	0.031	84		1		6.63	1.64	
Total lipid (fat).....g	0.00		1		4		0.00	0.00	
Ash.....g	0.70	0.016	84		1		0.60	0.15	
Carbohydrate, by difference.....g	90.50		0	NC	4		76.93	19.01	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3	0.102	9		1		3	1	
Iron, Fe.....mg	0.15		1		4		0.13	0.03	
Magnesium, Mg.....mg	2		1		4		2	0	
Phosphorus, P.....mg	142		1		4		121	30	
Potassium, K.....mg	7	0.966	17		1		6	1	
Sodium, Na.....mg	491		0		1		417	103	
Zinc, Zn.....mg	0.01		2		1		0.01	0.00	
Copper, Cu.....mg	0.118		1		1		0.100	0.025	
Manganese, Mn.....mg	0.016		1		4		0.014	0.003	
Selenium, Se.....mcg	3.6		0	BFPN	4		3.1	0.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	62.8		0		1		53.4	13.2	
Thiamin.....mg	0.002		1		4		0.002	0.000	
Riboflavin.....mg	0.021		1		4		0.018	0.004	
Niacin.....mg	0.008		1		4		0.007	0.002	
Pantothenic acid.....mg	0.011		1		4		0.009	0.002	
Vitamin B-6.....mg	0.010		1		4		0.009	0.002	
Folate, total.....mcg	3		1		4		3	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		1		4		3	1	
Folate, DFE.....mcg_DFE	3		0	NC	4		3	1	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	0		1		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.151		0		1		0.128	0.032	
Isoleucine.....g	0.118		0		1		0.100	0.025	
Leucine.....g	0.251		0		1		0.213	0.053	
Lysine.....g	0.354		0		1		0.301	0.074	
Methionine.....g	0.062		0		1		0.053	0.013	
Cystine.....g	0.000		0		1		0.000	0.000	

NDB No. 19702

Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.177		0		1		0.150	0.037	
Tyrosine.....g	0.031		0		1		0.026	0.007	
Valine.....g	0.213		0		1		0.181	0.045	
Arginine.....g	0.676		0		1		0.575	0.142	
Histidine.....g	0.068		0		1		0.058	0.014	
Alanine.....g	0.818		0		1		0.695	0.172	
Aspartic acid.....g	0.538		0		1		0.457	0.113	
Glutamic acid.....g	0.894		0		1		0.760	0.188	
Glycine.....g	1.947		0		1		1.655	0.409	
Proline.....g	1.256		0		1		1.068	0.264	
Serine.....g	0.266		0		1		0.226	0.056	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein** 3.9

**Fat** 9.02

**Carbohydrate** 3.87

**Food Group:** 19 Sweets

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

NDB No. 19290

Gelatin desserts,, KRAFT, JELL-O Brand Sugar Free Low Calorie Gelatin Dessert Strawberry, with aspartame and acesulfame potassium sweetener, powder

Kraft Foods, Inc.

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	6.60		0	MC	9		0.17		
Energy.....kcal	333		0	MC	9		8		
Energy.....kj	1393				9		35		
Protein.....g	56.80		0	MC	9		1.42		
Total lipid (fat).....g	0.10		0	NR	4		0.00		
Ash.....g	7.10		0	MC	9		0.18		
Carbohydrate, by difference (1).....g	4.90		0	MC	9		0.12		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	0.10		0	MC	9		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0	MC	9		1		
Iron, Fe.....mg	1.17		0	MC	9		0.03		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	1361		0	MC	9		34		
Potassium, K.....mg	18		0	MC	9		0		
Sodium, Na.....mg	2282		0	MC	9		57		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	MC	9		0.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	MC	9		0		
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 2.5g: 1 NLEA Serving

#### Footnotes

1 Contains other proximate components such as acids.

NDB No. 19290  
Gelatin desserts,, KRAFT, JELL-O Brand Sugar Free Low Calorie Gelatin Dessert Strawberry, with aspartame and acesulfame potassium sweetener, powder

Calories Factors: Protein                      Fat                      Carbohydrate                      Food Group: 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 19177**  
**Gelatins, dry powder, unsweetened**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.060		0		1		0.004	0.017	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.001	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.050		1		1		0.004	0.014	
20:1.....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.010		0		1		0.001	0.003	
18:2 undifferentiated.....g	0.000		1		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		1		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	1.475		0		1		0.103	0.413	
Isoleucine.....g	1.158		0		1		0.081	0.324	
Leucine.....g	2.454		0		1		0.172	0.687	
Lysine.....g	3.460		0		1		0.242	0.969	
Methionine.....g	0.606		0		1		0.042	0.170	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	1.737		0		1		0.122	0.486	
Tyrosine.....g	0.303		0		1		0.021	0.085	
Valine.....g	2.081		0		1		0.146	0.583	
Arginine.....g	6.616		0		1		0.463	1.852	
Histidine.....g	0.662		0		1		0.046	0.185	
Alanine.....g	8.009		0		1		0.561	2.243	
Aspartic acid.....g	5.265		0		1		0.369	1.474	
Glutamic acid.....g	8.753		0		1		0.613	2.451	
Glycine.....g	19.049		0		1		1.333	5.334	
Proline.....g	12.295		0		1		0.861	3.443	
Serine.....g	2.605		0		1		0.182	0.729	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	NR	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	NR	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	NR	4		0.000	0.000	
Lycopene.....mcg	0		0	NR	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 7.0g: 1 envelope (1 tbsp)

Measure 2 = 28g: 1 package (1 oz)



NDB No. 19177  
Gelatins, dry powder, unsweetened

Calories Factors: Protein 3.9      Fat 9.02      Carbohydrate  
Food Group: 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	17.10	0.071	509		1		57.97	3.59	2.39
Energy.....kcal	304		0	NC	4		1031	64	43
Energy.....kj	1272				4		4312	267	178
Protein (N x 6.25).....g	0.30	0.007	508		1		1.02	0.06	0.04
Total lipid (fat).....g	0.00	0.002	3		1		0.00	0.00	0.00
Ash.....g	0.20	0.009	508		1		0.68	0.04	0.03
Carbohydrate, by difference.....g	82.40		0	NC	4		279.34	17.30	11.54
Fiber, total dietary.....g	0.2		0		4		0.7	0.0	0.0
Sugars, total.....g	82.12		0	NR	4		278.39	17.25	11.50
Sucrose.....g	0.89	0.245	9	AI	13		3.00	0.19	0.12
Glucose (dextrose).....g	35.75		1	AI	13		121.20	7.51	5.01
Fructose.....g	40.94		1	AI	13		138.80	8.60	5.73
Lactose.....g									
Maltose.....g	1.44	0.307	9	AI	13		4.88	0.30	0.20
Galactose.....g	3.10		1	AI	13		10.51	0.65	0.43
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	6	0.396	13		1		20	1	1
Iron, Fe.....mg	0.42	0.110	14		1		1.42	0.09	0.06
Magnesium, Mg.....mg	2	0.159	14		1		7	0	0
Phosphorus, P.....mg	4	0.348	13		1		14	1	1
Potassium, K.....mg	52	9.923	14		1		176	11	7
Sodium, Na.....mg	4	0.560	14		1		14	1	1
Zinc, Zn.....mg	0.22	0.042	12		1		0.75	0.05	0.03
Copper, Cu.....mg	0.036	0.008	14		1		0.122	0.008	0.005
Manganese, Mn.....mg	0.080	0.026	14		1		0.271	0.017	0.011
Selenium, Se.....mcg	0.8		2	A	1		2.7	0.2	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5	0.141	4		1		1.7	0.1	0.1
Thiamin.....mg	0.000		1		4		0.000	0.000	0.000
Riboflavin.....mg	0.038	0.012	4		1		0.129	0.008	0.005
Niacin.....mg	0.121	0.025	4		1		0.410	0.025	0.017
Pantothenic acid.....mg	0.068	0.009	4		1		0.231	0.014	0.010
Vitamin B-6.....mg	0.024	0.005	4		1		0.081	0.005	0.003
Folate, total.....mcg	2		1		1		7	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	2		1		1		7	0	0
Folate, DFE.....mcg_DFE	2		0	NC	4		7	0	0
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		1		4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		2	JA	6		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	0.000
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									

**NDB No. 19296**  
**Honey**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	
16:0.....g	0.000		0		4		0.000
17:0.....g							
18:0.....g	0.000		0		4		0.000
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.000		0		7		0.000
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		4		0.000
17:1.....g							
18:1 undifferentiated.....g	0.000		0		4		0.000
20:1.....g	0.000		0		4		0.000
22:1 undifferentiated.....g	0.000		0		4		0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.000		0		7		0.000
18:2 undifferentiated.....g	0.000		0		4		0.000
18:3 undifferentiated.....g	0.000		0		4		0.000
18:4.....g	0.000		0		4		0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		4		0.000
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	0		1		4		0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.004		0		1		0.014
Threonine.....g	0.004		0		1		0.014
Isoleucine.....g	0.008		0		1		0.027
Leucine.....g	0.010		0		1		0.034
Lysine.....g	0.008		0		1		0.027
Methionine.....g	0.001		0		1		0.003
Cystine.....g	0.003		0		1		0.010
Phenylalanine.....g	0.011		0		1		0.037
Tyrosine.....g	0.008		0		1		0.027
Valine.....g	0.009		0		1		0.031
Arginine.....g	0.005		0		1		0.017
Histidine.....g	0.001		0		1		0.003
Alanine.....g	0.006		0		1		0.020
Aspartic acid.....g	0.027		0		1		0.092
Glutamic acid.....g	0.018		0		1		0.061
Glycine.....g	0.007		0		1		0.024
Proline.....g	0.090		0		1		0.305
Serine.....g	0.006		0		1		0.020
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7		0.0
Caffeine.....mg	0		0	Z	7		0
Theobromine.....mg	0		0	Z	7		0
<b>Carotenoids:</b>							
Carotene, beta.....mcg	0		0	Z	7		0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000
Lycopene.....mcg	0		0	Z	7		0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000

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

**NDB No. 19296**

**Honey**

**Common Measures:**

Measure 1 = 339g: 1 cup

Measure 2 = 21g: 1 tbsp

Measure 3 = 14.0g: 1 packet (0.5 oz)

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.68

**Food Group:** 19 Sweets

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

**NDB No. 19259**  
**Ice Creams, HEALTHY CHOICE Praline and Caramel**  
*Conagra, Inc.*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	57.23		1	MA	12		40.63		
Energy.....kcal	181		0	MC	9		129		
Energy.....kj	757				9		538		
Protein.....g	3.79		1	MA	12		2.69		
Total lipid (fat).....g	2.82		1	MA	12		2.00		
Ash.....g	0.95		1	MA	12		0.67		
Carbohydrate, by difference.....g	35.21		0	MC	9		25.00		
Fiber, total dietary.....g									
Sugars, total.....g	33.80		1	MA	12		24.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	140		1	MA	12		99		
Iron, Fe.....mg	0.11		1	MA	12		0.08		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	98		1	MA	12		70		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MA	12		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	280		1	MA	12		199		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.700		1	MA	12		0.497		
Fatty acids, total monounsaturated.....g	1.370		1	MA	12		0.973		
Fatty acids, total polyunsaturated.....g	0.750		1	MA	12		0.533		
Fatty acids, total trans.....g									
Cholesterol.....mg	6		1	MA	12		4		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 71g: .5 cup (4 fl oz)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 19259**

**Ice Creams, HEALTHY CHOICE Praline and Caramel**

**Food Group:** 19 Sweets

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

NDB No. 19264

Ice cream novelties, ESKIMO PIE BAR, Vanilla Ice Cream, with dark chocolate coating

Eskimo Pie Corp.

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	Code	Code				
Proximates:									
Water.....g	46.30		1	A	1		23.15		
Energy.....kcal	331		0	NC	4		166		
Energy.....kj	1386				4		693		
Protein.....g	4.10		1	A	1		2.05		
Total lipid (fat).....g	24.10		1	A	1		12.05		
Ash.....g	1.00		1	A	1		0.50		
Carbohydrate, by difference.....g	24.50		0	NC	4		12.25		
Fiber, total dietary.....g									
Sugars, total.....g	18.30		1	A	1		9.15		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	119		1	A	1		60		
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	68		1	A	1		34		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	14.500		1	A	1		7.250		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	28		1	A	1		14		
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 = 50g: 1 bar

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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

### Ice cream novelties, sundae, prepackaged

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	59.30								
Energy.....kcal	185								
Energy.....kj	774								
Protein.....g	4.30								
Total lipid (fat).....g	6.00								
Ash.....g	0.76		0	FLC					
Carbohydrate, by difference.....g	29.40			NC					
Fiber, total dietary.....g	0.3		0	FLC					
Sugars, total.....g	20.74		0	FLC					
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	120								
Iron, Fe.....mg	0.25								
Magnesium, Mg.....mg	19								
Phosphorus, P.....mg	131								
Potassium, K.....mg	211								
Sodium, Na.....mg	95								
Zinc, Zn.....mg	0.54								
Copper, Cu.....mg	0.060								
Manganese, Mn.....mg	0.011		0	FLC					
Selenium, Se.....mcg	2.0		0	FLC					
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.8								
Thiamin.....mg	0.040								
Riboflavin.....mg	0.190								
Niacin.....mg	0.640								
Pantothenic acid.....mg	0.348		0	FLC					
Vitamin B-6.....mg	0.050								
Folate, total.....mcg	5		0	FLC					
Folic acid.....mcg	0		0	FLC					
Folate, food.....mcg	5		0	FLC					
Folate, DFE.....mcg_DFE	5		0	NC					
Vitamin B-12.....mcg	0.39								
Vitamin A, IU.....IU	458		0	NC					
Vitamin A, RAE.....mcg_RAE	131		0	NC					
Retinol.....mcg	130		0	FLC					
Vitamin E (alpha-tocopherol).....mg	0.12		0	FLC					
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	FLC					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.090								
4:0.....g	0.000								
6:0.....g	0.092								
8:0.....g	0.057								
10:0.....g	0.113								
12:0.....g	0.338								
13:0.....g									
14:0.....g	0.451								
15:0.....g									
16:0.....g	1.267								
17:0.....g									
18:0.....g	0.654								
20:0.....g									
22:0.....g									
24:0.....g									



**NDB No. 43269**  
**Ice cream novelties, sundae, prepackaged**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total monounsaturated.....g	1.872					4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.110					4			
17:1.....g									
18:1 undifferentiated.....g	1.690					4			
20:1.....g	0.011					4			
22:1 undifferentiated.....g	0.000					4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.663					4			
18:2 undifferentiated.....g	0.576					4			
18:3 undifferentiated.....g	0.063					4			
18:4.....g	0.000					4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.024					4			
20:5 n-3.....g	0.000					4			
22:5 n-3.....g	0.000					4			
22:6 n-3.....g	0.000					4			
Fatty acids, total trans.....g									
Cholesterol.....mg	13					1			
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC		4			
Caffeine.....mg	0		0	FLC		4			
Theobromine.....mg	2		0	FLC		4			
<b>Carotenoids:</b>									
Carotene, beta.....mcg	16		0	FLC		4			
Carotene, alpha.....mcg	0		0	FLC		4			
Cryptoxanthin, beta.....mcg	0		0	FLC		4			
Lycopene.....mcg	0		0	FLC		4			
Lutein + zeaxanthin.....mcg	0		0	FLC		4			

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

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

**Ice cream novelties, vanilla, light, no sugar added, chocolate-coated**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	56.20								
Energy.....kcal	222		0	NC	4				
Energy.....kj	928		0	NC	4				
Protein.....g	6.40								
Total lipid (fat).....g	10.10								
Ash.....g	0.97		0	FLC	4				
Carbohydrate, by difference.....g	26.33		0	NC	4				
Fiber, total dietary.....g	0.9		0	FLC	4				
Sugars, total.....g	24.58		0	FLC	4				
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	222								
Iron, Fe.....mg	0.29								
Magnesium, Mg.....mg	28								
Phosphorus, P.....mg	173								
Potassium, K.....mg	305								
Sodium, Na.....mg	104								
Zinc, Zn.....mg	0.82								
Copper, Cu.....mg	0.076								
Manganese, Mn.....mg	0.088		0	FLC	4				
Selenium, Se.....mcg	2.5		0	FLC	4				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLC	4				
Thiamin.....mg	0.050		0	FLC	4				
Riboflavin.....mg	0.198		0	FLC	4				
Niacin.....mg	0.152		0	FLC	4				
Pantothenic acid.....mg	0.384		0	FLC	4				
Vitamin B-6.....mg	0.034		0	FLC	4				
Folate, total.....mcg	4								
Folic acid.....mcg	0		0	FLC	4				
Folate, food.....mcg	4								
Folate, DFE.....mcg_DFE	4		0	NC	4				
Vitamin B-12.....mcg	0.38		0	FLC	4				
Vitamin A, IU.....IU	89		0	NC	4				
Vitamin A, RAE.....mcg_RAE	25		0	NC	4				
Retinol.....mcg	25		0	O	4				
Vitamin E (alpha-tocopherol).....mg	0.46		0	FLC	4				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.4		0	FLC	4				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.528								
4:0.....g	0.075								
6:0.....g	0.063								
8:0.....g	0.259								
10:0.....g	0.245								
12:0.....g	1.453								
13:0.....g									
14:0.....g	0.761								
15:0.....g									
16:0.....g	1.567								
17:0.....g									
18:0.....g	1.042								
20:0.....g									
22:0.....g			</						

NDB No. 42074

Ice cream novelties, vanilla, light, no sugar added, chocolate-coated

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	2.700								
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.067								
17:1.....g									
18:1 undifferentiated.....g	2.594								
20:1.....g	0.000								
22:1 undifferentiated.....g	0.000								
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.359								
18:2 undifferentiated.....g	1.239								
18:3 undifferentiated.....g	0.118								
18:4.....g	0.000								
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000								
20:5 n-3.....g	0.000								
22:5 n-3.....g	0.000								
22:6 n-3.....g	0.000								
Fatty acids, total trans.....g									
Cholesterol.....mg	25		0	FLC					
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC					
Caffeine.....mg	4		0	FLC					
Theobromine.....mg	38		0	FLC					
<b>Carotenoids:</b>									
Carotene, beta.....mcg	3		0	O					
Carotene, alpha.....mcg	0		0	FLC					
Cryptoxanthin, beta.....mcg	0		0	FLC					
Lycopene.....mcg	0		0	FLC					
Lutein + zeaxanthin.....mcg	0		0	FLC					

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

#### Common Measures:

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

**NDB No. 19894**  
**Ice creams, BREYERS, 98% Fat Free Chocolate**  
*Good Humor - Breyers Ice Cream*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Proximates:									
Water.....g	63.20		0	O	4		42.98		
Energy.....kcal	136		1	MC	9		92		
Energy.....kj	568		0	MC	9		386		
Protein (N x 6.25).....g	3.89		1	MC	9		2.65		
Total lipid (fat).....g	2.17		1	MC	9		1.48		
Ash.....g	0.56		0	BFFN	4		0.38		
Carbohydrate, by difference.....g	30.18		1	MC	9		20.52		
Fiber, total dietary.....g	5.8		1	MC	9		3.9		
Sugars, total.....g	20.29		1	MC	9		13.80		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	126		1	MC	9		86		
Iron, Fe.....mg	0.84		1	MC	9		0.57		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	75		1	MC	9		51		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		1	MC	9		0.5		
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	255		1	MC	9		174		
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	1.380		1	MC	9		0.938		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	7		1	MC	9		5		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 68g: 1 serving 1/2 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 19894**  
**Ice creams, BREYERS, 98% Fat Free Chocolate**

**Food Group:** 19 Sweets

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

**NDB No. 19877**  
**Ice creams, BREYERS, 98% Fat Free Vanilla**  
*Good Humor - Breyers Ice Cream*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
	Points								
<b>Proximates:</b>									
Water.....g	63.42		0	O	4		43.13		
Energy.....kcal	137		1	MC	9		93		
Energy.....kj	574		0	MC	9		390		
Protein (N x 6.25).....g	3.30		1	MC	9		2.24		
Total lipid (fat).....g	2.20		1	MC	9		1.50		
Ash.....g	0.57		0	FLC	4		0.39		
Carbohydrate, by difference.....g	30.51		1	MC	9		20.75		
Fiber, total dietary.....g	5.4		1	MC	9		3.7		
Sugars, total.....g	20.93		1	MC	9		14.23		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	122		1	MC	9		83		
Iron, Fe.....mg	0.09		1	MC	9		0.06		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	73		1	MC	9		49		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		1	MC	9		0.5		
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	268		1	MC	9		182		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.410		1	MC	9		0.959		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	8		1	MC	9		5		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 68g: 1 serving 1/2 cup

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein                      Fat                      Carbohydrate**

**NDB No. 19877**  
**Ice creams, BREYERS, 98% Fat Free Vanilla**

**Food Group:** 19 Sweets

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

*Good Humor - Breyers Ice Cream*

[illegible]

## Carbohydrate



**NDB No. 19893**

**Ice creams, BREYERS, All Natural Light French Chocolate**

**Food Group:** 19 Sweets

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

**NDB No. 19876**  
**Ice creams, BREYERS, All Natural Light French Vanilla**  
*Good Humor - Breyers Ice Cream*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
<b>Proximates:</b>									
Water.....g	62.71		0	O	4		42.64		
Energy.....kcal	173		1	MC	9		117		
Energy.....kj	723		0	MC	9		491		
Protein (N x 6.25).....g	4.82		1	MC	9		3.28		
Total lipid (fat).....g	5.56		1	MC	9		3.78		
Ash.....g	0.88		0	FLC	4		0.60		
Carbohydrate, by difference.....g	26.03		1	MC	9		17.70		
Fiber, total dietary.....g	0.2		1	MC	9		0.1		
Sugars, total.....g	21.11		1	MC	9		14.35		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	155		1	MC	9		106		
Iron, Fe.....mg	0.21		1	MC	9		0.14		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	73		1	MC	9		50		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.9		1	MC	9		0.6		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
* Vitamin A, IU.....IU	489		1	MC	9		332		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.220		1	MC	9		2.190		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	53		1	MC	9		36		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 68g: 1 serving 1/2 cup

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein                      Fat                      Carbohydrate**

**NDB No. 19876**

**Ice creams, BREYERS, All Natural Light French Vanilla**

**Food Group:** 19 Sweets

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

**NDB No. 19879**  
**Ice creams, BREYERS, All Natural Light Mint Chocolate Chip**  
*Good Humor - Breyers Ice Cream*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	59.11		0	O	4		40.20		
Energy.....kcal	196		1	MC	9		134		
Energy.....kj	822		0	MC	9		559		
Protein (N x 6.25).....g	4.69		1	MC	9		3.19		
Total lipid (fat).....g	7.09		1	MC	9		4.82		
Ash.....g	0.72		0	FLM	4		0.49		
Carbohydrate, by difference.....g	28.39		1	MC	9		19.31		
Fiber, total dietary.....g	0.6		1	MC	9		0.4		
Sugars, total.....g	25.38		1	MC	9		17.26		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	160		1	MC	9		109		
Iron, Fe.....mg	0.52		1	MC	9		0.35		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	67		1	MC	9		46		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.4		1	MC	9		1.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	404		1	MC	9		275		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.480		1	MC	9		3.046		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	15		1	MC	9		10		
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 = 68g: 1 serving 1/2 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 19879**

**Ice creams, BREYERS, All Natural Light Mint Chocolate Chip**

**Food Group:** 19 Sweets

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

**NDB No. 19875**  
**Ice creams, BREYERS, All Natural Light Vanilla**  
*Good Humor - Breyers Ice Cream*

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	64.89		0	FLC	4		44.13		
Energy.....kcal	162		1	MC	9		110		
Energy.....kj	678		0	MC	9		461		
Protein (N x 6.25).....g	4.84		1	MC	9		3.29		
Total lipid (fat).....g	4.59		1	MC	9		3.12		
Ash.....g	0.38		0	O	4		0.26		
Carbohydrate, by difference.....g	25.30		1	MC	9		17.20		
Fiber, total dietary.....g	0.2		1	MC	9		0.1		
Sugars, total.....g	22.78		1	MC	9		15.49		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	169		1	MC	9		115		
Iron, Fe.....mg	0.06		1	MC	9		0.04		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	71		1	MC	9		48		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.1		1	MC	9		0.7		
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	437		1	MC	9		297		
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	2.860		1	MC	9		1.945		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	15		1	MC	9		10		
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 = 68g: 1 serving 1/2 cup

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein                      Fat                      Carbohydrate**

**NDB No. 19875**  
**Ice creams, BREYERS, All Natural Light Vanilla**

**Food Group:** 19 Sweets

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

**NDB No. 19878**  
**Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry**  
*Good Humor - Breyers Ice Cream*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
<b>Proximates:</b>									
Water.....g	63.32		0	O	4		43.06		
Energy.....kcal	161		1	MC	9		109		
Energy.....kj	673		0	MC	9		458		
Protein (N x 6.25).....g	4.69		1	MC	9		3.19		
Total lipid (fat).....g	4.35		1	MC	9		2.96		
Ash.....g	1.58		0	FLM	4		1.07		
Carbohydrate, by difference.....g	26.06		1	MC	9		17.72		
Fiber, total dietary.....g	0.4		1	MC	9		0.3		
Sugars, total.....g	22.47		1	MC	9		15.28		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	158		1	MC	9		108		
Iron, Fe.....mg	0.31		1	MC	9		0.21		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	69		1	MC	9		47		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.7		1	MC	9		1.1		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	417		1	MC	9		284		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.700		1	MC	9		1.836		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	14		1	MC	9		10		
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 = 68g: 1 serving 1/2 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**



**NDB No. 19878**

**Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry**

**Food Group:** 19 Sweets

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

**NDB No. 19880**  
**Ice creams, BREYERS, No Sugar Added, Butter Pecan**  
*Good Humor - Breyers Ice Cream*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
<b>Proximates:</b>									
Water.....g	63.52		0	O	4		43.20		
Energy.....kcal	180		1	MC	9		122		
Energy.....kj	752		0	MC	9		511		
Protein (N x 6.25).....g	3.99		1	MC	9		2.71		
Total lipid (fat).....g	10.30		1	MC	9		7.00		
Ash.....g	0.89		0	FLM	4		0.60		
Carbohydrate, by difference.....g	21.30		1	MC	9		14.48		
Fiber, total dietary.....g	0.9		1	MC	9		0.6		
Sugars, total.....g	5.90		1	MC	9		4.01		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	130		1	MC	9		88		
Iron, Fe.....mg	0.19		1	MC	9		0.13		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	164		1	MC	9		111		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.9		1	MC	9		0.6		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	281		1	MC	9		191		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.180		1	MC	9		2.842		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	18		1	MC	9		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 = 68g: 1 serving 1/2 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 19880**

**Ice creams, BREYERS, No Sugar Added, Butter Pecan**

**Food Group:** 19 Sweets

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

NDB No. 19895

Ice creams, BREYERS, No Sugar Added, Chocolate Caramel

Good Humor - Breyers Ice Cream

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	64.71		0	O	4		45.94		
Energy.....kcal	151		1	MC	9		107		
Energy.....kj	632		0	MC	9		449		
Protein (N x 6.25).....g	3.54		1	MC	9		2.51		
Total lipid (fat).....g	5.80		1	MC	9		4.12		
Ash.....g	0.78		0	BFFN	4		0.55		
Carbohydrate, by difference.....g	25.17		1	MC	9		17.87		
Fiber, total dietary.....g	1.0		1	MC	9		0.7		
Sugars, total.....g	5.81		1	MC	9		4.13		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	121		1	MC	9		86		
Iron, Fe.....mg	0.59		1	MC	9		0.42		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	77		1	MC	9		55		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		1	MC	9		0.5		
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	266		1	MC	9		189		
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	3.650		1	MC	9		2.592		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	16		1	MC	9		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 = 71g: 1 serving 1/2 cup

Calories Factors: Protein

Fat

Carbohydrate

**NDB No. 19895**  
**Ice creams, BREYERS, No Sugar Added, Chocolate Caramel**

**Food Group:** 19 Sweets

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

**NDB No. 19881**  
**Ice creams, BREYERS, No Sugar Added, French Vanilla**  
*Good Humor - Breyers Ice Cream*

**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	66.48		0	O	4		45.21		
Energy.....kcal	154		1	MC	9		105		
Energy.....kj	645		0	MC	9		438		
Protein (N x 6.25).....g	4.50		1	MC	9		3.06		
Total lipid (fat).....g	7.05		1	MC	9		4.79		
Ash.....g	1.22		0	FLM	4		0.83		
Carbohydrate, by difference.....g	20.75		1	MC	9		14.11		
Fiber, total dietary.....g	0.5		1	MC	9		0.4		
Sugars, total.....g	7.70		1	MC	9		5.24		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	151		1	MC	9		103		
Iron, Fe.....mg	0.19		1	MC	9		0.13		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	87		1	MC	9		59		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		1	MC	9		0.6		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	345		1	MC	9		235		
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	4.170		1	MC	9		2.836		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	53		1	MC	9		36		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 68g: 1 serving 1/2 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 19881**  
**Ice creams, BREYERS, No Sugar Added, French Vanilla**

**Food Group:** 19 Sweets

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

*Good Humor - Breyers Ice Cream*

[illegible]

## Carbohydrate



**NDB No. 19882**

**Ice creams, BREYERS, No Sugar Added, Vanilla**

**Food Group:** 19 Sweets

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

**NDB No. 19884**  
**Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry**  
*Good Humor - Breyers Ice Cream*

**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	67.34		0	O	4		45.79		
Energy.....kcal	143		1	MC	9		98		
Energy.....kj	600		0	MC	9		408		
Protein (N x 6.25).....g	3.71		1	MC	9		2.52		
Total lipid (fat).....g	6.26		1	MC	9		4.26		
Ash.....g	0.99		0	FLM	4		0.67		
Carbohydrate, by difference.....g	21.70		1	MC	9		14.76		
Fiber, total dietary.....g	0.7		1	MC	9		0.5		
Sugars, total.....g	6.15		1	MC	9		4.18		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	132		1	MC	9		90		
Iron, Fe.....mg	0.27		1	MC	9		0.18		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	68		1	MC	9		47		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		1	MC	9		0.5		
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	292		1	MC	9		198		
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	3.940		1	MC	9		2.679		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	18		1	MC	9		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 = 68g: 1 serving 1/2 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 19884**

**Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry**

**Food Group:** 19 Sweets

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

**NDB No. 19883**  
**Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl**  
*Good Humor - Breyers Ice Cream*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	64.40		0	O	4		46.37		
Energy.....kcal	153		1	MC	9		110		
Energy.....kj	641		0	MC	9		461		
Protein (N x 6.25).....g	3.53		1	MC	9		2.54		
Total lipid (fat).....g	5.68		1	MC	9		4.09		
Ash.....g	0.76		0	FLM	4		0.55		
Carbohydrate, by difference.....g	25.63		1	MC	9		18.45		
Fiber, total dietary.....g	0.8		1	MC	9		0.5		
Sugars, total.....g	5.49		1	MC	9		3.95		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	121		1	MC	9		87		
Iron, Fe.....mg	0.36		1	MC	9		0.26		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	72		1	MC	9		52		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		1	MC	9		0.5		
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	262		1	MC	9		189		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.570		1	MC	9		2.570		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	16		1	MC	9		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 = 72g: 1 serving 1/2 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 19883**

**Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl**

**Food Group:** 19 Sweets

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



**NDB No. 19270**  
**Ice creams, chocolate**

Nutrients and Units	Amount in 100 grams of edible portion					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	3.210		0		1		1.862	2.119	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.240		1		1		0.139	0.158	
17:1.....g									
18:1 undifferentiated.....g	2.970		1		1		1.723	1.960	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.410		0		1		0.238	0.271	
18:2 undifferentiated.....g	0.250		1		1		0.145	0.165	
18:3 undifferentiated.....g	0.150		1		1		0.087	0.099	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	34		1		1		20	22	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	3		1		1		2	2	
Theobromine.....mg	62		1		1		36	41	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	19		0	BFFN	4		10.875	12.375	
Carotene, alpha.....mcg	0		0	BFFN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFFN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFFN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFFN	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 58g: 1 individual (3.5 fl oz)

Measure 2 = 66g: .5 cup (4 fl oz)

**Calories Factors: Protein** 3.6

**Fat** 8.8

**Carbohydrate** 3.7

**Food Group:** 19 Sweets

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

**NDB No. 19114**  
**Ice creams, chocolate, light**

**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	measures of food		
			of Data				Code	Code	Measure 1
Proximates:									
Water.....g	58.09		0	O	4		39.50		
Energy.....kcal	199		2	MC	9		135		
Energy.....kj	831		0	MC	9		565		
Protein.....g	5.00		2	MC	9		3.40		
Total lipid (fat).....g	7.19		2	MC	9		4.89		
Ash.....g	0.69		0	FLM	4		0.47		
Carbohydrate, by difference.....g	29.04		2	MC	9		19.74		
Fiber, total dietary.....g	0.8		2	MC	9		0.5		
Sugars, total.....g	24.71		2	MC	9		16.80		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	159		2	MC	9		108		
Iron, Fe.....mg	0.69		2	MC	9		0.47		
Magnesium, Mg.....mg	20		0	FLM	4		13		
Phosphorus, P.....mg	83		0	FLM	4		57		
Potassium, K.....mg	170		0	FLM	4		116		
Sodium, Na.....mg	71		2	MC	9		48		
Zinc, Zn.....mg	0.43		0	FLM	4		0.30		
Copper, Cu.....mg	0.103		0	FLM	4		0.070		
Manganese, Mn.....mg	0.101		0	FLM	4		0.069		
Selenium, Se.....mcg	2.2		0	FLM	4		1.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.2		2	MC	9		0.8		
Thiamin.....mg	0.023		0	FLM	4		0.015		
Riboflavin.....mg	0.129		0	FLM	4		0.088		
Niacin.....mg	0.126		0	FLM	4		0.086		
Pantothenic acid.....mg	0.246		0	FLM	4		0.167		
Vitamin B-6.....mg	0.023		0	FLM	4		0.016		
Folate, total.....mcg	4		0	FLM	4		2		
Folic acid.....mcg	0		0	FLM	4		0		
Folate, food.....mcg	4		0	FLM	4		2		
Folate, DFE.....mcg_DFE	4		0	NC	4		2		
Vitamin B-12.....mcg	0.14		0	FLM	4		0.10		
Vitamin A, IU.....IU	425		2	MC	9		289		
Vitamin A, RAE.....mcg_RAE	71		0	FLM	4		48		
Retinol.....mcg	60		0	FLM	4		41		
Vitamin E (alpha-tocopherol).....mg	0.20		0	FLM	4		0.13		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	11.068		0	FLM	4		7.526		
Vitamin K (phylloquinone).....mcg	0.6		0	FLM	4		0.4		
Lipids:									
Fatty acids, total saturated.....g	4.380		2	MC	9		2.978		
4:0.....g	0.226		0	FLM	4		0.154		
6:0.....g	0.077		0	FLM	4		0.053		
8:0.....g	0.079		0	FLM	4		0.054		
10:0.....g	0.140		0	FLM	4		0.095		
12:0.....g	0.091		0	FLM	4		0.062		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.705		0	FLM	4		0.479		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	1.996		0	FLM	4		1.357		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.846		0	FLM	4		0.575		
20:0.....g	0.000		0	FLM	4		0.000		
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		



**NDB No. 19114**  
**Ice creams, chocolate, light**

Nutrients and Units	Amount in 100 grams of edible portion					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	2.055		0	FLM	4		1.397		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.199		0	FLM	4		0.135		
17:1.....g									
18:1 undifferentiated.....g	1.856		0	FLM	4		1.262		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.241		0	FLM	4		0.164		
18:2 undifferentiated.....g	0.168		0	FLM	4		0.114		
18:3 undifferentiated.....g	0.074		0	FLM	4		0.050		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	28		2	MC	9		19		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	2		0	FLM	4		1		
Theobromine.....mg	69		0	FLM	4		47		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	135		0	FLM	4		91.869		
Carotene, alpha.....mcg	0		0	FLM	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	1		0	FLM	4		0.677		

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

**Common Measures:**

Measure 1 = 68g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

NDB No. 19265

Ice creams, chocolate, light, no sugar added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	64.44		0	O	4		46.40		
Energy.....kcal	152		2	MC	9		109		
Energy.....kj	636		0	MC	9		458		
Protein.....g	3.54		2	MC	9		2.55		
Total lipid (fat).....g	5.74		2	MC	9		4.13		
Ash.....g	0.94		0	FLM	4		0.68		
Carbohydrate, by difference.....g	25.40		2	MC	9		18.29		
Fiber, total dietary.....g	0.9		2	MC	9		0.6		
Sugars, total.....g	5.65		2	MC	9		4.07		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	121		2	MC	9		87		
Iron, Fe.....mg	0.48		2	MC	9		0.34		
Magnesium, Mg.....mg	15		0	FLM	4		11		
Phosphorus, P.....mg	106		0	FLM	4		77		
Potassium, K.....mg	196		0	FLM	4		141		
Sodium, Na.....mg	75		2	MC	9		54		
Zinc, Zn.....mg	0.40		0	FLM	4		0.29		
Copper, Cu.....mg	0.018		0	FLM	4		0.013		
Manganese, Mn.....mg	0.009		0	FLM	4		0.006		
Selenium, Se.....mcg	2.9		0	FLM	4		2.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		2	MC	9		0.5		
Thiamin.....mg	0.044		0	FLM	4		0.032		
Riboflavin.....mg	0.180		0	FLM	4		0.130		
Niacin.....mg	0.111		0	FLM	4		0.080		
Pantothenic acid.....mg	0.414		0	FLM	4		0.298		
Vitamin B-6.....mg	0.042		0	FLM	4		0.030		
Folate, total.....mcg	5		0	FLM	4		3		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	5		0	FLM	4		3		
Folate, DFE.....mcg_DFE	5		0	NC	4		3		
Vitamin B-12.....mcg	0.38		0	FLM	4		0.27		
Vitamin A, IU.....IU	264		2	MC	9		190		
Vitamin A, RAE.....mcg_RAE	75		0	NC	4		54		
Retinol.....mcg	74		0	FLM	4		53		
Vitamin E (alpha-tocopherol).....mg	0.30		0	FLM	4		0.21		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.6		0	FLM	4		2.6		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.610		2	MC	9		2.599		
4:0.....g	0.172		0	FLM	4		0.124		
6:0.....g	0.105		0	FLM	4		0.075		
8:0.....g	0.065		0	FLM	4		0.047		
10:0.....g	0.135		0	FLM	4		0.097		
12:0.....g	0.149		0	FLM	4		0.108		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.543		0	FLM	4		0.391		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	1.624		0	FLM	4		1.169		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.706		0	FLM	4		0.508		
20:0.....g	0.000		0	FLM	4		0.000		
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		

NDB No. 19265

Ice creams, chocolate, light, no sugar added

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.930		0	FLM	4		0.669		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.066		0	FLM	4		0.048		
17:1.....g									
18:1 undifferentiated.....g	0.863		0	FLM	4		0.622		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.527		0	FLM	4		0.379		
18:2 undifferentiated.....g	0.434		0	FLM	4		0.313		
18:3 undifferentiated.....g	0.092		0	FLM	4		0.066		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	16		2	MC	9		12		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	5		0	FLM	4		3		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	10		0	FLM	4		7.447		
Carotene, alpha.....mcg	0		0	FLM	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLM	4		0.049		

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

**NDB No. 43541**  
**Ice creams, chocolate, rich**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	56.55		0	NR	4		83.69	5.77	
Energy.....kcal	255		0	NC	4		377	26	
Energy.....kj	1066		0	NC	4		1577	109	
Protein.....g	4.72		1	LC	8		6.98	0.48	
Total lipid (fat).....g	16.98		1	LC	8		25.13	1.73	
Ash.....g	1.00		0	FLM	4		1.48	0.10	
Carbohydrate, by difference.....g	20.75		1	LC	8		30.72	2.12	
Fiber, total dietary.....g	0.9		1	LC	8		1.4	0.1	
Sugars, total.....g	19.81		1	LC	8		29.32	2.02	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	142		1	LC	8		209	14	
Iron, Fe.....mg	1.02		1	LC	8		1.51	0.10	
Magnesium, Mg.....mg	32		0	FLM	4		47	3	
Phosphorus, P.....mg	115		0	FLM	4		170	12	
Potassium, K.....mg	238		0	FLM	4		353	24	
Sodium, Na.....mg	57		1	LC	8		84	6	
Zinc, Zn.....mg	0.64		0	FLM	4		0.95	0.07	
Copper, Cu.....mg	0.175		0	FLM	4		0.258	0.018	
Manganese, Mn.....mg	0.173		0	FLM	4		0.255	0.018	
Selenium, Se.....mcg	2.1		0	FLM	4		3.1	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		0	FLM	4		0.7	0.0	
Thiamin.....mg	0.030		0	FLM	4		0.044	0.003	
Riboflavin.....mg	0.167		0	FLM	4		0.247	0.017	
Niacin.....mg	0.182		0	FLM	4		0.269	0.019	
Pantothenic acid.....mg	0.336		0	FLM	4		0.498	0.034	
Vitamin B-6.....mg	0.033		0	FLM	4		0.048	0.003	
Folate, total.....mcg	5		0	FLM	4		8	1	
Folic acid.....mcg	0		0	FLM	4		0	0	
Folate, food.....mcg	5		0	FLM	4		8	1	
Folate, DFE.....mcg_DFE	5		0	NC	4		8	1	
Vitamin B-12.....mcg	0.18		0	FLM	4		0.26	0.02	
Vitamin A, IU.....IU	713		0	NC	4		1055	73	
Vitamin A, RAE.....mcg_RAE	201		0	NC	4		297	20	
Retinol.....mcg	198		0	FLM	4		293	20	
Vitamin E (alpha-tocopherol).....mg	0.46		0	FLM	4		0.68	0.05	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.5		0	FLM	4		2.2	0.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.377		1	LC	8		15.358	1.058	
4:0.....g	0.517		0	FLM	4		0.766	0.053	
6:0.....g	0.312		0	FLM	4		0.462	0.032	
8:0.....g	0.188		0	FLM	4		0.278	0.019	
10:0.....g	0.403		0	FLM	4		0.597	0.041	
12:0.....g	0.450		0	FLM	4		0.667	0.046	
13:0.....g	0.000		0	FLM	4		0.000	0.000	
14:0.....g	1.619		0	FLM	4		2.397	0.165	
15:0.....g	0.000		0	FLM	4		0.000	0.000	
16:0.....g	4.406		0	FLM	4		6.520	0.449	
17:0.....g	0.000		0	FLM	4		0.000	0.000	
18:0.....g	2.138		0	FLM	4		3.164	0.218	
20:0.....g	0.000		0	FLM	4		0.000	0.000	
22:0.....g	0.000		0	FLM	4		0.000	0.000	
24:0.....g	0.000		0	FLM	4		0.000	0.000	

**NDB No. 43541**  
**Ice creams, chocolate, rich**

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	4.794		0	FLM	4		7.095	0.489	
14:1.....g	0.000		0	FLM	4		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.361		0	FLM	4		0.535	0.037	
17:1.....g									
18:1 undifferentiated.....g	4.433		0	FLM	4		6.561	0.452	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.658		0	FLM	4		0.975	0.067	
18:2 undifferentiated.....g	0.409		0	FLM	4		0.605	0.042	
18:3 undifferentiated.....g	0.250		0	FLM	4		0.369	0.025	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	60		0	FLM	4		89	6	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	4		0	FLM	4		5	0	
Theobromine.....mg	120		0	FLM	4		178	12	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	31		0	FLM	4		46.077	3.176	
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	2		0	FLM	4		2.550	0.176	

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

**Common Measures:**

Measure 1 = 148g: 1 cup

Measure 2 = 10.2g: 1 cubic inch

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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



**NDB No. 19090**  
**Ice creams, french vanilla, soft-serve**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	3.490		0		1		3.001		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.270		1		1		0.232		
17:1.....g									
18:1 undifferentiated.....g	3.220		1		1		2.769		
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	0.450		0		1		0.387		
18:2 undifferentiated.....g	0.280		1		1		0.241		
18:3 undifferentiated.....g	0.180		1		1		0.155		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	91		1		4		78		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.048		0		1		0.041		
Threonine.....g	0.169		0		1		0.145		
Isoleucine.....g	0.215		0		1		0.185		
Leucine.....g	0.353		0		1		0.304		
Lysine.....g	0.296		0		1		0.255		
Methionine.....g	0.091		0		1		0.078		
Cystine.....g	0.036		0		1		0.031		
Phenylalanine.....g	0.176		0		1		0.151		
Tyrosine.....g	0.170		0		1		0.146		
Valine.....g	0.241		0		1		0.207		
Arginine.....g	0.172		0		1		0.148		
Histidine.....g	0.099		0		1		0.085		
Alanine.....g	0.164		0		1		0.141		
Aspartic acid.....g	0.300		0		1		0.258		
Glutamic acid.....g	0.745		0		1		0.641		
Glycine.....g	0.163		0		1		0.140		
Proline.....g	0.374		0		1		0.322		
Serine.....g	0.216		0		1		0.186		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	30		0	FLA	4		25.634		
Carotene, alpha.....mcg	5		0	FLA	4		4.476		
Cryptoxanthin, beta.....mcg	5		0	FLA	4		3.957		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	151		0	FLA	4		129.663		

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

**Common Measures:**

Measure 1 = 86g: .5 cup (4 fl oz)

**NDB No. 19090**  
**Ice creams, french vanilla, soft-serve**

**Calories Factors:** Protein 4                      Fat 9                      Carbohydrate 4                      **Food Group:** 19 Sweets

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



**NDB No. 19271**  
**Ice creams, strawberry**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	60.00	1.302	7		1		34.80	39.60	
Energy.....kcal	192		0	NC	4		111	127	
Energy.....kj	803				4		466	530	
Protein (N x 6.4).....g	3.20		2		1		1.86	2.11	
Total lipid (fat).....g	8.40		2		1		4.87	5.54	
Ash.....g	0.70		2		1		0.41	0.46	
Carbohydrate, by difference.....g	27.60		0	NC	4		16.01	18.22	
Fiber, total dietary.....g	0.9		0	FLA	4		0.5	0.6	
Sugars, total.....g									
Sucrose.....g									
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g	4.43		0	FLA	4		2.57	2.92	
Maltose.....g									
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	120	4.974	4		1		70	79	
Iron, Fe.....mg	0.21	0.037	4		1		0.12	0.14	
Magnesium, Mg.....mg	14	0.421	4		1		8	9	
Phosphorus, P.....mg	100		2		1		58	66	
Potassium, K.....mg	188	8.003	4		1		109	124	
Sodium, Na.....mg	60	10.493	4		1		35	40	
Zinc, Zn.....mg	0.34	0.020	4		1		0.20	0.22	
Copper, Cu.....mg	0.037		2		1		0.021	0.024	
Manganese, Mn.....mg	0.078	0.035	4		1		0.045	0.051	
Selenium, Se.....mcg	1.9		0	FLA	4		1.1	1.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	7.7		2		1		4.5	5.1	
Thiamin.....mg	0.045		2		1		0.026	0.030	
Riboflavin.....mg	0.255		2		1		0.148	0.168	
Niacin.....mg	0.170		2		1		0.099	0.112	
Pantothenic acid.....mg	0.720		2		1		0.418	0.475	
Vitamin B-6.....mg	0.050		2		1		0.029	0.033	
Folate, total.....mcg	12		2		1		7	8	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	12		2		1		7	8	
Folate, DFE.....mcg_DFE	12		0	NC	4		7	8	
Vitamin B-12.....mcg	0.30		2		1		0.17	0.20	
Vitamin A, IU.....IU	320		2		1		186	211	
Vitamin A, RAE.....mcg_RAE	96		0	NC	4		56	64	
Retinol.....mcg	96		0	FLA	4		56	64	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.190		0		4		3.010	3.425	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	29		2		1		17	19	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	

**NDB No. 19271**  
**Ice creams, strawberry**

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					
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

**Common Measures:**

Measure 1 = 58g: 1 individual (3.5 fl oz)

Measure 2 = 66g: .5 cup (4 fl oz)

**Calories Factors:** Protein 4.1                      Fat 8.79                      Carbohydrate 3.8

**Food Group:** 19 Sweets

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

**NDB No. 19095**  
**Ice creams, vanilla**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	61.00	0.360	50		1		43.92		
Energy.....kcal	201		0	NC	4		145		
Energy.....kj	841				4		606		
Protein (N x 6.25).....g	3.50	0.199	152		1		2.52		
Total lipid (fat).....g	11.00	0.080	291		1		7.92		
Ash.....g	0.90	0.045	6		1		0.65		
Carbohydrate, by difference.....g	23.60		0	NC	4		16.99		
Fiber, total dietary.....g	0.7		0	FLC	4		0.5		
Sugars, total.....g	21.22	0.317	3	JO	11		15.28		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	128	5.483	17		1		92		
Iron, Fe.....mg	0.09	0.007	35		1		0.06		
Magnesium, Mg.....mg	14	0.361	12		1		10		
Phosphorus, P.....mg	105	4.119	12		1		76		
Potassium, K.....mg	199	6.120	12		1		143		
Sodium, Na.....mg	80	6.528	19		1		58		
Zinc, Zn.....mg	0.69	0.160	14		1		0.50		
Copper, Cu.....mg	0.023	0.002	7		1		0.017		
Manganese, Mn.....mg	0.008	0.001	6		1		0.006		
Selenium, Se.....mcg	1.8		1	A	1		1.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6	0.067	21		1		0.4		
Thiamin.....mg	0.041	0.003	13		1		0.030		
Riboflavin.....mg	0.240	0.013	14		1		0.173		
Niacin.....mg	0.116	0.011	6		1		0.084		
Pantothenic acid.....mg	0.581	0.170	3		1		0.418		
Vitamin B-6.....mg	0.048	0.001	10		1		0.035		
Folate, total.....mcg	5	1.830	4		1		4		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	5	1.830	4		1		4		
Folate, DFE.....mcg_DFE	5		0	NC	4		4		
Vitamin B-12.....mcg	0.39	0.043	3		1		0.28		
Vitamin A, IU.....IU	422		0	FLC	4		304		
Vitamin A, RAE.....mcg_RAE	118		0	FLC	4		85		
Retinol.....mcg	116		0	FLC	4		84		
Vitamin E (alpha-tocopherol).....mg	0.30		0	FLC	4		0.21		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	34.738		0	FLC	4		25.012		
Vitamin K (phylloquinone).....mcg	0.3		1	A	1		0.2		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.790		0		1		4.889		
4:0.....g	0.360		1		1		0.259		
6:0.....g	0.210		1		1		0.151		
8:0.....g	0.120		1		1		0.086		
10:0.....g	0.280		1		1		0.202		
12:0.....g	0.310		1		1		0.223		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	1.130		1		1		0.814		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	3.060		1		1		2.203		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	1.316		0	FLC	4		0.948		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		

**NDB No. 19095**  
**Ice creams, vanilla**

Nutrients and Units	Amount in 100 grams of edible portion					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	2.970		0	FLC	4		2.139		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.207		0	FLC	4		0.149		
17:1.....g									
18:1 undifferentiated.....g	2.763		0	FLC	4		1.989		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.451		0	FLC	4		0.325		
18:2 undifferentiated.....g	0.274		0	FLC	4		0.197		
18:3 undifferentiated.....g	0.174		0	FLC	4		0.126		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.003		0	FLC	4		0.002		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	44	1.924	10		1		32		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.045		0		1		0.032		
Threonine.....g	0.146		0		1		0.105		
Isoleucine.....g	0.195		0		1		0.140		
Leucine.....g	0.316		0		1		0.228		
Lysine.....g	0.258		0		1		0.186		
Methionine.....g	0.081		0		1		0.058		
Cystine.....g	0.029		0		1		0.021		
Phenylalanine.....g	0.157		0		1		0.113		
Tyrosine.....g	0.155		0		1		0.112		
Valine.....g	0.217		0		1		0.156		
Arginine.....g	0.125		0		1		0.090		
Histidine.....g	0.088		0		1		0.063		
Alanine.....g	0.121		0		1		0.087		
Aspartic acid.....g	0.250		0		1		0.180		
Glutamic acid.....g	0.681		0		1		0.490		
Glycine.....g	0.093		0		1		0.067		
Proline.....g	0.326		0		1		0.235		
Serine.....g	0.177		0		1		0.127		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	19		2	A	1		13.500		
Carotene, alpha.....mcg	0		2	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000		
Lycopene.....mcg	0		2	A	1		0.000		
Lutein + zeaxanthin.....mcg	0		2	A	1		0.000		

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

**Common Measures:**

Measure 1 = 72g: .5 cup

**NDB No. 19095**  
**Ice creams, vanilla**

**Calories Factors:** Protein 4                      Fat 9                      Carbohydrate 4                      **Food Group:** 19 Sweets

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



**NDB No. 19867**  
**Ice creams, vanilla, fat free**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.000		0	BFFN	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4				
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFFN	4				
20:1.....g	0.000		0	BFFN	4				
22:1 undifferentiated.....g	0.000		0	BFFN	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFFN	4				
18:2 undifferentiated.....g	0.000		0	BFFN	4				
18:3 undifferentiated.....g	0.000		0	BFFN	4				
18:4.....g	0.000		0	BFFN	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4				
20:5 n-3.....g	0.000		0	BFFN	4				
22:5 n-3.....g	0.000		0	BFFN	4				
22:6 n-3.....g	0.000		0	BFFN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8				
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFNN	4				
Caffeine.....mg	0		0	BFNN	4				
Theobromine.....mg	0		0	BFNN	4				
<b>Carotenoids:</b>									
Carotene, beta.....mcg	23		0	BFNN	4				
Carotene, alpha.....mcg	0		0	BFNN	4				
Cryptoxanthin, beta.....mcg	0		0	BFNN	4				
Lycopene.....mcg	0		0	BFNN	4				
Lutein + zeaxanthin.....mcg	0		0	BFNN	4				

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

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

**NDB No. 19088**  
**Ice creams, vanilla, light**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	63.51		0	O	4		48.27		
Energy.....kcal	165	3.751	3	MC	9		126		
Energy.....kj	691		0	MC	9		525		
Protein (N x 6.25).....g	4.78	0.047	3	MC	9		3.64		
Total lipid (fat).....g	4.83	0.370	3	MC	9		3.67		
Ash.....g	1.07		0	FLC	4		0.82		
Carbohydrate, by difference.....g	25.80	0.248	3	MC	9		19.61		
Fiber, total dietary.....g	0.3	0.092	3	MC	9		0.2		
Sugars, total.....g	22.12	0.513	3	MC	9		16.81		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	161	4.057	3	MC	9		122		
Iron, Fe.....mg	0.19	0.073	3	MC	9		0.15		
Magnesium, Mg.....mg	14	0.419	18	A	1		11		
Phosphorus, P.....mg	103	3.694	18	A	1		78		
Potassium, K.....mg	208	6.828	18	A	1		158		
Sodium, Na.....mg	74	2.417	18	A	1		56		
Zinc, Zn.....mg	0.73	0.353	18	A	1		0.56		
Copper, Cu.....mg	0.017		0	FLC	4		0.013		
Manganese, Mn.....mg	0.005		0	FLC	4		0.003		
Selenium, Se.....mcg	2.0	0.714	16	A	1		1.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2	0.237	3	MC	9		0.9		
Thiamin.....mg	0.053		0	FLC	4		0.040		
Riboflavin.....mg	0.255		0	FLC	4		0.194		
Niacin.....mg	0.136		0	FLC	4		0.103		
Pantothenic acid.....mg	0.481		0	FLC	4		0.365		
Vitamin B-6.....mg	0.045		0	FLC	4		0.034		
Folate, total.....mcg	6		0	FLC	4		5		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	6		0	FLC	4		5		
Folate, DFE.....mcg_DFE	6		0	NC	4		5		
Vitamin B-12.....mcg	0.47		0	FLC	4		0.35		
Vitamin A, IU.....IU	448	21.349	3	MC	9		340		
Vitamin A, RAE.....mcg_RAE	63		0	FLC	4		48		
Retinol.....mcg	49		0	FLC	4		37		
Vitamin E (alpha-tocopherol).....mg	0.12		0	FLC	4		0.09		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	25.720		0	FLC	4		19.547		
Vitamin K (phylloquinone).....mcg	0.4		0	FLC	4		0.3		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.927	0.154	3	MC	9		2.224		
4:0.....g	0.141		0	FLC	4		0.107		
6:0.....g	0.099		0	FLC	4		0.075		
8:0.....g	0.074		0	FLC	4		0.056		
10:0.....g	0.117		0	FLC	4		0.089		
12:0.....g	0.127		0	FLC	4		0.097		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.471		0	FLC	4		0.358		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	1.260		0	FLC	4		0.958		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.570		0	FLC	4		0.433		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		



**NDB No. 19088**  
**Ice creams, vanilla, light**

Nutrients and Units	Amount in 100 grams of edible portion						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	1.281		0	FLC	4		0.974		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.070		0	FLC	4		0.053		
17:1.....g									
18:1 undifferentiated.....g	1.211		0	FLC	4		0.920		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.219		0	FLC	4		0.166		
18:2 undifferentiated.....g	0.134		0	FLC	4		0.102		
18:3 undifferentiated.....g	0.085		0	FLC	4		0.064		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	27	12.719	3	MC	9		21		
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	171		0	FLC	4		129.788		
Carotene, alpha.....mcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000		

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

**Common Measures:**

Measure 1 = 76g: 1 serving 1/2 cup

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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

NDB No. 19260

Ice creams, vanilla, light, no sugar added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	65.52		0	FLA	4		44.56		
Energy.....kcal	155	8.553	4	MC	9		105		
Energy.....kj	649		0	MC	9		441		
Protein (N x 6.25).....g	3.97	0.190	4	MC	9		2.70		
Total lipid (fat).....g	7.45	0.969	4	MC	9		5.07		
Ash.....g	1.20		1	A	1		0.82		
Carbohydrate, by difference.....g	21.42	0.257	4	MC	9		14.56		
Fiber, total dietary.....g	0.7	0.082	4	MC	9		0.4		
Sugars, total.....g	6.46	0.417	4	MC	9		4.39		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	136	4.924	4	MC	9		93		
Iron, Fe.....mg	0.19	0.037	4	MC	9		0.13		
Magnesium, Mg.....mg	9		0	FLM	4		6		
Phosphorus, P.....mg	75		0	FLM	4		51		
Potassium, K.....mg	196		0	LC	8		133		
Sodium, Na.....mg	96	23.018	4	MC	9		65		
Zinc, Zn.....mg	0.31		0	FLM	4		0.21		
Copper, Cu.....mg	0.030		0	FLM	4		0.020		
Manganese, Mn.....mg	0.006		0	FLM	4		0.004		
Selenium, Se.....mcg	1.9		0	FLM	4		1.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.9	0.028	4	MC	9		0.6		
Thiamin.....mg	0.029		0	FLM	4		0.020		
Riboflavin.....mg	0.122		0	FLM	4		0.083		
Niacin.....mg	0.074		0	FLM	4		0.050		
Pantothenic acid.....mg	0.256		0	FLM	4		0.174		
Vitamin B-6.....mg	0.029		0	FLM	4		0.019		
Folate, total.....mcg	4		0	FLM	4		3		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	4		0	FLM	4		3		
Folate, DFE.....mcg_DFE	4		0	NC	4		3		
Vitamin B-12.....mcg	0.52		0	LC	8		0.35		
Vitamin A, IU.....IU	302	14.418	4	MC	9		206		
Vitamin A, RAE.....mcg_RAE	86		0	NC	4		58		
Retinol.....mcg	85		0	FLM	4		58		
Vitamin E (alpha-tocopherol).....mg	0.29		0	FLM	4		0.19		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.8		0	FLM	4		1.9		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.048	0.074	4	MC	9		2.752		
4:0.....g	0.213		1	A	1		0.145		
6:0.....g	0.116		1	A	1		0.079		
8:0.....g	0.067		1	A	1		0.046		
10:0.....g	0.149		1	A	1		0.101		
12:0.....g	0.153		1	A	1		0.104		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.495		1	A	1		0.337		
15:0.....g	0.053		1	A	1		0.036		
16:0.....g	1.439		1	A	1		0.979		
17:0.....g	0.032		1	A	1		0.022		
18:0.....g	0.956		1	A	1		0.650		
20:0.....g	0.012		1	A	1		0.008		
22:0.....g	0.006		1	A	1		0.004		
24:0.....g	0.005		1	A	1		0.003		

**NDB No. 19260**  
**Ice creams, vanilla, light, no sugar added**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
<hr/>									
Fatty acids, total monounsaturated.....g	1.855		0	FLM	4		1.262		
14:1.....g	0.048		1	A	1		0.033		
15:1.....g									
16:1 undifferentiated.....g	0.088		1	A	1		0.060		
17:1.....g	0.016		1	A	1		0.011		
18:1 undifferentiated.....g	1.388		1	A	1		0.944		
20:1.....g	0.012		1	A	1		0.008		
22:1 undifferentiated.....g	0.005		1	A	1		0.003		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.740		0	FLM	4		0.503		
18:2 undifferentiated.....g	0.165		1	A	1		0.112		
18:3 undifferentiated.....g	0.032		1	A	1		0.022		
18:4.....g	0.005		1	A	1		0.003		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.002		1	A	1		0.002		
20:4 undifferentiated.....g	0.011		1	A	1		0.007		
20:5 n-3.....g	0.002		1	A	1		0.001		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	27	8.738	4	MC	9		18		
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	12		0	FLM	4		7.965		
Carotene, alpha.....mcg	0		0	FLM	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLM	4		0.000		

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

**Common Measures:**

Measure 1 = 68g: 1 serving 1/2 cup

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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



**NDB No. 19096**  
**Ice creams, vanilla, light, soft-serve**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.760		0		1		0.669		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		2		1		0.053		
17:1.....g									
18:1 undifferentiated.....g	0.700		2		1		0.616		
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	0.100		0		1		0.088		
18:2 undifferentiated.....g	0.060		2		1		0.053		
18:3 undifferentiated.....g	0.040		2		1		0.035		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	12		1		4		11		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.059		0		1		0.052		
Threonine.....g	0.197		0		1		0.173		
Isoleucine.....g	0.260		0		1		0.229		
Leucine.....g	0.424		0		1		0.373		
Lysine.....g	0.351		0		1		0.309		
Methionine.....g	0.109		0		1		0.096		
Cystine.....g	0.039		0		1		0.034		
Phenylalanine.....g	0.211		0		1		0.186		
Tyrosine.....g	0.204		0		1		0.180		
Valine.....g	0.292		0		1		0.257		
Arginine.....g	0.185		0		1		0.163		
Histidine.....g	0.117		0		1		0.103		
Alanine.....g	0.184		0		1		0.162		
Aspartic acid.....g	0.345		0		1		0.304		
Glutamic acid.....g	0.923		0		1		0.812		
Glycine.....g	0.182		0		1		0.160		
Proline.....g	0.466		0		1		0.410		
Serine.....g	0.241		0		1		0.212		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	5		0	FLA	4		4.617		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000		

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

**Common Measures:**

Measure 1 = 88g: 1 serving 1/2 cup

**NDB No. 19096**  
**Ice creams, vanilla, light, soft-serve**

**Calories Factors:** **Protein** 4.1                      **Fat** 8.79                      **Carbohydrate** 3.8                      **Food Group:** 19 Sweets

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

**NDB No. 19089**  
**Ice creams, vanilla, rich**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	57.20	0.555	7		1		61.20		
Energy.....kcal	249		0	NC	4		266		
Energy.....kj	1042		0	NC	4		1115		
Protein (N x 6.25).....g	3.50	0.416	4		1		3.75		
Total lipid (fat).....g	16.20	0.212	11		1		17.33		
Ash.....g	0.81		0	FLA	4		0.86		
Carbohydrate, by difference.....g	22.29		0	NC	4		23.86		
Fiber, total dietary.....g	0.0		1	LC	8		0.0		
Sugars, total.....g	20.65		2	LC	8		22.10		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	117		2	LC	8		126		
Iron, Fe.....mg	0.34		1	LC	8		0.36		
Magnesium, Mg.....mg	11		0	FLA	4		12		
Phosphorus, P.....mg	105		0	FLA	4		112		
Potassium, K.....mg	157		0	FLA	4		168		
Sodium, Na.....mg	61		2	LC	8		65		
Zinc, Zn.....mg	0.47		0	FLA	4		0.50		
Copper, Cu.....mg	0.008		0	FLA	4		0.009		
Manganese, Mn.....mg	0.004		0	FLA	4		0.004		
Selenium, Se.....mcg	3.5		0	FLA	4		3.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg	0.041		0	FLA	4		0.044		
Riboflavin.....mg	0.167		0	FLA	4		0.179		
Niacin.....mg	0.082		0	FLA	4		0.087		
Pantothenic acid.....mg	0.460		0	FLA	4		0.492		
Vitamin B-6.....mg	0.045		0	FLA	4		0.048		
Folate, total.....mcg	8		0	FLA	4		8		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	8		0	FLA	4		8		
Folate, DFE.....mcg_DFE	8		0	NC	4		8		
Vitamin B-12.....mcg	0.39		0	FLA	4		0.42		
Vitamin A, IU.....IU	653		0	FLA	4		699		
Vitamin A, RAE.....mcg_RAE	182		0	FLA	4		195		
Retinol.....mcg	179		0	FLA	4		192		
Vitamin E (alpha-tocopherol).....mg	0.51		0	FLA	4		0.55		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	43.720		0	FLA	4		46.780		
Vitamin K (phylloquinone).....mcg	1.3		0	FLA	4		1.4		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.329		2	LC	8		11.052		
4:0.....g	0.491		0	FLA	4		0.526		
6:0.....g	0.290		0	FLA	4		0.310		
8:0.....g	0.169		0	FLA	4		0.181		
10:0.....g	0.380		0	FLA	4		0.406		
12:0.....g	0.425		0	FLA	4		0.454		
13:0.....g									
14:0.....g	1.526		0	FLA	4		1.632		
15:0.....g	0.000		0	FLA	4		0.000		
16:0.....g	4.168		0	FLA	4		4.460		
17:0.....g	0.000		0	FLA	4		0.000		
18:0.....g	1.899		0	FLA	4		2.032		
20:0.....g	0.000		0	FLA	4		0.000		
22:0.....g	0.000		0	FLA	4		0.000		
24:0.....g	0.000		0	FLA	4		0.000		

**NDB No. 19089**  
**Ice creams, vanilla, rich**

Nutrients and Units	Amount in 100 grams of edible portion					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	4.460		0	FLA	4		4.772		
14:1.....g	0.000		0	FLA	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.360		0	FLA	4		0.385		
17:1.....g									
18:1 undifferentiated.....g	4.098		0	FLA	4		4.385		
20:1.....g	0.002		0	FLA	4		0.002		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.680		0	FLA	4		0.727		
18:2 undifferentiated.....g	0.437		0	FLA	4		0.468		
18:3 undifferentiated.....g	0.222		0	FLA	4		0.238		
18:4.....g	0.001		0	FLA	4		0.001		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0	FLA	4		0.015		
20:5 n-3.....g	0.001		0	FLA	4		0.001		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.004		0	FLA	4		0.004		
Fatty acids, total trans.....g									
Cholesterol.....mg	92		2	LC	8		98		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.041		0		1		0.044		
Threonine.....g	0.138		0		1		0.148		
Isoleucine.....g	0.182		0		1		0.195		
Leucine.....g	0.298		0		1		0.319		
Lysine.....g	0.248		0		1		0.265		
Methionine.....g	0.076		0		1		0.081		
Cystine.....g	0.027		0		1		0.029		
Phenylalanine.....g	0.149		0		1		0.159		
Tyrosine.....g	0.142		0		1		0.152		
Valine.....g	0.205		0		1		0.219		
Arginine.....g	0.135		0		1		0.144		
Histidine.....g	0.083		0		1		0.089		
Alanine.....g	0.136		0		1		0.146		
Aspartic acid.....g									
Glutamic acid.....g	0.652		0		1		0.698		
Glycine.....g	0.147		0		1		0.157		
Proline.....g	0.338		0		1		0.362		
Serine.....g	0.171		0		1		0.183		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	32		0	FLA	4		34.385		
Carotene, alpha.....mcg	1		0	FLA	4		1.260		
Cryptoxanthin, beta.....mcg	1		0	FLA	4		1.114		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	34		0	FLA	4		36.500		

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

**Common Measures:**

Measure 1 = 107g: .5 cup



NDB No. 19089  
Ice creams, vanilla, rich

Calories Factors: Protein 4                      Fat 9                      Carbohydrate 4                      Food Group: 19 Sweets

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



**NDB No. 19281**  
**Ice novelties, italian, restaurant-prepared**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 29.0g: 1 fl oz

Measure 2 = 116g: .5 cup

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	66.90		1		4		66.23		
Energy.....kcal	128		0	NC	4		127		
Energy.....kj	536				4		530		
Protein (N x 6.25).....g	0.40		1		4		0.40		
Total lipid (fat).....g	0.00		1		4		0.00		
Ash.....g	0.00		1		4		0.00		
Carbohydrate, by difference.....g	32.60		0	NC	4		32.27		
Fiber, total dietary.....g	0.0		0		4		0.0		
Sugars, total.....g	32.60		0	NR	4		32.27		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	2		1		4		2		
Iron, Fe.....mg	0.16		1		4		0.16		
Magnesium, Mg.....mg	1		1		4		1		
Phosphorus, P.....mg	1		1		4		1		
Potassium, K.....mg	3		1		4		3		
Sodium, Na.....mg	22		1		4		22		
Zinc, Zn.....mg	0.02		1		4		0.02		
Copper, Cu.....mg	0.013		1		4		0.013		
Manganese, Mn.....mg	0.020		1		4		0.020		
Selenium, Se.....mcg	0.1		0	BFPN	4		0.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		1		4		1.0		
Thiamin.....mg	0.001		1		4		0.001		
Riboflavin.....mg	0.000		1		4		0.000		
Niacin.....mg	0.007		1		4		0.007		
Pantothenic acid.....mg	0.003		1		4		0.003		
Vitamin B-6.....mg	0.001		1		4		0.001		
Folate, total.....mcg	0		1		4		0		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	0		1		4		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Vitamin B-12.....mcg	0.00		1		4		0.00		
Vitamin A, IU.....IU	0		1		4		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0		7		0.000		
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	0.000		0		4		0.000		
15:0.....g									
16:0.....g	0.000		0		4		0.000		
17:0.....g									
18:0.....g	0.000		0		4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 19280**  
**Ice novelties, lime**

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

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

**Common Measures:**

Measure 1 = 99g: .5 cup (4 fl oz)

**Calories Factors: Protein 3.36**

**Fat 8.37**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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

**NDB No. 19387**  
**Ice novelties, pineapple-coconut**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	73.30		1		1		72.57		
Energy.....kcal	113		0		4		112		
Energy.....kj	473				4		468		
Protein (N x 6.25).....g	0.00		1		1		0.00		
Total lipid (fat).....g	2.60		1		1		2.57		
Ash.....g	0.20		1		1		0.20		
Carbohydrate, by difference.....g	23.90		0		4		23.66		
Fiber, total dietary.....g	0.7		0	RC	4		0.7		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		1		1		0		
Iron, Fe.....mg	3.53		1		1		3.49		
Magnesium, Mg.....mg	5		0		4		5		
Phosphorus, P.....mg	9		0		4		9		
Potassium, K.....mg	17		0		4		17		
Sodium, Na.....mg	35		1		1		35		
Zinc, Zn.....mg	0.11		0		4		0.11		
Copper, Cu.....mg	0.044		0		4		0.044		
Manganese, Mn.....mg	0.161		0		4		0.159		
Selenium, Se.....mcg	0.9		0	FLA	4		0.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	13.2		1		1		13.1		
Thiamin.....mg	0.006		0		4		0.006		
Riboflavin.....mg	0.005		0		4		0.005		
Niacin.....mg	0.034		0		4		0.034		
Pantothenic acid.....mg	0.039		0		4		0.039		
Vitamin B-6.....mg	0.016		0		4		0.016		
Folate, total.....mcg	1		0		4		1		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	1		0		4		1		
Folate, DFE.....mcg_DFE	1		0	NC	4		1		
Vitamin B-12.....mcg	0.00		0		4		0.00		
Vitamin A, IU.....IU	0		1		1		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									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.304		0	FLA	4		2.281		
Fatty acids, total monounsaturated.....g	0.111		0	FLA	4		0.110		
Fatty acids, total polyunsaturated.....g	0.029		0	FLA	4		0.029		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 99g: .5 cup (4 fl oz)

NDB No. 19387  
Ice novelties, pineapple-coconut

Calories Factors: Protein 3.4      Fat 8.4      Carbohydrate 3.8      Food Group: 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**NDB No. 19283**  
**Ice novelties, pop**

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

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

**Common Measures:**

Measure 1 = 52g: 1 bar (1.75 fl oz)

Measure 2 = 128g: 1 double stick

Measure 3 = 88g: 1 single stick

**Calories Factors: Protein**

**Fat**

**Carbohydrate 3.8**

**Food Group: 19 Sweets**

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

NDB No. 19717

Ice novelties, pop, with added ascorbic acid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	80.00		1		4		41.60	102.40	70.40
Energy.....kcal	72		0		4		37	92	63
Energy.....kj	301				4		157	386	265
Protein (N x 6.25).....g	0.00		1		4		0.00	0.00	0.00
Total lipid (fat).....g	0.00		1		4		0.00	0.00	0.00
Ash.....g	1.10		1		4		0.57	1.41	0.97
Carbohydrate, by difference.....g	18.90		0	NC	4		9.83	24.19	16.63
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		1		4		0	0	0
Iron, Fe.....mg	0.00		1		4		0.00	0.00	0.00
Magnesium, Mg.....mg	1		1		4		1	1	1
Phosphorus, P.....mg	0		1		4		0	0	0
Potassium, K.....mg	4	1.888	3		1		2	5	4
Sodium, Na.....mg	12	0.628	3		1		6	15	11
Zinc, Zn.....mg	0.02		1		4		0.01	0.03	0.02
Copper, Cu.....mg	0.009		1		4		0.005	0.012	0.008
Manganese, Mn.....mg	0.006		1		4		0.003	0.008	0.005
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	10.7		0		1		5.6	13.7	9.4
Thiamin.....mg	0.000		1		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		1		4		0.000	0.000	0.000
Niacin.....mg	0.000		1		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.001		1		4		0.001	0.001	0.001
Vitamin B-6.....mg	0.000		1		4		0.000	0.000	0.000
Folate, total.....mcg	0		1		4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		1		4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		1		4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	0
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 52g: 1 bar (1.75 fl oz)

**NDB No. 19717**  
**Ice novelties, pop, with added ascorbic acid**  
Measure 2 = 128g: 1 double stick  
Measure 3 = 88g: 1 single stick

<b>Calories Factors:</b>	<b>Protein</b>	<b>Fat</b>	<b>Carbohydrate</b> 3.8	<b>Food Group:</b> 19 Sweets
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 43514

Ice novelties, pop, with low calorie sweetener

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.032				4		0.010	0.041	0.028
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.032				4		0.010	0.041	0.028
20:1.....g	0.000				4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.050				4		0.016	0.064	0.044
18:2 undifferentiated.....g	0.050				4		0.016	0.064	0.044
18:3 undifferentiated.....g	0.000				4		0.000	0.000	0.000
18:4.....g	0.000				4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	0.000
20:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:6 n-3.....g	0.000				4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	0
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	0.0
Caffeine.....mg	0		0	BFSN	4		0	0	0
Theobromine.....mg	0		0	BFSN	4		0	0	0
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	0.000

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

**Common Measures:**

Measure 1 = 32.0g: 1 fl oz

Measure 2 = 128g: 1 double stick

Measure 3 = 88g: 1 single stick

**Calories Factors: Protein 4****Fat 9****Carbohydrate 4****Food Group: 19 Sweets**

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



**NDB No. 19297**  
**Jams and preserves**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.038		0	BFFN	4		0.008	0.005	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.007		0	BFFN	4		0.001	0.001	
20:1.....g	0.018		0	BFFN	4		0.004	0.003	
22:1 undifferentiated.....g	0.014		0	BFFN	4		0.003	0.002	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg	12		0	FLC	4		2	2	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.008		0		1		0.002	0.001	
Threonine.....g	0.023		0		1		0.005	0.003	
Isoleucine.....g	0.017		0		1		0.003	0.002	
Leucine.....g	0.037		0		1		0.007	0.005	
Lysine.....g	0.030		0		1		0.006	0.004	
Methionine.....g	0.001		0		1		0.000	0.000	
Cystine.....g	0.006		0		1		0.001	0.001	
Phenylalanine.....g	0.021		0		1		0.004	0.003	
Tyrosine.....g	0.025		0		1		0.005	0.004	
Valine.....g	0.021		0		1		0.004	0.003	
Arginine.....g	0.032		0		1		0.006	0.004	
Histidine.....g	0.014		0		1		0.003	0.002	
Alanine.....g	0.037		0		1		0.007	0.005	
Aspartic acid.....g	0.166		0		1		0.033	0.023	
Glutamic acid.....g	0.109		0		1		0.022	0.015	
Glycine.....g	0.029		0		1		0.006	0.004	
Proline.....g	0.023		0		1		0.005	0.003	
Serine.....g	0.028		0		1		0.006	0.004	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	FLC	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 20g: 1 tbsp

Measure 2 = 14.0g: 1 packet (0.5 oz)

NDB No. 19297  
Jams and preserves

Calories Factors: Protein 4                      Fat 9                      Carbohydrate 4                      Food Group: 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**NDB No. 19719**  
**Jams and preserves, apricot**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.110		0		1		0.022	0.015	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.020		1		1		0.004	0.003	
20:1.....g	0.050		1		1		0.010	0.007	
22:1 undifferentiated.....g	0.040		1		1		0.008	0.006	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLM	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.008		0		1		0.002	0.001	
Threonine.....g	0.023		0		1		0.005	0.003	
Isoleucine.....g	0.017		0		1		0.003	0.002	
Leucine.....g	0.037		0		1		0.007	0.005	
Lysine.....g	0.030		0		1		0.006	0.004	
Methionine.....g	0.001		0		1		0.000	0.000	
Cystine.....g	0.006		0		1		0.001	0.001	
Phenylalanine.....g	0.021		0		1		0.004	0.003	
Tyrosine.....g	0.025		0		1		0.005	0.004	
Valine.....g	0.021		0		1		0.004	0.003	
Arginine.....g	0.032		0		1		0.006	0.004	
Histidine.....g	0.014		0		1		0.003	0.002	
Alanine.....g	0.037		0		1		0.007	0.005	
Aspartic acid.....g	0.166		0		1		0.033	0.023	
Glutamic acid.....g	0.109		0		1		0.022	0.015	
Glycine.....g	0.029		0		1		0.006	0.004	
Proline.....g	0.023		0		1		0.005	0.003	
Serine.....g	0.028		0		1		0.006	0.004	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	116		0	FLM	4		23.285	16.299	
Carotene, alpha.....mcg	2		0	FLM	4		0.405	0.283	
Cryptoxanthin, beta.....mcg	11		0	FLM	4		2.224	1.557	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	9		0	FLM	4		1.895	1.326	

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

**Common Measures:**

Measure 1 = 20g: 1 tbsp

Measure 2 = 14.0g: 1 packet (0.5 oz)

**NDB No. 19719**  
**Jams and preserves, apricot**

**Calories Factors:** **Protein** 3.36                      **Fat** 8.37                      **Carbohydrate** 3.7

**Food Group:** 19 Sweets

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

**Jams and preserves, dietetic (with sodium saccharin), any flavor**

[illegible]

**NDB No. 43028**  
**Jams and preserves, dietetic (with sodium saccharin), any flavor**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.042				4		0.094	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001				4		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.041				4		0.092	0.006	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.151				4		0.338	0.021	
18:2 undifferentiated.....g	0.088				4		0.197	0.012	
18:3 undifferentiated.....g	0.063				4		0.141	0.009	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	BFSN	4		0	0	
Theobromine.....mg	0		0	BFSN	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 224g: 1 cup

Measure 2 = 14.0g: 1 tbsp

**Calories Factors:** Protein 0

Fat 0

Carbohydrate 2.47

**Food Group:** 19 Sweets

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	29.77	0.598	12	JO	11		6.25	4.17	
Energy.....kcal	266		0	NC	4		56	37	
Energy.....kj	1115		0	NC	4		234	156	
Protein (N x 6.25).....g	0.15	0.050	15	JO	11		0.03	0.02	
Total lipid (fat).....g	0.02	0.015	10	JO	11		0.00	0.00	
Ash.....g	0.12	0.015	6	JO	11		0.02	0.02	
Carbohydrate, by difference.....g	69.95		0	NC	4		14.69	9.79	
Fiber, total dietary.....g	1.0		0		1		0.2	0.1	
Sugars, total.....g	40.47	1.033	6	JO	11		8.50	5.67	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	7	0.631	70	JA	6		2	1	
Iron, Fe.....mg	0.19	0.006	50	JA	6		0.04	0.03	
Magnesium, Mg.....mg	6	0.195	70	JA	6		1	1	
Phosphorus, P.....mg	6	1.070	67	JA	6		1	1	
Potassium, K.....mg	54	10.356	72	JA	6		11	8	
Sodium, Na.....mg	30	1.514	77	JO	11		6	4	
Zinc, Zn.....mg	0.03	0.008	56	JA	6		0.01	0.00	
Copper, Cu.....mg	0.011	0.007	51	JA	6		0.002	0.002	
Manganese, Mn.....mg	0.132	0.007	48	JA	6		0.028	0.018	
Selenium, Se.....mcg	0.4	0.119	21	JA	6		0.1	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.9	0.130	3		1		0.2	0.1	
Thiamin.....mg	0.001		1		1		0.000	0.000	
Riboflavin.....mg	0.026		1		4		0.005	0.004	
Niacin.....mg	0.036		1		1		0.008	0.005	
Pantothenic acid.....mg	0.197		1		1		0.041	0.028	
Vitamin B-6.....mg	0.020		1		1		0.004	0.003	
Folate, total.....mcg	2		0	FLA	4		0	0	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	2		0	FLA	4		0	0	
Folate, DFE.....mcg_DFE	2		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU.....IU	5		0	FLA	4		1	1	
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, gamma.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, delta.....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	FLA	4		0.1	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.005		0	FLA	4		0.001	0.001	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.000		0	FLA	4		0.000	0.000	
12:0.....g	0.000		0	FLA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.000	0.000	
15:0.....g									
16:0.....g	0.004		0	FLA	4		0.001	0.001	
17:0.....g									
18:0.....g	0.001		0	FLA	4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 19300**  
**Jellies**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points			Code			
Fatty acids, total monounsaturated.....g	0.001		0	FLA	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.000	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0	FLA	4		0.001	0.001	
18:2 undifferentiated.....g	0.003		0	FLA	4		0.001	0.000	
18:3 undifferentiated.....g	0.001		0	FLA	4		0.000	0.000	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	3		0	FLA	4		0.618	0.412	
Carotene, alpha.....mcg	0		0	FLA	4		0.009	0.006	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.008	0.005	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	22		0	FLA	4		4.529	3.019	

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

**Common Measures:**

Measure 1 = 21g: 1 serving 1 tbsp

Measure 2 = 14.0g: 1 packet (0.5 oz)

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.8

**Food Group:** 19 Sweets

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





NDB No. 44110

Jellies, reduced sugar or no sugar, home preserved

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.001				4		0.003	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.001				4		0.003	0.000	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.008				4		0.024	0.002	
18:2 undifferentiated.....g	0.006				4		0.018	0.001	
18:3 undifferentiated.....g	0.002				4		0.006	0.000	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	BFSN	4		0	0	
Theobromine.....mg	0		0	BFSN	4		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	2		0	BFSN	4		5.904	0.374	
Carotene, alpha.....mcg	0		0	BFSN	4		0.089	0.006	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.075	0.005	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	14		0	BFSN	4		43.296	2.742	

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#### Common Measures:

Measure 1 = 300g: 1 cup

Measure 2 = 19g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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



**NDB No. 19303**  
**Marmalade, orange**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		7		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.003		0		1		0.010	0.001	0.000
Threonine.....g	0.005		0		1		0.016	0.001	0.001
Isoleucine.....g	0.008		0		1		0.026	0.002	0.001
Leucine.....g	0.007		0		1		0.022	0.001	0.001
Lysine.....g	0.015		0		1		0.048	0.003	0.002
Methionine.....g	0.006		0		1		0.019	0.001	0.001
Cystine.....g	0.003		0		1		0.010	0.001	0.000
Phenylalanine.....g	0.010		0		1		0.032	0.002	0.001
Tyrosine.....g	0.005		0		1		0.016	0.001	0.001
Valine.....g	0.013		0		1		0.042	0.003	0.002
Arginine.....g	0.021		0		1		0.067	0.004	0.003
Histidine.....g	0.006		0		1		0.019	0.001	0.001
Alanine.....g	0.016		0		1		0.051	0.003	0.002
Aspartic acid.....g	0.036		0		1		0.115	0.007	0.005
Glutamic acid.....g	0.030		0		1		0.096	0.006	0.004
Glycine.....g	0.030		0		1		0.096	0.006	0.004
Proline.....g	0.015		0		1		0.048	0.003	0.002
Serine.....g	0.010		0		1		0.032	0.002	0.001
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	15		0	FLC	4		49.298	3.081	2.157
Carotene, alpha.....mcg	5		0	FLC	4		16.838	1.052	0.737
Cryptoxanthin, beta.....mcg	38		0	FLC	4		121.699	7.606	5.324
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	58		0	FLC	4		186.539	11.659	8.161

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**Common Measures:**

Measure 1 = 320g: 1 cup

Measure 2 = 20g: 1 tbsp

Measure 3 = 14.0g: 1 package (0.5 oz)

NDB No. 19303  
Marmalade, orange

Calories Factors: Protein 3.4      Fat 8.4      Carbohydrate 3.7      Food Group: 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 42131

Milk dessert, frozen, milk-fat free, chocolate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.329				4		0.451		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002				4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.326				4		0.447		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030				4		0.041		
18:2 undifferentiated.....g	0.028				4		0.038		
18:3 undifferentiated.....g	0.001				4		0.001		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	3		0	BFZN	4		4		
Theobromine.....mg	62		0	BFZN	4		85		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	18		0	NR	4		24.660		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

**Common Measures:**

Measure 1 = 137g: 1 cup

**Calories Factors: Protein****Fat****Carbohydrate****Food Group: 19 Sweets**

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	21.87	1.314	12	AI	13		73.71	4.37	
Energy.....kcal	290		0	NC	4		977	58	
Energy.....kj	1213		0	NC	4		4089	243	
Protein (N x 6.25).....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat).....g	0.10		2		1		0.34	0.02	
Ash.....g	3.30		2		1		11.12	0.66	
Carbohydrate, by difference.....g	74.73		0	NC	4		251.83	14.95	
Fiber, total dietary.....g	0.0		1	LC	8		0.0	0.0	
Sugars, total.....g	55.49	1.784	7	AI	13		187.01	11.10	
Sucrose.....g	29.40	3.454	12	AI	13		99.09	5.88	
Glucose (dextrose).....g	11.92	2.056	11	AI	13		40.18	2.38	
Fructose.....g	12.79	1.186	10	AI	13		43.09	2.56	
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	205		2		1		691	41	
Iron, Fe.....mg	4.72		2		1		15.91	0.94	
Magnesium, Mg.....mg	242		2		1		816	48	
Phosphorus, P.....mg	31		2		1		104	6	
Potassium, K.....mg	1464		2		1		4934	293	
Sodium, Na.....mg	37		2		1		125	7	
Zinc, Zn.....mg	0.29	0.038	3		1		0.98	0.06	
Copper, Cu.....mg	0.487	0.035	3		1		1.641	0.097	
Manganese, Mn.....mg	1.530		2		1		5.156	0.306	
Selenium, Se.....mcg	17.8	4.906	5	A	1		60.0	3.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0	0.0	
Thiamin.....mg	0.041		2		1		0.138	0.008	
Riboflavin.....mg	0.002		1		1		0.007	0.000	
Niacin.....mg	0.930		2		1		3.134	0.186	
Pantothenic acid.....mg	0.804		2		1		2.709	0.161	
Vitamin B-6.....mg	0.670		2		1		2.258	0.134	
Folate, total.....mcg	0		2		1		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		2		1		0	0	
Folate, DFE.....mcg_DFE	0		0	NR	4		0	0	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	0		1	LC	8		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	NR	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.018		0		4		0.061	0.004	

**NDB No. 19304**  
**Molasses**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	0.018		0		4		0.061	0.004	
17:0.....g									
18:0.....g	0.002		0		4		0.007	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.032		0		4		0.108	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.032		0		4		0.108	0.006	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.050		0		4		0.169	0.010	
18:2 undifferentiated.....g	0.050		0		4		0.169	0.010	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	NR	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	NR	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	NR	4		0.000	0.000	
Lycopene.....mcg	0		0	NR	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 337g: 1 cup

Measure 2 = 20g: 1 serving 1 Tablespoon

**Calories Factors: Protein**

**Fat 8.37**

**Carbohydrate 3.87**

**Food Group: 19 Sweets**

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



**NDB No. 19305**  
**Molasses, blackstrap**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	28.70		1		1		94.14	5.74	
Energy.....kcal	235		0	NC	4		771	47	
Energy.....kj	983				4		3225	197	
Protein (N x 6.25).....g	0.00		1		4		0.00	0.00	
Total lipid (fat).....g	0.00		1		1		0.00	0.00	
Ash.....g	8.20		1		1		26.90	1.64	
Carbohydrate, by difference.....g	60.80		0	NC	4		199.42	12.16	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	860		1		1		2821	172	
Iron, Fe.....mg	17.50		1		1		57.40	3.50	
Magnesium, Mg.....mg	215		1		1		705	43	
Phosphorus, P.....mg	40		1		1		131	8	
Potassium, K.....mg	2492		1		1		8174	498	
Sodium, Na.....mg	55		1		1		180	11	
Zinc, Zn.....mg	1.00		1		1		3.28	0.20	
Copper, Cu.....mg	2.040		1		1		6.691	0.408	
Manganese, Mn.....mg	2.610		1		1		8.561	0.522	
Selenium, Se.....mcg	17.8		0	BFZN	4		58.4	3.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.033		1		1		0.108	0.007	
Riboflavin.....mg	0.052		1		1		0.171	0.010	
Niacin.....mg	1.080		1		1		3.542	0.216	
Pantothenic acid.....mg	0.880		1		1		2.886	0.176	
Vitamin B-6.....mg	0.700		1		1		2.296	0.140	
Folate, total.....mcg	1		1		1		3	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1		1		1		3	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		3	0	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	0		1		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**NDB No. 19305**  
**Molasses, blackstrap**

**Common Measures:**

Measure 1 = 328g: 1 cup

Measure 2 = 20g: 1 tbsp

**Calories Factors: Protein**

**Fat 8.37**

**Carbohydrate 3.87**

**Food Group:** 19 Sweets

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

**NDB No. 19257**  
**POLANER ALL-FRUIT Strawberry Spread**  
*B&G Foods, Inc.*

**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	Code	Code				
<b><u>Proximates:</u></b>									
Water.....g	41.70		1	A	1		7.51		
Energy.....kcal	231		0	NC	4		42		
Energy.....kj	966				4		174		
Protein.....g	0.70		1	A	1		0.13		
Total lipid (fat).....g	0.00		1	A	1		0.00		
Ash.....g	0.60		1	A	1		0.11		
Carbohydrate, by difference.....g	57.00		0	NC	4		10.26		
Fiber, total dietary.....g									
Sugars, total.....g	42.10		1	A	1		7.58		
Starch.....g									
<b><u>Minerals:</u></b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	20		1	A	1		4		
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 = 18g: 1 tbsp

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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



**NDB No. 42063**  
**Pectin, liquid**

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

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

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 19 Sweets

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



**NDB No. 19310**  
**Pectin, unsweetened, dry mix**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	0.010		0		4		0.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.012		0		4		0.006		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.090		0		4		0.045		
18:2 undifferentiated.....g	0.072		0		4		0.036		
18:3 undifferentiated.....g	0.015		0		4		0.008		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
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	0		1		4		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 50g: 1 package (1.75 oz)

**Calories Factors: Protein**

**Fat**

**Carbohydrate 3.6**

**Food Group: 19 Sweets**

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





**NDB No. 19312**  
**Pie fillings, apple, canned**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030		0		1		0.179	0.022	
18:2 undifferentiated.....g	0.020		1		1		0.119	0.015	
18:3 undifferentiated.....g	0.000		1		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.001		0		1		0.006	0.001	
Threonine.....g	0.003		0		1		0.018	0.002	
Isoleucine.....g	0.003		0		1		0.018	0.002	
Leucine.....g	0.005		0		1		0.030	0.004	
Lysine.....g	0.005		0		1		0.030	0.004	
Methionine.....g	0.001		0		1		0.006	0.001	
Cystine.....g	0.001		0		1		0.006	0.001	
Phenylalanine.....g	0.002		0		1		0.012	0.001	
Tyrosine.....g	0.002		0		1		0.012	0.001	
Valine.....g	0.004		0		1		0.024	0.003	
Arginine.....g	0.002		0		1		0.012	0.001	
Histidine.....g	0.001		0		1		0.006	0.001	
Alanine.....g	0.003		0		1		0.018	0.002	
Aspartic acid.....g	0.028		0		1		0.167	0.021	
Glutamic acid.....g	0.008		0		1		0.048	0.006	
Glycine.....g	0.003		0		1		0.018	0.002	
Proline.....g	0.003		0		1		0.018	0.002	
Serine.....g	0.003		0		1		0.018	0.002	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	FLC	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

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**Common Measures:**

Measure 1 = 595g: 1 can (21 oz)

Measure 2 = 74g: .125 can

NDB No. 19312  
Pie fillings, apple, canned

Calories Factors: Protein 3.4      Fat 8.4      Carbohydrate 3.8      Food Group: 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 44158**  
**Pie fillings, blueberry, canned**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.000		1	LC	8		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	13		0	FLC	4		35.030	20.189	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	33		0	FLC	4		86.058	49.598	

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

**Common Measures:**

Measure 1 = 262g: 1 cup  
Measure 2 = 151g: 1 serving

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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

**NDB No. 19314**  
**Pie fillings, canned, cherry**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	71.23	0.930	5	A	1		423.82	52.71	
Energy.....kcal	115		0	NC	4		684	85	
Energy.....kj	481				4		2863	356	
Protein (N x 6.25).....g	0.37	0.070	4	A	1		2.20	0.27	
Total lipid (fat).....g	0.07	0.070	4	A	1		0.42	0.05	
Ash.....g	0.20	0.010	4	A	1		1.19	0.15	
Carbohydrate, by difference.....g	28.00		0	NC	4		166.60	20.72	
Fiber, total dietary.....g	0.6		0		1		3.6	0.4	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11		2		1		65	8	
Iron, Fe.....mg	0.24		2		1		1.43	0.18	
Magnesium, Mg.....mg	7		2		1		42	5	
Phosphorus, P.....mg	15		2		1		89	11	
Potassium, K.....mg	105		2		1		625	78	
Sodium, Na.....mg	18	8.040	4	A	1		107	13	
Zinc, Zn.....mg	0.05		2		1		0.30	0.04	
Copper, Cu.....mg	0.080		2		1		0.476	0.059	
Manganese, Mn.....mg	0.030		2		1		0.179	0.022	
Selenium, Se.....mcg	0.4		0	BFSN	4		2.4	0.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.6		1		4		21.4	2.7	
Thiamin.....mg	0.025		2		1		0.149	0.019	
Riboflavin.....mg	0.016		2		1		0.095	0.012	
Niacin.....mg	0.140		2		1		0.833	0.104	
Pantothenic acid.....mg	0.063		2		1		0.375	0.047	
Vitamin B-6.....mg	0.037		2		1		0.220	0.027	
Folate, total.....mcg	4		2		1		24	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		2		1		24	3	
Folate, DFE.....mcg_DFE	4		0	NC	4		24	3	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	205		2		1		1220	152	
Vitamin A, RAE.....mcg_RAE	10		0	NC	4		61	8	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.018		0	BFFN	4		0.107	0.013	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.010		0	BFFN	4		0.060	0.007	
17:0.....g									
18:0.....g	0.004		0	BFFN	4		0.024	0.003	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 19314**  
**Pie fillings, canned, cherry**

Nutrients and Units	Amount in 100 grams of edible portion					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	0.021		0	BFFN	4		0.125	0.016	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.021		0	BFFN	4		0.125	0.016	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.021		0	BFFN	4		0.125	0.016	
18:2 undifferentiated.....g	0.010		0	BFFN	4		0.060	0.007	
18:3 undifferentiated.....g	0.010		0	BFFN	4		0.060	0.007	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.002		0		1		0.012	0.001	
Threonine.....g	0.009		0		1		0.054	0.007	
Isoleucine.....g	0.009		0		1		0.054	0.007	
Leucine.....g	0.013		0		1		0.077	0.010	
Lysine.....g	0.016		0		1		0.095	0.012	
Methionine.....g	0.002		0		1		0.012	0.001	
Cystine.....g	0.002		0		1		0.012	0.001	
Phenylalanine.....g	0.008		0		1		0.048	0.006	
Tyrosine.....g	0.005		0		1		0.030	0.004	
Valine.....g	0.012		0		1		0.071	0.009	
Arginine.....g	0.007		0		1		0.042	0.005	
Histidine.....g	0.006		0		1		0.036	0.004	
Alanine.....g	0.013		0		1		0.077	0.010	
Aspartic acid.....g	0.247		0		1		1.470	0.183	
Glutamic acid.....g	0.017		0		1		0.101	0.013	
Glycine.....g	0.010		0		1		0.060	0.007	
Proline.....g	0.014		0		1		0.083	0.010	
Serine.....g	0.014		0		1		0.083	0.010	
Hydroxyproline.....g									

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**Common Measures:**

Measure 1 = 595g: 1 can (21 oz)

Measure 2 = 74g: .125 can

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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



**NDB No. 43098**  
**Pie fillings, cherry, low calorie**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.000		1	LC	8		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		1	LC	8		0.000		
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	125		0	NR	4		330.000		
Carotene, alpha.....mcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000		

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**Common Measures:**

Measure 1 = 264g: 1 cup

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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



NDB No. 19286

Puddings, KRAFT, JELL-O Brand Fat Free Cook & Serve Reduced Calorie Pudding & Pie Filling Chocolate, regular, powder  
Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
<b>Proximates:</b>									
Water.....g	3.60		0	MC	9		0.90		
Energy.....kcal	360		0	MC	9		90		
Energy.....kj	1506				9		377		
Protein.....g	1.70		0	MC	9		0.43		
Total lipid (fat).....g	1.00		0	NR	4		0.25		
Ash.....g	2.10		0	MC	9		0.53		
Carbohydrate, by difference.....g	91.00		0	MC	9		22.75		
Fiber, total dietary.....g	1.3		0	MC	9		0.3		
Sugars, total.....g	60.10		0	MC	9		15.03		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	21		0	MC	9		5		
Iron, Fe.....mg	2.68		0	MC	9		0.67		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	72		0	MC	9		18		
Potassium, K.....mg	351		0	MC	9		88		
Sodium, Na.....mg	426		0	MC	9		107		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	1		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.600		0	MC	9		0.150		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 25g: 1 NLEA Serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 19286**

**Puddings, KRAFT, JELL-O Brand Fat Free Cook & Serve Reduced Calorie Pudding & Pie Filling Chocolate, regular, powder**

**Food Group:** 19 Sweets

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

NDB No. 19287

Puddings, KRAFT, JELL-O Brand Fat Free Cook & Serve Reduced Calorie Pudding & Pie Filling Vanilla, regular, powder

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.10		0	MC	9		0.71		
Energy.....kcal	374		0	MC	9		86		
Energy.....kj	1565				9		360		
Protein.....g	0.10		0	MC	9		0.02		
Total lipid (fat).....g	0.10		0	NR	4		0.02		
Ash.....g	2.20		0	MC	9		0.51		
Carbohydrate, by difference.....g	94.30		0	MC	9		21.69		
Fiber, total dietary.....g	0.3		0	MC	9		0.1		
Sugars, total.....g	69.70		0	MC	9		16.03		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	10		0	MC	9		2		
Iron, Fe.....mg	0.18		0	MC	9		0.04		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	7		0	MC	9		2		
Potassium, K.....mg	12		0	MC	9		3		
Sodium, Na.....mg	599		0	MC	9		138		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.100		0	MC	9		0.023		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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#### Common Measures:

Measure 1 = 23g: 1 NLEA Serving

Calories Factors: Protein

Fat

Carbohydrate

**NDB No. 19287**

**Puddings, KRAFT, JELL-O Brand Fat Free Cook & Serve Reduced Calorie Pudding & Pie Filling Vanilla, regular, powder**

**Food Group:** 19 Sweets

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

NDB No. 19288

Puddings, KRAFT, JELL-O Brand Fat Free Pudding Snacks Chocolate, ready-to-eat

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	75.70		0	MC	9		85.54		
Energy.....kcal	90		0	MC	9		102		
Energy.....kj	377				9		426		
Protein.....g	2.50		0	MC	9		2.83		
Total lipid (fat).....g	0.40		0	NR	4		0.45		
Ash.....g	1.10		0	MC	9		1.24		
Carbohydrate, by difference.....g	20.10		0	MC	9		22.71		
Fiber, total dietary.....g	0.8		0	MC	9		0.9		
Sugars, total.....g	15.30		0	MC	9		17.29		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	79		0	MC	9		89		
Iron, Fe.....mg	0.53		0	MC	9		0.60		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	76		0	MC	9		86		
Potassium, K.....mg	208		0	MC	9		235		
Sodium, Na.....mg	170		0	MC	9		192		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0	MC	9		0.3		
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	154		0	MC	9		174		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.300		0	MC	9		0.339		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	MC	9		2		
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 113g: 1 NLEA Serving

Calories Factors: Protein

Fat

Carbohydrate

**NDB No. 19288**

**Puddings, KRAFT, JELL-O Brand Fat Free Pudding Snacks Chocolate, ready-to-eat**

**Food Group:** 19 Sweets

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

NDB No. 19289

Puddings, KRAFT, JELL-O Brand Fat Free Pudding Snacks Vanilla, ready-to-eat

Kraft Foods, Inc.

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	75.90		0	MC	9		85.77		
Energy.....kcal	92		0	MC	9		104		
Energy.....kj	385				9		435		
Protein.....g	2.10		0	MC	9		2.37		
Total lipid (fat).....g	0.20		0	NR	4		0.23		
Ash.....g	1.00		0	MC	9		1.13		
Carbohydrate, by difference.....g	20.50		0	MC	9		23.17		
Fiber, total dietary.....g	0.1		0	MC	9		0.1		
Sugars, total.....g	15.80		0	MC	9		17.85		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	76		0	MC	9		86		
Iron, Fe.....mg	0.04		0	MC	9		0.05		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	102		0	MC	9		115		
Potassium, K.....mg	109		0	MC	9		123		
Sodium, Na.....mg	213		0	MC	9		241		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0	MC	9		0.3		
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	154		0	MC	9		174		
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	0.200		0	MC	9		0.226		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	MC	9		2		
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 113g: 1 NLEA Serving

Calories Factors: Protein

Fat

Carbohydrate

**NDB No. 19289**

**Puddings, KRAFT, JELL-O Brand Fat Free Pudding Snacks Vanilla, ready-to-eat**

**Food Group:** 19 Sweets

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



NDB No. 19275

Puddings, KRAFT, JELL-O Brand Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling Chocolate, with aspartame and acesulfame potassium sweetener, powder

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	4.50		0	MC	9		0.50		
Energy.....kcal	310		0	MC	9		34		
Energy.....kj	1297				9		143		
Protein.....g	4.90		0	MC	9		0.54		
Total lipid (fat).....g	2.40		0	NR	4		0.26		
Ash.....g	9.90		0	MC	9		1.09		
Carbohydrate, by difference (1).....g	74.60		0	MC	9		8.21		
Fiber, total dietary.....g	7.9		0	MC	9		0.9		
Sugars, total.....g	0.70		0	MC	9		0.08		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	126		0	MC	9		14		
Iron, Fe.....mg	7.17		0	MC	9		0.79		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	1717		0	MC	9		189		
Potassium, K.....mg	1105		0	MC	9		122		
Sodium, Na.....mg	2887		0	MC	9		318		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.1		0	MC	9		0.1		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	2		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.000		0	MC	9		0.110		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 11.0g: 1 NLEA Serving

#### Footnotes

1 Contains other proximate components.

NDB No. 19275  
Puddings, KRAFT, JELL-O Brand Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling Chocolate, with aspartame and acesulfame potassium sweetener, powder

Calories Factors: Protein                      Fat                      Carbohydrate                      Food Group: 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 19276

Puddings, KRAFT, JELL-O Brand Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling Vanilla, with aspartame and acesulfame potassium sweetener, powder

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	5.70		0	MC	9		0.46		
Energy.....kcal	331		0	MC	9		26		
Energy.....kj	1385				9		111		
Protein.....g	0.80		0	MC	9		0.06		
Total lipid (fat).....g	0.90		0	NR	4		0.07		
Ash.....g	11.40		0	MC	9		0.91		
Carbohydrate, by difference (1).....g	77.90		0	MC	9		6.23		
Fiber, total dietary.....g	1.3		0	MC	9		0.1		
Sugars, total.....g	0.90		0	MC	9		0.07		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	147		0	MC	9		12		
Iron, Fe.....mg	0.08		0	MC	9		0.01		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	2368		0	MC	9		189		
Potassium, K.....mg	31		0	MC	9		2		
Sodium, Na.....mg	4154		0	MC	9		332		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.100		0	MC	9		0.008		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 8.0g: 1 NLEA Serving

#### Footnotes

1 Contains other proximate components.

NDB No. 19276  
Puddings, KRAFT, JELL-O Brand Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling Vanilla, with aspartame and acesulfame potassium sweetener, powder

Calories Factors: Protein                      Fat                      Carbohydrate                      Food Group: 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 19284

Puddings, KRAFT, JELL-O Brand Instant Pudding & Pie Filling Chocolate, powder

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	1.60		0	MC	9		0.45		
Energy.....kcal	355		0	MC	9		99		
Energy.....kj	1485				9		416		
Protein.....g	1.50		0	MC	9		0.42		
Total lipid (fat).....g	1.20		0	NR	4		0.34		
Ash.....g	4.80		0	MC	9		1.34		
Carbohydrate, by difference (1).....g	89.60		0	MC	9		25.09		
Fiber, total dietary.....g	2.4		0	MC	9		0.7		
Sugars, total.....g	66.70		0	MC	9		18.68		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	16		0	MC	9		4		
Iron, Fe.....mg	2.13		0	MC	9		0.60		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	938		0	MC	9		263		
Potassium, K.....mg	290		0	MC	9		81		
Sodium, Na.....mg	1477		0	MC	9		414		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.500		0	MC	9		0.140		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 28g: 1 NLEA Serving

#### Footnotes

1 Contains other proximate components.

NDB No. 19284  
Puddings, KRAFT, JELL-O Brand Instant Pudding & Pie Filling Chocolate, powder

Calories Factors: Protein Fat Carbohydrate Food Group: 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

*Kraft Foods, Inc.*

**Refuse: 0%**

[illegible]

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

### Common Measures:

Measure 1 = 25g: 1 NLEA Serving

### Calories Factors: Protein

## Fat

## Carbohydrate

**NDB No. 19285**

**Puddings, KRAFT, JELL-O Brand Instant Pudding & Pie Filling Vanilla, powder**

**Food Group:** 19 Sweets

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



NDB No. 19277

Puddings, KRAFT, JELL-O Brand Sugar Free Cook & Serve Reduced Calorie Pudding & Pie Filling Chocolate, regular, with aspartame and acesulfame potassium sweetener, powder

Kraft Foods, Inc.

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	8.30		0	MC	9		0.83		
Energy.....kcal	310		0	MC	9		31		
Energy.....kj	1297				9		130		
Protein.....g	6.10		0	MC	9		0.61		
Total lipid (fat).....g	3.00		0	NR	4		0.30		
Ash.....g	6.00		0	MC	9		0.60		
Carbohydrate, by difference (1) .....g	74.50		0	MC	9		7.45		
Fiber, total dietary.....g	9.3		0	MC	9		0.9		
Sugars, total.....g	0.70		0	MC	9		0.07		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	69		0	MC	9		7		
Iron, Fe.....mg	11.83		0	MC	9		1.18		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	212		0	MC	9		21		
Potassium, K.....mg	1390		0	MC	9		139		
Sodium, Na.....mg	1085		0	MC	9		109		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.600		0	MC	9		0.160		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 10.0g: 1 NLEA Serving

#### Footnotes

1 Contains other proximate components.

NDB No. 19277  
Puddings, KRAFT, JELL-O Brand Sugar Free Cook & Serve Reduced Calorie Pudding & Pie Filling Chocolate, regular, with aspartame and acesulfame potassium sweetener, powder

Calories Factors: Protein                      Fat                      Carbohydrate                      Food Group: 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 19278

Puddings, KRAFT, JELL-O Brand Sugar Free Cook & Serve Reduced Calorie Pudding & Pie Filling Vanilla, regular, with aspartame and acesulfame potassium sweetener, powder

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	10.10		0	MC	9		0.61		
Energy.....kcal	349		0	MC	9		21		
Energy.....kj	1460				9		88		
Protein.....g	1.00		0	MC	9		0.06		
Total lipid (fat).....g	0.30		0	NR	4		0.02		
Ash.....g	5.20		0	MC	9		0.31		
Carbohydrate, by difference (1).....g	82.30		0	MC	9		4.94		
Fiber, total dietary.....g	0.9		0	MC	9		0.1		
Sugars, total.....g	2.90		0	MC	9		0.17		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	42		0	MC	9		3		
Iron, Fe.....mg	0.36		0	MC	9		0.02		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	29		0	MC	9		2		
Potassium, K.....mg	38		0	MC	9		2		
Sodium, Na.....mg	1887		0	MC	9		113		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.100		0	MC	9		0.006		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

#### Common Measures:

Measure 1 = 6.0g: 1 NLEA Serving

#### Footnotes

1 Contains other proximate components.

NDB No. 19278  
Puddings, KRAFT, JELL-O Brand Sugar Free Cook & Serve Reduced Calorie Pudding & Pie Filling Vanilla, regular, with aspartame and acesulfame potassium sweetener, powder

Calories Factors: Protein                      Fat                      Carbohydrate                      Food Group: 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 44260

Puddings, all flavors except chocolate, low calorie, instant, dry mix

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
<hr/>									
Fatty acids, total monounsaturated.....g	0.240					4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000					4			
17:1.....g									
18:1 undifferentiated.....g	0.240					4			
20:1.....g	0.000					4			
22:1 undifferentiated.....g	0.000					4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.318					4			
18:2 undifferentiated.....g	0.305					4			
18:3 undifferentiated.....g	0.013					4			
18:4.....g	0.000					4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000					4			
20:5 n-3.....g	0.000					4			
22:5 n-3.....g	0.000					4			
22:6 n-3.....g	0.000					4			
Fatty acids, total trans.....g									
Cholesterol.....mg	0					7			
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0					7			
Caffeine.....mg	0		0	FLM		4			
Theobromine.....mg	0		0	FLM		4			
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	FLM		4			
Carotene, alpha.....mcg	0		0	FLM		4			
Cryptoxanthin, beta.....mcg	0		0	FLM		4			
Lycopene.....mcg	0		0	FLM		4			
Lutein + zeaxanthin.....mcg	0		0	FLM		4			

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

#### Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

**Puddings, all flavors except chocolate, low calorie, regular, dry mix**

[illegible]

NDB No. 44259

Puddings, all flavors except chocolate, low calorie, regular, dry mix

Nutrients and Units	Amount in 100 grams of edible portion					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	0.032					4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000					4			
17:1.....g									
18:1 undifferentiated.....g	0.032					4			
20:1.....g	0.000					4			
22:1 undifferentiated.....g	0.000					4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.050					4			
18:2 undifferentiated.....g	0.050					4			
18:3 undifferentiated.....g	0.000					4			
18:4.....g	0.000					4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000					4			
20:5 n-3.....g	0.000					4			
22:5 n-3.....g	0.000					4			
22:6 n-3.....g	0.000					4			
Fatty acids, total trans.....g									
Cholesterol.....mg	0					4			
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0					7			
Caffeine.....mg	0		0	BFSN		4			
Theobromine.....mg	0		0	BFSN		4			
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	BFSN		4			
Carotene, alpha.....mcg	0		0	BFSN		4			
Cryptoxanthin, beta.....mcg	0		0	BFSN		4			
Lycopene.....mcg	0		0	BFSN		4			
Lutein + zeaxanthin.....mcg	0		0	BFSN		4			

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

#### Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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



**NDB No. 19318**  
**Puddings, banana, dry mix, instant**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.80	0.054	6		1		2.77	0.70	
Energy.....kcal	367		0	NC	4		363	92	
Energy.....Kj	1536				4		1520	384	
Protein (N x 6.4).....g	0.00	0.000	6		1		0.00	0.00	
Total lipid (fat).....g	0.60	0.074	6		1		0.59	0.15	
Ash.....g	3.80	0.013	6		1		3.76	0.95	
Carbohydrate, by difference.....g	92.70		0	NC	4		91.77	23.18	
Fiber, total dietary.....g	0.0		0	FLM	4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	6		1		4		6	2	
Iron, Fe.....mg	0.12		1		4		0.12	0.03	
Magnesium, Mg.....mg	2		1		4		2	1	
Phosphorus, P.....mg	804		1		4		796	201	
Potassium, K.....mg	15		0		4		15	4	
Sodium, Na.....mg	1499		0		4		1484	375	
Zinc, Zn.....mg	0.04		1		4		0.04	0.01	
Copper, Cu.....mg	0.021		1		4		0.021	0.005	
Manganese, Mn.....mg	0.010		1		4		0.010	0.003	
Selenium, Se.....mcg	0.8		0	BFZN	4		0.8	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.001		1		4		0.001	0.000	
Riboflavin.....mg	0.003		1		4		0.003	0.001	
Niacin.....mg	0.002		1		4		0.002	0.001	
Pantothenic acid.....mg	0.006		1		4		0.006	0.002	
Vitamin B-6.....mg	0.001		1		4		0.001	0.000	
Folate, total.....mcg	0		1		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		1		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.01		1		4		0.01	0.00	
Vitamin A, IU.....IU	0		1		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.090		0		1		0.089	0.023	
4:0.....g	0.000		1		1		0.000	0.000	
6:0.....g	0.000		1		1		0.000	0.000	
8:0.....g	0.000		1		1		0.000	0.000	
10:0.....g	0.000		1		1		0.000	0.000	
12:0.....g	0.000		1		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		1		1		0.000	0.000	
15:0.....g									
16:0.....g	0.060		1		1		0.059	0.015	
17:0.....g									
18:0.....g	0.020		1		1		0.020	0.005	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 19318**  
**Puddings, banana, dry mix, instant**

Nutrients and Units	Amount in 100 grams of edible portion					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	0.140		0		1		0.139	0.035	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.140		1		1		0.139	0.035	
20:1.....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.350		0		1		0.347	0.088	
18:2 undifferentiated.....g	0.310		1		1		0.307	0.078	
18:3 undifferentiated.....g	0.040		1		1		0.040	0.010	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein 4.2**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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

**Puddings, banana, dry mix, instant, prepared with 2% milk**

[illegible]

NDB No. 19121

Puddings, banana, dry mix, instant, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.460		0	RPA	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.036		0	RPA	1				
17:1.....g									
18:1 undifferentiated.....g	0.425		0	RPA	1				
20:1.....g	0.000		0	RPA	1				
22:1 undifferentiated.....g	0.000		0	RPA	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.118		0	RPA	1				
18:2 undifferentiated.....g	0.088		0	RPA	1				
18:3 undifferentiated.....g	0.030		0	RPA	1				
18:4.....g	0.000		0	RPA	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1				
20:5 n-3.....g	0.000		0	RPA	1				
22:5 n-3.....g	0.000		0	RPA	1				
22:6 n-3.....g	0.000		0	RPA	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0	RPI	6				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.039		0	RPA	1				
Threonine.....g	0.125		0	RPA	1				
Isoleucine.....g	0.167		0	RPA	1				
Leucine.....g	0.271		0	RPA	1				
Lysine.....g	0.219		0	RPA	1				
Methionine.....g	0.070		0	RPA	1				
Cystine.....g	0.026		0	RPA	1				
Phenylalanine.....g	0.134		0	RPA	1				
Tyrosine.....g	0.134		0	RPA	1				
Valine.....g	0.185		0	RPA	1				
Arginine.....g	0.100		0	RPA	1				
Histidine.....g	0.075		0	RPA	1				
Alanine.....g	0.095		0	RPA	1				
Aspartic acid.....g	0.210		0	RPA	1				
Glutamic acid.....g	0.579		0	RPA	1				
Glycine.....g	0.058		0	RPA	1				
Proline.....g	0.268		0	RPA	1				
Serine.....g	0.150		0	RPA	1				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RPI	6				
Caffeine.....mg	0		0	RPI	6				
Theobromine.....mg	0		0	RPI	6				
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	10		0	O	4				
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:

Calories Factors: Protein

Fat

Carbohydrate

**NDB No. 19121**

**Puddings, banana, dry mix, instant, prepared with 2% milk**

**Food Group:** 19 Sweets

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

**Puddings, banana, dry mix, instant, prepared with whole milk**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	73.51		0	RPA	1				
Energy.....kcal	115		0	RPI	6				
Energy.....kj	482		0	RPI	6				
Protein.....g	2.73		0	RPA	1				
Total lipid (fat).....g	2.87		0	RPA	1				
Ash.....g	1.24		0	RPA	1				
Carbohydrate, by difference.....g	19.63		0	RPI	6				
Fiber, total dietary.....g	0.0		0	RPI	6				
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	100		0	RPI	6				
Iron, Fe.....mg	0.06		0	RPI	6				
Magnesium, Mg.....mg	11		0	RPI	6				
Phosphorus, P.....mg	214		0	RPI	6				
Potassium, K.....mg	128		0	RPI	6				
Sodium, Na.....mg	296		0	RPI	6				
Zinc, Zn.....mg	0.32		0	RPI	6				
Copper, Cu.....mg	0.012		0	RPI	6				
Manganese, Mn.....mg	0.005		0	RPI	6				
Selenium, Se.....mcg	1.8		0	RPI	6				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		0	RPI	6				
Thiamin.....mg	0.032		0	RPI	6				
Riboflavin.....mg	0.135		0	RPI	6				
Niacin.....mg	0.070		0	RPI	6				
Pantothenic acid.....mg	0.262		0	RPI	6				
Vitamin B-6.....mg	0.035		0	RPI	6				
Folate, total.....mcg	4		0	RPI	6				
Folic acid.....mcg	0		0	RPI	6				
Folate, food.....mcg	4		0	RPI	6				
Folate, DFE.....mcg_DFE	4		0	NC	4				
Vitamin B-12.....mcg	0.30		0	RPI	6				
Vitamin A, IU.....IU	105		0	RPI	6				
Vitamin A, RAE.....mcg_RAE	24		0	NC	4				
Retinol.....mcg	23		0	RPI	6				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.679		0	RPA	1				
4:0.....g	0.090		0	RPA	1				
6:0.....g	0.053		0	RPA	1				
8:0.....g	0.031		0	RPA	1				
10:0.....g	0.070		0	RPA	1				
12:0.....g	0.078		0	RPA	1				
13:0.....g									
14:0.....g	0.279		0	RPA	1				
15:0.....g									
16:0.....g	0.740		0	RPA	1				
17:0.....g									
18:0.....g	0.340		0	RPA	1				
20:									

NDB No. 19319

Puddings, banana, dry mix, instant, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.783		0	RPA	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.062		0	RPA	1				
17:1.....g									
18:1 undifferentiated.....g	0.721		0	RPA	1				
20:1.....g	0.000		0	RPA	1				
22:1 undifferentiated.....g	0.000		0	RPA	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.162		0	RPA	1				
18:2 undifferentiated.....g	0.115		0	RPA	1				
18:3 undifferentiated.....g	0.047		0	RPA	1				
18:4.....g	0.000		0	RPA	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1				
20:5 n-3.....g	0.000		0	RPA	1				
22:5 n-3.....g	0.000		0	RPA	1				
22:6 n-3.....g	0.000		0	RPA	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0	RPI	6				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.038		0	RPA	1				
Threonine.....g	0.124		0	RPA	1				
Isoleucine.....g	0.165		0	RPA	1				
Leucine.....g	0.267		0	RPA	1				
Lysine.....g	0.217		0	RPA	1				
Methionine.....g	0.069		0	RPA	1				
Cystine.....g	0.025		0	RPA	1				
Phenylalanine.....g	0.132		0	RPA	1				
Tyrosine.....g	0.132		0	RPA	1				
Valine.....g	0.183		0	RPA	1				
Arginine.....g	0.099		0	RPA	1				
Histidine.....g	0.074		0	RPA	1				
Alanine.....g	0.094		0	RPA	1				
Aspartic acid.....g	0.208		0	RPA	1				
Glutamic acid.....g	0.572		0	RPA	1				
Glycine.....g	0.058		0	RPA	1				
Proline.....g	0.265		0	RPA	1				
Serine.....g	0.149		0	RPA	1				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RPI	6				
Caffeine.....mg	0		0	RPI	6				
Theobromine.....mg	0		0	RPI	6				
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	15		0	O	4				
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:

Calories Factors: Protein

Fat

Carbohydrate

**NDB No. 19319**

**Puddings, banana, dry mix, instant, prepared with whole milk**

**Food Group:** 19 Sweets

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



### Puddings, banana, dry mix, instant, with added oil

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.80	0.054	6		1		2.77	0.70	
Energy.....kcal	386		0		4		382	97	
Energy.....kj	1615				4		1599	404	
Protein (N x 6.4).....g	0.00	0.000	6		1		0.00	0.00	
Total lipid (fat).....g	4.40		0		1		4.36	1.10	
Ash.....g	3.80	0.013	6		1		3.76	0.95	
Carbohydrate, by difference.....g	89.00		0		4		88.11	22.25	
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	6		0		1		6	2	
Iron, Fe.....mg	0.12		0		4		0.12	0.03	
Magnesium, Mg.....mg	2		0		4		2	1	
Phosphorus, P.....mg	804		0		4		796	201	
Potassium, K.....mg	15		0		4		15	4	
Sodium, Na.....mg	1499		0		4		1484	375	
Zinc, Zn.....mg	0.04		0		4		0.04	0.01	
Copper, Cu.....mg	0.021		0		4		0.021	0.005	
Manganese, Mn.....mg	0.010		0		4		0.010	0.003	
Selenium, Se.....mcg	0.8		0	RA	4		0.8	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.001		0		4		0.001	0.000	
Riboflavin.....mg	0.003		0		4		0.003	0.001	
Niacin.....mg	0.002		0		4		0.002	0.001	
Pantothenic acid.....mg	0.006		0		4		0.006	0.002	
Vitamin B-6.....mg	0.001		0		4		0.001	0.000	
Folate, total.....mcg	0		0		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		0		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.01		0		4		0.01	0.00	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.790		0		4		0.782	0.198	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	

NDB No. 19705

Puddings, banana, dry mix, instant, with added oil

Nutrients and Units	Amount in 100 grams of edible portion					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	1.300		0		4		1.287	0.325	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.290		0		4		1.277	0.323	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.120		0		4		2.099	0.530	
18:2 undifferentiated.....g	1.990		0		4		1.970	0.498	
18:3 undifferentiated.....g	0.120		0		4		0.119	0.030	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

#### Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate 3.9

Food Group: 19 Sweets

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



**NDB No. 19320**  
**Puddings, banana, dry mix, regular**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	0.030		0		1		0.026	0.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.030		1		1		0.026	0.007	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.160		0		1		0.141	0.035	
18:2 undifferentiated.....g	0.160		1		1		0.141	0.035	
18:3 undifferentiated.....g	0.010		1		1		0.009	0.002	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.001		0		1		0.001	0.000	
Isoleucine.....g	0.001		0		1		0.001	0.000	
Leucine.....g	0.005		0		1		0.004	0.001	
Lysine.....g	0.001		0		1		0.001	0.000	
Methionine.....g	0.001		0		1		0.001	0.000	
Cystine.....g	0.001		0		1		0.001	0.000	
Phenylalanine.....g	0.002		0		1		0.002	0.000	
Tyrosine.....g	0.001		0		1		0.001	0.000	
Valine.....g	0.002		0		1		0.002	0.000	
Arginine.....g	0.002		0		1		0.002	0.000	
Histidine.....g	0.001		0		1		0.001	0.000	
Alanine.....g	0.003		0		1		0.003	0.001	
Aspartic acid.....g	0.003		0		1		0.003	0.001	
Glutamic acid.....g	0.007		0		1		0.006	0.002	
Glycine.....g	0.001		0		1		0.001	0.000	
Proline.....g	0.003		0		1		0.003	0.001	
Serine.....g	0.002		0		1		0.002	0.000	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein 3.5**

**Fat 8.4**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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



NDB No. 19122

Puddings, banana, dry mix, regular, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.462		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.425		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.088		0	RP	4				
18:2 undifferentiated.....g	0.062		0	RP	4				
18:3 undifferentiated.....g	0.026		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0	RP	4				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.041		0	RP	4				
Threonine.....g	0.131		0	RP	4				
Isoleucine.....g	0.175		0	RP	4				
Leucine.....g	0.284		0	RP	4				
Lysine.....g	0.230		0	RP	4				
Methionine.....g	0.073		0	RP	4				
Cystine.....g	0.027		0	RP	4				
Phenylalanine.....g	0.140		0	RP	4				
Tyrosine.....g	0.140		0	RP	4				
Valine.....g	0.194		0	RP	4				
Arginine.....g	0.106		0	RP	4				
Histidine.....g	0.078		0	RP	4				
Alanine.....g	0.100		0	RP	4				
Aspartic acid.....g	0.221		0	RP	4				
Glutamic acid.....g	0.607		0	RP	4				
Glycine.....g	0.061		0	RP	4				
Proline.....g	0.281		0	RP	4				
Serine.....g	0.158		0	RP	4				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	10		0	O	4				
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:

Calories Factors: Protein

Fat

Carbohydrate

**NDB No.** 19122

**Puddings, banana, dry mix, regular, prepared with 2% milk**

**Food Group:** 19 Sweets

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

**Puddings, banana, dry mix, regular, prepared with whole milk**

[illegible]



NDB No. 19321

Puddings, banana, dry mix, regular, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.800		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.065		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.735		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.134		0	RP	4				
18:2 undifferentiated.....g	0.090		0	RP	4				
18:3 undifferentiated.....g	0.044		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0	RP	4				
Phytosterols.....mg	0		0	RP	4				
<b>Amino Acids:</b>									
Tryptophan.....g	0.040		0	RP	4				
Threonine.....g	0.130		0	RP	4				
Isoleucine.....g	0.173		0	RP	4				
Leucine.....g	0.281		0	RP	4				
Lysine.....g	0.227		0	RP	4				
Methionine.....g	0.072		0	RP	4				
Cystine.....g	0.026		0	RP	4				
Phenylalanine.....g	0.139		0	RP	4				
Tyrosine.....g	0.138		0	RP	4				
Valine.....g	0.192		0	RP	4				
Arginine.....g	0.104		0	RP	4				
Histidine.....g	0.078		0	RP	4				
Alanine.....g	0.099		0	RP	4				
Aspartic acid.....g	0.218		0	RP	4				
Glutamic acid.....g	0.600		0	RP	4				
Glycine.....g	0.061		0	RP	4				
Proline.....g	0.278		0	RP	4				
Serine.....g	0.156		0	RP	4				
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
<b>Carotenoids:</b>									
Carotene, beta.....mcg	16		0	O	4				
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:****Calories Factors: Protein****Fat****Carbohydrate**

**NDB No. 19321**

**Puddings, banana, dry mix, regular, prepared with whole milk**

**Food Group:** 19 Sweets

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



NDB No. 19706

Puddings, banana, dry mix, regular, with added oil

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	1.480		0		1		1.302	0.326	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	1.470		0		1		1.294	0.323	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.410		0		1		2.121	0.530	
18:2 undifferentiated.....g	2.270		0		1		1.998	0.499	
18:3 undifferentiated.....g	0.140		0		1		0.123	0.031	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.001		0		1		0.001	0.000	
Isoleucine.....g	0.001		0		1		0.001	0.000	
Leucine.....g	0.005		0		1		0.004	0.001	
Lysine.....g	0.001		0		1		0.001	0.000	
Methionine.....g	0.001		0		1		0.001	0.000	
Cystine.....g	0.001		0		1		0.001	0.000	
Phenylalanine.....g	0.002		0		1		0.002	0.000	
Tyrosine.....g	0.001		0		1		0.001	0.000	
Valine.....g	0.002		0		1		0.002	0.000	
Arginine.....g	0.002		0		1		0.002	0.000	
Histidine.....g	0.001		0		1		0.001	0.000	
Alanine.....g	0.003		0		1		0.003	0.001	
Aspartic acid.....g	0.003		0		1		0.003	0.001	
Glutamic acid.....g	0.007		0		1		0.006	0.002	
Glycine.....g	0.001		0		1		0.001	0.000	
Proline.....g	0.003		0		1		0.003	0.001	
Serine.....g	0.002		0		1		0.002	0.000	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein** 3.5**Fat** 8.4**Carbohydrate** 3.9**Food Group:** 19 Sweets

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

**NDB No. 19311**  
**Puddings, banana, ready-to-eat**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	72.00	0.157	19		1		20.41	102.24	
Energy.....kcal	127		0	NC	4		36	180	
Energy.....kj	531				4		151	755	
Protein (N x 6.4).....g	2.40	0.023	19		1		0.68	3.41	
Total lipid (fat).....g	3.60	0.043	19		1		1.02	5.11	
Ash.....g	0.90	0.007	19		1		0.26	1.28	
Carbohydrate, by difference.....g	21.20		0	NC	4		6.01	30.10	
Fiber, total dietary.....g	0.1		0		4		0.0	0.1	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	85	0.426	19		1		24	121	
Iron, Fe.....mg	0.13	0.010	19		1		0.04	0.18	
Magnesium, Mg.....mg	8	0.086	19		1		2	11	
Phosphorus, P.....mg	69	0.472	19		1		20	98	
Potassium, K.....mg	110	0.932	19		1		31	156	
Sodium, Na.....mg	196	1.459	19		1		56	278	
Zinc, Zn.....mg	0.28	0.005	19		1		0.08	0.40	
Copper, Cu.....mg	0.028	0.002	19		1		0.008	0.040	
Manganese, Mn.....mg	0.008		1		4		0.002	0.011	
Selenium, Se.....mcg	1.4		0	BFZN	4		0.4	2.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		1		4		0.1	0.7	
Thiamin.....mg	0.020	0.000	19		1		0.006	0.028	
Riboflavin.....mg	0.147	0.003	19		1		0.042	0.209	
Niacin.....mg	0.163	0.029	19		1		0.046	0.231	
Pantothenic acid.....mg	0.160		1		4		0.045	0.227	
Vitamin B-6.....mg	0.021		1		4		0.006	0.030	
Folate, total.....mcg	2		1		4		1	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		1		4		1	3	
Folate, DFE.....mcg_DFE	2		0	NC	4		1	3	
Vitamin B-12.....mcg	0.18		1		4		0.05	0.26	
Vitamin A, IU.....IU	21		0	O	4		6	30	
Vitamin A, RAE.....mcg_RAE	6		0	NC	4		2	9	
Retinol.....mcg	6		0	O	4		2	9	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.560		0		1		0.159	0.795	
4:0.....g	0.000		1		1		0.000	0.000	
6:0.....g	0.000		1		1		0.000	0.000	
8:0.....g	0.000		1		1		0.000	0.000	
10:0.....g	0.000		1		1		0.000	0.000	
12:0.....g	0.000		1		1		0.000	0.000	
13:0.....g									
14:0.....g	0.010		1		1		0.003	0.014	
15:0.....g									
16:0.....g	0.360		1		1		0.102	0.511	
17:0.....g									
18:0.....g	0.180		1		1		0.051	0.256	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 19311**  
**Puddings, banana, ready-to-eat**

Nutrients and Units	Amount in 100 grams of edible portion					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	1.530		0		1		0.434	2.173	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		1		1		0.006	0.028	
17:1.....g									
18:1 undifferentiated.....g	1.520		1		1		0.431	2.158	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.330		0		1		0.377	1.889	
18:2 undifferentiated.....g	1.240		1		1		0.352	1.761	
18:3 undifferentiated.....g	0.090		1		1		0.026	0.128	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.031		0		1		0.009	0.044	
Threonine.....g	0.101		0		1		0.029	0.143	
Isoleucine.....g	0.136		0		1		0.039	0.193	
Leucine.....g	0.222		0		1		0.063	0.315	
Lysine.....g	0.177		0		1		0.050	0.251	
Methionine.....g	0.056		0		1		0.016	0.080	
Cystine.....g	0.021		0		1		0.006	0.030	
Phenylalanine.....g	0.109		0		1		0.031	0.155	
Tyrosine.....g	0.108		0		1		0.031	0.153	
Valine.....g	0.151		0		1		0.043	0.214	
Arginine.....g	0.082		0		1		0.023	0.116	
Histidine.....g	0.061		0		1		0.017	0.087	
Alanine.....g	0.079		0		1		0.022	0.112	
Aspartic acid.....g	0.171		0		1		0.048	0.243	
Glutamic acid.....g	0.472		0		1		0.134	0.670	
Glycine.....g	0.048		0		1		0.014	0.068	
Proline.....g	0.218		0		1		0.062	0.310	
Serine.....g	0.122		0		1		0.035	0.173	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 1 can (5 oz)

**Calories Factors: Protein 4.3**

**Fat 8.8**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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

**Puddings, chocolate flavor, low calorie, instant, dry mix**

**Refuse: 0%**

[illegible]

NDB No. 44061

Puddings, chocolate flavor, low calorie, instant, dry mix

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	0.938				4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4				
17:1.....g									
18:1 undifferentiated.....g	0.938				4				
20:1.....g	0.000				4				
22:1 undifferentiated.....g	0.000				4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.145				4				
18:2 undifferentiated.....g	0.144				4				
18:3 undifferentiated.....g	0.001				4				
18:4.....g	0.000				4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4				
20:5 n-3.....g	0.000				4				
22:5 n-3.....g	0.000				4				
22:6 n-3.....g	0.000				4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7				
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7				
Caffeine.....mg	6		0	BFCN	4				
Theobromine.....mg	198		0	BFCN	4				
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLM	4				
Carotene, alpha.....mcg	0		0	FLM	4				
Cryptoxanthin, beta.....mcg	0		0	FLM	4				
Lycopene.....mcg	0		0	FLM	4				
Lutein + zeaxanthin.....mcg	9		0	FLM	4				

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

#### Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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



**Puddings, chocolate flavor, low calorie, regular, dry mix**

[illegible]

NDB No. 44258

Puddings, chocolate flavor, low calorie, regular, dry mix

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total monounsaturated.....g	0.934				4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4				
17:1.....g									
18:1 undifferentiated.....g	0.934				4				
20:1.....g	0.000				4				
22:1 undifferentiated.....g	0.000				4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.110				4				
18:2 undifferentiated.....g	0.110				4				
18:3 undifferentiated.....g	0.000				4				
18:4.....g	0.000				4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4				
20:5 n-3.....g	0.000				4				
22:5 n-3.....g	0.000				4				
22:6 n-3.....g	0.000				4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0				4				
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7				
Caffeine.....mg	9		0	BFCN	4				
Theobromine.....mg	304		0	BFCN	4				
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFSN	4				
Carotene, alpha.....mcg	0		0	BFSN	4				
Cryptoxanthin, beta.....mcg	0		0	BFSN	4				
Lycopene.....mcg	0		0	BFSN	4				
Lutein + zeaxanthin.....mcg	9		0	BFSN	4				

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

#### Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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



NDB No. 19184

Puddings, chocolate, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.720		0		1		0.713	0.180	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.010	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.720		1		1		0.713	0.180	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.420		0		1		0.416	0.105	
18:2 undifferentiated.....g	0.400		1		1		0.396	0.100	
18:3 undifferentiated.....g	0.030		1		1		0.030	0.008	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.032		0		1		0.032	0.008	
Threonine.....g	0.087		0		1		0.086	0.022	
Isoleucine.....g	0.089		0		1		0.088	0.022	
Leucine.....g	0.142		0		1		0.141	0.036	
Lysine.....g	0.114		0		1		0.113	0.029	
Methionine.....g	0.025		0		1		0.025	0.006	
Cystine.....g	0.027		0		1		0.027	0.007	
Phenylalanine.....g	0.105		0		1		0.104	0.026	
Tyrosine.....g	0.084		0		1		0.083	0.021	
Valine.....g	0.132		0		1		0.131	0.033	
Arginine.....g	0.120		0		1		0.119	0.030	
Histidine.....g	0.040		0		1		0.040	0.010	
Alanine.....g	0.100		0		1		0.099	0.025	
Aspartic acid.....g	0.213		0		1		0.211	0.053	
Glutamic acid.....g	0.341		0		1		0.338	0.085	
Glycine.....g	0.093		0		1		0.092	0.023	
Proline.....g	0.105		0		1		0.104	0.026	
Serine.....g	0.096		0		1		0.095	0.024	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	7		0	FLC	4		7	2	
Theobromine.....mg	245		0	FLC	4		243	61	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLC	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	4		0	FLC	4		3.485	0.880	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

**NDB No. 19184**  
**Puddings, chocolate, dry mix, instant**

**Calories Factors:** Protein 4                      Fat 9                      Carbohydrate 4                      **Food Group:** 19 Sweets

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



NDB No. 19123

Puddings, chocolate, dry mix, instant, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.561		0	RPA	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0	RPA	1				
17:1.....g									
18:1 undifferentiated.....g	0.523		0	RPA	1				
20:1.....g	0.000		0	RPA	1				
22:1 undifferentiated.....g	0.000		0	RPA	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.132		0	RPA	1				
18:2 undifferentiated.....g	0.104		0	RPA	1				
18:3 undifferentiated.....g	0.028		0	RPA	1				
18:4.....g	0.000		0	RPA	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1				
20:5 n-3.....g	0.000		0	RPA	1				
22:5 n-3.....g	0.000		0	RPA	1				
22:6 n-3.....g	0.000		0	RPA	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0	RPI	6				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.044		0	RPA	1				
Threonine.....g	0.139		0	RPA	1				
Isoleucine.....g	0.182		0	RPA	1				
Leucine.....g	0.295		0	RPA	1				
Lysine.....g	0.239		0	RPA	1				
Methionine.....g	0.074		0	RPA	1				
Cystine.....g	0.030		0	RPA	1				
Phenylalanine.....g	0.151		0	RPA	1				
Tyrosine.....g	0.148		0	RPA	1				
Valine.....g	0.208		0	RPA	1				
Arginine.....g	0.121		0	RPA	1				
Histidine.....g	0.082		0	RPA	1				
Alanine.....g	0.112		0	RPA	1				
Aspartic acid.....g	0.246		0	RPA	1				
Glutamic acid.....g	0.636		0	RPA	1				
Glycine.....g	0.074		0	RPA	1				
Proline.....g	0.286		0	RPA	1				
Serine.....g	0.167		0	RPA	1				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RPI	6				
Caffeine.....mg	1		0	RPI	6				
Theobromine.....mg	39		0	RPI	6				
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	10		0	O	4				
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:

Calories Factors: Protein

Fat

Carbohydrate

**NDB No. 19123**

**Puddings, chocolate, dry mix, instant, prepared with 2% milk**

**Food Group:** 19 Sweets

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



**Puddings, chocolate, dry mix, instant, prepared with whole milk**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	73.60		0		1		108.19	432.03	
Energy.....kcal	111		0	NC	4		163	652	
Energy.....kj	464				4		683	2726	
Protein (N x 0).....g	3.10		0		1		4.56	18.20	
Total lipid (fat).....g	3.10		0		1		4.56	18.20	
Ash.....g	1.40		0		1		2.06	8.22	
Carbohydrate, by difference.....g	18.80		0	NC	4		27.64	110.36	
Fiber, total dietary.....g	1.0		0		4		1.5	5.9	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	102		0		1		150	599	
Iron, Fe.....mg	0.29		0		1		0.43	1.70	
Magnesium, Mg.....mg	18		0		1		26	106	
Phosphorus, P.....mg	239		0		1		351	1403	
Potassium, K.....mg	166		0		1		244	974	
Sodium, Na.....mg	284		0		1		417	1667	
Zinc, Zn.....mg	0.42		0		1		0.62	2.47	
Copper, Cu.....mg	0.064		0		1		0.094	0.376	
Manganese, Mn.....mg	0.042		0		1		0.062	0.247	
Selenium, Se.....mcg	1.7	0.309	12	A	1		2.5	10.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.9		0		1		1.3	5.3	
Thiamin.....mg	0.033		0		1		0.049	0.194	
Riboflavin.....mg	0.141		0		1		0.207	0.828	
Niacin.....mg	0.096		0		1		0.141	0.564	
Pantothenic acid.....mg	0.269		0		1		0.395	1.579	
Vitamin B-6.....mg	0.038		0		1		0.056	0.223	
Folate, total.....mcg	4		0		1		6	23	
Folic acid.....mcg	0		0	O	4		0	0	
Folate, food.....mcg	4		0		1		6	23	
Folate, DFE.....mcg_DFE	4		0	NC	4		6	23	
Vitamin B-12.....mcg	0.30		0		1		0.44	1.76	
Vitamin A, IU.....IU	120		0	O	4		176	704	
Vitamin A, RAE.....mcg_RAE	26		0	NC	4		38	153	
Retinol.....mcg	24		0	O	4		35	141	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.830		0		1		2.690	10.742	
4:0.....g	0.090		0		1		0.132	0.528	
6:0.....g	0.050		0		1		0.074	0.294	
8:0.....g	0.030		0		1		0.044	0.176	
10:0.....g	0.070		0		1		0.103	0.411	
12:0.....g	0.080		0		1		0.118	0.470	
13:0.....g									
14:0.....g	0.290		0		1		0.		

NDB No. 19185

Puddings, chocolate, dry mix, instant, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.920		0		1		1.352	5.400	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		0		1		0.103	0.411	
17:1.....g									
18:1 undifferentiated.....g	0.850		0		1		1.250	4.990	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.180		0		1		0.265	1.057	
18:2 undifferentiated.....g	0.130		0		1		0.191	0.763	
18:3 undifferentiated.....g	0.050		0		1		0.074	0.294	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0		1		16	65	
Phytosterols.....mg	0		0		1		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.042		0		1		0.062	0.247	
Threonine.....g	0.132		0		1		0.194	0.775	
Isoleucine.....g	0.173		0		1		0.254	1.016	
Leucine.....g	0.279		0		1		0.410	1.638	
Lysine.....g	0.226		0		1		0.332	1.327	
Methionine.....g	0.069		0		1		0.101	0.405	
Cystine.....g	0.029		0		1		0.043	0.170	
Phenylalanine.....g	0.143		0		1		0.210	0.839	
Tyrosine.....g	0.140		0		1		0.206	0.822	
Valine.....g	0.197		0		1		0.290	1.156	
Arginine.....g	0.115		0		1		0.169	0.675	
Histidine.....g	0.078		0		1		0.115	0.458	
Alanine.....g	0.107		0		1		0.157	0.628	
Aspartic acid.....g	0.234		0		1		0.344	1.374	
Glutamic acid.....g	0.603		0		1		0.886	3.540	
Glycine.....g	0.071		0		1		0.104	0.417	
Proline.....g	0.270		0		1		0.397	1.585	
Serine.....g	0.158		0		1		0.232	0.927	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	2		0	BFZN	4		3	12	
Theobromine.....mg	62		0	BFZN	4		91	364	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	24		0	O	4		35.280	140.880	
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 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

**NDB No. 19185**  
**Puddings, chocolate, dry mix, instant, prepared with whole milk**

<b>Calories Factors:</b>	<b>Protein</b>	<b>Fat</b>	<b>Carbohydrate</b>	<b>Food Group:</b> 19 Sweets
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 19188**  
**Puddings, chocolate, dry mix, regular**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.00	0.061	11		1		3.96	1.00	
Energy.....kcal	387		0	NC	4		383	97	
Energy.....kj	1617		0	NC	4		1601	404	
Protein (N x 6.25).....g	2.60	0.109	11		1		2.57	0.65	
Total lipid (fat).....g	2.10	0.148	11		1		2.08	0.53	
Ash.....g	2.00	0.056	11		1		1.98	0.50	
Carbohydrate, by difference.....g	89.30		0	NC	4		88.41	22.33	
Fiber, total dietary.....g	4.5		0	FLA	4		4.4	1.1	
Sugars, total.....g	42.64		0	FLA	4		42.21	10.66	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	53	2.086	4		1		52	13	
Iron, Fe.....mg	1.82	0.031	4		1		1.80	0.46	
Magnesium, Mg.....mg	67		0	FLA	4		66	17	
Phosphorus, P.....mg	88	9.481	4		1		87	22	
Potassium, K.....mg	209	13.072	20		1		207	52	
Sodium, Na.....mg	353	23.265	18		1		349	88	
Zinc, Zn.....mg	0.90		0	FLA	4		0.89	0.23	
Copper, Cu.....mg	0.518		0	FLA	4		0.512	0.129	
Manganese, Mn.....mg	0.537		0	FLA	4		0.532	0.134	
Selenium, Se.....mcg	3.3		0	FLA	4		3.2	0.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.015		0	FLA	4		0.015	0.004	
Riboflavin.....mg	0.202		2		1		0.200	0.051	
Niacin.....mg	0.330		0	FLA	4		0.327	0.083	
Pantothenic acid.....mg	0.035		0	FLA	4		0.035	0.009	
Vitamin B-6.....mg	0.016		0	FLA	4		0.016	0.004	
Folate, total.....mcg	4		0	FLA	4		4	1	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	4		0	FLA	4		4	1	
Folate, DFE.....mcg_DFE	4		0	NC	4		4	1	
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, IU.....IU	3		0	FLA	4		3	1	
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.210		0		1		1.198	0.303	
4:0.....g	0.000		0		7		0.000	0.000	
6:0.....g	0.000		0		7		0.000	0.000	
8:0.....g	0.000		0		7		0.000	0.000	
10:0.....g	0.000		0		7		0.000	0.000	
12:0.....g	0.000		0		7		0.000	0.000	
13:0.....g									
14:0.....g	0.000		1		1		0.000	0.000	
15:0.....g									
16:0.....g	0.530		1		1		0.525	0.133	
17:0.....g									
18:0.....g	0.680		1		1		0.673	0.170	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 19188

Puddings, chocolate, dry mix, regular

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.690		0		1		0.683	0.173	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.680		1		1		0.673	0.170	
20:1.....g	0.000		0		7		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.070		0		1		0.069	0.018	
18:2 undifferentiated.....g	0.070		1		1		0.069	0.018	
18:3 undifferentiated.....g	0.000		1		1		0.000	0.000	
18:4.....g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		7		0.000	0.000	
20:5 n-3.....g	0.000		0		7		0.000	0.000	
22:5 n-3.....g	0.000		0		7		0.000	0.000	
22:6 n-3.....g	0.000		0		7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0		4		1	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.037		0		1		0.037	0.009	
Threonine.....g	0.101		0		1		0.100	0.025	
Isoleucine.....g	0.099		0		1		0.098	0.025	
Leucine.....g	0.158		0		1		0.156	0.040	
Lysine.....g	0.127		0		1		0.126	0.032	
Methionine.....g	0.027		0		1		0.027	0.007	
Cystine.....g	0.032		0		1		0.032	0.008	
Phenylalanine.....g	0.122		0		1		0.121	0.031	
Tyrosine.....g	0.096		0		1		0.095	0.024	
Valine.....g	0.153		0		1		0.151	0.038	
Arginine.....g	0.144		0		1		0.143	0.036	
Histidine.....g	0.044		0		1		0.044	0.011	
Alanine.....g	0.118		0		1		0.117	0.030	
Aspartic acid.....g	0.253		0		1		0.250	0.063	
Glutamic acid.....g	0.385		0		1		0.381	0.096	
Glycine.....g	0.114		0		1		0.113	0.029	
Proline.....g	0.111		0		1		0.110	0.028	
Serine.....g	0.110		0		1		0.109	0.028	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	11		0	FLA	4		11	3	
Theobromine.....mg	362		0	FLA	4		359	91	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 serving amount to make 1/2 cup

NDB No. 19188  
Puddings, chocolate, dry mix, regular

Calories Factors: Protein 4                      Fat 9                      Carbohydrate 4                      Food Group: 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Puddings, chocolate, dry mix, regular, prepared with 2% milk**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	74.15		0	RP	4				
Energy.....kcal	109		0	RP	4				
Energy.....kj	457		0	RP	4				
Protein.....g	3.28		0	RP	4				
Total lipid (fat).....g	1.99		0	RP	4				
Ash.....g	0.98		0	RP	4				
Carbohydrate, by difference.....g	19.55		0	RP	4				
Fiber, total dietary.....g	0.3		0	RP	4				
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	112		0	RP	4				
Iron, Fe.....mg	0.36		0	RP	4				
Magnesium, Mg.....mg	21		0	RP	4				
Phosphorus, P.....mg	96		0	RP	4				
Potassium, K.....mg	167		0	RP	4				
Sodium, Na.....mg	104		0	RP	4				
Zinc, Zn.....mg	0.46		0	RP	4				
Copper, Cu.....mg	0.073		0	RP	4				
Manganese, Mn.....mg	0.043		0	RP	4				
Selenium, Se.....mcg	2.2		0	RP	4				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		0	RP	4				
Thiamin.....mg	0.032		0	RP	4				
Riboflavin.....mg	0.175		0	RP	4				
Niacin.....mg	0.105		0	RP	4				
Pantothenic acid.....mg	0.280		0	RP	4				
Vitamin B-6.....mg	0.036		0	RP	4				
Folate, total.....mcg	4		0	RP	4				
Folic acid.....mcg	0		0	RP	4				
Folate, food.....mcg	4		0	RP	4				
Folate, DFE.....mcg_DFE	4		0	NC	4				
Vitamin B-12.....mcg	0.25		0	RP	4				
Vitamin A, IU.....IU	176		0	RP	4				
Vitamin A, RAE.....mcg_RAE	47		0	NC	4				
Retinol.....mcg	46		0	RP	4				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.189		0	RP	4				
4:0.....g	0.053		0	RP	4				
6:0.....g	0.031		0	RP	4				
8:0.....g	0.018		0	RP	4				
10:0.....g	0.041		0	RP	4				
12:0.....g	0.046		0	RP	4				
13:0.....g									
14:0.....g	0.164		0	RP	4				
15:0.....g									
16:0.....g	0.521		0	RP	4				
17:0.....g									
18:0.....g	0.316		0	RP	4				
20:0									

NDB No. 19190

Puddings, chocolate, dry mix, regular, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.565		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.528		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.072		0	RP	4				
18:2 undifferentiated.....g	0.049		0	RP	4				
18:3 undifferentiated.....g	0.024		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0	RP	4				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.046		0	RP	4				
Threonine.....g	0.145		0	RP	4				
Isoleucine.....g	0.188		0	RP	4				
Leucine.....g	0.304		0	RP	4				
Lysine.....g	0.246		0	RP	4				
Methionine.....g	0.076		0	RP	4				
Cystine.....g	0.032		0	RP	4				
Phenylalanine.....g	0.158		0	RP	4				
Tyrosine.....g	0.153		0	RP	4				
Valine.....g	0.216		0	RP	4				
Arginine.....g	0.128		0	RP	4				
Histidine.....g	0.084		0	RP	4				
Alanine.....g	0.118		0	RP	4				
Aspartic acid.....g	0.259		0	RP	4				
Glutamic acid.....g	0.659		0	RP	4				
Glycine.....g	0.079		0	RP	4				
Proline.....g	0.293		0	RP	4				
Serine.....g	0.173		0	RP	4				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	2		0	RP	4				
Theobromine.....mg	63		0	RP	4				
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	10		0	O	4				
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:

Calories Factors: Protein

Fat

Carbohydrate



**NDB No. 19190**

**Puddings, chocolate, dry mix, regular, prepared with 2% milk**

**Food Group:** 19 Sweets

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

**NDB No. 19189**  
**Puddings, chocolate, dry mix, regular, prepared with whole milk**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	73.30		0	RP	4		104.08	417.78	
Energy.....kcal	119		0	RP	4		169	677	
Energy.....kj	497		0	RP	4		706	2834	
Protein.....g	3.21		0	RP	4		4.56	18.32	
Total lipid (fat).....g	3.15		0	RP	4		4.47	17.96	
Ash.....g	0.94		0	RP	4		1.33	5.35	
Carbohydrate, by difference.....g	19.40		0	RP	4		27.55	110.59	
Fiber, total dietary.....g	0.8		0	RP	4		1.1	4.4	
Sugars, total.....g	11.92		0	RP	4		16.93	67.95	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	96		0	RP	4		136	546	
Iron, Fe.....mg	0.35		0	RP	4		0.49	1.97	
Magnesium, Mg.....mg	20		0	RP	4		29	116	
Phosphorus, P.....mg	87		0	RP	4		124	497	
Potassium, K.....mg	150		0	RP	4		213	856	
Sodium, Na.....mg	98		0	RP	4		140	561	
Zinc, Zn.....mg	0.48		0	RP	4		0.69	2.76	
Copper, Cu.....mg	0.110		0	RP	4		0.156	0.625	
Manganese, Mn.....mg	0.096		0	RP	4		0.136	0.548	
Selenium, Se.....mcg	3.7		0	RP	4		5.3	21.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RP	4		0.0	0.0	
Thiamin.....mg	0.036		0	RP	4		0.052	0.207	
Riboflavin.....mg	0.192		0	RP	4		0.272	1.093	
Niacin.....mg	0.149		0	RP	4		0.212	0.852	
Pantothenic acid.....mg	0.317		0	RP	4		0.449	1.804	
Vitamin B-6.....mg	0.031		0	RP	4		0.044	0.176	
Folate, total.....mcg	4		0	RP	4		6	25	
Folic acid.....mcg	0		0	RP	4		0	0	
Folate, food.....mcg	4		0	RP	4		6	25	
Folate, DFE.....mcg_DFE	4		0	NC	4		6	25	
Vitamin B-12.....mcg	0.30		0	RP	4		0.43	1.71	
Vitamin A, IU.....IU	88		0	RP	4		125	501	
Vitamin A, RAE.....mcg_RAE	24		0	RP	4		35	139	
Retinol.....mcg	24		0	RP	4		34	137	
Vitamin E (alpha-tocopherol).....mg	0.05		0	RP	4		0.07	0.28	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	RP	4		0.3	1.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.809		0	RP	4		2.569	10.311	
4:0.....g	0.064		0	RP	4		0.091	0.364	
6:0.....g	0.064		0	RP	4		0.091	0.364	
8:0.....g	0.064		0	RP	4		0.091	0.364	
10:0.....g	0.064		0	RP	4		0.091	0.364	
12:0.....g	0.066		0	RP	4		0.093	0.374	
13:0.....g	0.000		0	RP	4		0.000	0.000	
14:0.....g	0.254		0	RP	4		0.361	1.450	
15:0.....g	0.000		0	RP	4		0.000	0.000	
16:0.....g	0.803		0	RP	4		1.140	4.575	
17:0.....g	0.000		0	RP	4		0.000	0.000	
18:0.....g	0.431		0	RP	4		0.612	2.456	
20:0.....g	0.000		0	RP	4		0.000	0.000	
22:0.....g	0.000		0	RP	4		0.000	0.000	
24:0.....g	0.000		0	RP	4		0.000	0.000	

NDB No. 19189

Puddings, chocolate, dry mix, regular, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.814		0	RP	4		1.157	4.642	
14:1.....g	0.000		0	RP	4		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.814		0	RP	4		1.157	4.642	
20:1.....g	0.000		0	RP	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.179		0	RP	4		0.254	1.020	
18:2 undifferentiated.....g	0.115		0	RP	4		0.163	0.656	
18:3 undifferentiated.....g	0.064		0	RP	4		0.091	0.364	
18:4.....g	0.000		0	RP	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
20:5 n-3.....g	0.000		0	RP	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RP	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	RP	4		13	52	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.071		0	RP	4		0.100	0.402	
Threonine.....g	0.140		0	RP	4		0.199	0.798	
Isoleucine.....g	0.159		0	RP	4		0.225	0.904	
Leucine.....g	0.255		0	RP	4		0.362	1.453	
Lysine.....g	0.142		0	RP	4		0.202	0.811	
Methionine.....g	0.069		0	RP	4		0.098	0.392	
Cystine.....g	0.020		0	RP	4		0.028	0.114	
Phenylalanine.....g	0.147		0	RP	4		0.209	0.839	
Tyrosine.....g	0.147		0	RP	4		0.208	0.836	
Valine.....g	0.191		0	RP	4		0.272	1.090	
Arginine.....g	0.089		0	RP	4		0.127	0.508	
Histidine.....g	0.072		0	RP	4		0.102	0.409	
Alanine.....g	0.109		0	RP	4		0.154	0.619	
Aspartic acid.....g	0.247		0	RP	4		0.351	1.410	
Glutamic acid.....g	0.622		0	RP	4		0.884	3.548	
Glycine.....g	0.084		0	RP	4		0.119	0.478	
Proline.....g	0.312		0	RP	4		0.443	1.780	
Serine.....g	0.111		0	RP	4		0.157	0.631	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RP	4		0.0	0.0	
Caffeine.....mg	2		0	RP	4		3	11	
Theobromine.....mg	63		0	RP	4		89	359	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	4		0	RP	4		6.326	25.395	
Carotene, alpha.....mcg	0		0	RP	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RP	4		0.000	0.000	
Lycopene.....mcg	0		0	RP	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RP	4		0.000	0.000	

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

#### Common Measures:

Measure 1 = 142g: .5 cup

Measure 2 = 570g: 1 package yield (2 cups)

NDB No. 19189  
Puddings, chocolate, dry mix, regular, prepared with whole milk

Calories Factors: Protein Fat Carbohydrate Food Group: 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	69.30	0.237	39		1		19.65	98.41	78.31
Energy.....kcal	139		0	NC	4		39	197	157
Energy.....kj	581		0	NC	4		165	825	656
Protein (N x 6.25).....g	2.70	0.064	36		1		0.77	3.83	3.05
Total lipid (fat).....g	4.00	0.078	36		1		1.13	5.68	4.52
Ash.....g	1.00	0.018	36		1		0.28	1.42	1.13
Carbohydrate, by difference.....g	23.00		0	NC	4		6.52	32.66	25.99
Fiber, total dietary.....g	1.0		0	FLA	4		0.3	1.4	1.1
Sugars, total.....g	17.85		0	FLA	4		5.06	25.35	20.17
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	90	2.697	38		1		26	128	102
Iron, Fe.....mg	0.51	0.039	37		1		0.14	0.72	0.58
Magnesium, Mg.....mg	21	0.578	39		1		6	30	24
Phosphorus, P.....mg	80	2.265	36		1		23	114	90
Potassium, K.....mg	180	5.168	38		1		51	256	203
Sodium, Na.....mg	129		1		1		37	183	146
Zinc, Zn.....mg	0.42	0.025	38		1		0.12	0.60	0.47
Copper, Cu.....mg	0.116	0.006	38		1		0.033	0.165	0.131
Manganese, Mn.....mg	0.069	0.009	10		1		0.020	0.098	0.078
Selenium, Se.....mcg	2.4		0	FLA	4		0.7	3.5	2.8
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.8		2		1		0.5	2.6	2.0
Thiamin.....mg	0.026	0.001	36		1		0.007	0.037	0.029
Riboflavin.....mg	0.155	0.005	36		1		0.044	0.220	0.175
Niacin.....mg	0.347	0.026	36		1		0.098	0.493	0.392
Pantothenic acid.....mg	0.143		2		1		0.041	0.203	0.162
Vitamin B-6.....mg	0.028		2		1		0.008	0.040	0.032
Folate, total.....mcg	3		2		1		1	4	3
Folic acid.....mcg	0		0	FLA	4		0	0	0
Folate, food.....mcg	3		2		1		1	4	3
Folate, DFE.....mcg_DFE	3		0	NC	4		1	4	3
Vitamin B-12.....mcg	0.00		2		1		0.00	0.00	0.00
Vitamin A, IU.....IU	36		2		1		10	51	41
Vitamin A, RAE.....mcg_RAE	10		0	FLA	4		3	14	11
Retinol.....mcg	10		0	FLA	4		3	14	11
Vitamin E (alpha-tocopherol).....mg	0.29		0	FLA	4		0.08	0.41	0.33
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.0		0	FLA	4		0.3	1.4	1.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.710		0		1		0.201	1.008	0.802
4:0.....g	0.000		1		1		0.000	0.000	0.000
6:0.....g	0.000		1		1		0.000	0.000	0.000
8:0.....g	0.000		1		1		0.000	0.000	0.000
10:0.....g	0.000		1		1		0.000	0.000	0.000
12:0.....g	0.000		1		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.010		1		1		0.003	0.014	0.011
15:0.....g									
16:0.....g	0.440		1		1		0.125	0.625	0.497
17:0.....g									
18:0.....g	0.260		1		1		0.074	0.369	0.294
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 19183**  
**Puddings, chocolate, ready-to-eat**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.700		0		1		0.482	2.414	1.921
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		1		1		0.006	0.028	0.023
17:1.....g									
18:1 undifferentiated.....g	1.690		1		1		0.479	2.400	1.910
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.430		0		1		0.405	2.031	1.616
18:2 undifferentiated.....g	1.330		1		1		0.377	1.889	1.503
18:3 undifferentiated.....g	0.100		1		1		0.028	0.142	0.113
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	3		2		1		1	4	3
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.036		0		1		0.010	0.051	0.041
Threonine.....g	0.115		0		1		0.033	0.163	0.130
Isoleucine.....g	0.148		0		1		0.042	0.210	0.167
Leucine.....g	0.240		0		1		0.068	0.341	0.271
Lysine.....g	0.192		0		1		0.054	0.273	0.217
Methionine.....g	0.059		0		1		0.017	0.084	0.067
Cystine.....g	0.026		0		1		0.007	0.037	0.029
Phenylalanine.....g	0.126		0		1		0.036	0.179	0.142
Tyrosine.....g	0.121		0		1		0.034	0.172	0.137
Valine.....g	0.171		0		1		0.048	0.243	0.193
Arginine.....g	0.104		0		1		0.029	0.148	0.118
Histidine.....g	0.066		0		1		0.019	0.094	0.075
Alanine.....g	0.095		0		1		0.027	0.135	0.107
Aspartic acid.....g	0.208		0		1		0.059	0.295	0.235
Glutamic acid.....g	0.519		0		1		0.147	0.737	0.586
Glycine.....g	0.067		0		1		0.019	0.095	0.076
Proline.....g	0.228		0		1		0.065	0.324	0.258
Serine.....g	0.136		0		1		0.039	0.193	0.154
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	5		1		1		1	7	6
Theobromine.....mg	62		1		1		18	88	70
<b>Carotenoids:</b>									
Carotene, beta.....mcg	2		0	FLA	4		0.520	2.605	2.073
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	12		0	FLA	4		3.467	17.364	13.818

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 1 can (5 oz)

Measure 3 = 113g: 1 snack size (4 oz)

NDB No. 19183  
Puddings, chocolate, ready-to-eat

Calories Factors: Protein 4                      Fat 9                      Carbohydrate 4                      Food Group: 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**NDB No. 19235**  
**Puddings, chocolate, ready-to-eat, fat free**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.122		0	FLA	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4				
17:1.....g									
18:1 undifferentiated.....g	0.119		0	FLA	4				
20:1.....g	0.000		0	FLA	4				
22:1 undifferentiated.....g	0.000		0	FLA	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.013		0	FLA	4				
18:2 undifferentiated.....g	0.013		0	FLA	4				
18:3 undifferentiated.....g	0.001		0	FLA	4				
18:4.....g	0.000		0	FLA	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4				
20:5 n-3.....g	0.000		0	FLA	4				
22:5 n-3.....g	0.000		0	FLA	4				
22:6 n-3.....g	0.000		0	FLA	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLA	4				
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLA	4				
Caffeine.....mg	2		0	FLA	4				
Theobromine.....mg	68		0	FLA	4				
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	FLA	4				
Carotene, alpha.....mcg	0		0	FLA	4				
Cryptoxanthin, beta.....mcg	0		0	FLA	4				
Lycopene.....mcg	0		0	FLA	4				
Lutein + zeaxanthin.....mcg	1		0	FLA	4				

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

**Common Measures:**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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



NDB No. 19322

Puddings, coconut cream, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.010		0		1		0.010	0.003	
Threonine.....g	0.031		0		1		0.031	0.008	
Isoleucine.....g	0.035		0		1		0.035	0.009	
Leucine.....g	0.066		0		1		0.065	0.017	
Lysine.....g	0.039		0		1		0.039	0.010	
Methionine.....g	0.016		0		1		0.016	0.004	
Cystine.....g	0.015		0		1		0.015	0.004	
Phenylalanine.....g	0.041		0		1		0.041	0.010	
Tyrosine.....g	0.028		0		1		0.028	0.007	
Valine.....g	0.050		0		1		0.050	0.013	
Arginine.....g	0.117		0		1		0.116	0.029	
Histidine.....g	0.020		0		1		0.020	0.005	
Alanine.....g	0.041		0		1		0.041	0.010	
Aspartic acid.....g	0.078		0		1		0.077	0.020	
Glutamic acid.....g	0.185		0		1		0.183	0.046	
Glycine.....g	0.036		0		1		0.036	0.009	
Proline.....g	0.042		0		1		0.042	0.011	
Serine.....g	0.043		0		1		0.043	0.011	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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

#### Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

\*Vitamin or mineral added for enrichment or fortification

**NDB No. 19322**  
**Puddings, coconut cream, dry mix, instant**

**Calories Factors:** Protein 4                      Fat 9                      Carbohydrate 4                      **Food Group:** 19 Sweets

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



NDB No. 19191

Puddings, coconut cream, dry mix, instant, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.620		0		1		0.911	3.639	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0		1		0.059	0.235	
17:1.....g									
18:1 undifferentiated.....g	0.580		0		1		0.853	3.405	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.190		0		1		0.279	1.115	
18:2 undifferentiated.....g	0.160		0		1		0.235	0.939	
18:3 undifferentiated.....g	0.030		0		1		0.044	0.176	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0		1		9	35	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.038		0		1		0.056	0.223	
Threonine.....g	0.124		0		1		0.182	0.728	
Isoleucine.....g	0.165		0		1		0.243	0.969	
Leucine.....g	0.269		0		1		0.395	1.579	
Lysine.....g	0.216		0		1		0.318	1.268	
Methionine.....g	0.069		0		1		0.101	0.405	
Cystine.....g	0.027		0		1		0.040	0.158	
Phenylalanine.....g	0.134		0		1		0.197	0.787	
Tyrosine.....g	0.132		0		1		0.194	0.775	
Valine.....g	0.185		0		1		0.272	1.086	
Arginine.....g	0.115		0		1		0.169	0.675	
Histidine.....g	0.075		0		1		0.110	0.440	
Alanine.....g	0.098		0		1		0.144	0.575	
Aspartic acid.....g	0.213		0		1		0.313	1.250	
Glutamic acid.....g	0.583		0		1		0.857	3.422	
Glycine.....g	0.062		0		1		0.091	0.364	
Proline.....g	0.262		0		1		0.385	1.538	
Serine.....g	0.150		0		1		0.221	0.881	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	O	4		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 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

NDB No. 19191  
Puddings, coconut cream, dry mix, instant, prepared with 2% milk

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 19 Sweets
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Puddings, coconut cream, dry mix, instant, prepared with whole milk**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	73.40		0		1		107.90	430.86	
Energy.....kcal	117		0	NC	4		172	687	
Energy.....kj	490				4		720	2874	
Protein.....g	2.90		0		1		4.26	17.02	
Total lipid (fat).....g	3.50		0		1		5.15	20.55	
Ash.....g	1.20		0		1		1.76	7.04	
Carbohydrate, by difference.....g	19.10		0	NC	4		28.08	112.12	
Fiber, total dietary.....g	0.1		0		4		0.1	0.6	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	100		0		1		147	587	
Iron, Fe.....mg	0.15		0		1		0.22	0.88	
Magnesium, Mg.....mg	14		0		1		21	82	
Phosphorus, P.....mg	200		0		1		294	1174	
Potassium, K.....mg	129		0		1		190	757	
Sodium, Na.....mg	246		0		1		362	1444	
Zinc, Zn.....mg	0.33		0		1		0.49	1.94	
Copper, Cu.....mg	0.026		0		1		0.038	0.153	
Manganese, Mn.....mg	0.019		0		1		0.028	0.112	
Selenium, Se.....mcg	2.0		0	RP	4		2.9	11.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		0		1		1.2	4.7	
Thiamin.....mg	0.033		0		1		0.049	0.194	
Riboflavin.....mg	0.136		0		1		0.200	0.798	
Niacin.....mg	0.084		0		1		0.123	0.493	
Pantothenic acid.....mg	0.266		0		1		0.391	1.561	
Vitamin B-6.....mg	0.037		0		1		0.054	0.217	
Folate, total.....mcg	4		0		1		6	23	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		1		6	23	
Folate, DFE.....mcg_DFE	4		0	NC	4		6	23	
Vitamin B-12.....mcg	0.30		0		1		0.44	1.76	
Vitamin A, IU.....IU	105		0		1		154	616	
Vitamin A, RAE.....mcg_RAE	24		0	NC	4		36	144	
Retinol.....mcg	23		0	O	4		34	136	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.100		0		1		3.087	12.327	
4:0.....g	0.090		0		1		0.132	0.528	
6:0.....g	0.050		0		1		0.074	0.294	
8:0.....g	0.060		0		1		0.088	0.352	
10:0.....g	0.090		0		1		0.132	0.528	
12:0.....g	0.250		0		1		0.368	1.468	
13:0.....g									
14:0.....g	0.350		0		1		0.515	2.055	



NDB No. 19323

Puddings, coconut cream, dry mix, instant, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.960		0		1		1.411	5.635	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		0		1		0.103	0.411	
17:1.....g									
18:1 undifferentiated.....g	0.890		0		1		1.308	5.224	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.240		0		1		0.353	1.409	
18:2 undifferentiated.....g	0.190		0		1		0.279	1.115	
18:3 undifferentiated.....g	0.050		0		1		0.074	0.294	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0		1		16	65	
Phytosterols.....mg	0		0		1		0	0	
Amino Acids:									
Tryptophan.....g	0.038		0		1		0.056	0.223	
Threonine.....g	0.123		0		1		0.181	0.722	
Isoleucine.....g	0.164		0		1		0.241	0.963	
Leucine.....g	0.266		0		1		0.391	1.561	
Lysine.....g	0.213		0		1		0.313	1.250	
Methionine.....g	0.068		0		1		0.100	0.399	
Cystine.....g	0.027		0		1		0.040	0.158	
Phenylalanine.....g	0.133		0		1		0.196	0.781	
Tyrosine.....g	0.130		0		1		0.191	0.763	
Valine.....g	0.183		0		1		0.269	1.074	
Arginine.....g	0.114		0		1		0.168	0.669	
Histidine.....g	0.074		0		1		0.109	0.434	
Alanine.....g	0.097		0		1		0.143	0.569	
Aspartic acid.....g	0.211		0		1		0.310	1.239	
Glutamic acid.....g	0.577		0		1		0.848	3.387	
Glycine.....g	0.061		0		1		0.090	0.358	
Proline.....g	0.259		0		1		0.381	1.520	
Serine.....g	0.149		0		1		0.219	0.875	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	15		0	0	4		21.962	87.698	
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 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

Calories Factors: Protein

Fat

Carbohydrate

**NDB No. 19323**

**Puddings, coconut cream, dry mix, instant, prepared with whole milk**

**Food Group:** 19 Sweets

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



NDB No. 19324

Puddings, coconut cream, dry mix, regular

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	Z	7		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:1.....g	0.000		0	Z	7		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	Z	7		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.011		0		1		0.010	0.003	
Threonine.....g	0.034		0		1		0.030	0.009	
Isoleucine.....g	0.036		0		1		0.032	0.009	
Leucine.....g	0.071		0		1		0.062	0.018	
Lysine.....g	0.040		0		1		0.035	0.010	
Methionine.....g	0.018		0		1		0.016	0.005	
Cystine.....g	0.019		0		1		0.017	0.005	
Phenylalanine.....g	0.047		0		1		0.041	0.012	
Tyrosine.....g	0.029		0		1		0.026	0.007	
Valine.....g	0.056		0		1		0.049	0.014	
Arginine.....g	0.147		0		1		0.129	0.037	
Histidine.....g	0.022		0		1		0.019	0.006	
Alanine.....g	0.048		0		1		0.042	0.012	
Aspartic acid.....g	0.090		0		1		0.079	0.023	
Glutamic acid.....g	0.211		0		1		0.186	0.053	
Glycine.....g	0.043		0		1		0.038	0.011	
Proline.....g	0.041		0		1		0.036	0.010	
Serine.....g	0.048		0		1		0.042	0.012	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

\*Vitamin or mineral added for enrichment or fortification

NDB No. 19324  
Puddings, coconut cream, dry mix, regular

Calories Factors: Protein 4                      Fat 9                      Carbohydrate 4                      Food Group: 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Puddings, coconut cream, dry mix, regular, prepared with 2% milk**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	75.60		0		1		105.84	422.60	
Energy.....kcal	104		0	NC	4		146	581	
Energy.....kj	435				4		609	2432	
Protein.....g	3.10		0		1		4.34	17.33	
Total lipid (fat).....g	2.50		0		1		3.50	13.98	
Ash.....g	1.00		0		1		1.40	5.59	
Carbohydrate, by difference.....g	17.80		0	NC	4		24.92	99.50	
Fiber, total dietary.....g	0.2		0		4		0.3	1.1	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	113		0		1		158	632	
Iron, Fe.....mg	0.20		0		1		0.28	1.12	
Magnesium, Mg.....mg	16		0		1		22	89	
Phosphorus, P.....mg	89		0		1		125	498	
Potassium, K.....mg	159		0		1		223	889	
Sodium, Na.....mg	163		0		1		228	911	
Zinc, Zn.....mg	0.37		0		1		0.52	2.07	
Copper, Cu.....mg	0.025		0		1		0.035	0.140	
Manganese, Mn.....mg	0.037		0		1		0.052	0.207	
Selenium, Se.....mcg	2.3		0	RP	4		3.2	12.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		0		1		1.0	3.9	
Thiamin.....mg	0.032		0		1		0.045	0.179	
Riboflavin.....mg	0.146		0		1		0.204	0.816	
Niacin.....mg	0.091		0		1		0.127	0.509	
Pantothenic acid.....mg	0.290		0		1		0.406	1.621	
Vitamin B-6.....mg	0.145		0		1		0.203	0.811	
Folate, total.....mcg	4		0		1		6	22	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		1		6	22	
Folate, DFE.....mcg_DFE	4		0	NC	4		6	22	
Vitamin B-12.....mcg	0.26		0		1		0.36	1.45	
Vitamin A, IU.....IU	170		0	O	4		238	950	
Vitamin A, RAE.....mcg_RAE	49		0	NC	4		69	274	
Retinol.....mcg	48		0	O	4		67	268	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.800		0		1		2.520	10.062	
4:0.....g	0.060		0		1		0.084	0.335	
6:0.....g	0.040		0		1		0.056	0.224	
8:0.....g	0.080		0		1		0.112	0.447	
10:0.....g	0.090		0		1		0.126	0.503	
12:0.....g	0.420		0		1		0.588	2.348	
13:0.....g									
14:0.....g	0.320		0		1		0.448	1.789	
15:0.....g									
16:0.....g	0.530		0		1		0.742	2.963	
17:0.....g									
18:0.....g	0.260		0		1		0.364	1.453	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 19219

Puddings, coconut cream, dry mix, regular, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.520		0		1		0.728	2.907	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0		1		0.056	0.224	
17:1.....g									
18:1 undifferentiated.....g	0.470		0		1		0.658	2.627	
20:1.....g	0.000		0		7		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.070		0		1		0.098	0.391	
18:2 undifferentiated.....g	0.050		0		1		0.070	0.280	
18:3 undifferentiated.....g	0.030		0		1		0.042	0.168	
18:4.....g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		7		0.000	0.000	
22:5 n-3.....g	0.000		0		7		0.000	0.000	
22:6 n-3.....g	0.000		0		7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0		1		10	39	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.041		0		1		0.057	0.229	
Threonine.....g	0.131		0		1		0.183	0.732	
Isoleucine.....g	0.174		0		1		0.244	0.973	
Leucine.....g	0.283		0		1		0.396	1.582	
Lysine.....g	0.227		0		1		0.318	1.269	
Methionine.....g	0.072		0		1		0.101	0.402	
Cystine.....g	0.028		0		1		0.039	0.157	
Phenylalanine.....g	0.141		0		1		0.197	0.788	
Tyrosine.....g	0.138		0		1		0.193	0.771	
Valine.....g	0.195		0		1		0.273	1.090	
Arginine.....g	0.123		0		1		0.172	0.688	
Histidine.....g	0.079		0		1		0.111	0.442	
Alanine.....g	0.103		0		1		0.144	0.576	
Aspartic acid.....g	0.225		0		1		0.315	1.258	
Glutamic acid.....g	0.614		0		1		0.860	3.432	
Glycine.....g	0.066		0		1		0.092	0.369	
Proline.....g	0.275		0		1		0.385	1.537	
Serine.....g	0.158		0		1		0.221	0.883	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	12		0	0	4		16.800	67.080	
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 = 140g: .5 cup

Measure 2 = 559g: 1 package yield (2 cups)

**NDB No. 19219**  
**Puddings, coconut cream, dry mix, regular, prepared with 2% milk**

<b>Calories Factors:</b>	<b>Protein</b>	<b>Fat</b>	<b>Carbohydrate</b>	<b>Food Group:</b> 19 Sweets
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NDB No. 19325

Puddings, coconut cream, dry mix, regular, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.880		0		1		1.232	4.919	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		0		1		0.098	0.391	
17:1.....g									
18:1 undifferentiated.....g	0.810		0		1		1.134	4.528	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.120		0		1		0.168	0.671	
18:2 undifferentiated.....g	0.080		0		1		0.112	0.447	
18:3 undifferentiated.....g	0.050		0		1		0.070	0.280	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0		1		17	67	
Phytosterols.....mg	0		0		1		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.040		0		1		0.056	0.224	
Threonine.....g	0.129		0		1		0.181	0.721	
Isoleucine.....g	0.172		0		1		0.241	0.961	
Leucine.....g	0.280		0		1		0.392	1.565	
Lysine.....g	0.224		0		1		0.314	1.252	
Methionine.....g	0.072		0		1		0.101	0.402	
Cystine.....g	0.028		0		1		0.039	0.157	
Phenylalanine.....g	0.140		0		1		0.196	0.783	
Tyrosine.....g	0.137		0		1		0.192	0.766	
Valine.....g	0.193		0		1		0.270	1.079	
Arginine.....g	0.122		0		1		0.171	0.682	
Histidine.....g	0.078		0		1		0.109	0.436	
Alanine.....g	0.102		0		1		0.143	0.570	
Aspartic acid.....g	0.223		0		1		0.312	1.247	
Glutamic acid.....g	0.608		0		1		0.851	3.399	
Glycine.....g	0.065		0		1		0.091	0.363	
Proline.....g	0.272		0		1		0.381	1.520	
Serine.....g	0.157		0		1		0.220	0.878	
Hydroxyproline.....g									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	16		0	0	4		21.911	87.489	
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 = 140g: .5 cup

Measure 2 = 559g: 1 package yield (2 cups)

Calories Factors: Protein

Fat

Carbohydrate

**NDB No. 19325**

**Puddings, coconut cream, dry mix, regular, prepared with whole milk**

**Food Group:** 19 Sweets

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



**NDB No. 19330**  
**Puddings, lemon, dry mix, instant**

Nutrients and Units	Amount in 100 grams of edible portion					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	0.280		0		1		0.277	0.070	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.280		1		1		0.277	0.070	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.250		0		1		0.248	0.063	
18:2 undifferentiated.....g	0.230		1		1		0.228	0.058	
18:3 undifferentiated.....g	0.020		1		1		0.020	0.005	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein 4.2**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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



NDB No. 19204

Puddings, lemon, dry mix, instant, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.484		0	RPA	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.036		0	RPA	1				
17:1.....g									
18:1 undifferentiated.....g	0.448		0	RPA	1				
20:1.....g	0.000		0	RPA	1				
22:1 undifferentiated.....g	0.000		0	RPA	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.101		0	RPA	1				
18:2 undifferentiated.....g	0.075		0	RPA	1				
18:3 undifferentiated.....g	0.027		0	RPA	1				
18:4.....g	0.000		0	RPA	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1				
20:5 n-3.....g	0.000		0	RPA	1				
22:5 n-3.....g	0.000		0	RPA	1				
22:6 n-3.....g	0.000		0	RPA	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0	RPI	6				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.039		0	RPA	1				
Threonine.....g	0.125		0	RPA	1				
Isoleucine.....g	0.167		0	RPA	1				
Leucine.....g	0.271		0	RPA	1				
Lysine.....g	0.219		0	RPA	1				
Methionine.....g	0.070		0	RPA	1				
Cystine.....g	0.026		0	RPA	1				
Phenylalanine.....g	0.134		0	RPA	1				
Tyrosine.....g	0.134		0	RPA	1				
Valine.....g	0.185		0	RPA	1				
Arginine.....g	0.100		0	RPA	1				
Histidine.....g	0.075		0	RPA	1				
Alanine.....g	0.095		0	RPA	1				
Aspartic acid.....g	0.210		0	RPA	1				
Glutamic acid.....g	0.579		0	RPA	1				
Glycine.....g	0.058		0	RPA	1				
Proline.....g	0.268		0	RPA	1				
Serine.....g	0.150		0	RPA	1				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RPI	6				
Caffeine.....mg	0		0	RPI	6				
Theobromine.....mg	0		0	RPI	6				
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	10		0	O	4				
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:****Calories Factors: Protein****Fat****Carbohydrate**

**NDB No. 19204**

**Puddings, lemon, dry mix, instant, prepared with 2% milk**

**Food Group:** 19 Sweets

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





NDB No. 19331

Puddings, lemon, dry mix, instant, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	0.850		0		1		1.250	4.990	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		0		1		0.103	0.411	
17:1.....g									
18:1 undifferentiated.....g	0.780		0		1		1.147	4.579	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.150		0		1		0.221	0.881	
18:2 undifferentiated.....g	0.100		0		1		0.147	0.587	
18:3 undifferentiated.....g	0.050		0		1		0.074	0.294	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0		1		16	65	
Phytosterols.....mg	0		0		1		0	0	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.036		0		1		0.053	0.211	
Threonine.....g	0.117		0		1		0.172	0.687	
Isoleucine.....g	0.158		0		1		0.232	0.927	
Leucine.....g	0.255		0		1		0.375	1.497	
Lysine.....g	0.207		0		1		0.304	1.215	
Methionine.....g	0.065		0		1		0.096	0.382	
Cystine.....g	0.024		0		1		0.035	0.141	
Phenylalanine.....g	0.126		0		1		0.185	0.740	
Tyrosine.....g	0.126		0		1		0.185	0.740	
Valine.....g	0.174		0		1		0.256	1.021	
Arginine.....g	0.094		0		1		0.138	0.552	
Histidine.....g	0.071		0		1		0.104	0.417	
Alanine.....g	0.090		0		1		0.132	0.528	
Aspartic acid.....g	0.198		0		1		0.291	1.162	
Glutamic acid.....g	0.545		0		1		0.801	3.199	
Glycine.....g	0.055		0		1		0.081	0.323	
Proline.....g	0.252		0		1		0.370	1.479	
Serine.....g	0.141		0		1		0.207	0.828	
Hydroxyproline.....g									
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	15		0	0	4		21.962	87.698	
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 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

Calories Factors: Protein

Fat

Carbohydrate

**NDB No. 19331**

**Puddings, lemon, dry mix, instant, prepared with whole milk**

**Food Group:** 19 Sweets

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

**NDB No. 19332**  
**Puddings, lemon, dry mix, regular**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	5.20		2		1		4.42	1.09	
Energy.....kcal	363		0	NC	4		309	76	
Energy.....kj	1519				4		1291	319	
Protein (N x 6.25).....g	0.10		2		1		0.09	0.02	
Total lipid (fat).....g	0.50		1		4		0.43	0.11	
Ash.....g	2.40		2		1		2.04	0.50	
Carbohydrate, by difference.....g	91.80		0	NC	4		78.03	19.28	
Fiber, total dietary.....g	0.1		0	FLM	4		0.1	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5		1		4		4	1	
Iron, Fe.....mg	0.17		1		4		0.14	0.04	
Magnesium, Mg.....mg	4		1		4		3	1	
Phosphorus, P.....mg	3		1		4		3	1	
Potassium, K.....mg	5		1		4		4	1	
Sodium, Na.....mg	506		1		4		430	106	
Zinc, Zn.....mg	0.02		1		4		0.02	0.00	
Copper, Cu.....mg	0.024		1		4		0.020	0.005	
Manganese, Mn.....mg	0.025		1		4		0.021	0.005	
Selenium, Se.....mcg	1.1		0	BFFN	4		0.9	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.005		1		4		0.004	0.001	
Riboflavin.....mg	0.024		1		4		0.020	0.005	
Niacin.....mg	0.019		1		4		0.016	0.004	
Pantothenic acid.....mg	0.030		1		4		0.026	0.006	
Vitamin B-6.....mg	0.005		1		4		0.004	0.001	
Folate, total.....mcg	0		1		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		1		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	0		1		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.002		0		1		0.002	0.000	
Isoleucine.....g	0.002		0		1		0.002	0.000	
Leucine.....g	0.008		0		1		0.007	0.002	
Lysine.....g	0.001		0		1		0.001	0.000	
Methionine.....g	0.001		0		1		0.001	0.000	
Cystine.....g	0.001		0		1		0.001	0.000	

**NDB No. 19332**  
**Puddings, lemon, dry mix, regular**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.003		0		1		0.003	0.001	
Tyrosine.....g	0.002		0		1		0.002	0.000	
Valine.....g	0.003		0		1		0.003	0.001	
Arginine.....g	0.003		0		1		0.003	0.001	
Histidine.....g	0.002		0		1		0.002	0.000	
Alanine.....g	0.004		0		1		0.003	0.001	
Aspartic acid.....g	0.004		0		1		0.003	0.001	
Glutamic acid.....g	0.011		0		1		0.009	0.002	
Glycine.....g	0.002		0		1		0.002	0.000	
Proline.....g	0.005		0		1		0.004	0.001	
Serine.....g	0.002		0		1		0.002	0.000	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein 3.5**

**Fat 8.8**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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

NDB No. 19333

Puddings, lemon, dry mix, regular, prepared with sugar, egg yolk and water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	72.90		0	RP	4				
Energy.....kcal	113		0	RP	4				
Energy.....kj	474		0	RP	4				
Protein.....g	0.70		0	RP	4				
Total lipid (fat).....g	1.32		0	RP	4				
Ash.....g	0.43		0	RP	4				
Carbohydrate, by difference.....g	24.64		0	RP	4				
Fiber, total dietary.....g	0.0		0	RP	4				
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8		0	RP	4				
Iron, Fe.....mg	0.18		0	RP	4				
Magnesium, Mg.....mg	2		0	RP	4				
Phosphorus, P.....mg	21		0	RP	4				
Potassium, K.....mg	5		0	RP	4				
Sodium, Na.....mg	64		0	RP	4				
Zinc, Zn.....mg	0.16		0	RP	4				
Copper, Cu.....mg	0.014		0	RP	4				
Manganese, Mn.....mg	0.007		0	RP	4				
Selenium, Se.....mcg	2.1		0	RP	4				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RP	4				
Thiamin.....mg	0.006		0	RP	4				
Riboflavin.....mg	0.028		0	RP	4				
Niacin.....mg	0.003		0	RP	4				
Pantothenic acid.....mg	0.159		0	RP	4				
Vitamin B-6.....mg	0.014		0	RP	4				
Folate, total.....mcg	4		0	RP	4				
Folic acid.....mcg	0		0	RP	4				
Folate, food.....mcg	4		0	RP	4				
Folate, DFE.....mcg_DFE	4		0	NC	4				
Vitamin B-12.....mcg	0.10		0	RP	4				
Vitamin A, IU.....IU	79		0	RP	4				
Vitamin A, RAE.....mcg_RAE	23		0	NC	4				
Retinol.....mcg	23		0	RP	4				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.390		0	RP	4				
4:0.....g	0.000		0	RP	4				
6:0.....g	0.000		0	RP	4				
8:0.....g	0.000		0	RP	4				
10:0.....g	0.000		0	RP	4				
12:0.....g	0.000		0	RP	4				
13:0.....g									
14:0.....g	0.004		0	RP	4				
15:0.....g	0.001		0	RP	4				
16:0.....g	0.280		0	RP	4				
17:0.....g	0.002		0	RP	4				
18:0.....g	0.099		0	RP	4				
20:0.....g	0.001		0	RP	4				
22:0.....g	0.002		0	RP	4				
24:0.....g	0.000		0	RP	4				

NDB No. 19333

Puddings, lemon, dry mix, regular, prepared with sugar, egg yolk and water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	0.480		0	RP	4				
14:1.....g	0.001		0	RP	4				
15:1.....g									
16:1 undifferentiated.....g	0.038		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.437		0	RP	4				
20:1.....g	0.004		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.172		0	RP	4				
18:2 undifferentiated.....g	0.145		0	RP	4				
18:3 undifferentiated.....g	0.004		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.018		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.005		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	52		0	RP	4				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.008		0	RP	4				
Threonine.....g	0.037		0	RP	4				
Isoleucine.....g	0.035		0	RP	4				
Leucine.....g	0.061		0	RP	4				
Lysine.....g	0.054		0	RP	4				
Methionine.....g	0.017		0	RP	4				
Cystine.....g	0.012		0	RP	4				
Phenylalanine.....g	0.030		0	RP	4				
Tyrosine.....g	0.031		0	RP	4				
Valine.....g	0.038		0	RP	4				
Arginine.....g	0.049		0	RP	4				
Histidine.....g	0.018		0	RP	4				
Alanine.....g	0.036		0	RP	4				
Aspartic acid.....g	0.067		0	RP	4				
Glutamic acid.....g	0.088		0	RP	4				
Glycine.....g	0.021		0	RP	4				
Proline.....g	0.029		0	RP	4				
Serine.....g	0.059		0	RP	4				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				

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

#### Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

**Puddings, lemon, dry mix, regular, with added oil, potassium, sodium**

[illegible]



NDB No. 19708

Puddings, lemon, dry mix, regular, with added oil, potassium, sodium

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total monounsaturated.....g	0.440		0		1		0.374	0.092	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.009	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.440		0		1		0.374	0.092	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.720		0		1		0.612	0.151	
18:2 undifferentiated.....g	0.680		0		1		0.578	0.143	
18:3 undifferentiated.....g	0.040		0		1		0.034	0.008	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.002		0		1		0.002	0.000	
Isoleucine.....g	0.002		0		1		0.002	0.000	
Leucine.....g	0.008		0		1		0.007	0.002	
Lysine.....g	0.001		0		1		0.001	0.000	
Methionine.....g	0.001		0		1		0.001	0.000	
Cystine.....g	0.001		0		1		0.001	0.000	
Phenylalanine.....g	0.003		0		1		0.003	0.001	
Tyrosine.....g	0.002		0		1		0.002	0.000	
Valine.....g	0.003		0		1		0.003	0.001	
Arginine.....g	0.003		0		1		0.003	0.001	
Histidine.....g	0.002		0		1		0.002	0.000	
Alanine.....g	0.004		0		1		0.003	0.001	
Aspartic acid.....g	0.004		0		1		0.003	0.001	
Glutamic acid.....g	0.011		0		1		0.009	0.002	
Glycine.....g	0.002		0		1		0.002	0.000	
Proline.....g	0.005		0		1		0.004	0.001	
Serine.....g	0.002		0		1		0.002	0.000	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

#### Common Measures:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.5

Fat 8.8

Carbohydrate 3.9

Food Group: 19 Sweets

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

**NDB No. 19380**  
**Puddings, lemon, ready-to-eat**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	71.60	0.100	30		1		20.30	101.67	
Energy.....kcal	125		0	NC	4		35	178	
Energy.....kj	523				4		148	743	
Protein (N x 6.25).....g	0.10	0.008	11		1		0.03	0.14	
Total lipid (fat).....g	3.00	0.068	30		1		0.85	4.26	
Ash.....g	0.30	0.022	29		1		0.09	0.43	
Carbohydrate, by difference.....g	25.00		0	NC	4		7.09	35.50	
Fiber, total dietary.....g	0.1		0	FLM	4		0.0	0.1	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	2		1		1		1	3	
Iron, Fe.....mg	0.07		1		4		0.02	0.10	
Magnesium, Mg.....mg	1		1		1		0	1	
Phosphorus, P.....mg	5		1		1		1	7	
Potassium, K.....mg	1		1		1		0	1	
Sodium, Na.....mg	140		1		1		40	199	
Zinc, Zn.....mg	0.03		1		4		0.01	0.04	
Copper, Cu.....mg	0.015		1		4		0.004	0.021	
Manganese, Mn.....mg	0.008		1		4		0.002	0.011	
Selenium, Se.....mcg	1.8		0	BFZN	4		0.5	2.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		1		4		0.0	0.1	
Thiamin.....mg	0.000		1		4		0.000	0.000	
Riboflavin.....mg	0.004		1		4		0.001	0.006	
Niacin.....mg	0.002		1		4		0.001	0.003	
Pantothenic acid.....mg	0.006		1		4		0.002	0.009	
Vitamin B-6.....mg	0.000		1		4		0.000	0.000	
Folate, total.....mcg	0		1		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		1		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	0		1		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.450		0		1		0.128	0.639	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.000		1		1		0.000	0.000	
15:0.....g									
16:0.....g	0.300		1		1		0.085	0.426	
17:0.....g									
18:0.....g	0.150		1		1		0.043	0.213	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 19380**  
**Puddings, lemon, ready-to-eat**

Nutrients and Units	Amount in 100 grams of edible portion					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	1.300		0		1		0.369	1.846	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.003	0.014	
17:1.....g									
18:1 undifferentiated.....g	1.280		1		1		0.363	1.818	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.140		0		1		0.323	1.619	
18:2 undifferentiated.....g	1.060		1		1		0.301	1.505	
18:3 undifferentiated.....g	0.080		1		1		0.023	0.114	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.002		0		1		0.001	0.003	
Isoleucine.....g	0.003		0		1		0.001	0.004	
Leucine.....g	0.009		0		1		0.003	0.013	
Lysine.....g	0.002		0		1		0.001	0.003	
Methionine.....g	0.001		0		1		0.000	0.001	
Cystine.....g	0.002		0		1		0.001	0.003	
Phenylalanine.....g	0.004		0		1		0.001	0.006	
Tyrosine.....g	0.003		0		1		0.001	0.004	
Valine.....g	0.004		0		1		0.001	0.006	
Arginine.....g	0.004		0		1		0.001	0.006	
Histidine.....g	0.002		0		1		0.001	0.003	
Alanine.....g	0.005		0		1		0.001	0.007	
Aspartic acid.....g	0.005		0		1		0.001	0.007	
Glutamic acid.....g	0.014		0		1		0.004	0.020	
Glycine.....g	0.002		0		1		0.001	0.003	
Proline.....g	0.007		0		1		0.002	0.010	
Serine.....g	0.003		0		1		0.001	0.004	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 1 can (5 oz)

**Calories Factors: Protein** 3.4

**Fat** 8.8

**Carbohydrate** 3.9

**Food Group:** 19 Sweets

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

**NDB No. 19194**  
**Puddings, rice, dry mix**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.80		1		4		5.09	1.30	
Energy.....kcal	376		0		4		399	102	
Energy.....kj	1573				4		1668	425	
Protein (N x 6).....g	2.70		1		4		2.86	0.73	
Total lipid (fat).....g	0.10		1		4		0.11	0.03	
Ash.....g	1.10		1		4		1.17	0.30	
Carbohydrate, by difference.....g	91.20		0	NC	4		96.67	24.62	
Fiber, total dietary.....g	0.7		0	FLM	4		0.7	0.2	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14		1		4		15	4	
Iron, Fe.....mg	1.79		1		4		1.90	0.48	
Magnesium, Mg.....mg	8		1		4		8	2	
Phosphorus, P.....mg	39		1		4		41	11	
Potassium, K.....mg	5		1		4		5	1	
Sodium, Na.....mg	366		1		4		388	99	
Zinc, Zn.....mg	0.31		1		1		0.33	0.08	
Copper, Cu.....mg	0.062		1		4		0.066	0.017	
Manganese, Mn.....mg	0.300		1		4		0.318	0.081	
Selenium, Se.....mcg	0.5		0	FLM	4		0.5	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.248		1		4		0.263	0.067	
Riboflavin.....mg	0.012		1		4		0.013	0.003	
Niacin.....mg	2.013		1		4		2.134	0.544	
Pantothenic acid.....mg	0.108		1		4		0.114	0.029	
Vitamin B-6.....mg	0.013		1		4		0.014	0.004	
Folate, total.....mcg	1		1		4		1	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1		1		4		1	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		1	0	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	0		1		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 106g: 1 package

**NDB No. 19194**

**Puddings, rice, dry mix**

Measure 2 = 27g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein 3.8**

**Fat 8.4**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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

**Puddings, rice, dry mix, prepared with 2% milk**

**Refuse: 0%**

[illegible]

NDB No. 19208

Puddings, rice, dry mix, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.441		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.036		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.405		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.060		0	RP	4				
18:2 undifferentiated.....g	0.036		0	RP	4				
18:3 undifferentiated.....g	0.023		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0	RP	4				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.039		0	RP	4				
Threonine.....g	0.126		0	RP	4				
Isoleucine.....g	0.169		0	RP	4				
Leucine.....g	0.273		0	RP	4				
Lysine.....g	0.221		0	RP	4				
Methionine.....g	0.070		0	RP	4				
Cystine.....g	0.026		0	RP	4				
Phenylalanine.....g	0.135		0	RP	4				
Tyrosine.....g	0.135		0	RP	4				
Valine.....g	0.187		0	RP	4				
Arginine.....g	0.101		0	RP	4				
Histidine.....g	0.075		0	RP	4				
Alanine.....g	0.096		0	RP	4				
Aspartic acid.....g	0.212		0	RP	4				
Glutamic acid.....g	0.584		0	RP	4				
Glycine.....g	0.059		0	RP	4				
Proline.....g	0.271		0	RP	4				
Serine.....g	0.152		0	RP	4				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	10		0	O	4				
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:****Calories Factors: Protein****Fat****Carbohydrate**

**NDB No. 19208**

**Puddings, rice, dry mix, prepared with 2% milk**

**Food Group:** 19 Sweets

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



**Puddings, rice, dry mix, prepared with whole milk**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	72.42		0	RP	4				
Energy.....kcal	121		0	RP	4				
Energy.....kj	507		0	RP	4				
Protein.....g	3.25		0	RP	4				
Total lipid (fat).....g	2.82		0	RP	4				
Ash.....g	0.81		0	RP	4				
Carbohydrate, by difference.....g	20.68		0	RP	4				
Fiber, total dietary.....g	0.1		0	RP	4				
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	103		0	RP	4				
Iron, Fe.....mg	0.37		0	RP	4				
Magnesium, Mg.....mg	13		0	RP	4				
Phosphorus, P.....mg	85		0	RP	4				
Potassium, K.....mg	128		0	RP	4				
Sodium, Na.....mg	108		0	RP	4				
Zinc, Zn.....mg	0.38		0	RP	4				
Copper, Cu.....mg	0.020		0	RP	4				
Manganese, Mn.....mg	0.059		0	RP	4				
Selenium, Se.....mcg	1.8		0	RP	4				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		0	RP	4				
Thiamin.....mg	0.074		0	RP	4				
Riboflavin.....mg	0.138		0	RP	4				
Niacin.....mg	0.441		0	RP	4				
Pantothenic acid.....mg	0.283		0	RP	4				
Vitamin B-6.....mg	0.034		0	RP	4				
Folate, total.....mcg	4		0	RP	4				
Folic acid.....mcg	0		0	RP	4				
Folate, food.....mcg	4		0	RP	4				
Folate, DFE.....mcg_DFE	4		0	NC	4				
Vitamin B-12.....mcg	0.24		0	RP	4				
Vitamin A, IU.....IU	115		0	O	4				
Vitamin A, RAE.....mcg_RAE	29		0	NC	4				
Retinol.....mcg	28		0	RP	4				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	33.526		0	RP	4				
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.682		0	RP	4				
4:0.....g	0.091		0	RP	4				
6:0.....g	0.054		0	RP	4				
8:0.....g	0.031		0	RP	4				
10:0.....g	0.070		0	RP	4				
12:0.....g	0.079		0	RP	4				
13:0.....g									
14:0.....g	0.282		0	RP	4				
15:0.....g									
16:0.....g	0.737		0	RP	4				
17:0.....g									
18:0.....g	0.339		0	RP	4				
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 19195

Puddings, rice, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.767		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.063		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.704		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.104		0	RP	4				
18:2 undifferentiated.....g	0.063		0	RP	4				
18:3 undifferentiated.....g	0.041		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0	RP	4				
Phytosterols.....mg	0		0	RP	4				
<b>Amino Acids:</b>									
Tryptophan.....g	0.039		0	RP	4				
Threonine.....g	0.125		0	RP	4				
Isoleucine.....g	0.167		0	RP	4				
Leucine.....g	0.270		0	RP	4				
Lysine.....g	0.219		0	RP	4				
Methionine.....g	0.070		0	RP	4				
Cystine.....g	0.025		0	RP	4				
Phenylalanine.....g	0.133		0	RP	4				
Tyrosine.....g	0.133		0	RP	4				
Valine.....g	0.184		0	RP	4				
Arginine.....g	0.100		0	RP	4				
Histidine.....g	0.075		0	RP	4				
Alanine.....g	0.095		0	RP	4				
Aspartic acid.....g	0.210		0	RP	4				
Glutamic acid.....g	0.577		0	RP	4				
Glycine.....g	0.059		0	RP	4				
Proline.....g	0.267		0	RP	4				
Serine.....g	0.150		0	RP	4				
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
<b>Carotenoids:</b>									
Carotene, beta.....mcg	15		0	O	4				
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:

Calories Factors: Protein

Fat

Carbohydrate

**NDB No. 19195**

**Puddings, rice, dry mix, prepared with whole milk**

**Food Group:** 19 Sweets

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

**NDB No. 19193**  
**Puddings, rice, ready-to-eat**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	67.90	0.296	16		1		19.25	96.42	
Energy.....kcal	163		0	NC	4		46	231	
Energy.....kj	682				4		193	968	
Protein (N x 6.3).....g	2.00	0.021	15		1		0.57	2.84	
Total lipid (fat).....g	7.50	0.069	15		1		2.13	10.65	
Ash.....g	0.60	0.007	15		1		0.17	0.85	
Carbohydrate, by difference.....g	22.00		0	NC	4		6.24	31.24	
Fiber, total dietary.....g	0.1		0		4		0.0	0.1	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	52	1.429	15		1		15	74	
Iron, Fe.....mg	0.30		1		4		0.09	0.43	
Magnesium, Mg.....mg	8		1		4		2	11	
Phosphorus, P.....mg	68		1		4		19	97	
Potassium, K.....mg	60		1		4		17	85	
Sodium, Na.....mg	85		1		4		24	121	
Zinc, Zn.....mg	0.49		1		1		0.14	0.70	
Copper, Cu.....mg	0.022		1		4		0.006	0.031	
Manganese, Mn.....mg	0.126		1		1		0.036	0.179	
Selenium, Se.....mcg	2.2		0	FLA	4		0.6	3.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		1		4		0.1	0.7	
Thiamin.....mg	0.018	0.001	15		1		0.005	0.026	
Riboflavin.....mg	0.072	0.002	15		1		0.020	0.102	
Niacin.....mg	0.161	0.006	14		1		0.046	0.229	
Pantothenic acid.....mg	0.232		1		4		0.066	0.329	
Vitamin B-6.....mg	0.029		1		4		0.008	0.041	
Folate, total.....mcg	3		1		4		1	4	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		1		4		1	4	
Folate, DFE.....mcg_DFE	3		0	NC	4		1	4	
Vitamin B-12.....mcg	0.21		1		4		0.06	0.30	
Vitamin A, IU.....IU	85		0	O	4		24	121	
Vitamin A, RAE.....mcg_RAE	25		0	NC	4		7	36	
Retinol.....mcg	25		0	O	4		7	36	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.170		0		1		0.332	1.661	
4:0.....g	0.000		1		1		0.000	0.000	
6:0.....g	0.000		1		1		0.000	0.000	
8:0.....g	0.000		1		1		0.000	0.000	
10:0.....g	0.000		1		1		0.000	0.000	
12:0.....g	0.000		1		1		0.000	0.000	
13:0.....g									
14:0.....g	0.020		1		1		0.006	0.028	
15:0.....g									
16:0.....g	0.760		1		1		0.215	1.079	
17:0.....g									
18:0.....g	0.380		1		1		0.108	0.540	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 19193**  
**Puddings, rice, ready-to-eat**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	3.210		0		1		0.910	4.558	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		1		1		0.009	0.043	
17:1.....g									
18:1 undifferentiated.....g	3.170		1		1		0.899	4.501	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.790		0		1		0.791	3.962	
18:2 undifferentiated.....g	2.590		1		1		0.734	3.678	
18:3 undifferentiated.....g	0.190		1		1		0.054	0.270	
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	1		1		4		0	1	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.026		0		1		0.007	0.037	
Threonine.....g	0.084		0		1		0.024	0.119	
Isoleucine.....g	0.112		0		1		0.032	0.159	
Leucine.....g	0.186		0		1		0.053	0.264	
Lysine.....g	0.142		0		1		0.040	0.202	
Methionine.....g	0.048		0		1		0.014	0.068	
Cystine.....g	0.019		0		1		0.005	0.027	
Phenylalanine.....g	0.094		0		1		0.027	0.133	
Tyrosine.....g	0.091		0		1		0.026	0.129	
Valine.....g	0.127		0		1		0.036	0.180	
Arginine.....g	0.080		0		1		0.023	0.114	
Histidine.....g	0.051		0		1		0.014	0.072	
Alanine.....g	0.072		0		1		0.020	0.102	
Aspartic acid.....g	0.150		0		1		0.043	0.213	
Glutamic acid.....g	0.399		0		1		0.113	0.567	
Glycine.....g	0.046		0		1		0.013	0.065	
Proline.....g	0.176		0		1		0.050	0.250	
Serine.....g	0.104		0		1		0.029	0.148	
Hydroxyproline.....g									
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	0	4		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 = 28.35g: 1 oz

Measure 2 = 142g: 1 can (5 oz)

**Calories Factors: Protein 4.2**

**Fat 8.8**

**Carbohydrate 4**

**NDB No. 19193**  
**Puddings, rice, ready-to-eat**

**Food Group:** 19 Sweets

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

**NDB No. 19198**  
**Puddings, tapioca, dry mix**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.00	0.043	6		1		3.68	0.92	
Energy.....kcal	369		0		4		339	85	
Energy.....kj	1544				4		1420	355	
Protein (N x 6.25).....g	0.10		0		4		0.09	0.02	
Total lipid (fat).....g	0.10		0		4		0.09	0.02	
Ash.....g	1.40	0.040	6		1		1.29	0.32	
Carbohydrate, by difference.....g	94.30		0	NC	4		86.76	21.69	
Fiber, total dietary.....g	0.2		0	FLM	4		0.2	0.0	
Sugars, total.....g	65.00		0	LC	8		59.80	14.95	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	4		0		4		4	1	
Iron, Fe.....mg	0.12		0		4		0.11	0.03	
Magnesium, Mg.....mg	2		0		4		2	0	
Phosphorus, P.....mg	4		0		4		4	1	
Potassium, K.....mg	5		0		4		5	1	
Sodium, Na.....mg	477		0		4		439	110	
Zinc, Zn.....mg	0.08		0		4		0.07	0.02	
Copper, Cu.....mg	0.029		0		4		0.027	0.007	
Manganese, Mn.....mg	0.033		0		4		0.030	0.008	
Selenium, Se.....mcg	0.9		0	FLM	4		0.8	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.001		0		4		0.001	0.000	
Riboflavin.....mg	0.006		0		4		0.006	0.001	
Niacin.....mg	0.004		0		4		0.004	0.001	
Pantothenic acid.....mg	0.015		0		4		0.014	0.003	
Vitamin B-6.....mg	0.001		0	FLM	4		0.001	0.000	
Folate, total.....mcg	0		0		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		0		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.002		0		1		0.002	0.000	
Threonine.....g	0.004		0		1		0.004	0.001	
Isoleucine.....g	0.004		0		1		0.004	0.001	
Leucine.....g	0.009		0		1		0.008	0.002	
Lysine.....g	0.004		0		1		0.004	0.001	
Methionine.....g	0.002		0		1		0.002	0.000	
Cystine.....g	0.003		0		1		0.003	0.001	

**NDB No. 19198**  
**Puddings, tapioca, dry mix**

Nutrients and Units	Amount in 100 grams of edible portion					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						
Phenylalanine.....g	0.004		0		1		0.004	0.001	
Tyrosine.....g	0.003		0		1		0.003	0.001	
Valine.....g	0.005		0		1		0.005	0.001	
Arginine.....g	0.012		0		1		0.011	0.003	
Histidine.....g	0.003		0		1		0.003	0.001	
Alanine.....g	0.006		0		1		0.006	0.001	
Aspartic acid.....g	0.009		0		1		0.008	0.002	
Glutamic acid.....g	0.024		0		1		0.022	0.006	
Glycine.....g	0.004		0		1		0.004	0.001	
Proline.....g	0.007		0		1		0.006	0.002	
Serine.....g	0.004		0		1		0.004	0.001	
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 = 92g: 1 package (3.5 oz)

Measure 2 = 23g: 1 portion, amount to make 1/2 cup

**Calories Factors: Protein 3**

**Fat 8.4**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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



**Puddings, tapioca, dry mix, prepared with 2% milk**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	75.01		0	RP	4				
Energy.....kcal	105		0	RP	4				
Energy.....kj	438		0	RP	4				
Protein.....g	2.88		0	RP	4				
Total lipid (fat).....g	1.67		0	RP	4				
Ash.....g	0.87		0	RP	4				
Carbohydrate, by difference.....g	19.56		0	RP	4				
Fiber, total dietary.....g	0.0		0	RP	4				
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	105		0	RP	4				
Iron, Fe.....mg	0.06		0	RP	4				
Magnesium, Mg.....mg	12		0	RP	4				
Phosphorus, P.....mg	82		0	RP	4				
Potassium, K.....mg	133		0	RP	4				
Sodium, Na.....mg	121		0	RP	4				
Zinc, Zn.....mg	0.35		0	RP	4				
Copper, Cu.....mg	0.012		0	RP	4				
Manganese, Mn.....mg	0.007		0	RP	4				
Selenium, Se.....mcg	2.0		0	RP	4				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		0	RP	4				
Thiamin.....mg	0.030		0	RP	4				
Riboflavin.....mg	0.143		0	RP	4				
Niacin.....mg	0.075		0	RP	4				
Pantothenic acid.....mg	0.277		0	RP	4				
Vitamin B-6.....mg	0.033		0	RP	4				
Folate, total.....mcg	4		0	RP	4				
Folic acid.....mcg	0		0	RP	4				
Folate, food.....mcg	4		0	RP	4				
Folate, DFE.....mcg_DFE	4		0	NC	4				
Vitamin B-12.....mcg	0.25		0	RP	4				
Vitamin A, IU.....IU	160		0	O	4				
Vitamin A, RAE.....mcg_RAE	47		0	NC	4				
Retinol.....mcg	46		0	RP	4				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	34.373		0	RP	4				
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.991		0	RP	4				
4:0.....g	0.053		0	RP	4				
6:0.....g	0.032		0	RP	4				
8:0.....g	0.018		0	RP	4				
10:0.....g	0.041		0	RP	4				
12:0.....g	0.046		0	RP	4				
13:0.....g									
14:0.....g	0.166		0	RP	4				
15:0.....g									
16:0.....g	0.434		0	RP	4				
17:0.....g									
18:0.....g	0.200		0	RP	4				
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 19209

Puddings, tapioca, dry mix, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.452		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.415		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.061		0	RP	4				
18:2 undifferentiated.....g	0.037		0	RP	4				
18:3 undifferentiated.....g	0.024		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0	RP	4				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.041		0	RP	4				
Threonine.....g	0.130		0	RP	4				
Isoleucine.....g	0.173		0	RP	4				
Leucine.....g	0.282		0	RP	4				
Lysine.....g	0.228		0	RP	4				
Methionine.....g	0.073		0	RP	4				
Cystine.....g	0.027		0	RP	4				
Phenylalanine.....g	0.139		0	RP	4				
Tyrosine.....g	0.139		0	RP	4				
Valine.....g	0.192		0	RP	4				
Arginine.....g	0.106		0	RP	4				
Histidine.....g	0.078		0	RP	4				
Alanine.....g	0.100		0	RP	4				
Aspartic acid.....g	0.219		0	RP	4				
Glutamic acid.....g	0.603		0	RP	4				
Glycine.....g	0.061		0	RP	4				
Proline.....g	0.279		0	RP	4				
Serine.....g	0.156		0	RP	4				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	10		0	O	4				
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:

Calories Factors: Protein

Fat

Carbohydrate

**NDB No. 19209**  
**Puddings, tapioca, dry mix, prepared with 2% milk**

**Food Group:** 19 Sweets

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

**Puddings, tapioca, dry mix, prepared with whole milk**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	73.97		0	RP	4				
Energy.....kcal	115		0	RP	4				
Energy.....kj	481		0	RP	4				
Protein.....g	2.84		0	RP	4				
Total lipid (fat).....g	2.89		0	RP	4				
Ash.....g	0.85		0	RP	4				
Carbohydrate, by difference.....g	19.43		0	RP	4				
Fiber, total dietary.....g	0.0		0	RP	4				
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	103		0	RP	4				
Iron, Fe.....mg	0.06		0	RP	4				
Magnesium, Mg.....mg	12		0	RP	4				
Phosphorus, P.....mg	81		0	RP	4				
Potassium, K.....mg	131		0	RP	4				
Sodium, Na.....mg	120		0	RP	4				
Zinc, Zn.....mg	0.34		0	RP	4				
Copper, Cu.....mg	0.013		0	RP	4				
Manganese, Mn.....mg	0.009		0	RP	4				
Selenium, Se.....mcg	1.9		0	RP	4				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		0	RP	4				
Thiamin.....mg	0.030		0	RP	4				
Riboflavin.....mg	0.140		0	RP	4				
Niacin.....mg	0.073		0	RP	4				
Pantothenic acid.....mg	0.272		0	RP	4				
Vitamin B-6.....mg	0.033		0	RP	4				
Folate, total.....mcg	4		0	RP	4				
Folic acid.....mcg	0		0	RP	4				
Folate, food.....mcg	4		0	RP	4				
Folate, DFE.....mcg_DFE	4		0	NC	4				
Vitamin B-12.....mcg	0.25		0	RP	4				
Vitamin A, IU.....IU	108		0	RP	4				
Vitamin A, RAE.....mcg_RAE	25		0	NC	4				
Retinol.....mcg	24		0	RP	4				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	34.362		0	RP	4				
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.724		0	RP	4				
4:0.....g	0.093		0	RP	4				
6:0.....g	0.055		0	RP	4				
8:0.....g	0.032		0	RP	4				
10:0.....g	0.072		0	RP	4				
12:0.....g	0.081		0	RP	4				
13:0.....g									
14:0.....g	0.289		0	RP	4				
15:0.....g									
16:0.....g	0.755		0	RP	4				
17:0.....g									
18:0.....g	0.348		0	RP	4				
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 19199

Puddings, tapioca, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.786		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.064		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.722		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.107		0	RP	4				
18:2 undifferentiated.....g	0.064		0	RP	4				
18:3 undifferentiated.....g	0.042		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0	RP	4				
Phytosterols.....mg	0		0	RP	4				
<b>Amino Acids:</b>									
Tryptophan.....g	0.040		0	RP	4				
Threonine.....g	0.129		0	RP	4				
Isoleucine.....g	0.172		0	RP	4				
Leucine.....g	0.278		0	RP	4				
Lysine.....g	0.225		0	RP	4				
Methionine.....g	0.072		0	RP	4				
Cystine.....g	0.026		0	RP	4				
Phenylalanine.....g	0.137		0	RP	4				
Tyrosine.....g	0.137		0	RP	4				
Valine.....g	0.190		0	RP	4				
Arginine.....g	0.104		0	RP	4				
Histidine.....g	0.077		0	RP	4				
Alanine.....g	0.098		0	RP	4				
Aspartic acid.....g	0.216		0	RP	4				
Glutamic acid.....g	0.596		0	RP	4				
Glycine.....g	0.061		0	RP	4				
Proline.....g	0.275		0	RP	4				
Serine.....g	0.154		0	RP	4				
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
<b>Carotenoids:</b>									
Carotene, beta.....mcg	15		0	O	4				
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:

Calories Factors: Protein

Fat

Carbohydrate

**NDB No. 19199**

**Puddings, tapioca, dry mix, prepared with whole milk**

**Food Group:** 19 Sweets

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

NDB No. 19709

Puddings, tapioca, dry mix, with no added salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.00	0.043	6		1		3.68	0.92	
Energy.....kcal	369		0		4		339	85	
Energy.....kj	1544				4		1420	355	
Protein (N x 6.25).....g	0.10		1		4		0.09	0.02	
Total lipid (fat).....g	0.10		1		4		0.09	0.02	
Ash.....g	1.40	0.040	6		1		1.29	0.32	
Carbohydrate, by difference.....g	94.30		0	NC	4		86.76	21.69	
Fiber, total dietary.....g	0.2		0	BFZN	4		0.2	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	4		1		4		4	1	
Iron, Fe.....mg	0.12		1		4		0.11	0.03	
Magnesium, Mg.....mg	2		1		4		2	0	
Phosphorus, P.....mg	4		1		4		4	1	
Potassium, K.....mg	5		1		4		5	1	
Sodium, Na.....mg	8		0		1		7	2	
Zinc, Zn.....mg	0.08		1		4		0.07	0.02	
Copper, Cu.....mg	0.029		1		4		0.027	0.007	
Manganese, Mn.....mg	0.033		1		4		0.030	0.008	
Selenium, Se.....mcg	0.1		0	BFZN	4		0.1	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.001		1		4		0.001	0.000	
Riboflavin.....mg	0.006		1		4		0.006	0.001	
Niacin.....mg	0.004		1		4		0.004	0.001	
Pantothenic acid.....mg	0.015		1		4		0.014	0.003	
Vitamin B-6.....mg	0.032		1		4		0.029	0.007	
Folate, total.....mcg	0		1		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		1		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	0		1		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.002		0		1		0.002	0.000	
Threonine.....g	0.004		0		1		0.004	0.001	
Isoleucine.....g	0.004		0		1		0.004	0.001	
Leucine.....g	0.009		0		1		0.008	0.002	
Lysine.....g	0.004		0		1		0.004	0.001	
Methionine.....g	0.002		0		1		0.002	0.000	
Cystine.....g	0.003		0		1		0.003	0.001	

NDB No. 19709

Puddings, tapioca, dry mix, with no added salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	<u>measures of food</u>			
			of Data				Code	Code	Code	Measure 1
			Points							
Phenylalanine.....g	0.004		0		1		0.004		0.001	
Tyrosine.....g	0.003		0		1		0.003		0.001	
Valine.....g	0.005		0		1		0.005		0.001	
Arginine.....g	0.012		0		1		0.011		0.003	
Histidine.....g	0.003		0		1		0.003		0.001	
Alanine.....g	0.006		0		1		0.006		0.001	
Aspartic acid.....g	0.009		0		1		0.008		0.002	
Glutamic acid.....g	0.024		0		1		0.022		0.006	
Glycine.....g	0.004		0		1		0.004		0.001	
Proline.....g	0.007		0		1		0.006		0.002	
Serine.....g	0.004		0		1		0.004		0.001	
Hydroxyproline.....g										
<b><u>Others:</u></b>										
Alcohol, ethyl.....g										
Caffeine.....mg	0		0	z	7		0		0	
Theobromine.....mg	0		0	z	7		0		0	

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

#### Common Measures:

Measure 1 = 92g: 1 package (3.5 oz)

Measure 2 = 23g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3

Fat 8.4

Carbohydrate 3.9

Food Group: 19 Sweets

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 Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
<b>Proximates:</b>									
Water.....g	74.20	0.209	43		1		21.04	105.36	83.85
Energy.....kcal	119		0	NC	4		34	169	134
Energy.....kj	497		0	NC	4		141	706	562
Protein (N x 6.25).....g	2.00	0.050	43		1		0.57	2.84	2.26
Total lipid (fat).....g	3.70	0.100	43		1		1.05	5.25	4.18
Ash.....g	0.70	0.020	43		1		0.20	0.99	0.79
Carbohydrate, by difference.....g	19.40		0	NC	4		5.50	27.55	21.92
Fiber, total dietary.....g	0.1		0	FLC	4		0.0	0.1	0.1
Sugars, total.....g	17.70		0	LC	8		5.02	25.13	20.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	84	3.895	43		1		24	119	95
Iron, Fe.....mg	0.23	0.019	17		1		0.07	0.33	0.26
Magnesium, Mg.....mg	8	0.095	17		1		2	11	9
Phosphorus, P.....mg	79	0.762	17		1		22	112	89
Potassium, K.....mg	96		0	FLC	4		27	136	108
Sodium, Na.....mg	159		0	LC	8		45	226	180
Zinc, Zn.....mg	0.27	0.006	17		1		0.08	0.38	0.31
Copper, Cu.....mg	0.027	0.002	17		1		0.008	0.038	0.031
Manganese, Mn.....mg	0.007		0	FLC	4		0.002	0.009	0.007
Selenium, Se.....mcg	1.7		0	FLC	4		0.5	2.5	2.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		0	FLC	4		0.1	0.5	0.4
Thiamin.....mg	0.022	0.001	43		1		0.006	0.031	0.025
Riboflavin.....mg	0.098	0.003	43		1		0.028	0.139	0.111
Niacin.....mg	0.312	0.017	17		1		0.088	0.443	0.353
Pantothenic acid.....mg	0.189		0	FLC	4		0.054	0.269	0.214
Vitamin B-6.....mg	0.019		0	FLC	4		0.005	0.027	0.022
Folate, total.....mcg	3		0	FLC	4		1	4	3
Folic acid.....mcg	0		0	FLC	4		0	0	0
Folate, food.....mcg	3		0	FLC	4		1	4	3
Folate, DFE.....mcg_DFE	3		0	NC	4		1	4	3
Vitamin B-12.....mcg	0.21		0	FLC	4		0.06	0.30	0.24
Vitamin A, IU.....IU	1		0	FLC	4		0	2	1
Vitamin A, RAE.....mcg_RAE	0		0	FLC	4		0	0	0
Retinol.....mcg	0		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.30		0	FLC	4		0.08	0.42	0.33
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.9		0	FLC	4		0.3	1.3	1.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.600		0		1		0.170	0.852	0.678
4:0.....g	0.000		1		1		0.000	0.000	0.000
6:0.....g	0.000		1		1		0.000	0.000	0.000
8:0.....g	0.000		1		1		0.000	0.000	0.000
10:0.....g	0.000		1		1		0.000	0.000	0.000
12:0.....g	0.000		1		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.010		1		1		0.003	0.014	0.011
15:0.....g									
16:0.....g	0.390		1		1		0.111	0.554	0.441
17:0.....g									
18:0.....g	0.190		1		1		0.054	0.270	0.215
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 19218**  
**Puddings, tapioca, ready-to-eat**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.580		0		1		0.448	2.244	1.785
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		1		1		0.006	0.028	0.023
17:1.....g									
18:1 undifferentiated.....g	1.570		1		1		0.445	2.229	1.774
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.360		0		1		0.386	1.931	1.537
18:2 undifferentiated.....g	1.270		1		1		0.360	1.803	1.435
18:3 undifferentiated.....g	0.100		1		1		0.028	0.142	0.113
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLC	4		0	1	1
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.027		0		1		0.008	0.038	0.031
Threonine.....g	0.085		0		1		0.024	0.121	0.096
Isoleucine.....g	0.114		0		1		0.032	0.162	0.129
Leucine.....g	0.185		0		1		0.052	0.263	0.209
Lysine.....g	0.149		0		1		0.042	0.212	0.168
Methionine.....g	0.048		0		1		0.014	0.068	0.054
Cystine.....g	0.019		0		1		0.005	0.027	0.021
Phenylalanine.....g	0.092		0		1		0.026	0.131	0.104
Tyrosine.....g	0.091		0		1		0.026	0.129	0.103
Valine.....g	0.127		0		1		0.036	0.180	0.144
Arginine.....g	0.073		0		1		0.021	0.104	0.082
Histidine.....g	0.052		0		1		0.015	0.074	0.059
Alanine.....g	0.067		0		1		0.019	0.095	0.076
Aspartic acid.....g	0.145		0		1		0.041	0.206	0.164
Glutamic acid.....g	0.399		0		1		0.113	0.567	0.451
Glycine.....g	0.041		0		1		0.012	0.058	0.046
Proline.....g	0.182		0		1		0.052	0.258	0.206
Serine.....g	0.103		0		1		0.029	0.146	0.116
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLC	4		0.018	0.093	0.074
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	FLC	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 = 28.35g: 1 oz

Measure 2 = 142g: 1 can (5 oz)

Measure 3 = 113g: 1 snack size (4 oz)

NDB No. 19218  
Puddings, tapioca, ready-to-eat

Calories Factors: Protein 4                      Fat 9                      Carbohydrate 4                      Food Group: 19 Sweets

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



**NDB No. 19234**  
**Puddings, tapioca, ready-to-eat, fat free**

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

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

**Common Measures:**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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

**NDB No. 19202**  
**Puddings, vanilla, dry mix, instant**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.60	0.158	20		1		2.57	0.65	
Energy.....kcal	377		0	NC	4		373	94	
Energy.....kj	1577		0	NC	4		1562	394	
Protein (N x 6.25).....g	0.00	0.000	20		1		0.00	0.00	
Total lipid (fat).....g	0.60	0.024	20		1		0.59	0.15	
Ash.....g	3.90	0.067	20		1		3.86	0.98	
Carbohydrate, by difference.....g	92.90		0	NC	4		91.97	23.22	
Fiber, total dietary.....g	0.0		0	FLA	4		0.0	0.0	
Sugars, total.....g	92.90		0	NR	4		91.97	23.22	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12	1.932	3		1		12	3	
Iron, Fe.....mg	0.01		0	FLA	4		0.01	0.00	
Magnesium, Mg.....mg	1		0	FLA	4		1	0	
Phosphorus, P.....mg	705	9.672	3		1		698	176	
Potassium, K.....mg	12	1.856	16		1		12	3	
Sodium, Na.....mg	1441	33.880	16		1		1427	360	
Zinc, Zn.....mg	0.06	0.002	4		1		0.06	0.02	
Copper, Cu.....mg	0.093		2		1		0.092	0.023	
Manganese, Mn.....mg	0.000		0	FLA	4		0.000	0.000	
Selenium, Se.....mcg	0.7		0	FLA	4		0.7	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	
Thiamin.....mg	0.002		0	FLA	4		0.002	0.001	
Riboflavin.....mg	0.028		0	FLA	4		0.028	0.007	
Niacin.....mg	0.006		0	FLA	4		0.006	0.001	
Pantothenic acid.....mg	0.026		0	FLA	4		0.025	0.006	
Vitamin B-6.....mg	0.002		0	FLA	4		0.002	0.001	
Folate, total.....mcg	0		0	FLA	4		0	0	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	0		0	FLA	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.02		0	FLA	4		0.02	0.00	
Vitamin A, IU.....IU	2		0	FLA	4		2	0	
Vitamin A, RAE.....mcg_RAE	1		0	FLA	4		1	0	
Retinol.....mcg	1		0	FLA	4		1	0	
Vitamin E (alpha-tocopherol).....mg	0.02		0	FLA	4		0.02	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	FLA	4		0.1	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.100		0		1		0.099	0.025	
4:0.....g	0.000		1		1		0.000	0.000	
6:0.....g	0.000		1		1		0.000	0.000	
8:0.....g	0.000		1		1		0.000	0.000	
10:0.....g	0.000		1		1		0.000	0.000	
12:0.....g	0.000		1		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		1		1		0.000	0.000	
15:0.....g									
16:0.....g	0.060		1		1		0.059	0.015	
17:0.....g									
18:0.....g	0.030		1		1		0.030	0.008	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 19202**  
**Puddings, vanilla, dry mix, instant**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.270		0		1		0.267	0.068	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.270		1		1		0.267	0.068	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.240		0		1		0.238	0.060	
18:2 undifferentiated.....g	0.220		1		1		0.218	0.055	
18:3 undifferentiated.....g	0.020		1		1		0.020	0.005	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.108	0.027	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

**NDB No. 19202**  
**Puddings, vanilla, dry mix, instant**

**Calories Factors:** Protein 4                      Fat 9                      Carbohydrate 4                      **Food Group:** 19 Sweets

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NDB No. 19203

Puddings, vanilla, dry mix, instant, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.840		0		1		1.193	4.780	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		0		1		0.099	0.398	
17:1.....g									
18:1 undifferentiated.....g	0.780		0		1		1.108	4.438	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.150		0		1		0.213	0.854	
18:2 undifferentiated.....g	0.100		0		1		0.142	0.569	
18:3 undifferentiated.....g	0.050		0		1		0.071	0.285	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0		1		16	63	
Phytosterols.....mg	0		0		1		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.036		0		1		0.051	0.205	
Threonine.....g	0.117		0		1		0.166	0.666	
Isoleucine.....g	0.158		0		1		0.224	0.899	
Leucine.....g	0.255		0		1		0.362	1.451	
Lysine.....g	0.207		0		1		0.294	1.178	
Methionine.....g	0.065		0		1		0.092	0.370	
Cystine.....g	0.024		0		1		0.034	0.137	
Phenylalanine.....g	0.126		0		1		0.179	0.717	
Tyrosine.....g	0.126		0		1		0.179	0.717	
Valine.....g	0.174		0		1		0.247	0.990	
Arginine.....g	0.094		0		1		0.133	0.535	
Histidine.....g	0.071		0		1		0.101	0.404	
Alanine.....g	0.090		0		1		0.128	0.512	
Aspartic acid.....g	0.198		0		1		0.281	1.127	
Glutamic acid.....g	0.545		0		1		0.774	3.101	
Glycine.....g	0.055		0		1		0.078	0.313	
Proline.....g	0.252		0		1		0.358	1.434	
Serine.....g	0.141		0		1		0.200	0.802	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	18		0	O	4		25.560	102.420	
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 = 142g: .5 cup

Measure 2 = 569g: 1 package yield (2 cups)

**NDB No. 19203**  
**Puddings, vanilla, dry mix, instant, prepared with whole milk**

<b>Calories Factors:</b>	<b>Protein</b>	<b>Fat</b>	<b>Carbohydrate</b>	<b>Food Group:</b> 19 Sweets
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**NDB No. 19206**  
**Puddings, vanilla, dry mix, regular**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.030		0		1		0.026	0.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.030		1		1		0.026	0.007	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.170		0		1		0.150	0.037	
18:2 undifferentiated.....g	0.160		1		1		0.141	0.035	
18:3 undifferentiated.....g	0.010		1		1		0.009	0.002	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.001		0		1		0.001	0.000	
Threonine.....g	0.009		0		1		0.008	0.002	
Isoleucine.....g	0.010		0		1		0.009	0.002	
Leucine.....g	0.035		0		1		0.031	0.008	
Lysine.....g	0.006		0		1		0.005	0.001	
Methionine.....g	0.005		0		1		0.004	0.001	
Cystine.....g	0.006		0		1		0.005	0.001	
Phenylalanine.....g	0.013		0		1		0.011	0.003	
Tyrosine.....g	0.010		0		1		0.009	0.002	
Valine.....g	0.013		0		1		0.011	0.003	
Arginine.....g	0.012		0		1		0.011	0.003	
Histidine.....g	0.008		0		1		0.007	0.002	
Alanine.....g	0.019		0		1		0.017	0.004	
Aspartic acid.....g	0.020		0		1		0.018	0.004	
Glutamic acid.....g	0.052		0		1		0.046	0.011	
Glycine.....g	0.009		0		1		0.008	0.002	
Proline.....g	0.024		0		1		0.021	0.005	
Serine.....g	0.011		0		1		0.010	0.002	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

NDB No. 19206  
Puddings, vanilla, dry mix, regular

Calories Factors: Protein 4                      Fat 9                      Carbohydrate 4                      Food Group: 19 Sweets  
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**Puddings, vanilla, dry mix, regular, prepared with 2% milk**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	75.86		0	RP	4				
Energy.....kcal	101		0	RP	4				
Energy.....kj	425		0	RP	4				
Protein.....g	2.94		0	RP	4				
Total lipid (fat).....g	1.73		0	RP	4				
Ash.....g	0.95		0	RP	4				
Carbohydrate, by difference.....g	18.53		0	RP	4				
Fiber, total dietary.....g	0.0		0	RP	4				
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	108		0	RP	4				
Iron, Fe.....mg	0.06		0	RP	4				
Magnesium, Mg.....mg	12		0	RP	4				
Phosphorus, P.....mg	83		0	RP	4				
Potassium, K.....mg	137		0	RP	4				
Sodium, Na.....mg	159		0	RP	4				
Zinc, Zn.....mg	0.34		0	RP	4				
Copper, Cu.....mg	0.013		0	RP	4				
Manganese, Mn.....mg	0.004		0	RP	4				
Selenium, Se.....mcg	2.1		0	RP	4				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		0	RP	4				
Thiamin.....mg	0.031		0	RP	4				
Riboflavin.....mg	0.146		0	RP	4				
Niacin.....mg	0.075		0	RP	4				
Pantothenic acid.....mg	0.278		0	RP	4				
Vitamin B-6.....mg	0.034		0	RP	4				
Folate, total.....mcg	4		0	RP	4				
Folic acid.....mcg	0		0	RP	4				
Folate, food.....mcg	4		0	RP	4				
Folate, DFE.....mcg_DFE	4		0	NC	4				
Vitamin B-12.....mcg	0.25		0	RP	4				
Vitamin A, IU.....IU	160		0	O	4				
Vitamin A, RAE.....mcg_RAE	48		0	NC	4				
Retinol.....mcg	47		0	RP	4				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	34.791		0	RP	4				
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.017		0	RP	4				
4:0.....g	0.054		0	RP	4				
6:0.....g	0.032		0	RP	4				
8:0.....g	0.018		0	RP	4				
10:0.....g	0.042		0	RP	4				
12:0.....g	0.047		0	RP	4				
13:0.....g									
14:0.....g	0.168		0	RP	4				
15:0.....g									
16:0.....g	0.453		0	RP	4				
17:0.....g									
18:0.....g	0.203		0	RP	4				

NDB No. 19212

Puddings, vanilla, dry mix, regular, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.462		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.425		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.088		0	RP	4				
18:2 undifferentiated.....g	0.062		0	RP	4				
18:3 undifferentiated.....g	0.026		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0	RP	4				
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.041		0	RP	4				
Threonine.....g	0.132		0	RP	4				
Isoleucine.....g	0.176		0	RP	4				
Leucine.....g	0.289		0	RP	4				
Lysine.....g	0.231		0	RP	4				
Methionine.....g	0.074		0	RP	4				
Cystine.....g	0.028		0	RP	4				
Phenylalanine.....g	0.142		0	RP	4				
Tyrosine.....g	0.142		0	RP	4				
Valine.....g	0.196		0	RP	4				
Arginine.....g	0.107		0	RP	4				
Histidine.....g	0.080		0	RP	4				
Alanine.....g	0.103		0	RP	4				
Aspartic acid.....g	0.223		0	RP	4				
Glutamic acid.....g	0.614		0	RP	4				
Glycine.....g	0.062		0	RP	4				
Proline.....g	0.285		0	RP	4				
Serine.....g	0.159		0	RP	4				
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
<b>Carotenoids:</b>									
Carotene, beta.....mcg	10		0	O	4				
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:**

Calories Factors: Protein

Fat

Carbohydrate



**NDB No. 19212**

**Puddings, vanilla, dry mix, regular, prepared with 2% milk**

**Food Group:** 19 Sweets

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

NDB No. 19207

Puddings, vanilla, dry mix, regular, prepared with whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
<b>Proximates:</b>									
Water.....g	74.66		0	RP	4		104.52	417.35	
Energy.....kcal	112		0	RP	4		157	628	
Energy.....kj	470		0	RP	4		658	2626	
Protein.....g	2.86		0	RP	4		4.01	16.00	
Total lipid (fat).....g	2.90		0	RP	4		4.06	16.22	
Ash.....g	0.92		0	RP	4		1.28	5.12	
Carbohydrate, by difference.....g	18.68		0	RP	4		26.15	104.40	
Fiber, total dietary.....g	0.1		0	RP	4		0.1	0.5	
Sugars, total.....g	16.05		0	RP	4		22.47	89.71	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	89		0	RP	4		125	497	
Iron, Fe.....mg	0.04		0	RP	4		0.06	0.23	
Magnesium, Mg.....mg	9		0	RP	4		12	50	
Phosphorus, P.....mg	74		0	RP	4		103	411	
Potassium, K.....mg	119		0	RP	4		167	666	
Sodium, Na.....mg	156		0	RP	4		219	875	
Zinc, Zn.....mg	0.34		0	RP	4		0.47	1.88	
Copper, Cu.....mg	0.023		0	RP	4		0.033	0.130	
Manganese, Mn.....mg	0.004		0	RP	4		0.006	0.022	
Selenium, Se.....mcg	3.3		0	RP	4		4.7	18.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RP	4		0.0	0.0	
Thiamin.....mg	0.034		0	RP	4		0.048	0.192	
Riboflavin.....mg	0.162		0	RP	4		0.226	0.903	
Niacin.....mg	0.094		0	RP	4		0.131	0.525	
Pantothenic acid.....mg	0.316		0	RP	4		0.443	1.769	
Vitamin B-6.....mg	0.029		0	RP	4		0.040	0.160	
Folate, total.....mcg	4		0	RP	4		5	21	
Folic acid.....mcg	0		0	RP	4		0	0	
Folate, food.....mcg	4		0	RP	4		5	21	
Folate, DFE.....mcg_DFE	4		0	NC	4		5	21	
Vitamin B-12.....mcg	0.31		0	RP	4		0.43	1.71	
Vitamin A, IU.....IU	89		0	RP	4		125	498	
Vitamin A, RAE.....mcg_RAE	25		0	RP	4		35	139	
Retinol.....mcg	24		0	RP	4		34	137	
Vitamin E (alpha-tocopherol).....mg	0.05		0	RP	4		0.07	0.28	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	RP	4		0.3	1.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.643		0	RP	4		2.301	9.186	
4:0.....g	0.065		0	RP	4		0.091	0.364	
6:0.....g	0.065		0	RP	4		0.091	0.364	
8:0.....g	0.065		0	RP	4		0.091	0.364	
10:0.....g	0.065		0	RP	4		0.091	0.364	
12:0.....g	0.067		0	RP	4		0.094	0.374	
13:0.....g	0.000		0	RP	4		0.000	0.000	
14:0.....g	0.259		0	RP	4		0.363	1.449	
15:0.....g	0.000		0	RP	4		0.000	0.000	
16:0.....g	0.738		0	RP	4		1.033	4.126	
17:0.....g	0.000		0	RP	4		0.000	0.000	
18:0.....g	0.319		0	RP	4		0.446	1.781	
20:0.....g	0.000		0	RP	4		0.000	0.000	
22:0.....g	0.000		0	RP	4		0.000	0.000	
24:0.....g	0.000		0	RP	4		0.000	0.000	

NDB No. 19207

Puddings, vanilla, dry mix, regular, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.714		0	RP	4		1.000	3.993	
14:1.....g	0.000		0	RP	4		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.714		0	RP	4		1.000	3.993	
20:1.....g	0.000		0	RP	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.197		0	RP	4		0.275	1.100	
18:2 undifferentiated.....g	0.130		0	RP	4		0.182	0.727	
18:3 undifferentiated.....g	0.067		0	RP	4		0.093	0.373	
18:4.....g	0.000		0	RP	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
20:5 n-3.....g	0.000		0	RP	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RP	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	RP	4		13	51	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.066		0	RP	4		0.092	0.366	
Threonine.....g	0.126		0	RP	4		0.177	0.706	
Isoleucine.....g	0.146		0	RP	4		0.204	0.815	
Leucine.....g	0.237		0	RP	4		0.332	1.327	
Lysine.....g	0.123		0	RP	4		0.173	0.690	
Methionine.....g	0.066		0	RP	4		0.093	0.370	
Cystine.....g	0.016		0	RP	4		0.022	0.087	
Phenylalanine.....g	0.130		0	RP	4		0.183	0.729	
Tyrosine.....g	0.134		0	RP	4		0.188	0.749	
Valine.....g	0.170		0	RP	4		0.238	0.950	
Arginine.....g	0.067		0	RP	4		0.094	0.376	
Histidine.....g	0.067		0	RP	4		0.093	0.372	
Alanine.....g	0.093		0	RP	4		0.130	0.518	
Aspartic acid.....g	0.210		0	RP	4		0.295	1.176	
Glutamic acid.....g	0.574		0	RP	4		0.804	3.210	
Glycine.....g	0.067		0	RP	4		0.093	0.373	
Proline.....g	0.302		0	RP	4		0.423	1.690	
Serine.....g	0.095		0	RP	4		0.133	0.531	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RP	4		0.0	0.0	
Caffeine.....mg	0		0	RP	4		0	0	
Theobromine.....mg	0		0	RP	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	5		0	RP	4		6.356	25.381	
Carotene, alpha.....mcg	0		0	RP	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RP	4		0.000	0.000	
Lycopene.....mcg	0		0	RP	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RP	4		0.000	0.000	

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

#### Common Measures:

Measure 1 = 140g: .5 cup

Measure 2 = 559g: 1 package yield (2 cups)

NDB No. 19207  
Puddings, vanilla, dry mix, regular, prepared with whole milk

Calories	Factors:	Protein	Fat	Carbohydrate	Food Group: 19 Sweets
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 19710

Puddings, vanilla, dry mix, regular, with added oil

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.320		0		1		0.282	0.070	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.320		0		1		0.282	0.070	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.530		0		1		0.466	0.117	
18:2 undifferentiated.....g	0.500		0		1		0.440	0.110	
18:3 undifferentiated.....g	0.030		0		1		0.026	0.007	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.001		0		1		0.001	0.000	
Threonine.....g	0.009		0		1		0.008	0.002	
Isoleucine.....g	0.010		0		1		0.009	0.002	
Leucine.....g	0.035		0		1		0.031	0.008	
Lysine.....g	0.006		0		1		0.005	0.001	
Methionine.....g	0.005		0		1		0.004	0.001	
Cystine.....g	0.006		0		1		0.005	0.001	
Phenylalanine.....g	0.013		0		1		0.011	0.003	
Tyrosine.....g	0.010		0		1		0.009	0.002	
Valine.....g	0.013		0		1		0.011	0.003	
Arginine.....g	0.012		0		1		0.011	0.003	
Histidine.....g	0.008		0		1		0.007	0.002	
Alanine.....g	0.019		0		1		0.017	0.004	
Aspartic acid.....g	0.020		0		1		0.018	0.004	
Glutamic acid.....g	0.052		0		1		0.046	0.011	
Glycine.....g	0.009		0		1		0.008	0.002	
Proline.....g	0.024		0		1		0.021	0.005	
Serine.....g	0.011		0		1		0.010	0.002	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

#### Common Measures:

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 3.9

Food Group: 19 Sweets

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



**NDB No. 19201**  
**Puddings, vanilla, ready-to-eat**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	1.540		0		1		0.437	1.740	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		1		1		0.006	0.023	
17:1.....g									
18:1 undifferentiated.....g	1.530		1		1		0.434	1.729	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.340		0		1		0.380	1.514	
18:2 undifferentiated.....g	1.240		1		1		0.352	1.401	
18:3 undifferentiated.....g	0.090		1		1		0.026	0.102	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	7		2		1		2	8	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.030		0		1		0.009	0.034	
Threonine.....g	0.099		0		1		0.028	0.112	
Isoleucine.....g	0.132		0		1		0.037	0.149	
Leucine.....g	0.216		0		1		0.061	0.244	
Lysine.....g	0.173		0		1		0.049	0.195	
Methionine.....g	0.055		0		1		0.016	0.062	
Cystine.....g	0.020		0		1		0.006	0.023	
Phenylalanine.....g	0.106		0		1		0.030	0.120	
Tyrosine.....g	0.105		0		1		0.030	0.119	
Valine.....g	0.146		0		1		0.041	0.165	
Arginine.....g	0.080		0		1		0.023	0.090	
Histidine.....g	0.060		0		1		0.017	0.068	
Alanine.....g	0.076		0		1		0.022	0.086	
Aspartic acid.....g	0.166		0		1		0.047	0.188	
Glutamic acid.....g	0.459		0		1		0.130	0.519	
Glycine.....g	0.047		0		1		0.013	0.053	
Proline.....g	0.212		0		1		0.060	0.240	
Serine.....g	0.119		0		1		0.034	0.134	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	1		0	FLA	4		0.332	1.325	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 1 snack size (4 oz)



NDB No. 19201  
Puddings, vanilla, ready-to-eat

Calories Factors: Protein 4                      Fat 9                      Carbohydrate 4                      Food Group: 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Puddings, vanilla, ready-to-eat, fat free**

**Refuse: 0%**

[illegible]

**NDB No. 19233**  
**Puddings, vanilla, ready-to-eat, fat free**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.022		0	NC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLA	4				
17:1.....g									
18:1 undifferentiated.....g	0.019		0	FLA	4				
20:1.....g	0.000		0	FLA	4				
22:1 undifferentiated.....g	0.000		0	FLA	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.005		0	NC	4				
18:2 undifferentiated.....g	0.004		0	FLA	4				
18:3 undifferentiated.....g	0.001		0	FLA	4				
18:4.....g	0.000		0	FLA	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4				
20:5 n-3.....g	0.000		0	FLA	4				
22:5 n-3.....g	0.000		0	FLA	4				
22:6 n-3.....g	0.000		0	FLA	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLA	4				
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0			FLC	4				
Caffeine.....mg	0		0	FLA	4				
Theobromine.....mg	0		0	FLA	4				
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLA	4				
Carotene, alpha.....mcg	0		0	FLA	4				
Cryptoxanthin, beta.....mcg	0		0	FLA	4				
Lycopene.....mcg	0		0	FLA	4				
Lutein + zeaxanthin.....mcg	0		0	FLA	4				

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

**Common Measures:**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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



NDB No. 19213

Rennin, chocolate, dry mix, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.581		0	RPA	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0	RPA	1				
17:1.....g									
18:1 undifferentiated.....g	0.542		0	RPA	1				
20:1.....g	0.000		0	RPA	1				
22:1 undifferentiated.....g	0.000		0	RPA	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.073		0	RPA	1				
18:2 undifferentiated.....g	0.048		0	RPA	1				
18:3 undifferentiated.....g	0.025		0	RPA	1				
18:4.....g	0.000		0	RPA	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1				
20:5 n-3.....g	0.000		0	RPA	1				
22:5 n-3.....g	0.000		0	RPA	1				
22:6 n-3.....g	0.000		0	RPA	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0	RPI	6				
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.045		0	RPA	1				
Threonine.....g	0.144		0	RPA	1				
Isoleucine.....g	0.189		0	RPA	1				
Leucine.....g	0.307		0	RPA	1				
Lysine.....g	0.250		0	RPA	1				
Methionine.....g	0.078		0	RPA	1				
Cystine.....g	0.030		0	RPA	1				
Phenylalanine.....g	0.156		0	RPA	1				
Tyrosine.....g	0.153		0	RPA	1				
Valine.....g	0.214		0	RPA	1				
Arginine.....g	0.124		0	RPA	1				
Histidine.....g	0.085		0	RPA	1				
Alanine.....g	0.117		0	RPA	1				
Aspartic acid.....g	0.251		0	RPA	1				
Glutamic acid.....g	0.662		0	RPA	1				
Glycine.....g	0.082		0	RPA	1				
Proline.....g	0.306		0	RPA	1				
Serine.....g	0.173		0	RPA	1				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RPI	6				
Caffeine.....mg	1		0	RPI	6				
Theobromine.....mg	42		0	RPI	6				
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	11		0	O	4				
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:****Calories Factors: Protein****Fat****Carbohydrate**

**NDB No. 19213**  
**Rennin, chocolate, dry mix, prepared with 2% milk**

**Food Group:** 19 Sweets

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

### Rennin, chocolate, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	79.29		0	RPI	6				
Energy.....kcal	96		0	RPI	6				
Energy.....kj	403		0	RPI	6				
Protein.....g	3.20		0	RPI	6				
Total lipid (fat).....g	3.34		0	RPI	6				
Ash.....g	0.79		0	RPI	6				
Carbohydrate, by difference.....g	13.34		0	RPI	6				
Fiber, total dietary.....g	0.5		0	RPI	6				
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	124		0	RPI	6				
Iron, Fe.....mg	0.30		0	RPI	6				
Magnesium, Mg.....mg	20		0	RPI	6				
Phosphorus, P.....mg	97		0	RPI	6				
Potassium, K.....mg	179		0	RPI	6				
Sodium, Na.....mg	51		0	RPI	6				
Zinc, Zn.....mg	0.50		0	RPI	6				
Copper, Cu.....mg	0.083		0	RPI	6				
Manganese, Mn.....mg	0.068		0	RPI	6				
Selenium, Se.....mcg	2.1		0	RPI	6				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		0	RPI	6				
Thiamin.....mg	0.036		0	RPI	6				
Riboflavin.....mg	0.152		0	RPI	6				
Niacin.....mg	0.106		0	RPI	6				
Pantothenic acid.....mg	0.287		0	RPI	6				
Vitamin B-6.....mg	0.041		0	RPI	6				
Folate, total.....mcg	5		0	RPI	6				
Folic acid.....mcg	0		0	RPI	6				
Folate, food.....mcg	5		0	RPI	6				
Folate, DFE.....mcg_DFE	5		0	NC	4				
Vitamin B-12.....mcg	0.32		0	RPI	6				
Vitamin A, IU.....IU	110		0	O	4				
Vitamin A, RAE.....mcg_RAE	27		0	NC	4				
Retinol.....mcg	25		0	RPI	6				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	36.000		0	RPI	6				
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.999		0	RPA	1				
4:0.....g	0.097		0	RPA	1				
6:0.....g	0.058		0	RPA	1				
8:0.....g	0.033		0	RPA	1				
10:0.....g	0.076		0	RPA	1				
12:0.....g	0.085		0	RPA	1				
13:0.....g									
14:0.....g	0.302		0	RPA	1				
15:0.....g									
16:0.....g	0.875		0	RPA	1				
17:0.....g									
18:0.....g	0.474		0	RPA	1				

**NDB No. 19221**  
**Rennin, chocolate, dry mix, prepared with whole milk**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	0.932		0	RPA	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.069		0	RPA	1				
17:1.....g									
18:1 undifferentiated.....g	0.863		0	RPA	1				
20:1.....g	0.000		0	RPA	1				
22:1 undifferentiated.....g	0.000		0	RPA	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.121		0	RPA	1				
18:2 undifferentiated.....g	0.077		0	RPA	1				
18:3 undifferentiated.....g	0.044		0	RPA	1				
18:4.....g	0.000		0	RPA	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1				
20:5 n-3.....g	0.000		0	RPA	1				
22:5 n-3.....g	0.000		0	RPA	1				
22:6 n-3.....g	0.000		0	RPA	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0	RPI	6				
Phytosterols.....mg	0		0	RPA	1				
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.044		0	RPA	1				
Threonine.....g	0.143		0	RPA	1				
Isoleucine.....g	0.188		0	RPA	1				
Leucine.....g	0.303		0	RPA	1				
Lysine.....g	0.247		0	RPA	1				
Methionine.....g	0.077		0	RPA	1				
Cystine.....g	0.030		0	RPA	1				
Phenylalanine.....g	0.154		0	RPA	1				
Tyrosine.....g	0.151		0	RPA	1				
Valine.....g	0.211		0	RPA	1				
Arginine.....g	0.122		0	RPA	1				
Histidine.....g	0.084		0	RPA	1				
Alanine.....g	0.115		0	RPA	1				
Aspartic acid.....g	0.248		0	RPA	1				
Glutamic acid.....g	0.655		0	RPA	1				
Glycine.....g	0.082		0	RPA	1				
Proline.....g	0.302		0	RPA	1				
Serine.....g	0.171		0	RPA	1				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RPI	6				
Caffeine.....mg	1		0	RPI	6				
Theobromine.....mg	42		0	RPI	6				
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	16		0	O	4				
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:**

**Calories Factors: Protein                      Fat                      Carbohydrate**



**NDB No. 19221**

**Rennin, chocolate, dry mix, prepared with whole milk**

**Food Group:** 19 Sweets

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

**Rennin, vanilla, dry mix, prepared with 2% milk**

**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	82.11		0	RPI	6				
Energy.....kcal	77		0	RPI	6				
Energy.....kj	324		0	RPI	6				
Protein.....g	3.06		0	RPI	6				
Total lipid (fat).....g	1.77		0	RPI	6				
Ash.....g	0.73		0	RPI	6				
Carbohydrate, by difference.....g	12.34		0	RPI	6				
Fiber, total dietary.....g	0.0		0	RPI	6				
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	121		0	RPI	6				
Iron, Fe.....mg	0.05		0	RPI	6				
Magnesium, Mg.....mg	13		0	RPI	6				
Phosphorus, P.....mg	95		0	RPI	6				
Potassium, K.....mg	142		0	RPI	6				
Sodium, Na.....mg	46		0	RPI	6				
Zinc, Zn.....mg	0.36		0	RPI	6				
Copper, Cu.....mg	0.012		0	RPI	6				
Manganese, Mn.....mg	0.003		0	RPI	6				
Selenium, Se.....mcg	2.1		0	RPI	6				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		0	RPI	6				
Thiamin.....mg	0.036		0	RPI	6				
Riboflavin.....mg	0.153		0	RPI	6				
Niacin.....mg	0.079		0	RPI	6				
Pantothenic acid.....mg	0.294		0	RPI	6				
Vitamin B-6.....mg	0.040		0	RPI	6				
Folate, total.....mcg	5		0	RPI	6				
Folic acid.....mcg	0		0	RPI	6				
Folate, food.....mcg	5		0	RPI	6				
Folate, DFE.....mcg_DFE	5		0	NC	4				
Vitamin B-12.....mcg	0.33		0	RPI	6				
Vitamin A, IU.....IU	170		0	O	4				
Vitamin A, RAE.....mcg_RAE	51		0	NC	4				
Retinol.....mcg	51		0	RPI	6				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	36.800		0	RPI	6				
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.061		0	RPA	1				
4:0.....g	0.057		0	RPA	1				
6:0.....g	0.034		0	RPA	1				
8:0.....g	0.019		0	RPA	1				
10:0.....g	0.044		0	RPA	1				
12:0.....g	0.050		0	RPA	1				
13:0.....g									
14:0.....g	0.178		0	RPA	1				
15:0.....g									
16:0.....g	0.465		0	RPA	1				
17:0.....g									
18:0.....g	0.214		0	RPA	1				
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 19214

Rennin, vanilla, dry mix, prepared with 2% milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.484		0	RPA	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0	RPA	1				
17:1.....g									
18:1 undifferentiated.....g	0.444		0	RPA	1				
20:1.....g	0.000		0	RPA	1				
22:1 undifferentiated.....g	0.000		0	RPA	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.065		0	RPA	1				
18:2 undifferentiated.....g	0.040		0	RPA	1				
18:3 undifferentiated.....g	0.026		0	RPA	1				
18:4.....g	0.000		0	RPA	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1				
20:5 n-3.....g	0.000		0	RPA	1				
22:5 n-3.....g	0.000		0	RPA	1				
22:6 n-3.....g	0.000		0	RPA	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0	RPI	6				
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.043		0	RPA	1				
Threonine.....g	0.138		0	RPA	1				
Isoleucine.....g	0.185		0	RPA	1				
Leucine.....g	0.300		0	RPA	1				
Lysine.....g	0.243		0	RPA	1				
Methionine.....g	0.077		0	RPA	1				
Cystine.....g	0.029		0	RPA	1				
Phenylalanine.....g	0.148		0	RPA	1				
Tyrosine.....g	0.148		0	RPA	1				
Valine.....g	0.205		0	RPA	1				
Arginine.....g	0.111		0	RPA	1				
Histidine.....g	0.083		0	RPA	1				
Alanine.....g	0.106		0	RPA	1				
Aspartic acid.....g	0.233		0	RPA	1				
Glutamic acid.....g	0.641		0	RPA	1				
Glycine.....g	0.064		0	RPA	1				
Proline.....g	0.297		0	RPA	1				
Serine.....g	0.167		0	RPA	1				
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RPI	6				
Caffeine.....mg	0		0	RPI	6				
Theobromine.....mg	0		0	RPI	6				

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

**Common Measures:****Calories Factors: Protein****Fat****Carbohydrate****Food Group:** 19 Sweets

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

**Rennin, vanilla, dry mix, prepared with whole milk**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	80.98		0	RPI	6				
Energy.....kcal	89		0	RPI	6				
Energy.....kj	371		0	RPI	6				
Protein.....g	3.03		0	RPI	6				
Total lipid (fat).....g	3.07		0	RPI	6				
Ash.....g	0.71		0	RPI	6				
Carbohydrate, by difference.....g	12.21		0	RPI	6				
Fiber, total dietary.....g	0.0		0	RPI	6				
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	119		0	RPI	6				
Iron, Fe.....mg	0.05		0	RPI	6				
Magnesium, Mg.....mg	12		0	RPI	6				
Phosphorus, P.....mg	93		0	RPI	6				
Potassium, K.....mg	140		0	RPI	6				
Sodium, Na.....mg	46		0	RPI	6				
Zinc, Zn.....mg	0.35		0	RPI	6				
Copper, Cu.....mg	0.014		0	RPI	6				
Manganese, Mn.....mg	0.004		0	RPI	6				
Selenium, Se.....mcg	1.9		0	RPI	6				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.9		0	RPI	6				
Thiamin.....mg	0.035		0	RPI	6				
Riboflavin.....mg	0.151		0	RPI	6				
Niacin.....mg	0.077		0	RPI	6				
Pantothenic acid.....mg	0.289		0	RPI	6				
Vitamin B-6.....mg	0.039		0	RPI	6				
Folate, total.....mcg	5		0	RPI	6				
Folic acid.....mcg	0		0	RPI	6				
Folate, food.....mcg	5		0	RPI	6				
Folate, DFE.....mcg_DFE	5		0	NC	4				
Vitamin B-12.....mcg	0.33		0	RPI	6				
Vitamin A, IU.....IU	115		0	O	4				
Vitamin A, RAE.....mcg_RAE	27		0	NC	4				
Retinol.....mcg	26		0	RPI	6				
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	36.800		0	RPI	6				
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.846		0	RPA	1				
4:0.....g	0.099		0	RPA	1				
6:0.....g	0.059		0	RPA	1				
8:0.....g	0.034		0	RPA	1				
10:0.....g	0.077		0	RPA	1				
12:0.....g	0.086		0	RPA	1				
13:0.....g									
14:0.....g	0.309		0	RPA	1				
15:0.....g									
16:0.....g	0.809		0	RPA	1				
17:0.....g									
18:0.....g	0.373		0	RPA	1				
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 19223

Rennin, vanilla, dry mix, prepared with whole milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.842		0	RPA	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.069		0	RPA	1				
17:1.....g									
18:1 undifferentiated.....g	0.773		0	RPA	1				
20:1.....g	0.000		0	RPA	1				
22:1 undifferentiated.....g	0.000		0	RPA	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.114		0	RPA	1				
18:2 undifferentiated.....g	0.069		0	RPA	1				
18:3 undifferentiated.....g	0.045		0	RPA	1				
18:4.....g	0.000		0	RPA	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1				
20:5 n-3.....g	0.000		0	RPA	1				
22:5 n-3.....g	0.000		0	RPA	1				
22:6 n-3.....g	0.000		0	RPA	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	13		0	RPI	6				
Phytosterols.....mg	0		0	RPA	1				
<b>Amino Acids:</b>									
Tryptophan.....g	0.042		0	RPA	1				
Threonine.....g	0.137		0	RPA	1				
Isoleucine.....g	0.183		0	RPA	1				
Leucine.....g	0.296		0	RPA	1				
Lysine.....g	0.240		0	RPA	1				
Methionine.....g	0.076		0	RPA	1				
Cystine.....g	0.028		0	RPA	1				
Phenylalanine.....g	0.146		0	RPA	1				
Tyrosine.....g	0.146		0	RPA	1				
Valine.....g	0.202		0	RPA	1				
Arginine.....g	0.109		0	RPA	1				
Histidine.....g	0.082		0	RPA	1				
Alanine.....g	0.104		0	RPA	1				
Aspartic acid.....g	0.230		0	RPA	1				
Glutamic acid.....g	0.634		0	RPA	1				
Glycine.....g	0.064		0	RPA	1				
Proline.....g	0.293		0	RPA	1				
Serine.....g	0.165		0	RPA	1				
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RPI	6				
Caffeine.....mg	0		0	RPI	6				
Theobromine.....mg	0		0	RPI	6				
<b>Carotenoids:</b>									
Carotene, beta.....mcg	17		0	O	4				
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:****Calories Factors: Protein****Fat****Carbohydrate**

**NDB No. 19223**  
**Rennin, vanilla, dry mix, prepared with whole milk**

**Food Group:** 19 Sweets

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

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
measures of food									
<b>Proximates:</b>									
Water.....g	26.60		1	A	1		9.58		
Energy.....kcal	332		0	NC	4		119		
Energy.....kj	1388				4		500		
Protein.....g	4.80		1	A	1		1.73		
Total lipid (fat).....g	8.90		1	A	1		3.20		
Ash.....g	1.60		1	A	1		0.58		
Carbohydrate, by difference.....g	58.10		0	NC	4		20.92		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	322		1	A	1		116		
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	74		1	A	1		27		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.030		1	A	1		0.371		
4:0.....g									
6:0.....g									
8:0.....g	0.005		1	A	1		0.002		
10:0.....g	0.005		1	A	1		0.002		
12:0.....g	0.005		1	A	1		0.002		
13:0.....g									
14:0.....g	0.005		1	A	1		0.002		
15:0.....g	0.005		1	A	1		0.002		
16:0.....g	0.848		1	A	1		0.305		
17:0.....g	0.005		1	A	1		0.002		
18:0.....g	0.182		1	A	1		0.066		
20:0.....g	0.010		1	A	1		0.004		
22:0.....g	0.005		1	A	1		0.002		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.306		0		4		0.470		
14:1.....g	0.005		1	A	1		0.002		
15:1.....g									
16:1 undifferentiated.....g	0.019		1	A	1		0.007		
17:1.....g	0.005		1	A	1		0.002		
18:1 undifferentiated.....g	1.282		1	A	1		0.462		
20:1.....g	0.005		1	A	1		0.002		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.578		0		4		2.008		
18:2 undifferentiated.....g	5.506		1	A	1		1.982		
18:3 undifferentiated.....g	0.067		1	A	1		0.024		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.005		1	A	1		0.002		
20:4 undifferentiated.....g	0.005		1	A	1		0.002		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

NDB No. 19251  
SOKOL, SOLO Poppy Seed Filling

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	

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

**Common Measures:**

Measure 1 = 36g: 2 tbsp

**Calories Factors:** Protein 4

Fat 9

Carbohydrate 4

**Food Group:** 19 Sweets

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





**NDB No. 19097**  
**Sherbet, orange**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.530		0		1		0.392	0.350	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		1		1		0.037	0.033	
17:1.....g									
18:1 undifferentiated.....g	0.490		1		1		0.363	0.323	
20:1.....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.080		0		1		0.059	0.053	
18:2 undifferentiated.....g	0.050		1		1		0.037	0.033	
18:3 undifferentiated.....g	0.030		1		1		0.022	0.020	
18:4.....g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		7		0.000	0.000	
20:5 n-3.....g	0.000		0		7		0.000	0.000	
22:5 n-3.....g	0.000		0		7		0.000	0.000	
22:6 n-3.....g	0.000		0		7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.014		0		1		0.010	0.009	
Threonine.....g	0.044		0		1		0.033	0.029	
Isoleucine.....g	0.059		0		1		0.044	0.039	
Leucine.....g	0.096		0		1		0.071	0.063	
Lysine.....g	0.077		0		1		0.057	0.051	
Methionine.....g	0.024		0		1		0.018	0.016	
Cystine.....g	0.010		0		1		0.007	0.007	
Phenylalanine.....g	0.048		0		1		0.036	0.032	
Tyrosine.....g	0.047		0		1		0.035	0.031	
Valine.....g	0.066		0		1		0.049	0.044	
Arginine.....g	0.042		0		1		0.031	0.028	
Histidine.....g	0.027		0		1		0.020	0.018	
Alanine.....g	0.035		0		1		0.026	0.023	
Aspartic acid.....g	0.085		0		1		0.063	0.056	
Glutamic acid.....g	0.206		0		1		0.152	0.136	
Glycine.....g	0.022		0		1		0.016	0.015	
Proline.....g	0.100		0		1		0.074	0.066	
Serine.....g	0.054		0		1		0.040	0.036	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	3		0	FLA	4		1.954	1.742	
Carotene, alpha.....mcg	0		0	FLA	4		0.322	0.287	
Cryptoxanthin, beta.....mcg	13		0	FLA	4		9.876	8.808	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	17		0	FLA	4		12.551	11.194	

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**Common Measures:**

Measure 1 = 74g: .5 cup (4 fl oz)

Measure 2 = 66g: 1 bar (2.75 fl oz)

NDB No. 19097  
Sherbet, orange

Calories Factors: Protein 4                      Fat 9                      Carbohydrate 4                      Food Group: 19 Sweets

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**NDB No. 19011**  
**Snacks, fruit leather, bars**

Nutrients and Units	Amount in 100 grams of edible portion					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	0.630		0		4		0.145		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.630		1		4		0.145		
20:1.....g	0.000		1		4		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.180		0		4		0.041		
18:2 undifferentiated.....g	0.180		1		4		0.041		
18:3 undifferentiated.....g	0.000		1		4		0.000		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.020		0		4		0.005		
Threonine.....g	0.050		0		4		0.012		
Isoleucine.....g	0.062		0		4		0.014		
Leucine.....g	0.121		0		4		0.028		
Lysine.....g	0.047		0		4		0.011		
Methionine.....g	0.030		0		4		0.007		
Cystine.....g	0.036		0		4		0.008		
Phenylalanine.....g	0.085		0		4		0.020		
Tyrosine.....g	0.050		0		4		0.012		
Valine.....g	0.073		0		4		0.017		
Arginine.....g	0.069		0		4		0.016		
Histidine.....g	0.038		0		4		0.009		
Alanine.....g	0.059		0		4		0.014		
Aspartic acid.....g	0.111		0		4		0.026		
Glutamic acid.....g	0.546		0		4		0.126		
Glycine.....g	0.064		0		4		0.015		
Proline.....g	0.188		0		4		0.043		
Serine.....g	0.087		0		4		0.020		
Hydroxyproline.....g									

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**Common Measures:**

Measure 1 = 23g: 1 bar

**Calories Factors: Protein 3.8**

**Fat 8.6**

**Carbohydrate 3.8**

**Food Group: 19 Sweets**

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**NDB No. 19013**  
**Snacks, fruit leather, pieces**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.522		0	NC	4		0.148	0.141	0.110
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.522		0	BFZN	4		0.148	0.141	0.110
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.194		0	NC	4		0.055	0.052	0.041
18:2 undifferentiated.....g	0.152		0	BFZN	4		0.043	0.041	0.032
18:3 undifferentiated.....g	0.042		0	BFZN	4		0.012	0.011	0.009
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	4	LC	8		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	34		0	BFZN	4		9.698	9.236	7.184
Carotene, alpha.....mcg	1		0	BFZN	4		0.227	0.216	0.168
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.133	0.126	0.098
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	51		0	BFZN	4		14.351	13.668	10.630

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz  
 Measure 2 = 27g: 1 package  
 Measure 3 = 21g: 1 packet (.75 oz)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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**NDB No. 19014**  
**Snacks, fruit leather, rolls**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.480		0		4		0.311	0.207	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.480		1		4		0.311	0.207	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.540		0		4		0.113	0.076	
18:2 undifferentiated.....g	0.430		1		4		0.090	0.060	
18:3 undifferentiated.....g	0.120		1		4		0.025	0.017	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	34		0	FLA	4		7.184	4.789	
Carotene, alpha.....mcg	1		0	FLA	4		0.168	0.112	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.098	0.066	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	51		0	FLA	4		10.630	7.087	

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

**Common Measures:**

Measure 1 = 21g: 1 large

Measure 2 = 14.0g: 1 small

\*Vitamin or mineral added for enrichment or fortification

**NDB No. 19014**  
**Snacks, fruit leather, rolls**

**Calories Factors:** Protein 4                      Fat 9                      Carbohydrate 4                      **Food Group:** 19 Sweets

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**NDB No. 19334**  
**Sugars, 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 Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		7		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	NR	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	NR	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	NR	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	NR	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	0.000

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

**Common Measures:**

Measure 1 = 220g: 1 cup, packed packed

Measure 2 = 145g: 1 cup, unpacked unpacked

Measure 3 = 3.2g: 1 tsp brownulated

**Calories Factors: Protein 0**

**Fat 0**

**Carbohydrate 3.87**

**Food Group: 19 Sweets**

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sucrose  
**Refuse:** 0%

[illegible]

**NDB No. 19335**  
**Sugars, granulated**

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

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

**Common Measures:**

Measure 1 = 2.8g: 1 serving packet

Measure 2 = 4.2g: 1 tsp

Measure 3 = 200g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate 3.87**

**Food Group: 19 Sweets**

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**NDB No. 19340**  
**Sugars, maple**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.064		0		4		0.002	0.018	0.018
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.064		0		4		0.002	0.018	0.018
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.100		0		4		0.003	0.028	0.028
18:2 undifferentiated.....g	0.100		0		4		0.003	0.028	0.028
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
<b>Carotenoids:</b>									
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 = 3.0g: 1 tsp

Measure 2 = 28.35g: 1 oz

Measure 3 = 28g: 1 piece (1-3/4" x 1-1/4" x 1/2")

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.87

**Food Group:** 19 Sweets

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 Points	Code	Code				
<b>Proximates:</b>									
Water.....g	0.30	0.031	4		1		0.36	0.30	0.02
Energy.....kcal	389		0	NC	4		467	389	31
Energy.....kj	1629		0	NC	4		1954	1629	130
Protein (N x 6.25).....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat).....g	0.10	0.027	4		1		0.12	0.10	0.01
Ash.....g	0.00		0	FLA	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	99.60		0	NC	4		119.52	99.60	7.97
Fiber, total dietary.....g	0.0		1	LC	8		0.0	0.0	0.0
Sugars, total.....g	97.91		0	FLA	4		117.49	97.91	7.83
Sucrose.....g	96.32	0.446	7	MC	9		115.58	96.32	7.71
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	1		0	FLA	4		1	1	0
Iron, Fe.....mg	0.02		0	FLA	4		0.02	0.02	0.00
Magnesium, Mg.....mg	0		0	FLA	4		0	0	0
Phosphorus, P.....mg	0		0	FLA	4		0	0	0
Potassium, K.....mg	2		0	FLA	4		3	2	0
Sodium, Na.....mg	1		0	FLA	4		1	1	0
Zinc, Zn.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Copper, Cu.....mg	0.001		0	FLA	4		0.001	0.001	0.000
Manganese, Mn.....mg	0.001		0	FLA	4		0.001	0.001	0.000
Selenium, Se.....mcg	0.6		0	FLA	4		0.8	0.6	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	FLA	4		0.000	0.000	0.000
Riboflavin.....mg	0.019		0	FLA	4		0.022	0.019	0.001
Niacin.....mg	0.000	0.000	4		1		0.000	0.000	0.000
Pantothenic acid.....mg	0.000	0.000	4		1		0.000	0.000	0.000
Vitamin B-6.....mg	0.000	0.000	4		1		0.000	0.000	0.000
Folate, total.....mcg	0	0.000	4		1		0	0	0
Folic acid.....mcg	0		0	FLA	4		0	0	0
Folate, food.....mcg	0		0	FLA	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	FLA	4		0	0	0
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	FLA	4		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	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.018		0		4		0.022	0.018	0.001
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									

**NDB No. 19336**  
**Sugars, powdered**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.018		0		4		0.022	0.018	0.001
17:0.....g									
18:0.....g	0.002		0		4		0.002	0.002	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.032		0		4		0.038	0.032	0.003
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.032		0		4		0.038	0.032	0.003
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.050		0		4		0.060	0.050	0.004
18:2 undifferentiated.....g	0.050		0		4		0.060	0.050	0.004
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
<b>Carotenoids:</b>									
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 = 120g: 1 cup unsifted

Measure 2 = 100g: 1 cup sifted

Measure 3 = 8.0g: 1 tbsp unsifted

**Calories Factors: Protein 3.5**

**Fat 8.4**

**Carbohydrate 3.9**

**Food Group: 19 Sweets**

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



**NDB No. 19345**  
**Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.000		0	FLM	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLM	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLM	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0			LC	8		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	3		0	FLM	4		1		
Theobromine.....mg	104		0	FLM	4		36		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLM	4		0.000		
Carotene, alpha.....mcg	0		0	FLM	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	1		0	FLM	4		0.521		

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

**Common Measures:**

Measure 1 = 35g: 2 tbsp

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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

**NDB No. 19348**  
**Syrups, chocolate, fudge-type**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	21.80		2	A	1		66.27	8.28	
Energy.....kcal	350		0	NC	4		1064	133	
Energy.....kj	1465		0	NC	4		4453	557	
Protein (N x 6.25).....g	4.60		1	A	1		13.98	1.75	
Total lipid (fat).....g	8.90		1	A	1		27.06	3.38	
Ash.....g	1.80		1	A	1		5.47	0.68	
Carbohydrate, by difference.....g	62.90		0	NC	4		191.22	23.90	
Fiber, total dietary.....g	2.8		1	A	1		8.5	1.1	
Sugars, total.....g	58.77		0	FLM	4		178.66	22.33	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	100		0	FLM	4		305	38	
Iron, Fe.....mg	1.57		0	FLM	4		4.78	0.60	
Magnesium, Mg.....mg	64		0	FLM	4		193	24	
Phosphorus, P.....mg	168		0	FLM	4		511	64	
Potassium, K.....mg	451		0	FLM	4		1371	171	
Sodium, Na.....mg	346		1	A	1		1052	131	
Zinc, Zn.....mg	0.84		0	FLM	4		2.57	0.32	
Copper, Cu.....mg	0.353		0	FLM	4		1.074	0.134	
Manganese, Mn.....mg	0.394		0	FLM	4		1.199	0.150	
Selenium, Se.....mcg	4.7		0	FLM	4		14.3	1.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLM	4		0.4	0.1	
Thiamin.....mg	0.070		0	FLM	4		0.213	0.027	
Riboflavin.....mg	0.282		0	FLM	4		0.856	0.107	
Niacin.....mg	0.367		0	FLM	4		1.117	0.140	
Pantothenic acid.....mg	0.611		0	FLM	4		1.857	0.232	
Vitamin B-6.....mg	0.075		0	FLM	4		0.228	0.029	
Folate, total.....mcg	5		0	FLM	4		14	2	
Folic acid.....mcg	0		0	FLM	4		0	0	
Folate, food.....mcg	5		0	FLM	4		14	2	
Folate, DFE.....mcg_DFE	5		0	NC	4		14	2	
Vitamin B-12.....mcg	0.28		0	FLM	4		0.85	0.11	
Vitamin A, IU.....IU	16		0	FLM	4		49	6	
Vitamin A, RAE.....mcg_RAE	5		0	FLM	4		14	2	
Retinol.....mcg	4		0	FLM	4		13	2	
Vitamin E (alpha-tocopherol).....mg	2.49		0	FLM	4		7.57	0.95	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.2		0	FLM	4		6.8	0.9	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.980		1	A	1		12.099	1.512	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.018		1	A	1		0.055	0.007	
10:0.....g	0.047		1	A	1		0.143	0.018	
12:0.....g	0.056		1	A	1		0.170	0.021	
13:0.....g	0.000		0	FLM	4		0.000	0.000	
14:0.....g	0.237		1	A	1		0.720	0.090	
15:0.....g	0.000		0	FLM	4		0.000	0.000	
16:0.....g	1.801		1	A	1		5.475	0.684	
17:0.....g	0.000		0	FLM	4		0.000	0.000	
18:0.....g	0.756		1	A	1		2.298	0.287	
20:0.....g	0.000		0	FLM	4		0.000	0.000	
22:0.....g	0.000		0	FLM	4		0.000	0.000	
24:0.....g	0.000		0	FLM	4		0.000	0.000	

**NDB No. 19348**  
**Syrups, chocolate, fudge-type**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	3.857		0		4		11.725	1.466	
14:1.....g	0.000		0	FLM	4		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.067		1	A	1		0.204	0.025	
17:1.....g									
18:1 undifferentiated.....g	3.780		1	A	1		11.491	1.436	
20:1.....g	0.010		1	A	1		0.030	0.004	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.278		0		4		0.845	0.106	
18:2 undifferentiated.....g	0.249		1	A	1		0.757	0.095	
18:3 undifferentiated.....g	0.024		1	A	1		0.073	0.009	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.005		1	A	1		0.015	0.002	
20:5 n-3.....g	0.000		0	A	1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	FLM	4		6	1	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.070		0	FLA	4		0.213	0.027	
Threonine.....g	0.226		0	FLA	4		0.687	0.086	
Isoleucine.....g	0.219		0	FLA	4		0.666	0.083	
Leucine.....g	0.352		0	FLA	4		1.070	0.134	
Lysine.....g	0.296		0	FLA	4		0.900	0.112	
Methionine.....g	0.070		0	FLA	4		0.213	0.027	
Cystine.....g	0.066		0	FLA	4		0.201	0.025	
Phenylalanine.....g	0.192		0	FLA	4		0.584	0.073	
Tyrosine.....g	0.161		0	FLA	4		0.489	0.061	
Valine.....g	0.269		0	FLA	4		0.818	0.102	
Arginine.....g	0.203		0	FLA	4		0.617	0.077	
Histidine.....g	0.086		0	FLA	4		0.261	0.033	
Alanine.....g	0.206		0	FLA	4		0.626	0.078	
Aspartic acid.....g	0.444		0	FLA	4		1.350	0.169	
Glutamic acid.....g	0.761		0	FLA	4		2.313	0.289	
Glycine.....g	0.154		0	FLA	4		0.468	0.059	
Proline.....g	0.255		0	FLA	4		0.775	0.097	
Serine.....g	0.213		0	FLA	4		0.648	0.081	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	7		0	FLM	4		22	3	
Theobromine.....mg	247		0	FLM	4		752	94	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	1		0	FLM	4		2.570	0.321	
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	4		0	FLM	4		10.796	1.350	

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

Measure 2 = 38g: 2 tbsp

**NDB No. 19348**  
**Syrups, chocolate, fudge-type**

**Calories Factors:** **Protein** 4

**Fat** 9

**Carbohydrate** 4

**Food Group:** 19 Sweets

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

**NDB No. 19349**  
**Syrups, corn, dark**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	22.01	0.790	6	JO	11		72.19	4.40	
Energy.....kcal	286		0	NC	4		937	57	
Energy.....kj	1195		0	NC	4		3918	239	
Protein (N x 6.25).....g	0.00		1		4		0.00	0.00	
Total lipid (fat).....g	0.00	0.037	5		1		0.00	0.00	
Ash.....g	0.40	0.074	4		1		1.31	0.08	
Carbohydrate, by difference.....g	77.59		0	NC	4		254.50	15.52	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	77.59		0	NR	4		254.50	15.52	
Sucrose.....g									
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18		1		1		59	4	
Iron, Fe.....mg	0.37		1		1		1.21	0.07	
Magnesium, Mg.....mg	8		1		1		26	2	
Phosphorus, P.....mg	11		1		1		36	2	
Potassium, K.....mg	44		1		1		144	9	
Sodium, Na.....mg	155		2		1		508	31	
Zinc, Zn.....mg	0.04	0.014	5		1		0.13	0.01	
Copper, Cu.....mg	0.053	0.009	5		1		0.174	0.011	
Manganese, Mn.....mg	0.100	0.007	5		1		0.328	0.020	
Selenium, Se.....mcg	2.9		1	AI	13		9.5	0.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.011		2		1		0.036	0.002	
Riboflavin.....mg	0.009		2		1		0.030	0.002	
Niacin.....mg	0.020		2		1		0.066	0.004	
Pantothenic acid.....mg	0.023		2		1		0.075	0.005	
Vitamin B-6.....mg	0.009		2		1		0.030	0.002	
Folate, total.....mcg	0		2		1		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		2		1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	0		1		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0		7		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									



**NDB No. 19349**  
**Syrups, corn, dark**

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

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

**Common Measures:**

Measure 1 = 328g: 1 cup

Measure 2 = 20g: 1 tbsp

**Calories Factors: Protein 0**

**Fat 0**

**Carbohydrate 3.68**

**Food Group: 19 Sweets**

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					
<b>Proximates:</b>									
Water.....g	24.00	1.499	6		1		74.40	4.56	
Energy.....kcal	281		0	NC	4		871	53	
Energy.....kj	1176				4		3645	223	
Protein (N x 6.25).....g	0.00	0.000	3		1		0.00	0.00	
Total lipid (fat).....g	0.00	0.000	3		1		0.00	0.00	
Ash.....g	0.00	0.004	6		1		0.00	0.00	
Carbohydrate, by difference.....g	76.00		0	NC	4		235.60	14.44	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	76.00		0	NR	4		235.60	14.44	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0	0.051	19		1		0	0	
Iron, Fe.....mg	0.03	0.009	19		1		0.09	0.01	
Magnesium, Mg.....mg	0	0.015	19		1		0	0	
Phosphorus, P.....mg	0		1		4		0	0	
Potassium, K.....mg	0	0.005	16		1		0	0	
Sodium, Na.....mg	2	0.491	19		1		6	0	
Zinc, Zn.....mg	0.02	0.008	19		1		0.06	0.00	
Copper, Cu.....mg	0.029	0.005	10		1		0.090	0.006	
Manganese, Mn.....mg	0.094		1		4		0.291	0.018	
Selenium, Se.....mcg	0.7		0	BFSN	4		2.2	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.000		1		4		0.000	0.000	
Riboflavin.....mg	0.019	0.009	3		1		0.059	0.004	
Niacin.....mg	0.000	0.000	3		1		0.000	0.000	
Pantothenic acid.....mg	0.011	0.011	3		1		0.034	0.002	
Vitamin B-6.....mg	0.000	0.000	3		1		0.000	0.000	
Folate, total.....mcg	0		1		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		1		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	0		1		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	NR	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 19351**  
**Syrups, corn, high-fructose**

Nutrients and Units	Amount in 100 grams of edible portion					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	0.000		0		7		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		7		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	NR	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	NR	4		0.000	0.000	
Lycopene.....mcg	0		0	NR	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 310g: 1 cup

Measure 2 = 19g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate 3.7**

**Food Group: 19 Sweets**

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



**NDB No. 19350**  
**Syrups, corn, light**

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

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

**Common Measures:**

Measure 1 = 328g: 1 cup

Measure 2 = 20g: 1 tbsp

**Calories Factors: Protein 0**

**Fat 0**

**Carbohydrate 3.68**

**Food Group: 19 Sweets**

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

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	50.00				4		120.00	7.50	
Energy.....kcal	40				1		96	6	
Energy.....kj	167				1		402	25	
Protein.....g	0.80				1		1.92	0.12	
Total lipid (fat).....g	0.00				1		0.00	0.00	
Ash.....g	0.07		0	FLC	4		0.17	0.01	
Carbohydrate, by difference.....g	49.20				4		118.08	7.38	
Fiber, total dietary.....g	3.0		0	FLC	4		7.2	0.5	
Sugars, total.....g	2.37		0	FLC	4		5.68	0.36	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0				4		0	0	
Iron, Fe.....mg	0.00				4		0.00	0.00	
Magnesium, Mg.....mg	0				4		0	0	
Phosphorus, P.....mg	0				4		0	0	
Potassium, K.....mg	0				4		0	0	
Sodium, Na.....mg	21				4		50	3	
Zinc, Zn.....mg	0.00				4		0.00	0.00	
Copper, Cu.....mg	0.000				4		0.000	0.000	
Manganese, Mn.....mg	0.000		0	FLC	4		0.001	0.000	
Selenium, Se.....mcg	0.5		0	BFSN	4		1.2	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0				4		0.0	0.0	
Thiamin.....mg	0.000				4		0.000	0.000	
Riboflavin.....mg	0.000				4		0.000	0.000	
Niacin.....mg	0.000				4		0.000	0.000	
Pantothenic acid.....mg	0.002		0	FLC	4		0.004	0.000	
Vitamin B-6.....mg	0.000				4		0.000	0.000	
Folate, total.....mcg	0				4		0	0	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	0		0	FLC	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00				4		0.00	0.00	
Vitamin A, IU.....IU	0				4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	FLC	4		0	0	
Retinol.....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLC	4		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000				7		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 43026**  
**Syrups, dietetic**

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

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

**Common Measures:**

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
									Points
					Code				
<b>Proximates:</b>									
Water.....g	32.40				4	6.48	2.17		
Energy.....kcal	266		0	NC	4	53	18		
Energy.....kj	1115		0	NC	4	223	75		
Protein (N x 6.25).....g	0.00				4	0.00	0.00		
Total lipid (fat).....g	0.00				4	0.00	0.00		
Ash.....g	1.00		0	O	4	0.20	0.07		
Carbohydrate, by difference.....g	66.60		0	NC	4	13.32	4.46		
Fiber, total dietary.....g	0.0				4	0.0	0.0		
Sugars, total.....g	66.60		0	NR	4	13.32	4.46		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	6				4	1	0		
Iron, Fe.....mg	0.05				4	0.01	0.00		
Magnesium, Mg.....mg	4				4	1	0		
Phosphorus, P.....mg	4				4	1	0		
Potassium, K.....mg	28				4	6	2		
Sodium, Na.....mg	27				4	5	2		
Zinc, Zn.....mg	0.13				4	0.03	0.01		
Copper, Cu.....mg	0.026				4	0.005	0.002		
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.6		0	BFSN	4	0.1	0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0				4	0.0	0.0		
Thiamin.....mg	0.000				4	0.000	0.000		
Riboflavin.....mg	0.010				4	0.002	0.001		
Niacin.....mg	0.000				4	0.000	0.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000				4	0.000	0.000		
Folate, total.....mcg	0				4	0	0		
Folic acid.....mcg	0		0	BFSN	4	0	0		
Folate, food.....mcg	0				4	0	0		
Folate, DFE.....mcg_DFE	0		0	NC	4	0	0		
Vitamin B-12.....mcg	0.00				7	0.00	0.00		
Vitamin A, IU.....IU	0				4	0	0		
Vitamin A, RAE.....mcg_RAE	0		0	BFSN	4	0	0		
Retinol.....mcg	0		0	BFSN	4	0	0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	BFSN	4	0.00	0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4	0.0	0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000				4	0.000	0.000		
4:0.....g	0.000		0		4	0.000	0.000		
6:0.....g	0.000		0		4	0.000	0.000		
8:0.....g	0.000		0		4	0.000	0.000		
10:0.....g	0.000		0		4	0.000	0.000		
12:0.....g	0.000		0		4	0.000	0.000		
13:0.....g									
14:0.....g	0.000		0		4	0.000	0.000		
15:0.....g									
16:0.....g	0.000		0		4	0.000	0.000		
17:0.....g									
18:0.....g	0.000		0		4	0.000	0.000		
20:0.....g									
22:0.....g									
24:0.....g									



**NDB No. 42040**  
**Syrups, grenadine**

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

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

**Common Measures:**

Measure 1 = 20g: 1 tbsp

Measure 2 = 6.7g: 1 tsp

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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

**NDB No. 19352**  
**Syrups, malt**

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	21.10		1		1		81.02	5.06	
Energy.....kcal	318		0	NC	4		1221	76	
Energy.....kj	1331				4		5109	319	
Protein (N x 6.25).....g	6.20		1		1		23.81	1.49	
Total lipid (fat).....g	0.00		1		1		0.00	0.00	
Ash.....g	1.30		1		1		4.99	0.31	
Carbohydrate, by difference.....g	71.30		0	NC	4		273.79	17.11	
Fiber, total dietary.....g	0.0		0	BFSN	4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	61		1		1		234	15	
Iron, Fe.....mg	0.96		1		1		3.69	0.23	
Magnesium, Mg.....mg	72		1		1		276	17	
Phosphorus, P.....mg	236		1		1		906	57	
Potassium, K.....mg	320		1		1		1229	77	
Sodium, Na.....mg	35		1		1		134	8	
Zinc, Zn.....mg	0.14		1		1		0.54	0.03	
Copper, Cu.....mg	0.200		1		1		0.768	0.048	
Manganese, Mn.....mg	0.100		1		1		0.384	0.024	
Selenium, Se.....mcg	12.3		0	BFSN	4		47.2	3.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.011		1		4		0.042	0.003	
Riboflavin.....mg	0.393		1		1		1.509	0.094	
Niacin.....mg	8.120		1		1		31.181	1.949	
Pantothenic acid.....mg	0.171		1		1		0.657	0.041	
Vitamin B-6.....mg	0.500		1		1		1.920	0.120	
Folate, total.....mcg	12		1		1		46	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	12		1		1		46	3	
Folate, DFE.....mcg_DFE	12		0	NC	4		46	3	
Vitamin B-12.....mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU.....IU	0		1		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	CAFN	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.000		0	CAFN	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.000		0	CAFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.075		0		1		0.288	0.018	
Threonine.....g	0.208		0		1		0.799	0.050	
Isoleucine.....g	0.210		0		1		0.806	0.050	
Leucine.....g	0.378		0		1		1.452	0.091	
Lysine.....g	0.267		0		1		1.025	0.064	
Methionine.....g	0.110		0		1		0.422	0.026	
Cvstine.....g	0.065		0		1		0.250	0.016	

**NDB No. 19352**  
**Syrups, malt**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	0.260		0		1		0.998	0.062	
Tyrosine.....g	0.169		0		1		0.649	0.041	
Valine.....g	0.304		0		1		1.167	0.073	
Arginine.....g	0.283		0		1		1.087	0.068	
Histidine.....g	0.132		0		1		0.507	0.032	
Alanine.....g	0.271		0		1		1.041	0.065	
Aspartic acid.....g	0.558		0		1		2.143	0.134	
Glutamic acid.....g	1.006		0		1		3.863	0.241	
Glycine.....g	0.252		0		1		0.968	0.060	
Proline.....g	0.459		0		1		1.763	0.110	
Serine.....g	0.232		0		1		0.891	0.056	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 384g: 1 cup

Measure 2 = 24g: 1 tbsp

**Calories Factors: Protein 3.87**

**Fat 8.37**

**Carbohydrate 4.12**

**Food Group: 19 Sweets**

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

**NDB No. 19353**  
**Syrups, maple**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	32.11	0.429	7	JA	6		103.41	6.42	
Energy.....kcal	261		0	NC	4		841	52	
Energy.....kj	1093		0	NC	4		3520	219	
Protein (N x 6.25).....g	0.00	0.010	3		1		0.00	0.00	
Total lipid (fat).....g	0.20	0.116	3		1		0.64	0.04	
Ash.....g	0.60	0.019	3		1		1.93	0.12	
Carbohydrate, by difference.....g	67.09		0	NC	4		216.02	13.42	
Fiber, total dietary.....g	0.0		2	LC	8		0.0	0.0	
Sugars, total.....g	59.52		0	NR	4		191.67	11.90	
Sucrose.....g	56.28	1.650	9	AI	13		181.21	11.26	
Glucose (dextrose).....g	2.37	0.591	9	AI	13		7.64	0.47	
Fructose.....g	0.88	0.190	9	AI	13		2.82	0.18	
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	67	3.466	10		1		216	13	
Iron, Fe.....mg	1.20		1		4		3.86	0.24	
Magnesium, Mg.....mg	14	2.204	11		1		45	3	
Phosphorus, P.....mg	2	0.929	3		1		6	0	
Potassium, K.....mg	204	12.020	10		1		657	41	
Sodium, Na.....mg	9	3.455	13		1		29	2	
Zinc, Zn.....mg	4.16	0.700	10		1		13.40	0.83	
Copper, Cu.....mg	0.074	0.015	10		1		0.238	0.015	
Manganese, Mn.....mg	3.298	0.974	10		1		10.620	0.660	
Selenium, Se.....mcg	0.6		0	BFSN	4		1.9	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2	LC	8		0.0	0.0	
Thiamin.....mg	0.006	0.001	3		1		0.019	0.001	
Riboflavin.....mg	0.010	0.004	3		1		0.032	0.002	
Niacin.....mg	0.030	0.000	3		1		0.097	0.006	
Pantothenic acid.....mg	0.036	0.003	3		1		0.116	0.007	
Vitamin B-6.....mg	0.002	0.002	3		1		0.006	0.000	
Folate, total.....mcg	0	0.167	3		1		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0	0.167	3		1		0	0	
Folate, DFE.....mcg_DFE	0		0	NR	4		0	0	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	0		2	LC	8		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.036		0		4		0.116	0.007	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									

**NDB No. 19353**  
**Syrups, maple**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
16:0.....g	0.036		0		4		0.116	0.007	
17:0.....g									
18:0.....g	0.004		0		4		0.013	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.064		0		4		0.206	0.013	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.064		0		4		0.206	0.013	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.100		0		4		0.322	0.020	
18:2 undifferentiated.....g	0.100		0		4		0.322	0.020	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2	LC	8		0	0	
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	NR	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	NR	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	NR	4		0.000	0.000	
Lycopene.....mcg	0		0	NR	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 322g: 1 cup

Measure 2 = 20g: 1 tbsp

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.87

**Food Group:** 19 Sweets

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	measures of food			
			of Data Points			Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	22.70		0	O	4	74.91	4.77		
Energy.....kcal	290		0	NC	4	957	61		
Energy.....kj	1213		0	NC	4	4002	255		
Protein (N x 6.25).....g	0.00		1		4	0.00	0.00		
Total lipid (fat).....g	0.00		1		4	0.00	0.00		
Ash.....g	2.40		1		1	7.92	0.50		
Carbohydrate, by difference.....g	74.90		0	NC	4	247.17	15.73		
Fiber, total dietary.....g	0.0		0		4	0.0	0.0		
Sugars, total.....g	74.90		0	NR	4	247.17	15.73		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	150		1		1	495	32		
Iron, Fe.....mg	3.80		1		1	12.54	0.80		
Magnesium, Mg.....mg	100		1		1	330	21		
Phosphorus, P.....mg	56		1		1	185	12		
Potassium, K.....mg	1000		1		1	3300	210		
Sodium, Na.....mg	8		1		1	26	2		
Zinc, Zn.....mg	0.41		1		1	1.35	0.09		
Copper, Cu.....mg	0.130		1		1	0.429	0.027		
Manganese, Mn.....mg	1.530		1		4	5.049	0.321		
Selenium, Se.....mcg	1.7		1	AI	13	5.6	0.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4	0.0	0.0		
Thiamin.....mg	0.100		1		4	0.330	0.021		
Riboflavin.....mg	0.155		1		1	0.512	0.033		
Niacin.....mg	0.100		1		4	0.330	0.021		
Pantothenic acid.....mg	0.804		1		4	2.653	0.169		
Vitamin B-6.....mg	0.670		1		4	2.211	0.141		
Folate, total.....mcg	0		1		4	0	0		
Folic acid.....mcg	0		0	Z	7	0	0		
Folate, food.....mcg	0		1		4	0	0		
Folate, DFE.....mcg_DFE	0		0	Z	7	0	0		
Vitamin B-12.....mcg	0.00		1		4	0.00	0.00		
Vitamin A, IU.....IU	0		1		4	0	0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1	0	0		
Retinol.....mcg	0		0	Z	7	0	0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7	0.00	0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7	0.0	0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0		7	0.000	0.000		
4:0.....g	0.000		0		4	0.000	0.000		
6:0.....g	0.000		0		4	0.000	0.000		
8:0.....g	0.000		0		4	0.000	0.000		
10:0.....g	0.000		0		4	0.000	0.000		
12:0.....g	0.000		0		4	0.000	0.000		
13:0.....g									
14:0.....g	0.000		0		4	0.000	0.000		
15:0.....g									
16:0.....g	0.000		0		4	0.000	0.000		
17:0.....g									
18:0.....g	0.000		0		4	0.000	0.000		
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 19355**  
**Syrups, sorghum**

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

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

**Common Measures:**

Measure 1 = 330g: 1 cup

Measure 2 = 21g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate 3.87**

**Food Group: 19 Sweets**

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





**NDB No. 19361**  
**Syrups, table blends, cane and 15% maple**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.032		0	FLA	4		0.101	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.031		0	FLA	4		0.098	0.006	
20:1.....g	0.000		0	FLA	4		0.001	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.050		0	FLA	4		0.157	0.010	
18:2 undifferentiated.....g	0.046		0	FLA	4		0.144	0.009	
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.001	0.000	
20:5 n-3.....g	0.004		0	FLA	4		0.012	0.001	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 315g: 1 cup

Measure 2 = 20g: 1 tbsp

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 19 Sweets**

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

**NDB No. 19362**  
**Syrups, table blends, corn, refiner, and sugar**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	15.60		1		1		49.30	3.12	
Energy.....kcal	319		0		4		1008	64	
Energy.....kj	1335				4		4218	267	
Protein (N x 6.25).....g	0.00		1		4		0.00	0.00	
Total lipid (fat).....g	0.00		1		4		0.00	0.00	
Ash.....g	0.50		1		1		1.58	0.10	
Carbohydrate, by difference.....g	83.90		0	NC	4		265.12	16.78	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	23		1		1		73	5	
Iron, Fe.....mg	0.74		1		1		2.34	0.15	
Magnesium, Mg.....mg	9		1		1		28	2	
Phosphorus, P.....mg	8		1		1		25	2	
Potassium, K.....mg	63		1		1		199	13	
Sodium, Na.....mg	71		1		1		224	14	
Zinc, Zn.....mg	0.03		1		1		0.09	0.01	
Copper, Cu.....mg	0.060		1		1		0.190	0.012	
Manganese, Mn.....mg	0.088		1		4		0.278	0.018	
Selenium, Se.....mcg	0.8		0	BFSN	4		2.5	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.006		1		1		0.019	0.001	
Riboflavin.....mg	0.047		1		1		0.149	0.009	
Niacin.....mg	0.020		1		1		0.063	0.004	
Pantothenic acid.....mg	0.035		1		1		0.111	0.007	
Vitamin B-6.....mg	0.009		1		4		0.028	0.002	
Folate, total.....mcg	3		1		1		9	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		1		1		9	1	
Folate, DFE.....mcg_DFE	3		0	NC	4		9	1	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	0		1		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 316g: 1 cup

NDB No. 19362  
Syrups, table blends, corn, refiner, and sugar  
Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 3.36      Fat 8.37      Carbohydrate 3.8      Food Group: 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 19129**  
**Syrups, table blends, pancake**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	37.98		0	FLC	4		119.25	7.60	
Energy.....kcal	234		0	NC	4		733	47	
Energy.....kj	977		0	NC	4		3069	195	
Protein (N x 6.25).....g	0.00		2		1		0.00	0.00	
Total lipid (fat).....g	0.00		2		1		0.00	0.00	
Ash.....g	0.13		0	FLC	4		0.42	0.03	
Carbohydrate, by difference.....g	61.47		1	LC	8		193.00	12.29	
Fiber, total dietary.....g	0.7		0	FLC	4		2.3	0.1	
Sugars, total.....g	60.71		0	FLC	4		190.63	12.14	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3	0.246	18	A	1		10	1	
Iron, Fe.....mg	0.03	0.011	18	A	1		0.10	0.01	
Magnesium, Mg.....mg	2	0.166	18	A	1		6	0	
Phosphorus, P.....mg	9	1.462	18	A	1		29	2	
Potassium, K.....mg	15	1.432	18	A	1		48	3	
Sodium, Na.....mg	82	7.230	18	A	1		259	16	
Zinc, Zn.....mg	0.08	0.017	18	A	1		0.24	0.02	
Copper, Cu.....mg	0.032		0	FLC	4		0.101	0.006	
Manganese, Mn.....mg	0.068	0.013	18	A	1		0.213	0.014	
Selenium, Se.....mcg	0.0	0.037	20	JA	6		0.1	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin.....mg	0.006		0	FLC	4		0.019	0.001	
Riboflavin.....mg	0.009		0	FLC	4		0.027	0.002	
Niacin.....mg	0.011		0	FLC	4		0.034	0.002	
Pantothenic acid.....mg	0.014		0	FLC	4		0.043	0.003	
Vitamin B-6.....mg	0.005		0	FLC	4		0.015	0.001	
Folate, total.....mcg	0		0	FLC	4		0	0	
Folic acid.....mcg	0		0	FLC	4		0	0	
Folate, food.....mcg	0		0	FLC	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, IU.....IU	0		0	FLC	4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	FLC	4		0	0	
Retinol.....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 19129**  
**Syrups, table blends, pancake**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.000		1	LC	8		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		1	LC	8		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLC	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 314g: 1 cup

Measure 2 = 20g: 1 tbsp

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.8

**Food Group:** 19 Sweets

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



**NDB No. 19128**  
**Syrups, table blends, pancake, reduced-calorie**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	
							Measure 1 Measure 2 Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		7		0.000 0.000 0.000
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		4		0.000 0.000 0.000
17:1.....g							
18:1 undifferentiated.....g	0.000		0		4		0.000 0.000 0.000
20:1.....g	0.000		0		4		0.000 0.000 0.000
22:1 undifferentiated.....g	0.000		0		4		0.000 0.000 0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.000		0		7		0.000 0.000 0.000
18:2 undifferentiated.....g	0.000		0		4		0.000 0.000 0.000
18:3 undifferentiated.....g	0.000		0		4		0.000 0.000 0.000
18:4.....g	0.000		0		4		0.000 0.000 0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		4		0.000 0.000 0.000
20:5 n-3.....g	0.000		0		4		0.000 0.000 0.000
22:5 n-3.....g	0.000		0		4		0.000 0.000 0.000
22:6 n-3.....g	0.000		0		4		0.000 0.000 0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		1		4		0 0 0
Phytosterols.....mg							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7		0.0 0.0 0.0
Caffeine.....mg	0		0	FLC	4		0 0 0
Theobromine.....mg	0		0	FLC	4		0 0 0
<b>Carotenoids:</b>							
Carotene, beta.....mcg	0		0	FLC	4		0.090 0.006 0.011
Carotene, alpha.....mcg	0		0	FLC	4		0.000 0.000 0.000
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000 0.000 0.000
Lycopene.....mcg	0		0	FLC	4		0.000 0.000 0.000
Lutein + zeaxanthin.....mcg	1		0	FLC	4		1.263 0.079 0.149

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

**Common Measures:**

Measure 1 = 240g: 1 cup  
 Measure 2 = 15.0g: 1 tbsp  
 Measure 3 = 28.35g: 1 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate 3.7**

**Food Group: 19 Sweets**

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





**NDB No. 19360**  
**Syrups, table blends, pancake, with 2% maple**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.032		0		4		0.101	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.032		0		4		0.101	0.006	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.050		0		4		0.158	0.010	
18:2 undifferentiated.....g	0.050		0		4		0.158	0.010	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLC	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 315g: 1 cup

Measure 2 = 20g: 1 tbsp

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.8

**Food Group:** 19 Sweets

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

NDB No. 19720

Syrups, table blends, pancake, with 2% maple, with added potassium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	30.10	1.274	3		1		94.82	6.02	
Energy.....kcal	265		0	NC	4		835	53	
Energy.....kj	1109				4		3493	222	
Protein (N x 6.25).....g	0.00		1		1		0.00	0.00	
Total lipid (fat).....g	0.10	0.060	3		1		0.32	0.02	
Ash.....g	0.20	0.064	3		1		0.63	0.04	
Carbohydrate, by difference.....g	69.60		0	NC	4		219.24	13.92	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5		2		1		16	1	
Iron, Fe.....mg	0.07		2		1		0.22	0.01	
Magnesium, Mg.....mg	2		2		1		6	0	
Phosphorus, P.....mg	10		2		1		32	2	
Potassium, K.....mg	22		0		1		69	4	
Sodium, Na.....mg	61	10.136	7		1		192	12	
Zinc, Zn.....mg	0.23		2		1		0.72	0.05	
Copper, Cu.....mg	0.045		2		1		0.142	0.009	
Manganese, Mn.....mg	0.185		2		1		0.583	0.037	
Selenium, Se.....mcg	0.6		0	BFSN	4		1.9	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.005		2		1		0.016	0.001	
Riboflavin.....mg	0.017		2		1		0.054	0.003	
Niacin.....mg	0.020		1		4		0.063	0.004	
Pantothenic acid.....mg	0.008		2		1		0.025	0.002	
Vitamin B-6.....mg	0.000		2		1		0.000	0.000	
Folate, total.....mcg	0		2		1		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		2		1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	0		1		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 315g: 1 cup

**NDB No. 19720**

**Syrups, table blends, pancake, with 2% maple, with added potassium**

Measure 2 = 20g: 1 tbsp

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.8

**Food Group:** 19 Sweets

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



**NDB No. 19113**  
**Syrups, table blends, pancake, 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				
			Points						
Fatty acids, total monounsaturated.....g	0.470		0		1		1.481	0.094	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0		1		0.126	0.008	
17:1.....g									
18:1 undifferentiated.....g	0.410		0		1		1.292	0.082	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.060		0		1		0.189	0.012	
18:2 undifferentiated.....g	0.040		0		1		0.126	0.008	
18:3 undifferentiated.....g	0.020		0		1		0.063	0.004	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0		1		13	1	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.001		0		1		0.003	0.000	
Isoleucine.....g	0.001		0		1		0.003	0.000	
Leucine.....g	0.002		0		1		0.006	0.000	
Lysine.....g	0.001		0		1		0.003	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.001		0		1		0.003	0.000	
Tyrosine.....g	0.001		0		1		0.003	0.000	
Valine.....g	0.001		0		1		0.003	0.000	
Arginine.....g	0.001		0		1		0.003	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.001		0		1		0.003	0.000	
Aspartic acid.....g	0.001		0		1		0.003	0.000	
Glutamic acid.....g	0.004		0		1		0.013	0.001	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.002		0		1		0.006	0.000	
Serine.....g	0.001		0		1		0.003	0.000	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 315g: 1 cup

Measure 2 = 20g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 19 Sweets**

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



NDB No. 19364

Toppings, butterscotch or 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	0.020		0		1		0.008		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.020		1		1		0.008		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000		
18:2 undifferentiated.....g	0.000		1		1		0.000		
18:3 undifferentiated.....g	0.000		1		1		0.000		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	1		1		4		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.020		0		1		0.008		
Threonine.....g	0.066		0		1		0.027		
Isoleucine.....g	0.088		0		1		0.036		
Leucine.....g	0.143		0		1		0.059		
Lysine.....g	0.116		0		1		0.048		
Methionine.....g	0.036		0		1		0.015		
Cystine.....g	0.013		0		1		0.005		
Phenylalanine.....g	0.070		0		1		0.029		
Tyrosine.....g	0.070		0		1		0.029		
Valine.....g	0.098		0		1		0.040		
Arginine.....g	0.053		0		1		0.022		
Histidine.....g	0.040		0		1		0.016		
Alanine.....g	0.050		0		1		0.021		
Aspartic acid.....g	0.111		0		1		0.046		
Glutamic acid.....g	0.305		0		1		0.125		
Glycine.....g	0.031		0		1		0.013		
Proline.....g	0.141		0		1		0.058		
Serine.....g	0.079		0		1		0.032		
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 = 41g: 2 tbsp

**Calories Factors: Protein 4.27****Fat 8.8****Carbohydrate 3.7****Food Group: 19 Sweets**

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		
	Number			Source Code	measures of food		
	of Data	Deriv Code	Confidence Code		Measure 1	Measure 2	Measure 3
Mean	Std. Error	Points					
<b>Proximates:</b>							
Water.....g	19.80		1	A	1	5.61	39.20
Energy.....kcal	322		0	NC	4	91	638
Energy.....kj	1347				4	382	2668
Protein (N x 0).....g	0.80		1	A	1	0.23	1.58
Total lipid (fat).....g	0.30		1	A	1	0.09	0.59
Ash.....g	0.10		1	A	1	0.03	0.20
Carbohydrate, by difference.....g	79.00		0	NC	4	22.40	156.42
Fiber, total dietary.....g	0.1		0	BFSN	4	0.0	0.2
Sugars, total.....g	46.80		1	A	1	13.27	92.66
Starch.....g							
<b>Minerals:</b>							
Calcium, Ca.....mg	3		0	BFSN	4	1	6
Iron, Fe.....mg	0.22		0	BFSN	4	0.06	0.44
Magnesium, Mg.....mg	2		0	BFSN	4	1	4
Phosphorus, P.....mg	8		0	BFSN	4	2	16
Potassium, K.....mg	5		0	BFSN	4	1	10
Sodium, Na.....mg	80	12.963	3	LC	8	23	158
Zinc, Zn.....mg	0.04		0	BFSN	4	0.01	0.08
Copper, Cu.....mg	0.095		0	BFSN	4	0.027	0.188
Manganese, Mn.....mg	0.008		0	BFSN	4	0.002	0.016
Selenium, Se.....mcg	1.9		0	BFFN	4	0.5	3.8
<b>Vitamins:</b>							
Vitamin C, total ascorbic acid.....mg	0.0		0	BFSN	4	0.0	0.0
Thiamin.....mg	0.001		0	BFSN	4	0.000	0.002
Riboflavin.....mg	0.001		0	BFSN	4	0.000	0.002
Niacin.....mg	0.076		0	BFSN	4	0.022	0.150
Pantothenic acid.....mg	0.005		0	BFSN	4	0.001	0.010
Vitamin B-6.....mg	0.002		0	BFSN	4	0.001	0.004
Folate, total.....mcg	1		0	BFSN	4	0	2
Folic acid.....mcg	0		0	Z	7	0	0
Folate, food.....mcg	1		0	BFSN	4	0	2
Folate, DFE.....mcg_DFE	1		0	NC	4	0	2
Vitamin B-12.....mcg	0.00		0	BFSN	4	0.00	0.00
Vitamin A, IU.....IU	1		0	BFSN	4	0	2
Vitamin A, RAE.....mcg_RAE	0		0	NC	4	0	0
Retinol.....mcg	0		0	Z	7	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0		7	0.00	0.00
Tocopherol, beta.....mg							
Tocopherol, gamma.....mg							
Tocopherol, delta.....mg							
Vitamin D.....IU							
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4	0.0	0.0
<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.056		0	BFFN	4	0.016	0.111
4:0.....g	0.000		0	BFFN	4	0.000	0.000
6:0.....g	0.000		0	BFFN	4	0.000	0.000
8:0.....g	0.000		0	BFFN	4	0.000	0.000
10:0.....g	0.000		0	BFFN	4	0.000	0.000
12:0.....g	0.000		0	BFFN	4	0.000	0.000
13:0.....g							
14:0.....g	0.001		0	BFFN	4	0.000	0.002
15:0.....g							
16:0.....g	0.040		0	BFFN	4	0.011	0.079
17:0.....g							
18:0.....g	0.015		0	BFFN	4	0.004	0.030
20:0.....g							
22:0.....g							
24:0.....g							



**NDB No. 19365**  
**Toppings, marshmallow cream**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.080		0	BFFN	4		0.023	0.158	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	BFFN	4		0.001	0.008	
17:1.....g									
18:1 undifferentiated.....g	0.076		0	BFFN	4		0.022	0.150	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.047		0	BFFN	4		0.013	0.093	
18:2 undifferentiated.....g	0.045		0	BFFN	4		0.013	0.089	
18:3 undifferentiated.....g	0.001		0	BFFN	4		0.000	0.002	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	BFFN	4		0.000	0.002	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFSN	4		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.034		0		4		0.010	0.067	
Isoleucine.....g	0.028		0		4		0.008	0.055	
Leucine.....g	0.064		0		4		0.018	0.127	
Lysine.....g	0.075		0		4		0.021	0.149	
Methionine.....g	0.015		0		4		0.004	0.030	
Cystine.....g	0.002		0		4		0.001	0.004	
Phenylalanine.....g	0.041		0		4		0.012	0.081	
Tyrosine.....g	0.010		0		4		0.003	0.020	
Valine.....g	0.049		0		4		0.014	0.097	
Arginine.....g	0.144		0		4		0.041	0.285	
Histidine.....g	0.017		0		4		0.005	0.034	
Alanine.....g	0.176		0		4		0.050	0.348	
Aspartic acid.....g	0.118		0		4		0.033	0.234	
Glutamic acid.....g	0.203		0		4		0.058	0.402	
Glycine.....g	0.407		0		4		0.115	0.806	
Proline.....g	0.269		0		4		0.076	0.533	
Serine.....g	0.059		0		4		0.017	0.117	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	BFSN	4		0	0	
Theobromine.....mg	0		0	BFSN	4		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 jar

**NDB No. 19365**  
**Toppings, marshmallow cream**

**Calories Factors:** Protein 4                      Fat 9                      Carbohydrate 4                      **Food Group:** 19 Sweets  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 19367**  
**Toppings, nuts in 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	4.970		0		1		16.302	2.038	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		1		1		0.197	0.025	
17:1.....g									
18:1 undifferentiated.....g	4.730		1		1		15.514	1.939	
20:1.....g	0.190		1		1		0.623	0.078	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.730		0		1		45.034	5.629	
18:2 undifferentiated.....g	11.300		1		1		37.064	4.633	
18:3 undifferentiated.....g	2.420		1		1		7.938	0.992	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.010		1		1		0.033	0.004	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.059		0		1		0.194	0.024	
Threonine.....g	0.139		0		1		0.456	0.057	
Isoleucine.....g	0.176		0		1		0.577	0.072	
Leucine.....g	0.309		0		1		1.014	0.127	
Lysine.....g	0.121		0		1		0.397	0.050	
Methionine.....g	0.087		0		1		0.285	0.036	
Cystine.....g	0.108		0		1		0.354	0.044	
Phenylalanine.....g	0.196		0		1		0.643	0.080	
Tyrosine.....g	0.137		0		1		0.449	0.056	
Valine.....g	0.225		0		1		0.738	0.092	
Arginine.....g	0.655		0		1		2.148	0.269	
Histidine.....g	0.112		0		1		0.367	0.046	
Alanine.....g	0.190		0		1		0.623	0.078	
Aspartic acid.....g	0.459		0		1		1.506	0.188	
Glutamic acid.....g	0.875		0		1		2.870	0.359	
Glycine.....g	0.235		0		1		0.771	0.096	
Proline.....g	0.172		0		1		0.564	0.071	
Serine.....g	0.244		0		1		0.800	0.100	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	4		0	FLA	4		12.885	1.611	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	3		0	FLA	4		9.476	1.185	

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

**Common Measures:**

Measure 1 = 328g: 1 cup

Measure 2 = 41g: 2 tbsp

NDB No. 19367  
Toppings, nuts in syrup

Calories Factors: Protein 4                      Fat 9                      Carbohydrate 4                      Food Group: 19 Sweets

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**NDB No. 19366**  
**Toppings, pineapple**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.032		0		4		0.109	0.013	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.032		0		4		0.109	0.013	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.050		0		4		0.170	0.021	
18:2 undifferentiated.....g	0.050		0		4		0.170	0.021	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	10		0	FLC	4		34.000	4.200	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

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

**Common Measures:**

Measure 1 = 340g: 1 cup

Measure 2 = 42g: 2 tbsp

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.8

**Food Group:** 19 Sweets

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**NDB No. 19137**  
**Toppings, strawberry**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points			Code			
Fatty acids, total monounsaturated.....g	0.014		0		4		0.048	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.014		0		4		0.048	0.006	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.050		0		4		0.170	0.021	
18:2 undifferentiated.....g	0.029		0		4		0.099	0.012	
18:3 undifferentiated.....g	0.021		0		4		0.071	0.009	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	9		0	FLC	4		30.600	3.780	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	9		0	FLC	4		29.844	3.687	

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**Common Measures:**

Measure 1 = 340g: 1 cup

Measure 2 = 42g: 2 tbsp

**Calories Factors: Protein** 3.36

**Fat** 8.37

**Carbohydrate** 3.8

**Food Group:** 19 Sweets

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