		<u>Aı</u>	mount in 10	0 grams	of edib	le portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>[</u>
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	a	22.10				1		63.65	3.98	
Energy		226				1		651	41	
Energy		946				1		2723	170	
Protein		2.00				1		5.76	0.36	
Total lipid (fat)		20.90				1		60.19	3.76	
Ash		36.40		0	NR	4		104.83	6.55	
Carbohydrate, by difference		18.60			NC	4		53.57	3.35	
Fiber, total dietary		1.3				1		3.7	0.2	
Sugars, total		1.23		0	FLA	4		3.53	0.22	
Starch									**	
Minerals:										
Calcium, Ca		123				1		354	22	
Iron, Fe		3.20				1		9.22	0.58	
Magnesium, Mg		23				1		66	4	
Phosphorus, P		38				1		109	7	
Potassium, K		187				1 1		539 49398	34 3087	
Sodium, Na		17152 0.25				1		0.72	0.05	
Zinc, Zn		0.23	,			1		0.72	0.05	
Copper, Cu		0.030	•			_		0.086	0.003	
Selenium, Se		3.0		0	RC	4		8.6	0.5	
Scientini, Sc	9	3.0		·		-		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	_	5.8				1		16.7	1.0	
Thiamin		0.040				1		0.115	0.007	
Riboflavin		0.030				1		0.086	0.005	
Niacin	-	0.470)			1		1.354	0.085	
Pantothenic acid	-					_				
Vitamin B-6	_	0.000)			7		0.000	0.000	
Folate, total		9		0	FLA	4		27	2	
Folic acid	-	0		0	FLA	4		0	0	
Folate, food		9 9		0 0	FLA	4		27	2	
Folate, DFE		0.00		U	NC	4 1		27 0.00	2	
Vitamin B-12		219		0	TIT 3	4			0.00 39	
Vitamin A, IU		219 11		0	FLA FLA	4		630 32	39 2	
Vitamin A, RAE		0		0	FLA	4		0	0	
Retinol Vitamin E (alpha-tocopherol)		2.69		0	FLA	4		7.74	0.48	
Tocopherol, beta	-	2.03		Ū	LIM	-		7.74	0.40	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		7.7		0	FLA	4		22.2	1.4	
<u>Lipids:</u>										
Fatty acids, total saturated		2.910				4		8.381	0.524	
4:0	-	0.000				4		0.000	0.000	
6:0		0.000				4		0.000	0.000	
8:0		0.000				4		0.000	0.000	
10:0 12:0		0.002 0.002				4		0.006	0.000	
13:0		0.002	-			4		0.006	0.000	
14:0	-	0.010	1			4		0.029	0.002	
15:0	-	0.010	•			-		0.029	0.002	
16:0	-	2.353	}			4		6.777	0.424	
17:0	-	2.555				•		5. , , ,	0.424	
18:0		0.474	Į			4		1.365	0.085	
20:0		0.272				-		2.505	0.005	
22:0	-									
22.V	g									

		<u>Ar</u>	nount in 10	00 grams	<u>on</u>	Amount in edible portion of common				
				Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	-	14.963				4		43.093	2.693	
14:1										
15:1		0 170						0.400	0 001	
16:1 undifferentiated		0.170				4		0.490	0.031	
18:1 undifferentiated		14.713				4		42.373	2.648	
20:1	• • • • • • • • • • • • • • • • • • • •	0.061				4		42.373 0.176	0.011	
22:1 undifferentiated	_	0.001				4		0.176	0.011	
24:1 c	•	0.000				-		0.000	0.000	
Fatty acids, total polyunsaturated	-	2.044				4		5.887	0.368	
18:2 undifferentiated	-	1.723				4		4.962	0.310	
18:3 undifferentiated		0.341				4		0.982	0.061	
18:4	• • • • • • • • • • • • • • • • • • • •	0.000				4		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated										
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									
Others:										
Alcohol, ethyl	g	0.0				7		0.0	0.0	
Caffeine	mg	0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mcg	126		0	FLA	4		361.680	22.605	
Carotene, alpha		5		0	FLA	4		15.686	0.980	
Cryptoxanthin, beta		6		0	FLA	4		17.416	1.089	
Lycopene	mcg	411		0	FLA	4		1183.335	73.958	
Lutein + zeaxanthin	mcg	123		0	FLA	4		353.671	22.104	

Common Measures:

Measure 1 = 288g: 1 cup Measure 2 = 18g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			N	Number				<u>m</u>	easures of food	•
			•	of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	96.00				4		234.24	29.28	
Energy		16				4		39	5	
Energy		67				4		163	20	
Protein		2.00				4		4.88	0.61	
Total lipid (fat)		0.60				4		1.46	0.18	
Ash		0.97		0	FLA	4		2.37	0.30	
Carbohydrate, by difference		0.40				4		0.98	0.12	
Fiber, total dietary		0.0				7		0.0	0.0	
Sugars, total		0.09		0	FLA	4		0.23	0.03	
Starch	g									
Minerals:										
Calcium, Ca	mg	30				4		73	9	
Iron, Fe	-	0.21				4		0.51	0.06	
Magnesium, Mg	-	1				4		2	0	
Phosphorus, P		30				4		73	9	
Potassium, K	mg	86				4		210	26	
Sodium, Na	mg	318				4		776	97	
Zinc, Zn	mg	0.10				4		0.24	0.03	
Copper, Cu	mg	0.051	L			4		0.124	0.016	
Manganese, Mn	_									
Selenium, Se	mcg	0.7		0	BFSN	4		1.7	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0				4		0.0	0.0	
Thiamin	-	0.000)			4		0.000	0.000	
Riboflavin	_	0.030				4		0.073	0.009	
Niacin	-	1.370)			4		3.343	0.418	
Pantothenic acid	-									
Vitamin B-6	mg	0.010)			4		0.024	0.003	
Folate, total	mcg	4		0	FLA	4		10	1	
Folic acid	mcg	0		0	FLA	4		1	0	
Folate, food	mcg	4		0	FLA	4		9	1	
Folate, DFE	mcg_DFE	4		0	NC	4		11	1	
Vitamin B-12		0.10				4		0.24	0.03	
Vitamin A, IU		4		0	FLA	4		10	1	
Vitamin A, RAE		1		0	FLA	4		3	0	
Retinol		1		0	FLA	4		3	0	
Vitamin E (alpha-tocopherol)		0.15		0	FLA	4		0.36	0.05	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		0.2		0	FLA	4		0.4	0.0	
Vitamin K (phylloquinone)	nicg	0.2		U	FLA	4		0.4	0.0	
Lipids:										
Fatty acids, total saturated	g	0.142	2			4		0.346	0.043	
4:0	g	0.000)			4		0.000	0.000	
6:0	g	0.000)			4		0.000	0.000	
8:0	g	0.000)			4		0.000	0.000	
10:0	g	0.000				4		0.000	0.000	
12:0	-	0.000)			4		0.000	0.000	
13:0										
14:0	g	0.022	2			4		0.054	0.007	
15:0										
16:0		0.089	•			4		0.217	0.027	
17:0										
18:0		0.022	2			4		0.054	0.007	
20:0	-									
22:0	g									
24:0	g									

	Ar	nount in 10	0 grams	Amount in edible portion of common					
			Number				<u>m</u> .	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.121				4		0.295	0.037	
14:1g									
15:1g									
16:1 undifferentiatedg	0.026				4		0.063	0.008	
17:1g									
18:1 undifferentiated	0.060				4		0.146	0.018	
20:1g	0.014				4		0.034	0.004	
22:1 undifferentiatedg	0.008				4		0.020	0.002	
24:1 cg									
Fatty acids, total polyunsaturated	0.162				4		0.395	0.049	
18:2 undifferentiatedg	0.006				4		0.015	0.002	
18:3 undifferentiated	0.006				4		0.015	0.002	
18:4g	0.000				4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.019				4		0.046	0.006	
20:5 n-3g	0.095				4		0.232	0.029	
22:5 n-3g	0.018				4		0.044	0.005	
22:6 n-3g	0.101				4		0.246	0.031	
Fatty acids, total trans									
Cholesterolmg	0				4		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, betamcg	0		0	FLA	4		0.028	0.003	
Carotene, alpha mcg	0		0	FLA	4		0.001	0.000	
Cryptoxanthin, betamcg	0		0	FLA	4		0.001	0.000	
Lycopene mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthinmcg	0		0	FLA	4		0.722	0.090	

Common Measures:

Measure 1 = 244g: 1 cup Measure 2 = 30.5g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100 gran	is of edi	ble portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	
			of Da	a Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Point	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	9.72	1	A	1		0.97	44.13	
Energy	kcal	191	0	MC	9		19	867	
Energy		799			9		80	3628	
Protein	g	15.68	1	A	1		1.57	71.19	
Total lipid (fat)	g	4.01	1	A	1		0.40	18.21	
Ash	g	47.62	1	A	1		4.76	216.19	
Carbohydrate, by difference	g	22.98	0	MC	9		2.30	104.33	
Fiber, total dietary	g	3.1	1	A	1		0.3	14.1	
Sugars, total	g	13.02	1	MA	12		1.30	59.11	
Starch	g								
Minavalar									
Minerals: Calcium, Ca	ma	1661	1	A	1		166	7541	
Iron, Fe	-	2.96	1	A	1		0.30	13.44	
Magnesium, Mg		25	0	FLM	4		3	114	
Phosphorus, P		184	0	FLM	4		18	835	
Potassium, K	_	184	0	FLM	4		18	835	
Sodium, Na		18623	1	A	1		1862	84548	
Zinc, Zn		1.45	0	FLM	4		0.15	6.58	
Copper, Cu		0.278	3 0	FLM	4		0.028	1.262	
Manganese, Mn		0.317	0	FLM	4		0.032	1.439	
Selenium, Se	mcg								
Vitaming									
Vitamins:	ma	0.5	1	A	1		0.1	2.3	
Vitamin C, total ascorbic acid Thiamin		0.090		FLM	4		0.009	0.409	
Riboflavin		0.047		FLM	4		0.005	0.213	
Niacin	-	0.684		FLM	4		0.068	3.105	
Pantothenic acid	_	0.051		FLM	4		0.005	0.232	
Vitamin B-6		0.258		FLM	4		0.026	1.171	
Folate, total	_	49	0	FLM	4		5	222	
Folate, DFE									
Vitamin B-12		0.30	0	FLM	4		0.03	1.36	
Vitamin A, IU		49	1	A	1		5	222	
Vitamin A, RAE	mcg_RAE								
Vitamin E (alpha-tocopherol)									
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	g	2.268	3 1	A	1		0.227	10.297	
4:0		0.000) 1	A	1		0.000	0.000	
6:0	g	0.000) 1	A	1		0.000	0.000	
8:0	_	0.000) 1	A	1		0.000	0.000	
10:0	g	0.000) 1	A	1		0.000	0.000	
12:0	g	0.015	5 1	A	1		0.002	0.068	
13:0	g								
14:0	g	0.226	5 1	A	1		0.023	1.026	
15:0									
16:0	g	2.011	. 1	A	1		0.201	9.130	
17:0	g								
18:0	_	0.000) 1	A	1		0.000	0.000	
20:0	_								
22:0	_								
24:0	-	_							
Fatty acids, total monounsaturated		1.484	1	A	1		0.148	6.737	
14:1	~								

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>		edible portion	_
				Number	•			<u>m</u>	easures of food	
Nutrients and U	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.282		1	A	1		0.028	1.280	
17:1	g									
18:1 undifferentiated	g	1.107		1	A	1		0.111	5.026	
20:1		0.036		1	A	1		0.004	0.163	
22:1 undifferentiated	g	0.000		1	A	1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.256		1	A	1		0.026	1.162	
18:2 undifferentiated	g	0.224		1	A	1		0.022	1.017	
18:3 undifferentiated	g	0.032		1	A	1		0.003	0.145	
18:4	g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		1	A	1		0.000	0.000	
20:5 n-3	g	0.000		1	A	1		0.000	0.000	
22:5 n-3	g	0.000		1	A	1		0.000	0.000	
22:6 n-3	g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol		6		1	A	1		1	27	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	
Caffeine	-									
Theobromine	_									

Common Measures:

Measure 1 = 10.0g: 1 serving

Measure 2 = 454g: 1 package (16 oz)

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100 grar	ns of edi	ble portio	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	<u> </u>
			of Da	ta Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	5.41	1	A	1		36.79	0.52	
Energy	kcal	481	O	MC	9		3271	47	
Energy		2013			9		13685	195	
Protein		8.10	1	A	1		55.08	0.79	
Total lipid (fat)		26.08	1	A	1		177.34	2.53	
Ash		6.84	1	A	1		46.51	0.66	
Carbohydrate, by difference	g	53.58	O	MC	9		364.34	5.20	
Fiber, total dietary	g	4.9	1	A	1		33.3	0.5	
Sugars, total	g	9.05	1	A	1		61.54	0.88	
Starch									
Minerals:	m~	40	_	_	_		222		
Calcium, Ca	_	43	1	A	1		292	4	
Iron, Fe		5.69 16	1	A FLM	1 4		38.69 109	0.55 2	
Magnesium, Mg		109	0	FLM	4		109 741	11	
Phosphorus, P Potassium, K	-	155	0	FLM	4		1054	15	
Sodium, Na		2241	1	A	1		15239	217	
Zinc, Zn		0.60	0	FLM	4		4.08	0.06	
Copper, Cu		0.081		FLM	4		0.551	0.008	
Manganese, Mn.		0.262		FLM	4		1.782	0.025	
Selenium, Se									
·									
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		1.9	1	A	1		12.9	0.2	
Thiamin		0.371		FLM	4		2.523	0.036	
Riboflavin	_	0.400		FLM	4		2.720	0.039	
Niacin		3.397		FLM	4		23.100	0.330	
Pantothenic acid		0.607		FLM	4 4		4.128	0.059	
Vitamin B-6	-	0.082	2 0	FLM	4		0.558	0.008	
Folate, totalFolate, DFE									
Vitamin B-12		0.12	0	FLM	4		0.82	0.01	
Vitamin A, IU		39	1	A	1		265	4	
Vitamin A, RAE	mca RAF	39	_		_		203	**	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D	IU								
Vitamin K (phylloquinone)									
Limida									
Lipids:	0	10 42	, 1	7	1		70 004	1 011	
Fatty acids, total saturated		10.427		A A	1 1		70.904	1.011	
4:0 6:0	_	0.000		A	1		0.000 0.000	0.000 0.000	
8:0	_	0.000		A	1		0.000	0.000	
10:0	_	0.000		A	1		0.000	0.000	
12:0	_	0.042		A	1		0.286	0.004	
13:0	-	0.041	<u>. </u>		-		0.200	0.004	
14:0		0.133	3 1	A	1		0.904	0.013	
15:0		0.20	_		-		3.304	0.015	
16:0		9.695	5 1	A	1		65.926	0.940	
17:0			-		-				
18:0		0.000) 1	A	1		0.000	0.000	
20:0			_	==	=				
22:0	_								
24:0	_								
Fatty acids, total monounsaturated	_	12.600) 1	A	1		85.680	1.222	
14:1									
	g								

Nutrients and Units 16:1 undifferentiated. 9 17:1. 9 18:1 undifferentiated. 9 20:1. 9 22:1 undifferentiated. 9 24:1 c. 9 Fatty acids, total polyunsaturated. 9 18:2 undifferentiated. 9 18:3 undifferentiated. 9 18:4. 9 20:2 n-6 c,c. 9 20:3 undifferentiated. 9 20:4 undifferentiated. 9 20:4 undifferentiated. 9 20:5 n-3. 9	Mean 0.107 12.227 0.225 0.000	Std. Error			Code	Confidence Code	Measure 1 0.728	Measure 2	Measure 3
17:1 9 18:1 undifferentiated 9 20:1 9 22:1 undifferentiated 9 24:1 c 9 Fatty acids, total polyunsaturated 9 18:2 undifferentiated 9 18:3 undifferentiated 9 18:4 9 20:2 n-6 c,c 9 20:3 undifferentiated 9 20:4 undifferentiated 9	12.227 0.225		1				0.728	0.010	
18:1 undifferentiated. 9 20:1. 9 22:1 undifferentiated. 9 24:1 c. 9 Fatty acids, total polyunsaturated. 9 18:2 undifferentiated. 9 18:3 undifferentiated. 9 18:4. 9 20:2 n-6 c,c. 9 20:3 undifferentiated. 9 20:4 undifferentiated. 9	0.225		_	A					
20:1 9 22:1 undifferentiated 9 24:1 c 9 Fatty acids, total polyunsaturated 9 18:2 undifferentiated 9 18:3 undifferentiated 9 18:4 9 20:2 n-6 c,c 9 20:3 undifferentiated 9 20:4 undifferentiated 9	0.225		_	A			00.111		
22:1 undifferentiated 9 24:1 c 9 Fatty acids, total polyunsaturated 9 18:2 undifferentiated 9 18:3 undifferentiated 9 18:4 9 20:2 n-6 c,c 9 20:3 undifferentiated 9 20:4 undifferentiated 9				A	1		83.144	1.186	
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	0.000		_		-		1.530	0.022	
Fatty acids, total polyunsaturated			1	A	1		0.000	0.000	
18:2 undifferentiated 9 18:3 undifferentiated 9 18:4 9 20:2 n-6 c,c 9 20:3 undifferentiated 9 20:4 undifferentiated 9			_	_	_				
18:3 undifferentiated 9 18:4 9 20:2 n-6 c,c 9 20:3 undifferentiated 9 20:4 undifferentiated 9	3.050		1	A	1		20.740	0.296	
18:4	2.585		1	A	1		17.578	0.251	
20:2 n-6 c,c. g 20:3 undifferentiated. g 20:4 undifferentiated. g	0.140		1	A	1		0.952	0.014	
20:3 undifferentiatedg 20:4 undifferentiatedg	0.000		1	A	1		0.000	0.000	
20:4 undifferentiatedg									
20:5 n-3g	0.325		1	A	1		2.210	0.032	
	0.000		1	A	1		0.000	0.000	
22:5 n-3g	0.000		1	A	1		0.000	0.000	
22:6 n-3g	0.000		1	A	1		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	2		1	A	1		14	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	z	7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Common Measures:

Measure 1 = 680g: 1 package Measure 2 = 9.7g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.37		1	A	1		2.68	0.16	
Energy	kcal	296		0	MC	9		334	20	
Energy		1238				9		1399	83	
Protein	g	21.15		1	A	1		23.90	1.42	
Total lipid (fat)	g	5.99		1	A	1		6.77	0.40	
Ash	g	31.05		1	A	1		35.09	2.08	
Carbohydrate, by difference		39.44		0	MC	9		44.57	2.64	
Fiber, total dietary		3.0		1	A	1		3.4	0.2	
Sugars, total		18.49		1	MA	12		20.89	1.24	
Starch	g									
Minerals:		1-0		_	_	_		170	10	
Calcium, Ca	-	152		1	A	1		172	10	
Iron, Fe	-	28.80 29		1 0	A FLM	1 4		32.54	1.93 2	
Magnesium, Mg				0				33		
Phosphorus, P Potassium, K	-	243 265		0	FLM FLM	4 4		275 299	16 18	
Sodium, Na	-	11063		1	А	1		12501	741	
Zinc, Zn	_	1.93		0	FLM	4		2.18	0.13	
Copper, Cu		0.384	ı	0	FLM	4		0.434	0.026	
Manganese, Mn		0.557		0	FLM	4		0.629	0.020	
Selenium, Se										
•										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	4.0		1	A	1		4.5	0.3	
Thiamin	_	1.276		0	FLM	4		1.442	0.085	
Riboflavin	-	0.552		0	FLM	4		0.624	0.037	
Niacin	-	5.955		0	FLM	4		6.729	0.399	
Pantothenic acid	-	0.370		0	FLM	4		0.418	0.025	
Vitamin B-6	_	0.420)	0	FLM	4		0.475	0.028	
Folate, total										
Folate, DFE		0.05		•				0.00	0.00	
Vitamin B-12		0.25		0	FLM	4		0.28	0.02	
Vitamin A, IU	IU	39		1	A	1		44	3	
Vitamin A, RAE										
Vitamin E (alpha-tocopherol) Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>	_	0.00		_	_	_				
Fatty acids, total saturated		2.766		1	A	1		3.126	0.185	
4:0		0.000		1	A	1		0.000	0.000	
6:0	-	0.000		1	A	1		0.000	0.000	
8:0	-	0.000		1	A	1		0.000	0.000	
10:0	-	0.000		1 1	A	1		0.000	0.000	
12:0	-	0.013	•	1	A	1		0.015	0.001	
13:0 14:0.	-	0.175	:	1	A	1		0 100	0.010	
15:0		0.1/5	•	_	A	1		0.198	0.012	
16:0		1.418	ı	1	A	1		1.602	0.095	
17:0		1.410	•	_	•	1		1.002	0.095	
18:0	-	1.048	1	1	A	1		1.184	0.070	
20:0		1.040	•	-		-		1.104	0.070	
22:0	-									
24:0	-									
Fatty acids, total monounsaturated	-	2.913	3	1	A	1		3.292	0.195	
14:1				-		-		- ·		
15:1	-									

		<u>An</u>	nount in 10	0 grams	of edil	<u>n</u>		edible portion o		
				Number				<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	a	0.150		1	A	1		0.170	0.010	
17:1				_		_		0.2.0	0.020	
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	2.715		1	A	1		3.068	0.182	
20:1		0.012		1	A	1		0.014	0.001	
22:1 undifferentiated	g	0.000		1	A	1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.314		1	A	1		0.355	0.021	
18:2 undifferentiated	g	0.280		1	A	1		0.316	0.019	
18:3 undifferentiated	g	0.033		1	A	1		0.037	0.002	
18:4	g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		1	A	1		0.000	0.000	
20:5 n-3	g	0.000		1	A	1		0.000	0.000	
22:5 n-3	g	0.000		1	A	1		0.000	0.000	
22:6 n-3	g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	6		1	A	1		7	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	
Caffeine	mg									
Theobromine	mg									

Common Measures:

Measure 1 = 113g: 1 package (4 oz)

Measure 2 = 6.7g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100	<u>0 grams</u>	of edit	ole portio	<u>on</u>	Amount in edible portion of common			
			I	Number	•			<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	4.65		1	A	1		0.31	21.11		
Energy	kcal	369		0	MC	9		25	1675		
Energy	kj	1544				9		103	7009		
Protein	g	9.80		1	A	1		0.66	44.49		
Total lipid (fat)	g	9.48		1	A	1		0.64	43.04		
Ash	g	14.97		1	A	1		1.00	67.96		
Carbohydrate, by difference	g	61.10		0	MC	9		4.09	277.39		
Fiber, total dietary		4.3		1	A	1		0.3	19.5		
Sugars, total		10.71		1	MA	12		0.72	48.62		
Starch	-										
~											
Minerals:											
Calcium, Ca	_	141		1	A	1		9	640		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	6.27		1	A	1		0.42	28.47		
Magnesium, Mg		41		0	FLM	4		3	186		
Phosphorus, P	-	239		0	FLM	4		16	1085		
Potassium, K		450		0	FLM	4		30	2043		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	5203		1	A	1		349	23622		
Zinc, Zn		0.76		0	FLM	4		0.05	3.45		
Copper, Cu		0.146		0	FLM	4		0.010	0.663		
Manganese, Mn		0.154		0	FLM	4		0.010	0.699		
Selenium, Se	mcg	18.0		0	FLM	4		1.2	81.7		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.9		1	A	1		0.1	4.1		
Thiamin	-	0.187	,	0	FLM	4		0.013	0.849		
Riboflavin	-	0.514	ļ	0	FLM	4		0.034	2.334		
Niacin		1.075	i	0	FLM	4		0.072	4.881		
Pantothenic acid	-	1.218	3	0	FLM	4		0.082	5.530		
Vitamin B-6	=	0.138	3	0	FLM	4		0.009	0.627		
Folate, total	_	10		0	FLM	4		1	45		
Folate, DFE											
Vitamin B-12		0.62		0	FLM	4		0.04	2.81		
Vitamin A, IU	IU	40		1	A	1		3	182		
Vitamin A, RAE	mcg_RAE										
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	q	4.880)	1	A	1		0.327	22.155		
4:0		0.000		1	A	1		0.000	0.000		
6:0		0.000		1	A	1		0.000	0.000		
8:0	_	0.000		1	A	1		0.000	0.000		
10:0	-	0.000		1	A	1		0.000	0.000		
12:0		0.023		1	A	1		0.002	0.104		
13:0	-			_		-		3.00=	0.201		
14:0		0.451		1	A	1		0.030	2.048		
15:0	_										
16:0		4.031		1	A	1		0.270	18.301		
17:0	-										
18:0	-	0.000)	1	A	1		0.000	0.000		
20:0	_										
22:0	_										
24:0	_										
Fatty acids, total monounsaturated	_	3.659)	1	A	1		0.245	16.612		
14:1											
15:1	-										

		<u>An</u>	nount in 10	0 grams	of edil	<u>n</u>	Amount in edible portion of common measures of food			
				Number				<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.389		1	A	1		0.026	1.766	
17:1	g									
18:1 undifferentiated	g	3.102		1	A	1		0.208	14.083	
20:1	g	0.092		1	A	1		0.006	0.418	
22:1 undifferentiated	g	0.000		1	A	1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.938		1	A	1		0.063	4.259	
18:2 undifferentiated	g	0.870		1	A	1		0.058	3.950	
18:3 undifferentiated	g	0.068		1	A	1		0.005	0.309	
18:4	g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		1	A	1		0.000	0.000	
20:5 n-3	g	0.000		1	A	1		0.000	0.000	
22:5 n-3	g	0.000		1	A	1		0.000	0.000	
22:6 n-3	g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	11		1	A	1		1	50	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	
Caffeine	mg									
Theobromine	mg									

Common Measures:

Measure 1 = 6.7g: 1 serving

Measure 2 = 454g: 1 package (16 oz)

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100 gr	ams of edi	ble portion	<u>on</u>	Amount in	edible portion	of common
			Nun	nber			<u>m</u>	easures of food	<u>.</u>
			of E	ata Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	5.51		1 A	1		25.02	0.37	
Energy	kcal	380		0 MC	9		1725	25	
Energy		1590			9		7218	107	
Protein	g	8.53		1 A	1		38.73	0.57	
Total lipid (fat)	g	11.85		1 A	1		53.80	0.79	
Ash	g	14.34		1 A	1		65.10	0.96	
Carbohydrate, by difference	g	59.78		0 MC	9		271.40	4.01	
Fiber, total dietary	g	3.2		1 A	1		14.5	0.2	
Sugars, total	g	9.23		1 MA	12		41.90	0.62	
Starch	g								
Minerals:									
Calcium, Ca	mg	116		1 A	1		527	8	
Iron, Fe	_	7.40		1 A	1		33.60	0.50	
Magnesium, Mg		32		0 FLM	4		145	2	
Phosphorus, P		212		0 FLM	4		962	14	
Potassium, K	mg	367		0 FLM	4		1666	25	
Sodium, Na		5053		1 A	1		22941	339	
Zinc, Zn		0.96		0 FLM			4.36	0.06	
Copper, Cu		0.149		0 FLM			0.676	0.010	
Manganese, Mn		0.202	2	0 FLM			0.917	0.014	
Selenium, Se	mcg	9.3		0 FLM	4		42.2	0.6	
Vitamins:									
Vitamin C, total ascorbic acid	mg	1.9		1 A	1		8.6	0.1	
Thiamin	mg	0.236	5	0 FLM	4		1.071	0.016	
Riboflavin	mg	0.473	3	0 FLM	4		2.147	0.032	
Niacin	-	2.261		0 FLM			10.265	0.151	
Pantothenic acid		1.014		0 FLM			4.604	0.068	
Vitamin B-6	_	0.282	2	0 FLM			1.280	0.019	
Folate, total		100		0 FLM	4		454	7	
Folate, DFE		0 22			4		1 50		
Vitamin B-12		0.33 39		0 FLM 1 A	1		1.50 177	0.02 3	
Vitamin A, IUVitamin A, RAE	IU mca PAF	39		1 A	_		1//	3	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta	_								
Vitamin D	IU								
Vitamin K (phylloquinone)									
Lipids:									
Fatty acids, total saturated	a	5.866	5	1 A	1		26.632	0.393	
4:0	_	0.000		1 A	1		0.000	0.000	
6:0		0.000		1 A	1		0.000	0.000	
8:0	-	0.000		1 A	1		0.000	0.000	
10:0		0.000		1 A	1		0.000	0.000	
12:0	•	0.014		1 A	1		0.064	0.001	
13:0									
14:0	g	0.401	L	1 A	1		1.821	0.027	
15:0									
16:0		3.024	1	1 A	1		13.729	0.203	
17:0	_				_				
18:0	_	2.179	•	1 A	1		9.893	0.146	
20:0	_								
22:0	_								
24:0 Fatty acids, total monounsaturated	-	5.488	3	1 A	1		24.916	0.368	
14:1		J.400	•	- A	1		24.910	0.368	
15:1	-								

Amount in 100 grams of edible portion								Amount in edible portion of common			
				Number				<u>m</u>	easures of food		
Nutrients and Un	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiated	a	0.326		1	A	1		1.480	0.022		
17:1		0.320			•	_		1.400	0.022		
18:1 undifferentiated		5.045		1	A	1		22.904	0.338		
20:1		0.056		1	A	1		0.254	0.004		
22:1 undifferentiated		0.000		1	A	1		0.000	0.000		
24:1 c		0.000		_		_		0.000	0.000		
Fatty acids, total polyunsaturated	•	0.499		1	A	1		2.265	0.033		
18:2 undifferentiated	-	0.448		1	A	1		2.034	0.030		
18:3 undifferentiated		0.037		1	A	1		0.168	0.002		
18:4		0.000		1	A	1		0.000	0.000		
20:2 n-6 c.c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.000		1	A	1		0.000	0.000		
20:5 n-3	g	0.000		1	A	1		0.000	0.000		
22:5 n-3	g	0.000		1	A	1		0.000	0.000		
22:6 n-3	g	0.000		1	A	1		0.000	0.000		
Fatty acids, total trans	g										
Cholesterol	mg	12		1	A	1		54	1		
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0		
Caffeine	mg										
Theobromine	mg										

Common Measures:

Measure 1 = 454g: 1 package Measure 2 = 6.7g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.90		1	A	1		0.40	26.79	
Energy	kcal	395		0	NC	4		26	1793	
Energy	kj	1653				4		111	7503	
Protein	g	10.20		1	A	1		0.68	46.31	
Total lipid (fat)	g	14.23		1	A	1		0.95	64.60	
Ash	g	13.13		1	A	1		0.88	59.61	
Carbohydrate, by difference	g	56.54		0	NC	4		3.79	256.69	
Fiber, total dietary	g	3.2		1	MA	12		0.2	14.5	
Sugars, total	g	14.08		1	MA	12		0.94	63.92	
Starch	g									
Minanala										
Minerals:	ma	107		4	•	4		7	406	
Calcium, Ca	_	5.38		1 1	A A	1 1		0.36	486 24.43	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	38		0	A FLM	4		0.36	24.43 173	
Phosphorus, P		227		0	FLM	4		3 15	1031	
Potassium, K	_	415		0	FLM	4		28	1884	
Sodium, Na	_	4605		1	A	1		309	20907	
Zinc, Zn	-	1.25		0	FLM	4		0.08	5.68	
Copper, Cu		0.120		0	FLM	4		0.008	0.545	
Manganese, Mn		0.206		0	FLM	4		0.014	0.935	
Selenium, Se		0.200		·		•		0.011	0.333	
Scientini, Sc	9									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.9		1	A	1		0.1	4.1	
Thiamin		0.285		0	FLM	4		0.019	1.294	
Riboflavin		0.575		0	FLM	4		0.039	2.611	
Niacin	mg	3.947		0	FLM	4		0.264	17.919	
Pantothenic acid	_	1.496		0	FLM	4		0.100	6.792	
Vitamin B-6	-	0.200)	0	FLM	4		0.013	0.908	
Folate, total		51		0	FLM	4		3	232	
Folate, DFE										
Vitamin B-12		0.41		0	FLM	4		0.03	1.86	
Vitamin A, IU	IU	80		1	A	1		5	363	
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Vitamin K (phynoquinone)	illog									
<u>Lipids:</u>										
Fatty acids, total saturated	-	4.511		1	A	1		0.302	20.480	
4:0	g	0.000		1	A	1		0.000	0.000	
6:0	_	0.000)	1	A	1		0.000	0.000	
8:0		0.000		1	A	1		0.000	0.000	
10:0	_	0.000	1	1	A	1		0.000	0.000	
12:0	_	0.011		1	A	1		0.001	0.050	
13:0										
14:0		0.102		1	A	1		0.007	0.463	
15:0	_									
16:0		3.447		1	A	1		0.231	15.649	
17:0	_									
18:0	-	0.867		1	A	1		0.058	3.936	
20:0	-									
22:0	-									
24:0	_									
Fatty acids, total monounsaturated		6.800)	1	A	1		0.456	30.872	
14:1	α .									

		<u>An</u>	nount in 10	0 grams Number	<u>n</u>	Amount in edible portion of common measures of food				
Nutrients and Unit	s	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated		0.975		1	A	1		0.065	4.427	
17:1 18:1 undifferentiated	-	5.687		1	A	1		0.381	25.819	
20:1	-	0.075		1	A	1		0.005	0.341	
22:1 undifferentiated		0.020		1	A	1		0.001	0.091	
24:1 c		0.020		_		_		0.001	0.031	
Fatty acids, total polyunsaturated	•	2.921		1	A	1		0.196	13.261	
18:2 undifferentiated	-	2.746		1	A	1		0.184	12.467	
18:3 undifferentiated	-	0.137		1	A	1		0.009	0.622	
18:4	g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.038		1	A	1		0.003	0.173	
20:5 n-3	g	0.000		1	A	1		0.000	0.000	
22:5 n-3	g	0.000		1	A	1		0.000	0.000	
22:6 n-3	g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	35		1	A	1		2	159	
Phytosterols	<u>mg</u>									
Others:										
Alcohol, ethyl	q	0.0		0	z	7		0.0	0.0	
Caffeine	-									
Theobromine	-									

Common Measures:

Measure 1 = 6.7g: 1 serving

Measure 2 = 454g: 1 package (16 oz)

Calories Factors: Protein Fat Carbohydrate

			mount in 100 gran	is or ear	bie portic	<u>on</u>	Amount in	edible portion of	of common
			Numb	er			<u>m</u>	easures of food	
			of Dat	a Deriv	Source	Confidence			
Nutrients and Units	5	Mean	Std. Error Points	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	5.29	1	A	1		0.35	24.02	
Energy	kcal	363	0	MC	9		24	1648	
Energy		1519			9		102	6895	
Protein	g	8.33	1	A	1		0.56	37.82	
Total lipid (fat)	g	7.88	1	A	1		0.53	35.78	
Ash	g	13.78	1	A	1		0.92	62.56	
Carbohydrate, by difference	g	64.72	0	MC	9		4.34	293.83	
Fiber, total dietary	g	2.4	1	A	1		0.2	10.9	
Sugars, total	g	12.38	1	MA	12		0.83	56.21	
Starch	g								
Minerals:									
Calcium, Ca	ma	117	1	A	1		8	531	
Iron, Fe	-	3.94	1	A	1		0.26	17.89	
Magnesium, Mg		22	0	FLM	4		1	100	
Phosphorus, P		172	0	FLM	4		12	781	
Potassium, K	-	208	0	FLM	4		14	944	
Sodium, Na		4469	1	A	1		299	20289	
Zinc, Zn	mg	0.73	0	FLM	4		0.05	3.31	
Copper, Cu	mg	0.207	0	FLM	4		0.014	0.940	
Manganese, Mn	_. mg	0.222	2 0	FLM	4		0.015	1.008	
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	ma	1.4	1	A	1		0.1	6.4	
Thiamin		0.119		FLM	4		0.008	0.540	
Riboflavin		0.252		FLM	4		0.017	1.144	
Niacin	_	0.841	. 0	FLM	4		0.056	3.818	
Pantothenic acid	-	0.553	3 0	FLM	4		0.037	2.511	
Vitamin B-6	mg	0.073	3 0	FLM	4		0.005	0.331	
Folate, total		18	0	FLM	4		1	82	
Folate, DFE	mcg_DFE								
Vitamin B-12		0.32	0	FLM	4		0.02	1.45	
Vitamin A, IU	IU	117	1	A	1		8	531	
Vitamin A, RAE	mcg_RAE								
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma	-								
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
vitanini k (phynoquinone)	11109								
<u>Lipids:</u>									
Fatty acids, total saturated		3.919		A	1		0.263	17.792	
4:0		0.133		A	1		0.009	0.604	
6:0		0.000		A	1		0.000	0.000	
8:0	-	0.000		A	1		0.000	0.000	
10:0	-	0.000		A	1		0.000	0.000	
12:0		0.012	2 1	A	1		0.001	0.054	
13:0		0.244	1	A	1		0.016	1.108	
14:0 15:0		0.244		A	1		0.016	1.108	
16:0	-	1.946	5 1	A	1		0.130	8.835	
17:0	-	1.540		A	-		0.130	0.033	
18:0	-	1.428	3 1	A	1		0.096	6.483	
20:0	-	(-		0.000	3.403	
22:0	-								
24:0	-								
	-	2 545	5 1	A	1		0.238	16.094	
Fatty acids, total monounsaturated	9	3.545	, .				0.236	10.094	

		<u>An</u>	nount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common measures of food		
				Number				<u>m</u>	easures of food	•
							Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.198		1	A	1		0.013	0.899	
17:1	g									
18:1 undifferentiated	g	3.262		1	A	1		0.219	14.809	
20:1	g	0.037		1	A	1		0.002	0.168	
22:1 undifferentiated	g	0.000		1	A	1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.415		1	A	1		0.028	1.884	
18:2 undifferentiated	g	0.382		1	A	1		0.026	1.734	
18:3 undifferentiated	g	0.032		1	A	1		0.002	0.145	
18:4	g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		1	A	1		0.000	0.000	
20:5 n-3	g	0.000		1	A	1		0.000	0.000	
22:5 n-3	g	0.000		1	A	1		0.000	0.000	
22:6 n-3	g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	10		1	A	1		1	45	
Phytosterols	<u>mg</u>									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	
Caffeine	mg									
Theobromine	mg									

Common Measures:

Measure 1 = 6.7g: 1 serving

Measure 2 = 454g: 1 package (16 oz)

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portic	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	5.24		1	A	1		0.35	23.79	
Energy	kcal	409		0	MC	9		27	1857	
Energy	kj	1711				9		115	7769	
Protein	g	11.72		1	A	1		0.79	53.21	
Total lipid (fat)	g	14.66		1	A	1		0.98	66.56	
Ash	g	10.82		1	A	1		0.72	49.12	
Carbohydrate, by difference	g	57.56		0	MC	9		3.86	261.32	
Fiber, total dietary	g	3.8		1	A	1		0.3	17.3	
Sugars, total		6.56		1	MA	12		0.44	29.78	
Starch	_									
Minerals:										
Calcium, Ca	_	115		1	A	1		8	522	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	9.57		1	A	1		0.64	43.45	
Magnesium, Mg		30		0	FLM	4		2	136	
Phosphorus, P	•	203		0	FLM	4		14	922	
Potassium, K	_	306		0	FLM	4		21	1389	
Sodium, Na	-	4090		1	A	1		274	18569	
Zinc, Zn		1.13		0	FLM	4		0.08	5.13	
Copper, Cu		0.169		0	FLM	4		0.011	0.767	
Manganese, Mn		0.186	i	0	FLM	4		0.012	0.844	
Selenium, Se	mcg	19.4		0	FLM	4		1.3	88.1	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.9		1	A	1		0.1	4.1	
Thiamin	-	0.130)	0	FLM	4		0.009	0.590	
Riboflavin		0.264		0	FLM	4		0.018	1.199	
Niacin		1.181		0	FLM	4		0.079	5.362	
Pantothenic acid		0.630		0	FLM	4		0.042	2.860	
Vitamin B-6	-	0.205		0	FLM	4		0.014	0.931	
Folate, total	_	25		0	FLM	4		2	114	
Folate, DFE				·		-		_		
Vitamin B-12		0.37		0	FLM	4		0.02	1.68	
Vitamin A, IU		140		1	A	1		9	636	
Vitamin A, RAE	mca RAE			-		_		•		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		4.931		1	A	1		0.330	22.387	
4:0	_	0.044		1	A	1		0.003	0.200	
6:0	-	0.028		1	A	1		0.002	0.127	
8:0		0.018		1	A	1		0.001	0.082	
10:0	•	0.049		1	A	1		0.003	0.222	
12:0	_	0.072	!	1	A	1		0.005	0.327	
13:0	-			_		_				
14:0	_	0.322	!	1	A	1		0.022	1.462	
15:0				_	_	_			<u>.</u>	
16:0		3.004	ŀ	1	A	1		0.201	13.638	
17:0	-			_		_				
18:0	_	1.234	ŀ	1	A	1		0.083	5.602	
20:0	_									
22:0	_									
24:0	-									
Fatty acids, total monounsaturated		5.250)	1	A	1		0.352	23.835	
14:1	a									

Amount in 100 grams of edible portion								Amount in edible portion of common			
				Number				<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiated	g	0.349		1	A	1		0.023	1.584		
17:1	g										
18:1 undifferentiated	g	4.744		1	A	1		0.318	21.538		
20:1	g	0.070		1	A	1		0.005	0.318		
22:1 undifferentiated	g	0.036		1	A	1		0.002	0.163		
24:1 c	g										
Fatty acids, total polyunsaturated	g	4.478		1	A	1		0.300	20.330		
18:2 undifferentiated	g	4.023		1	A	1		0.270	18.264		
18:3 undifferentiated	g	0.426		1	A	1		0.029	1.934		
18:4	g	0.029		1	A	1		0.002	0.132		
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.000		1	A	1		0.000	0.000		
20:5 n-3	g	0.000		1	A	1		0.000	0.000		
22:5 n-3	g	0.000		1	A	1		0.000	0.000		
22:6 n-3	g	0.000		1	A	1		0.000	0.000		
Fatty acids, total trans	g										
Cholesterol	mg	24		1	A	1		2	109		
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0		
Caffeine	mg										
Theobromine	mg										

Common Measures:

Measure 1 = 6.7g: 1 serving

Measure 2 = 454g: 1 package (16 oz)

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	5.17		1	A	1		35.16	0.50	
Energy	kcal	495		0	MC	9		3366	48	
Energy	kj	2071				9		14083	201	
Protein	g	6.56		1	A	1		44.61	0.64	
Total lipid (fat)	g	28.03		1	A	1		190.60	2.72	
Ash	g	6.01		1	A	1		40.87	0.58	
Carbohydrate, by difference	g	54.23		0	MC	9		368.76	5.26	
Fiber, total dietary	g	4.8		1	A	1		32.6	0.5	
Sugars, total	g	8.44		1	MA	12		57.39	0.82	
Starch	g									
M:										
Minerals:	ma	37		1	A	1		252	4	
Calcium, Ca	_	6.04		1	A A	1		41.07	0.59	
Magnesium, Mg	-	12		0	FLM	4		41.07 82	1	
Phosphorus, P		82		0	FLM	4		558	8	
Potassium, K	-	621		0	FLM	4		4223	60	
Sodium, Na	-	1973		1	A	1		13416	191	
Zinc, Zn	-	0.52		0	FLM	4		3.54	0.05	
Copper, Cu		0.161	L	0	FLM	4		1.095	0.016	
Manganese, Mn		0.168		0	FLM	4		1.142	0.016	
Selenium, Se										
	•									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.3	_	1	A	1		2.0	0.0	
Thiamin		0.196		0	FLM	4		1.333	0.019	
Riboflavin		0.204		0	FLM	4		1.387	0.020	
Niacin		1.347		0	FLM	4		9.160	0.131	
Pantothenic acid		0.284		0	FLM	4		1.931	0.028	
Vitamin B-6	-	0.030)	0	FLM	4		0.204	0.003	
Folate, total		33		0	MC	9		224	3	
Folic acid		25 8		0 0	NC	4 4		170 54	2 1	
Folate, food		51		0	NC	4		343	5	
Folate, DFE		0.23		0	FLM	4		1.56	0.02	
Vitamin B-12 Vitamin A, IU		470		1	гым А	1		3196	46	
Vitamin A, RAE		470		1	A	1		3196	46	
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	-									
Lipids:	a	0 0==	,	_	_			FC 001	0.015	
Fatty acids, total saturated		8.377		1 1	A	1		56.964	0.813	
4:0	-	0.000			A	1		0.000	0.000	
6:0		0.000		1 1	A A	1 1		0.000	0.000	
8:0	-	0.000		1	A A	1		0.000	0.000	
10:0		0.000		1	A A	1		0.000	0.000	
12:0	-	0.000	,	1	A	1		0.000	0.000	
13:0	-	0.044	i	1	A	1		0.200	0.004	
14:0	-	0.044	•	1	A	1		0.299	0.004	
15:0 16:0	-	3.467	,	1	A	1		23.576	0.336	
17:0	-	3.40	•	1	A	1		23.370	0.336	
18:0	-	4.550	1	1	A	1		30.940	0.441	
20:0	-	4.550	•	_		1		30.340	0.441	
22:0										
24:0	-									

	<u>Aı</u>	nount in 100 grar	ns of edi	ble portio	<u>on</u>	Amount in	edible portion	of common
		Numb of Da		Source	Confidence	<u>m</u>	easures of food	<u>l</u>
Nutrients and Units	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	18.690	1	A	1		127.092	1.813	
14:1	20.000	_		-		127.032	1.013	
15:1g								
16:1 undifferentiated	0.028	1	A	1		0.190	0.003	
17:1g								
18:1 undifferentiated	18.606	1	A	1		126.521	1.805	
20:1g	0.057	1	A	1		0.388	0.006	
22:1 undifferentiatedg	0.000	1	A	1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturatedg	0.959	1	A	1		6.521	0.093	
18:2 undifferentiatedg	0.914	1	A	1		6.215	0.089	
18:3 undifferentiatedg	0.045	1	A	1		0.306	0.004	
18:4g	0.000	1	A	1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	1	A	1		0.000	0.000	
20:5 n-3g	0.000	1	A	1		0.000	0.000	
22:5 n-3g	0.000	1	A	1		0.000	0.000	
22:6 n-3g	0.000	1	A	1		0.000	0.000	
Fatty acids, total transg								
Cholesterolme	3	1	A	1		20	0	
Phytosterols me	9							
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	
Caffeine mg								
Theobrominemg								

Common Measures:

Measure 1 = 680g: 1 package Measure 2 = 9.7g: 1 serving

Calories Factors: Protein Fat Carbohydrate

							Amount in edible portion of common			
				Number	•			<u>m</u> :	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	:s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.69		1	A	1		38.69	0.55	
Energy	kcal	500		0	MC	9		3400	49	
Energy	kj	2092				9		14226	203	
Protein	g	6.57		1	A	1		44.68	0.64	
Total lipid (fat)	g	29.64		1	A	1		201.55	2.88	
Ash	g	6.24		1	A	1		42.43	0.61	
Carbohydrate, by difference	g	51.87		0	MC	9		352.72	5.03	
Fiber, total dietary	g	2.7		1	A	1		18.4	0.3	
Sugars, total	g	4.98		1	MA	12		33.86	0.48	
Starch	g									
Minerals:										
Minerals: Calcium. Ca	ma	35		1	A	1		238	3	
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	0.28		1	A	1		1.90	0.03	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	16		0	FLM	4		109	2	
Phosphorus, P		101		0	FLM	4		687	10	
Potassium, K	-	140		0	FLM	4		952	14	
Sodium, Na	-	2480		1	A	1		16864	241	
Zinc, Zn	-	0.54		0	FLM	4		3.67	0.05	
Copper, Cu		0.075	i	0	FLM	4		0.510	0.007	
Manganese, Mn		0.296	5	0	FLM	4		2.013	0.029	
Selenium, Se										
Vitamina										
Vitamins:					_			- 4		
Vitamin C, total ascorbic acid	-	0.8		1 0	A FLM	1 4		5.4 2.394	0.1	
Thiamin		0.352 0.301		0	FLM	4		2.394	0.034 0.029	
Riboflavin		2.521		0	FLM	4		17.143	0.029	
Pantothenic acid		0.369		0	FLM	4		2.509	0.245	
Vitamin B-6		0.039		0	FLM	4		0.265	0.004	
Folate, total	-	33	,	0	MC	9		224	3	
Folic acid		19		0	NC	4		129	2	
Folate, food		14		0	2.0	4		95	1	
Folate, DFE		46		0	NC	4		315	4	
Vitamin B-12		0.22		0	FLM	4		1.50	0.02	
Vitamin A, IU		430		1	A	1		2924	42	
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	8.689)	1	A	1		59.085	0.843	
4:0		0.000		1	A	1		0.000	0.000	
6:0	-	0.000		1	A	1		0.000	0.000	
8:0		0.000		1	A	1		0.000	0.000	
10:0	-	0.000		1	A	1		0.000	0.000	
12:0		0.024		1	A	1		0.163	0.002	
13:0	-									
14:0		0.048	3	1	A	1		0.326	0.005	
15:0	-									
16:0	-	3.698	3	1	A	1		25.146	0.359	
17:0	-									
18:0	-	4.587	,	1	A	1		31.192	0.445	
20:0	g									
22:0										

		Ar	nount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion of	of common
				Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
				_						
Fatty acids, total monounsaturated		20.004		1	A	1		136.027	1.940	
14:1										
15:1	_	0.029		1	A	1		0.197	0.003	
16:1 undifferentiated	-	0.029		1	A	_		0.197	0.003	
18:1 undifferentiated		19.887		1	A	1		135.232	1.929	
20:1		0.088		1	A	1		0.598	0.009	
22:1 undifferentiated		0.000		1	A	1		0.000	0.000	
24:1 c	•	0.000		-		-		0.000	0.000	
Fatty acids, total polyunsaturated		0.943		1	A	1		6.412	0.091	
18:2 undifferentiated		0.901		1	A	1		6.127	0.087	
18:3 undifferentiated		0.042		1	A	1		0.286	0.004	
18:4	g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		1	A	1		0.000	0.000	
20:5 n-3	g	0.000		1	A	1		0.000	0.000	
22:5 n-3	g	0.000		1	A	1		0.000	0.000	
22:6 n-3	g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	• • • • • • • • • • • • • • • • • • • •	1		1	A	1		7	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl		0.0		0	Z	7		0.0	0.0	
Caffeine										
Theobromine	mg									

Common Measures:

Measure 1 = 680g: 1 package Measure 2 = 9.7g: 1 serving

Calories Factors: Protein Fat Carbohydrate

H.J. Heinz, Co.

		<u>A</u>	mount in 10			ole portio	<u>on</u>		edible portion	
Nutrients and Unit	ts	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure
Proximates:										
Water		89.97		1	A	1		51.28		
Energy		39		0	NC	4		22		
Energy		165		0	NC	4		94		
Protein (N x 6.25)		1.09		1	A	1		0.62		
Total lipid (fat)		1.13		1	A	1		0.64		
Ash		1.59		1	A	1		0.90		
Carbohydrate, by difference	g	6.24		0	NC	4		3.55		
Fiber, total dietary	g	0.7		1	A	1		0.4		
Sugars, total	g	0.52		1	A	1		0.30		
Sucrose	g	0.52		1	A	1		0.30		
Glucose (dextrose)		0.00		1	A	1		0.00		
Fructose		0.00		1	A	1		0.00		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.00		1	A	1		0.00		
Galactose	a	0.00		1	A	1		0.00		
Starch		3.53		1	A	1		2.01		
Suit of the suit o				_		_				
<u>Minerals:</u>										
Calcium, Ca	mg	6		1	A	1		4		
Iron, Fe	mg	0.13		1	A	1		0.07		
Magnesium, Mg	mg	3		1	A	1		2		
Phosphorus, P	mg	10		1	A	1		5		
Potassium, K	mg	22		1	A	1		12		
Sodium, Na	mg	587		1	A	1		335		
Zinc, Zn	mg	0.15		1	A	1		0.08		
Copper, Cu	mg	0.019	9	1	A	1		0.011		
Manganese, Mn	mg	0.02	7	1	A	1		0.015		
Selenium, Se	mcg	2.2		1	A	1		1.3		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		1	A	1		0.0		
Thiamin	_	0.00		1	A	1		0.004		
Riboflavin	-	0.022	2	1	A	1		0.013		
Niacin	_	0.172	2	1	A	1		0.098		
Pantothenic acid	mg	0.086	6	1	A	1		0.049		
Vitamin B-6	mg	0.014	1	1	A	1		0.008		
Folate, total	mcg	4		1	A	1		3		
Folic acid										
Folate, food		4		1	A	1		3		
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.09		1	A	1		0.05		
Vitamin A, IU	IU									
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>_ipids:</u>			_	_		_				
Fatty acids, total saturated		0.400	J	0	NC	4		0.228		
4:0	-									
6:0	-		_	_		_		_		
8:0	-	0.000		1	A	1		0.000		
10:0	-	0.000		1	A	1		0.000		
12:0		0.000)	1	A	1		0.000		
13:0										
14:0	g	0.02		1	A	1		0.015		
	g	0.004		1	A	1		0.002		

	<u>Ar</u>	mount in 100 grams		ole portio	<u>on</u>		edible portion o	f common
		Number				<u> </u>	easures or roou	
		of Data			Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
16:0g	0.224	1	A	1		0.128		
17:0	0.011		A	1		0.006		
18:0	0.134		A	1		0.076		
20·0 q	0.001		A	1		0.001		
22:0.	0.000		A	1		0.000		
24:0g								
Fatty acids, total monounsaturated9	0.432	0	NC	4		0.246		
14:1g	0.006	1	A	1		0.003		
15:1g	0.000	1	A	1		0.000		
16:1 undifferentiated	0.030	1	A	1		0.017		
17:1g	0.008	1	A	1		0.005		
18:1 undifferentiated	0.384	1	A	1		0.219		
20:1g	0.004	1	A	1		0.002		
22:1 undifferentiated								
24:1 cg								
Fatty acids, total polyunsaturatedg	0.046	0	NC	4		0.026		
18:2 undifferentiatedg	0.042	1	A	1		0.024		
18:3 undifferentiatedg	0.003	0	A	1		0.002		
18:3 n-6 c,c,cg	0.000	1	A	1		0.000		
18:3ig								
18:4g								
20:2 n-6 c,c9	0.001	1	A	1		0.001		
20:3 undifferentiatedg	0.000	1	A	1		0.000		
20:3 n-3g								
20:3 n-6g								
20:4 undifferentiatedg	0.000	1	A	1		0.000		
20:4 n-3g								
20:4 n-6g								
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total trans9			_	_		_		
Cholesterol m	-	1	A	1		1		
Phytosterolsm	ng							
Amino Acids:								
Tryptophan								
Threonineg								
Isoleucine9								
Leucineg								
Lysine9								
Methionineg								
Cystineg								
Phenylalanineg								
Tyrosine9								
Valine								
Arginine								
Histidine								
Alanine								
Aspartic acid								
Glutamic acid								
Glycine								
Proline								
Serine								
Hydroxyproline9								

Common Measures:

Measure 1 = 57g: 2 oz

NDB No. 06985

Gravy, HEINZ Home Style Savory Beef Gravy

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 100			ole portio	<u>on</u>	Amount in edible portion of common		
			N	lumber	•			<u>m</u> e	easures of food	<u>.</u>
						Source	Confidence			
Nutrients and Units	s	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	89.90		1	A	1		53.94		
Energy		41		0	MC	9		24		
Energy	kj	169				9		102		
Protein	_	1.50		1	A	1		0.90		
Total lipid (fat)	-	1.30		1	A	1		0.78		
Ash		1.60		1	A	1		0.96		
Carbohydrate, by difference		5.69		0	MC	9		3.41		
Fiber, total dietary										
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	• • • • • • • • • • • • • • • • • • • •									
Magnesium, Mg										
Phosphorus, P										
Potassium, K				_	_	_		0		
Sodium, Na	-	586		1	A	1		352		
Zinc, Zn	-									
Copper, Cu	-									
Manganese, Mn										
Seiemum, Se	Thog									
<u> lipids:</u>										
Fatty acids, total saturated	g	0.540)	1	A	1		0.324		
4:0	-									
6:0										
8:0	_	0.003		1	A	1		0.002		
10:0	-	0.007		1	A	1		0.004		
12:0	-	0.008	3	1	A	1		0.005		
13:0	-	0.045			_			0 007		
14:0	-	0.045 0.007		1 1	A A	1 1		0.027 0.004		
15:0 16:0	-	0.273		1	A	1		0.164		
17:0	-	0.012		1	A	1		0.164		
18:0	_	0.193		1	A	1		0.116		
20:0		0.003		1	A	1		0.002		
22:0		0.001		1	A	1		0.001		
24:0	-							****		
Fatty acids, total monounsaturated	_	0.460)	1	A	1		0.276		
14:1		0.006		1	A	1		0.004		
15:1										
16:1 undifferentiated	g	0.028	3	1	A	1		0.017		
17:1	•	0.008	3	1	A	1		0.005		
18:1 undifferentiated	g	0.430)	1	A	1		0.258		
20:1		0.002	2	1	A	1		0.001		
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated		0.062		1	A	1		0.037		
18:2 undifferentiated		0.055		1	A	1		0.033		
18:3 undifferentiated	_	0.006		1	A	1		0.004		
18:4	_									
20:2 n-6 c,c		0 001		4	3	4		0 001		
20:3 undifferentiated		0.001		1	A	1		0.001		
20:4 undifferentiated		0.001	<u>.</u>	1	A	1		0.001		
20:5 n-3										
22:5 n-3 22:6 n-3										
Fatty acids, total trans										
Cholesterol		4		1	A	1		2		
Phytosterols		-		_		-		-		

NDB No. 06579

Gravy, HEINZ, HEINZ Home Style Savory Brown Gravy, canned

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

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

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

Common Measures:

Measure 1 = 60g: .25 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
				Number	r			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.33		3	MA	12		2242.57	46.70	46.70
Energy	kcal	155		0	MC	9		4614	96	96
Energy	kj	649				9		19306	402	402
Protein	g	4.60		3	A	1		136.94	2.85	2.85
Total lipid (fat)	g	12.40		3	MA	12		369.15	7.69	7.69
Ash	g	1.39		3	A	1		41.38	0.86	0.86
Carbohydrate, by difference	g	6.28		0	MC	9		186.96	3.89	3.89
Fiber, total dietary	g	0.7		3	A	1		20.8	0.4	0.4
Sugars, total	g	0.78		3	MA	12		23.22	0.48	0.48
Starch	g									
Minerals:		_		_	=	_		150	_	-
Calcium, Ca	-	6		3	A	1		179	4	4
Iron, Fe.	• • • • • • • • • • • • • • • • • • • •	0.55		3	A	1		16.37	0.34	0.34
Magnesium, Mg		5		0	FLM	4		149	3	3
Phosphorus, P	•	41		0	FLM	4		1221	25	25
Potassium, K	_	77		0	FLM	4		2292	48	48
Sodium, Na	•••••••••••••••••••••••••••••••••••••••	380		3	A	1		11313	236	236
Zinc, Zn		0.55		0	FLM	4		16.37	0.34	0.34
Copper, Cu		0.038		0	FLM	4		1.131	0.024	0.02
Manganese, Mn		0.033	3	0	FLM	4		0.982	0.020	0.02
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.1		3	A	1		3.0	0.1	0.1
Thiamin	_	0.159)	0	FLM	4		4.733	0.099	0.09
Riboflavin		0.062		0	FLM	4		1.846	0.038	0.03
Niacin		1.049		0	FLM	4		31.229	0.650	0.65
Pantothenic acid		0.159		0	FLM	4		4.733	0.099	0.09
Vitamin B-6	-	0.065		0	FLM	4		1.935	0.040	0.04
Folate, total	_	1	,	0	FLM	4		30	1	1
Folate, DFE		-		v		•		30	-	-
Vitamin B-12		0.34		0	FLM	4		10.12	0.21	0.21
Vitamin A, IU		0		3	MA	12		0	0	0.21
Vitamin A, RAE	mca RAF	·						ŭ	·	ŭ
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
viummi it (phynoquinone)										
Lipids:										
Fatty acids, total saturated	g	3.220)	3	MA	12		95.859	1.996	1.99
4:0	g	0.000)	0	FLM	4		0.000	0.000	0.00
6:0	g	0.000)	0	FLM	4		0.000	0.000	0.00
8:0	g	0.000)	0	FLM	4		0.000	0.000	0.00
10:0	g	0.026	5	0	FLM	4		0.774	0.016	0.01
12:0	g	0.019)	0	FLM	4		0.566	0.012	0.01
13:0	g									
14:0	g	0.110)	0	FLM	4		3.275	0.068	0.06
15:0	g									
16:0	g	2.108	3	0	FLM	4		62.755	1.307	1.30
17:0	g									
18:0	g	0.957	,	0	FLM	4		28.490	0.593	0.59
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.698	3	0	FLM	4		139.859	2.913	2.91
14:1	g									
15:1	q									

		<u>Ar</u>	nount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and l	Jnits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.253		0	FLM	4		7.532	0.157	0.157
17:1	• • • • • • • • • • • • • • • • • • • •									
18:1 undifferentiated		4.445		0	FLM	4		132.328	2.756	2.756
20:1	• • • • • • • • • • • • • • • • • • • •	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c	•									
Fatty acids, total polyunsaturated	-	3.483		0	FLM	4		103.689	2.159	2.159
18:2 undifferentiated	-	3.212		0	FLM	4		95.621	1.991	1.991
18:3 undifferentiated	g	0.273		0	FLM	4		8.127	0.169	0.169
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	21		3	MA	12		625	13	13
Phytosterols	mg									
Others:										
Alcohol, ethyl	q	0.0		0	z	7		0.0	0.0	0.0
Caffeine	_									
Theobromine	_									

Common Measures:

Measure 1 = 2977g: 1 package Measure 2 = 62g: 1 serving Measure 3 = 62g: .25 cup

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100	grams	of edik	le portio	<u>n</u>	Amount in edible portion of common			
			N	lumber				<u>me</u>	easures of food		
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	3.62		3	MA	12		0.11	7.17	0.11	
Energy	kcal	280		0	MC	9		8	554	8	
Energy	kj	1172				9		35	2320	35	
Protein		0.91		3	A	1		0.03	1.80	0.03	
Total lipid (fat)	g	5.01		3	MA	12		0.15	9.92	0.15	
Ash		32.63		3	A	1		0.98	64.61	0.98	
Carbohydrate, by difference		57.83		0	MC	9		1.73	114.50	1.73	
Fiber, total dietary		1.0		3	A	1		0.0	2.0	0.0	
Sugars, total		1.60		3	MA	12		0.05	3.17	0.05	
Starch	g										
Minerals:											
Calcium, Ca	mg	103		3	A	1		3	204	3	
Iron, Fe		2.80		3	A	1		0.08	5.54	0.08	
Magnesium, Mg		1		0	FLM	4		0	2	0	
Phosphorus, P	mg	5		0	FLM	4		0	10	0	
Potassium, K	mg	4		0	FLM	4		0	8	0	
Sodium, Na	mg	13300		3	A	1		399	26334	399	
Zinc, Zn	mg	0.05		0	FLM	4		0.00	0.10	0.00	
Copper, Cu		0.027		0	FLM	4		0.001	0.053	0.00	
Manganese, Mn		0.051	L	0	FLM	4		0.002	0.101	0.00	
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		3	A	1		0.0	0.0	0.0	
Thiamin	_	0.000)	0	FLM	4		0.000	0.000	0.00	
Riboflavin		0.001	L	0	FLM	4		0.000	0.002	0.00	
Niacin		0.005	5	0	FLM	4		0.000	0.010	0.00	
Pantothenic acid	mg	0.000)	0	FLM	4		0.000	0.000	0.00	
Vitamin B-6	mg	0.001	L	0	FLM	4		0.000	0.002	0.00	
Folate, total		0		0	FLM	4		0	0	0	
Folate, DFE	mcg_DFE										
Vitamin B-12		0.00		0	FLM	4		0.00	0.00	0.00	
Vitamin A, IU	IU	0		3	MA	12		0	0	0	
Vitamin A, RAE											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	filg										
Vitamin D Vitamin K (phylloquinone)											
vitamin K (phynoquinone)	niog										
<u>Lipids:</u>											
Fatty acids, total saturated	g	1.780		3	MA	12		0.053	3.524	0.05	
4:0	-	0.000		0	FLM	4		0.000	0.000	0.00	
6:0	-	0.000		0	FLM	4		0.000	0.000	0.00	
8:0	-	0.000		0	FLM	4		0.000	0.000	0.00	
10:0	-	0.000		0	FLM	4		0.000	0.000	0.00	
12:0		0.023	3	0	FLM	4		0.001	0.046	0.00	
13:0			-	•							
14:0		0.104	ł	0	FLM	4		0.003	0.206	0.00	
15:0		1 000	,	^	EF 34			0 001	0.000	0.00	
16:0	-	1.030	,	0	FLM	4		0.031	2.039	0.03	
17:0		0 500	2	0	FLM	4		0 010	1 166	0.01	
18:0	-	0.589	,	U	F.TW	4		0.018	1.166	0.01	
20:0	-										
24:0	-										
Fatty acids, total monounsaturated.	-	1.772	2	0	FLM	4		0.053	3.509	0.05	
14:1		1.772	_	•		•		0.055	3.309	0.03	
15:1											

		<u>An</u>	nount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
				Number of Data		Source	Confidence	<u>m</u> .	easures of food	
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	a	0.108		0	FLM	4		0.003	0.214	0.003
17:1		0.108		U	FIM	-		0.003	0.214	0.003
18:1 undifferentiated		1.628		0	FLM	4		0.049	3.223	0.049
20:1		0.007		0	FLM	4		0.000	0.014	0.000
22:1 undifferentiated.	-	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c										
Fatty acids, total polyunsaturated	•	1.322		0	FLM	4		0.040	2.618	0.040
18:2 undifferentiated	_	1.233		0	FLM	4		0.037	2.441	0.037
18:3 undifferentiated	g	0.086		0	FLM	4		0.003	0.170	0.003
18:4	g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated										
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	4		3	MA	12		0	8	0
Phytosterols	mg									
Others:										
Alcohol, ethyl	q	0.0		0	z	7		0.0	0.0	0.0
Caffeine	_									
Theobromine										

Common Measures:

Measure 1 = 3.0g: 1 tsp

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

Measure 3 = 3.0g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> i	mount in 100	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			N	lumber				<u>me</u>	easures of food	<u>l</u>	
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	4.81		3	MA	12		0.29	0.29	21.79	
Energy	kcal	406		0	MC	9		24	24	1839	
Energy	kj	1699				9		102	102	7695	
Protein	g	10.42		3	A	1		0.63	0.63	47.20	
Total lipid (fat)	g	14.78		3	MA	12		0.89	0.89	66.95	
Ash	g	12.13		3	A	1		0.73	0.73	54.95	
Carbohydrate, by difference	g	57.86		0	MC	9		3.47	3.47	262.11	
Fiber, total dietary	g	3.5		3	A	1		0.2	0.2	15.9	
Sugars, total	g	14.00		3	MA	12		0.84	0.84	63.42	
Starch	g										
Minerals:	pa «	2.5		_	-	-		•	^	1.00	
Calcium, Ca	_	36		3	A	1		2	2	163	
Iron, Fe.		1.80		3	A	1 4		0.11	0.11	8.15	
Magnesium, Mg		8		0	FLM			0	0	36	
Phosphorus, P		122		0	FLM	4		7 1	7 1	553	
Potassium, K	_	14 4363		3	FLM A	4 1		262	262	63 19764	
Sodium, Na		0.63		0	FLM	4		0.04	0.04	2.85	
Zinc, Zn	_	0.63	.	0	FLM	4		0.04	0.04	1.21	
Copper, Cu		0.269		0	FLM	4		0.016	0.016	1.16	
Manganese, Mn		0.256	•	U	FLM	4		0.015	0.015	1.10	
Selenium, Se	nicg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		3	A	1		0.0	0.0	0.0	
Thiamin	mg	0.025	5	0	FLM	4		0.002	0.002	0.11	
Riboflavin	mg	0.015	5	0	FLM	4		0.001	0.001	0.06	
Niacin	mg	0.210)	0	FLM	4		0.013	0.013	0.95	
Pantothenic acid	mg	0.009)	0	FLM	4		0.001	0.001	0.04	
Vitamin B-6	mg	0.014	l	0	FLM	4		0.001	0.001	0.06	
Folate, total		26		0	FLM	4		2	2	118	
Folate, DFE	mcg_DFE										
Vitamin B-12		0.00		0	FLM	4		0.00	0.00	0.00	
Vitamin A, IU	IU	0		3	MA	12		0	0	0	
Vitamin A, RAE	mcg_RAE										
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	4.290)	3	MA	12		0.257	0.257	19.43	
4:0	-	0.000		0	FLM	4		0.000	0.000	0.00	
6:0	_	0.000		0	FLM	4		0.000	0.000	0.00	
8:0	-	0.000		0	FLM	4		0.000	0.000	0.00	
10:0		0.000		0	FLM	4		0.000	0.000	0.00	
12:0	-	0.000		0	FLM	4		0.000	0.000	0.00	
13:0				-	-				-		
14:0		0.131	L	0	FLM	4		0.008	0.008	0.59	
15:0											
16:0		3.753	3	0	FLM	4		0.225	0.225	17.00	
17:0	_										
18:0		0.393	3	0	FLM	4		0.024	0.024	1.78	
20:0	_										
22:0	_										
24:0	-										
Fatty acids, total monounsaturated.	_	2.638	3	0	FLM	4		0.158	0.158	11.95	
14:1	-								-		
15:1											

	Ar	mount in 100 gram Numbe		ble portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean		Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiatedg	0.115	0	FLM	4		0.007	0.007	0.521
18:1 undifferentiated	2.527	0	FLM	4		0.152	0.152	11.447
20:1	0.000		FLM	4		0.000	0.000	0.000
22:1 undifferentiated	0.000	0	FLM	4		0.000	0.000	0.000
24:1 cg								
Fatty acids, total polyunsaturatedg	7.649	0	FLM	4		0.459	0.459	34.650
18:2 undifferentiatedg	7.569	0	FLM	4		0.454	0.454	34.288
18:3 undifferentiated	0.056	0	FLM	4		0.003	0.003	0.254
18:4g	0.000	0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	FLM	4		0.000	0.000	0.000
20:5 n-3g	0.000	0	FLM	4		0.000	0.000	0.000
22:5 n-3g	0.000	0	FLM	4		0.000	0.000	0.000
22:6 n-3g	0.000	0	FLM	4		0.000	0.000	0.000
Fatty acids, total transg								
Cholesterol mg	0	3	MA	12		0	0	0
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	z	7		0.0	0.0	0.0
Caffeine mg	0.0	V	_	•		•.•	•••	0.0
Theobromine mg								

Common Measures:

Measure 1 = 6.0g: 1 tbsp Measure 2 = 6.0g: 1 serving

Measure 3 = 453g: 1 package (16 oz)

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
				Number	r			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.81		3	MA	12		0.30	24.42	0.30
Energy	kcal	405		0	MC	9		32	2596	32
Energy	kj	1695				9		136	10862	136
Protein	g	11.40		3	A	1		0.91	73.07	0.91
Total lipid (fat)	g	11.80		3	MA	12		0.94	75.64	0.94
Ash	g	9.77		3	A	1		0.78	62.63	0.78
Carbohydrate, by difference	g	63.22		0	MC	9		5.06	405.24	5.06
Fiber, total dietary	g	1.4		3	A	1		0.1	9.0	0.1
Sugars, total	g	10.20		3	MA	12		0.82	65.38	0.82
Starch	g									
Minerals:										
Calcium, Ca	ma	160		3	A	1		13	1026	13
Iron, Fe	-	1.30		3	A	1		0.10	8.33	0.10
Magnesium, Mg	-	26		0	FLM	4		2	167	2
Phosphorus, P		199		0	FLM	4		16	1276	16
Potassium, K	-	272		0	FLM	4		22	1744	22
Sodium. Na	_	3250		3	A	1		260	20833	260
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.19		0	FLM	4		0.10	7.63	0.10
Copper, Cu		0.163	3	0	FLM	4		0.013	1.045	0.01
Manganese, Mn		0.132		0	FLM	4		0.011	0.846	0.01
Selenium, Se										
·	•									
Vitamins:					_	_				
Vitamin C, total ascorbic acid	-	1.2		3	A	1		0.1	7.7	0.1
Thiamin		0.081		0	FLM	4		0.006	0.519	0.00
Riboflavin		0.278		0	FLM	4		0.022	1.782	0.02
Niacin		1.718		0	FLM	4		0.137	11.012	0.13
Pantothenic acid	-	0.875		0	FLM	4		0.070	5.609	0.07
Vitamin B-6	_	0.134	ŀ	0	FLM	4		0.011	0.859	0.01
Folate, total		16		0	FLM	4		1	103	1
Folate, DFE		0.39		0	FLM	4		0.03	2.50	0.03
Vitamin B-12		208		3	MA	12		17	1333	17
Vitamin A, IU	IU	208		3	MA	12		17	1333	17
Vitamin E (alpha tagapharal)										
Vitamin E (alpha-tocopherol) Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		4.070		3	MA	12		0.326	26.089	0.32
4:0		0.007		0	FLM	4		0.001	0.045	0.00
6:0		0.001		0	FLM	4		0.000	0.006	0.00
8:0	-	0.001		0	FLM	4		0.000	0.006	0.00
10:0	-	0.003		0	FLM	4		0.000	0.019	0.00
12:0	_	0.014	ı	0	FLM	4		0.001	0.090	0.00
13:0		0 111	-	^						
14:0		0.116)	0	FLM	4		0.009	0.744	0.00
15:0	-	2.960	,	0	FLM	4		0 007	10 074	0.23
16:0		2.960	,	U	гым	4		0.237	18.974	0.23
17:0 18:0	-	0.846	:	0	FLM	4		0.068	5.423	0.06
20:0	_	0.646	,	U	E TIM	4		0.000	3.423	0.06
22:0	_									
24:0	_									
Fatty acids, total monounsaturated	-	4.399	•	0	FLM	4		0.352	28.198	0.35
14:1		4.333	•	Ū	2 1114	-		0.332	20.130	0.33
15:1	-									

	<u>Ar</u>	mount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
-								
16:1 undifferentiatedg	0.414	0	FLM	4		0.033	2.654	0.033
17:1g								
18:1 undifferentiatedg	3.873		FLM	4		0.310	24.826	0.310
20:1g	0.069		FLM	4		0.006	0.442	0.006
22:1 undifferentiatedg	0.000	0	FLM	4		0.000	0.000	0.000
24:1 cg								
Fatty acids, total polyunsaturatedg	3.692		FLM	4		0.295	23.666	0.295
18:2 undifferentiatedg	3.411		FLM	4		0.273	21.865	0.273
18:3 undifferentiatedg	0.205	0	FLM	4		0.016	1.314	0.016
18:4g	0.000	0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.030	0	FLM	4		0.002	0.192	0.002
20:5 n-3g	0.003	0	FLM	4		0.000	0.019	0.000
22:5 n-3g	0.005	0	FLM	4		0.000	0.032	0.000
22:6 n-3g	0.011	0	FLM	4		0.001	0.071	0.001
Fatty acids, total transg								
Cholesterol mg	28	3	MA	12		2	179	2
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	0.0
Caffeine mg								
Theobrominemg								

Common Measures:

Measure 1 = 8.0g: 1 tbsp Measure 2 = 641g: 1 package Measure 3 = 8.0g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100	<u>grams</u>	of edit	ole portic	<u>on</u>		edible portion	
			Nu	umber				<u>m</u>	easures of food	<u>l</u>
			of	f Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.20		3	MA	12		0.34	26.21	0.34
Energy	kcal	433		0	MC	9		35	2702	35
Energy	kj	1812				9		145	11305	145
Protein	g	9.08		3	A	1		0.73	56.66	0.73
Total lipid (fat)	g	15.27		3	MA	12		1.22	95.28	1.22
Ash	g	6.59		3	A	1		0.53	41.12	0.53
Carbohydrate, by difference	g	64.87		0	MC	9		5.19	404.79	5.19
Fiber, total dietary	g	9.0		3	A	1		0.7	56.2	0.7
Sugars, total	g	28.50		3	MA	12		2.28	177.84	2.28
Starch	9									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	65		3	A	1		5	406	5
Iron, Fe	-	1.30		3	A	1		0.10	8.11	0.10
Magnesium, Mg		14		0	FLM	4		1	87	1
Phosphorus, P	-	111		0	FLM	4		9	693	9
Potassium, K	-	139		0	FLM	4		11	867	11
Sodium, Na	-	2559		3 0	A FLM	1 4		205	15968	205
Zinc, Zn		0.64 0.088	.	0	FLM	4		0.05 0.007	3.99 0.549	0.05
Copper, Cu		0.088		0	FLM	4		0.014	1.080	0.00
Selenium, Se		0.17.	,	Ū	2 1111	-		0.014	1.000	0.01
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		3	A	1		0.0	0.0	0.0
Thiamin		0.123	3	0	FLM	4		0.010	0.768	0.01
Riboflavin	mg	0.192	2	0	FLM	4		0.015	1.198	0.01
Niacin	<u>mg</u>	1.256	5	0	FLM	4		0.100	7.837	0.10
Pantothenic acid	mg	0.333	3	0	FLM	4		0.027	2.078	0.02
Vitamin B-6	mg	0.038	3	0	FLM	4		0.003	0.237	0.00
Folate, total		10		0	FLM	4		1	62	1
Folate, DFE										
Vitamin B-12		0.09		0	FLM	4		0.01	0.56	0.01
Vitamin A, IU	IU	0		3	MA	12		0	0	0
Vitamin A, RAE										
Vitamin E (alpha-tocopherol) Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	3.990)	3	MA	12		0.319	24.898	0.31
4:0	g	0.003	3	0	FLM	4		0.000	0.019	0.00
6:0	-	0.000)	0	FLM	4		0.000	0.000	0.00
8:0		0.000		0	FLM	4		0.000	0.000	0.00
10:0	_	0.002		0	FLM	4		0.000	0.012	0.00
12:0	-	0.003	3	0	FLM	4		0.000	0.019	0.00
13:0				_		_		_	_	
14:0		0.039	,	0	FLM	4		0.003	0.243	0.00
15:0		2 1		^					10 00=	2 2-
16:0		3.155	•	0	FLM	4		0.252	19.687	0.25
17:0	-	0 55		0	EFT 3.0	4		0.060	4 061	0.00
18:0 20:0	-	0.779	7	U	FLM	4		0.062	4.861	0.06
22:0	-									
24:0	_									
Fatty acids, total monounsaturated	-	1.812	2	0	FLM	4		0.145	11.307	0.14
14:1				-		-		0.140	50,	0.24
15:1	_									

Amount in 100 grams of edible portion							Amount in edible portion of common			
		Numbei	r			<u>m</u>	easures of food			
Nutrients and Units	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
16:1 undifferentiatedg	0.084	0	FLM	4		0.007	0.524	0.007		
17:1g		_								
18:1 undifferentiated	1.724	0	FLM	4		0.138	10.758	0.138		
20:1g	0.003	0	FLM	4		0.000	0.019	0.000		
22:1 undifferentiatedg	0.000	0	FLM	4		0.000	0.000	0.000		
24:1 cg	6 700	•				0 540	40. 206	0.540		
Fatty acids, total polyunsaturatedg	6.783	0	FLM	4		0.543	42.326	0.543		
18:2 undifferentiatedg	6.014	0	FLM	4		0.481	37.527	0.481		
18:3 undifferentiated	0.756	0	FLM	4		0.060	4.717	0.060		
18:4g	0.000	0	FLM	4		0.000	0.000	0.000		
20:2 n-6 c,cg										
20:3 undifferentiatedg	0.007	0	FLM			0.001	0.044	0.001		
20:4 undifferentiatedg	0.007	-		4 4						
20:5 n-3		0	FLM	=		0.000	0.006	0.000		
22:5 n-3g	0.002	•	FLM	4		0.000	0.012	0.000		
22:6 n-3g	0.003	0	FLM	4		0.000	0.019	0.000		
Fatty acids, total trans		2		10		•		•		
Cholesterolmg Phytosterolsmg	6	3	MA	12		0	37	0		
Thytosterois										
Others:										
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	0.0		
Caffeine mg										
Theobromine mg										

Common Measures:

Measure 1 = 8.0g: 1 tbsp Measure 2 = 624g: 1 package Measure 3 = 8.0g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100 gran	ns of edi	ble portic	<u>on</u>	Amount in	edible portion of	of common
			Numb	er			<u>m</u>	easures of food	
			of Da	a Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	3.68	3	MA	12		13.54	0.37	
Energy	kcal	481	0	MC	9		1770	48	
Energy		2013			9		7406	201	
Protein	g	2.46	3	A	1		9.05	0.25	
Total lipid (fat)	g	25.45	3	MA	12		93.66	2.55	
Ash	g	7.90	3	A	1		29.07	0.79	
Carbohydrate, by difference	g	60.51	0	MC	9		222.68	6.05	
Fiber, total dietary	g	0.0	3	A	1		0.0	0.0	
Sugars, total	g	6.00	3	MA	12		22.08	0.60	
Starch	g								
Minerals:									
Calcium, Ca	mg	75	3	A	1		276	8	
Iron, Fe	-	0.62	3	A	1		2.28	0.06	
Magnesium, Mg		14	0	FLM	4		52	1	
Phosphorus, P		66	0	FLM	4		243	7	
Potassium, K	mg	138	0	FLM	4		508	14	
Sodium, Na		2900	3	A	1		10672	290	
Zinc, Zn		0.32	0	FLM	4		1.18	0.03	
Copper, Cu		0.058		FLM	4		0.213	0.006	
Manganese, Mn		0.189	0	FLM	4		0.696	0.019	
Selenium, Se	Ilicg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.7	3	A	1		2.6	0.1	
Thiamin		0.030	0	FLM	4		0.110	0.003	
Riboflavin	mg	0.108		FLM	4		0.397	0.011	
Niacin	_	0.099		FLM	4		0.364	0.010	
Pantothenic acid		0.190		FLM	4		0.699	0.019	
Vitamin B-6	_	0.034	l 0 0	FLM	4		0.125	0.003	
Folate, total		3	U	FLM	4		11	0	
Folate, DFEVitamin B-12		0.23	0	FLM	4		0.85	0.02	
Vitamin A, IU		244	3	MA	12		898	24	
Vitamin A, RAE	mca RAE		•				050		
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	g	5.610) 3	MA	12		20.645	0.561	
4:0	g	0.008	0	FLM	4		0.029	0.001	
6:0	g	0.004	1 0	FLM	4		0.015	0.000	
8:0	g	0.003	0	FLM	4		0.011	0.000	
10:0	-	0.007		FLM	4		0.026	0.001	
12:0		0.008	0	FLM	4		0.029	0.001	
13:0		0.00						2 225	
14:0		0.066	5 0	FLM	4		0.243	0.007	
15:0 16:0		4.422	2 0	FLM	4		16.273	0.442	
17:0		7.722	. 0	E LIM	-		10.2/3	0.442	
18:0	-	1.083	3 0	FLM	4		3.985	0.108	
20:0	-		•		-		3.200	0.200	
22:0	-								
24:0	-								
Fatty acids, total monounsaturated	g	2.965	5 0	FLM	4		10.911	0.297	
	g								

Amount in 100 grams of edible portion								Amount in edible portion of common measures of food				
				Number		0	0 5 - 1		easures or roou			
Nutrients and L	Jnits	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3		
16:1 undifferentiated	g	0.110		0	FLM	4		0.405	0.011			
17:1	g											
18:1 undifferentiated	g	2.853		0	FLM	4		10.499	0.285			
20:1		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	dg	11.909		0	FLM	4		43.825	1.191			
18:2 undifferentiated	g	10.559		0	FLM	4		38.857	1.056			
18:3 undifferentiated	g	1.352		0	FLM	4		4.975	0.135			
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		3	MA	12		7	0			
Phytosterols	mg											
Others:												
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0			
Caffeine	mg											
Theobromine	mg											

Common Measures:

Measure 1 = 368g: 1 package Measure 2 = 10.0g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Nutrients and Units Proximates: Water	kj kj g g g g	5.05 362 1515 8.57 4.34 9.99	Std. Error		Deriv Code	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Proximates: Water Energy Energy Protein Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary	kj kj g g g g	5.05 362 1515 8.57 4.34	Std. Error	Points	Code			Measure 1	Measure 2	Measure 3
Proximates: Water	kj kj g g g g	5.05 362 1515 8.57 4.34	Std. Error	3		Code	Code	Measure 1	Measure 2	Measure 3
Water Energy Energy Protein Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary	kj kj g g g g	362 1515 8.57 4.34								
Water Energy Energy Protein Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary	kj kj g g g g	362 1515 8.57 4.34			147					
Energy Protein Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary	kj g g g g	1515 8.57 4.34		0	MA	12		28.63	0.40	
Protein	g g g	8.57 4.34			MC	9		2053	29	
Total lipid (fat)AshCarbohydrate, by differenceFiber, total dietary	g g g	4.34				9		8588	121	
AshCarbohydrate, by differenceFiber, total dietary	g g			3	A	1		48.59	0.69	
Carbohydrate, by difference	g	9.99		3	MA	12		24.61	0.35	
Carbohydrate, by difference	g			3	A	1		56.64	0.80	
Fiber, total dietary		72.05		0	MC	9		408.52	5.76	
		1.5		3	A	1		8.5	0.1	
SUPAIS TOTAL	a	6.80		3	MA	12		38.56	0.54	
Starch									0.01	
Starcii	9									
Minerals:										
Calcium, Ca	-	120		3	A	1		680	10	
Iron, Fe		1.20		3	A	1		6.80	0.10	
Magnesium, Mg	mg	57		0	FLM	4		323	5	
Phosphorus, P	mg	357		0	FLM	4		2024	29	
Potassium, K	-	717		0	FLM	4		4065	57	
Sodium, Na	mg	3387		3	A	1		19204	271	
Zinc, Zn	-	1.25		0	FLM	4		7.09	0.10	
Copper, Cu	mg	0.130)	0	FLM	4		0.737	0.010	
Manganese, Mn	_. mg	0.072	!	0	FLM	4		0.408	0.006	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		3	A	1		0.0	0.0	
Thiamin	_	0.302	,	0	FLM	4		1.712	0.024	
Riboflavin	-	0.957		0	FLM	4		5.426	0.024	
Niacin	_	3.428		0	FLM	4		19.437	0.274	
Pantothenic acid	_	2.307		0	FLM	4		13.081	0.185	
Vitamin B-6	_	0.307		0	FLM	4		1.741	0.185	
Folate, total	-	159		0	FLM	4		902	13	
Folate, DFE		133		Ū	11111	-		902	13	
Vitamin B-12		0.68		0	FLM	4		3.86	0.05	
Vitamin A, IU		0		3	MA	12		0	0.03	
Vitamin A, RAE	mca RAF	·						· ·	·	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	_									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	0									
<u>Lipids:</u>										
Fatty acids, total saturated		0.990		3	MA	12		5.613	0.079	
4:0	_	0.011		0	FLM	4		0.062	0.001	
6:0		0.001		0	FLM	4		0.006	0.000	
8:0		0.002		0	FLM	4		0.011	0.000	
10:0		0.004		0	FLM	4		0.023	0.000	
12:0	_	0.006	i	0	FLM	4		0.034	0.000	
13:0										
14:0		0.044	l .	0	FLM	4		0.249	0.004	
15:0		_				_				
16:0		0.673	l .	0	FLM	4		3.816	0.054	
17:0	_									
18:0	-	0.198	:	0	FLM	4		1.123	0.016	
20:0	_									
22:0	-									
24:0	-									
Fatty acids, total monounsaturated		1.858	1	0	FLM	4		10.535	0.149	
14:1 15:1	_									

		<u>An</u>	nount in 10	0 grams Number	<u>on</u>	Amount in edible portion of common measures of food				
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated		0.304		0	FLM	4		1.724	0.024	
17:1 18:1 undifferentiated	-	1.490		0	FLM	4		8.448	0.119	
20:1	-	0.038		0	FLM	4		0.215	0.003	
22:1 undifferentiated.		0.001		0	FLM	4		0.006	0.000	
24:1 c		0.001		v		•		0.000	0.000	
Fatty acids, total polyunsaturated	•	0.818		0	FLM	4		4.638	0.065	
18:2 undifferentiated		0.746		0	FLM	4		4.230	0.060	
18:3 undifferentiated		0.040		0	FLM	4		0.227	0.003	
18:4		0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c.c.										
20:3 undifferentiated										
20:4 undifferentiated	g	0.012		0	FLM	4		0.068	0.001	
20:5 n-3	g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3	g	0.002		0	FLM	4		0.011	0.000	
22:6 n-3	g	0.003		0	FLM	4		0.017	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	11		3	MA	12		62	1	
Phytosterols	mg									
Others:										
Alcohol, ethyl	a	0.0		0	z	7		0.0	0.0	
Caffeine	_	0.0		·	_	•			3.0	
Theobromine	-									

Common Measures:

Measure 1 = 567g: 1 package Measure 2 = 8.0g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 06746 Gravy, PEPPERIDGE FARM HEARTY BEEF GRAVY, GLASS JAR

Refuse: 0%

		<u>Aı</u>	mount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units		Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.40		1	A	1		300.56	53.04	
Energy	kcal	43		0	NC	4		146	26	
Energy		180				4		612	108	
Protein	g	3.00		1	A	1		10.20	1.80	
Total lipid (fat)	g	0.70		1	A	1		2.38	0.42	
Ash		1.70		1	A	1		5.78	1.02	
Carbohydrate, by difference		6.20		0	NC	4		21.08	3.72	
Fiber, total dietary	g									
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe										
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	631		1	A	1		2145	379	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	-									
Selenium, Se	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.238		1	A	1		0.809	0.143	
Fatty acids, total monounsaturated	g	0.252		1	A	1		0.857	0.151	
Fatty acids, total polyunsaturated	g	0.064		1	A	1		0.218	0.038	
Fatty acids, total trans	-									
Cholesterol	mg	5		1	A	1		17	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 = 340g: 1 package yields

Measure 2 = 60g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u> :	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
				umber				<u>m</u>	easures of food	<u>l</u>
Nutrients and Un	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	94.50		0		4		224.91	281.61	
Energy	kcal	16		0	NC	4		38	48	
Energy	kj	67				4		159	199	
Protein (N x 6.25)		1.20		1		1		2.86	3.58	
Total lipid (fat)		0.20		1		1		0.48	0.60	
Ash		1.60		0		4		3.81	4.77	
Carbohydrate, by difference		2.50		0	NC	4		5.95	7.45	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	4		1		1		10	12	
Iron, Fe	-	0.60		1		1		1.43	1.79	
Magnesium, Mg		2		0		4		5	6	
Phosphorus, P		30		0		4		71	89	
Potassium, K		81		0		4		193	241	
Sodium, Na		50		0		4		119	149	
Zinc, Zn	mg	1.00		0		4		2.38	2.98	
Copper, Cu	mg	0.100)	0		4		0.238	0.298	
Manganese, Mn	mg	0.200)	0		4		0.476	0.596	
Selenium, Se	mcg	0.4		0	BFSN	4		1.0	1.2	
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.0		1		1		2.4	3.0	
Thiamin	_	0.020	1	1		1		0.048	0.060	
Riboflavin		0.020		1		1		0.143	0.179	
Niacin		0.900		1		1		2.142	2.682	
Pantothenic acid		0.020		0		4		0.048	0.060	
Vitamin B-6	-	0.010		0		4		0.024	0.030	
Folate, total	_	2		0		4		5	6	
Folic acid		0		0	z	7		0	0	
Folate, food		2		0		4		5	6	
Folate, DFE		2		0	NC	4		5	6	
Vitamin B-12		0.10		0		4		0.24	0.30	
Vitamin A, IU	IU	0		1		1		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.100)	0		1		0.238	0.298	
4:0	g									
6:0	g									
8:0										
10:0										
12:0		0.000)	0		1		0.000	0.000	
13:0										
14:0		0.010)	0		1		0.024	0.030	
15:0	_		_							
16:0	_	0.050	י	0		1		0.119	0.149	
17:0	_			_		_				
18:0	_	0.040	J	0		1		0.095	0.119	
20:0	-									
22:0	g									

		An	nount in 100 gram	s of edible portic	<u>on</u>	Amount in edible portion of common			
				Deriv Source		<u>m</u>	easures of food		
Nutrients and Unit	s	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	a	0.080	0	1		0.190	0.238		
14:1		0.080	O .	_		0.190	0.236		
15:1									
16:1 undifferentiated		0.010	0	1		0.024	0.030		
17:1	g								
18:1 undifferentiated	g	0.070	0	1		0.167	0.209		
20:1	g	0.000	0	1		0.000	0.000		
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturated	g	0.010	0	1		0.024	0.030		
18:2 undifferentiated	g	0.010	0	1		0.024	0.030		
18:3 undifferentiated	g	0.000	0	1		0.000	0.000		
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated									
20:4 undifferentiated	_								
20:5 n-3	-								
22:5 n-3	g								
22:6 n-3									
Fatty acids, total trans									
Cholesterol	mg	0	0	1		0	0		
Phytosterols	mg								

Common Measures:

Measure 1 = 238g: 1 cup Measure 2 = 298g: 1 can

Calories Factors: Protein 3.5 Fat 9 Carbohydrate 3.9

		<u>Aı</u>	mount in 100) grams	of edib	ole portic	<u>on</u>	Amount in edible portion of common			
				Numbei	-			<u>m</u>	easures of food	l	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		2.74		10	MA	12		0.08			
Energy		313		0	NC	4		9			
Energy		1310			_	4		39			
Protein		9.20		8	A	1		0.28			
Total lipid (fat)	=	9.63 30.94		8 8	MA	12 1		0.29			
Ash				0	A	4		0.93			
Carbohydrate, by difference		47.49		U	NC	4		1.42			
Fiber, total dietary											
Sugars, total											
Starch	9										
<u> 1 dinerals:</u>											
Calcium, Ca	mg	140		6	A	1		4			
Iron, Fe		9.30		4	A	1		0.28			
Magnesium, Mg		56		1	A	1		2			
Phosphorus, P	mg	153		0	BFZN	4		5			
Potassium, K		279		0	BFZN	4		8			
Sodium, Na		11588		7	A	1		348			
Zinc, Zn		0.70	0.01		A	1		0.02			
Copper, Cu		0.120			A	1		0.004			
Manganese, Mn		0.268	3	0	BFZN	4		0.008			
Selenium, Se	mcg	6.2		0	BFSN	4		0.2			
Vitamins: Vitamin C, total ascorbic acid	ma	1.0		4	A	1		0.0			
		0.472	•	0	BFZN	4		0.014			
ThiaminRiboflavin		0.472		0	BFZN	4		0.014			
Niacin		4.087		0	BFZN	4		0.010			
Pantothenic acid		0.157		0	BFZN	4		0.123			
Vitamin B-6		0.174		0	BFZN	4		0.005			
Folate, total	-	81		0	BFZN	4		2			
Folic acid		0		0	Z	7		0			
Folate, food		81		0	BFZN	4		2			
Folate, DFE	mca DFE	81		0	NC	4		2			
Vitamin B-12		0.32		0	BFZN	4		0.01			
Vitamin A, IU		10		4	MA	12		0			
Vitamin A, RAE	mcg RAE	1		0	NC	4		0			
Retinol		0		0	z	7		0			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	-										
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
ipids:		_				_		_			
Fatty acids, total saturated		2.026		4	MA	12		0.061			
4:0		0.000		0	BFFN	4		0.000			
6:0		0.000		0	BFFN	4		0.000			
8:0	_	0.000		0	BFFN	4		0.000			
10:0	_	0.000		0	BFFN	4		0.000			
12:0	-	0.010	,	0	BFFN	4		0.000			
13:0	_	0 100	,	0	BFFN	4		0.004			
14:0	_	0.128	•	U	BF FN	4		0.004			
15:0	-	1 000		^	Dum	4		0 031			
16:0	_	1.039	•	0	BFFN	4		0.031			
17:0		0.768	,	0	DEST	4		0.003			
18:0		0.768	•	U	BFFN	4		0.023			
20:0	_										
22:0 24:0											

	<u>Ar</u>	nount in 100 gran	s of edil	Amount in edible portion of common				
		Numb				<u>m</u>	easures of food	
Nutrients and Units	Mean	of Dat Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	4.683	0	BFFN	4		0.140		
14:1g								
15:1g								
16:1 undifferentiatedg	0.110	0	BFFN	4		0.003		
17:1g								
18:1 undifferentiated	1.989	0	BFFN	4		0.060		
20:1g	0.009	0	BFFN	4		0.000		
22:1 undifferentiatedg	0.000	0	BFFN	4		0.000		
24:1 cg								
Fatty acids, total polyunsaturated	0.230	0	BFFN	4		0.007		
18:2 undifferentiatedg	0.205	0	BFFN	4		0.006		
18:3 undifferentiatedg	0.024	0	BFFN	4		0.001		
18:4g	0.000	0	BFFN	4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	BFFN	4		0.000		
20:5 n-3g	0.000	0	BFFN	4		0.000		
22:5 n-3g	0.000	0	BFFN	4		0.000		
22:6 n-3g	0.000	0	BFFN	4		0.000		
Fatty acids, total transg								
Cholesterolmg	4	4	MA	12		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeine mg								
Theobromine mg								

Common Measures:

Measure 1 = 3.0g: 1 tsp

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			Nu	umber	•			<u>m</u>	easures of food	
			of	f Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.48	0.302	5		1		203.83	254.57	
Energy	kcal	53		0	NC	4		123	154	
Energy	kj	222				4		517	645	
Protein (N x 6.25)	g	3.75	0.198	5		1		8.74	10.91	
Total lipid (fat)	g	2.36		5		1		5.50	6.87	
Ash	g	1.60	0.063	5		1		3.73	4.66	
Carbohydrate, by difference	g	4.81		0	NC	4		11.21	14.00	
Fiber, total dietary	g	0.4		0		1		0.9	1.2	
Sugars, total	g	0.01		0	FLA	4		0.03	0.03	
Starch	g									
M:										
Minerals:	ma	6	1.265	5		1		14	17	
Calcium, Ca Iron, Fe		0.70	0.127	5		1		1.63	2.04	
Magnesium, Mg		2	0.127	0		1		5	6	
Phosphorus, P		30		1		1		70	87	
Potassium, K		81		1		1		189	236	
Sodium, Na		560	1.225	5		1		1305	1630	
Zinc, Zn		1.00	11220	1		1		2.33	2.91	
Copper, Cu		0.100		1		1		0.233	0.291	
Manganese, Mn		0.200		1		1		0.466	0.582	
Selenium, Se		1.0		1	A	1		2.3	2.9	
•	··········· G									
Vitamins:				_						
Vitamin C, total ascorbic acid	_	0.0		5		1		0.0	0.0	
Thiamin		0.032		5		1		0.075	0.093	
Riboflavin		0.036		5		1		0.084	0.105	
Niacin	-	0.660		5		1		1.538	1.921	
Pantothenic acid	_	0.020		0		1		0.047	0.058	
Vitamin B-6		0.010		0		1		0.023	0.029	
Folate, total		2		0	_	1		5	6	
Folic acid		0 2		0	Z	7		0	0 6	
Folate, food		2		0	27.0	1 4		5 5		
Folate, DFE				0	NC				6	
Vitamin B-12		0.10 3		0		1 4		0.23 8	0.29	
Vitamin A, IU		3 1		0	FLA	4		8 2	10 2	
Vitamin A, RAE		1		0	FLA FLA	4		2	2	
Retinol		0.02		0	FLA	4		0.05	0.06	
Vitamin E (alpha-tocopherol)		0.02		U	FLA	4		0.05	0.06	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.1		0	FLA	4		0.3	0.3	
	······································									
<u>Lipids:</u>										
Fatty acids, total saturated		1.153		0		1		2.686	3.355	
4:0		0.000		0		1		0.000	0.000	
6:0	_	0.000		0		1		0.000	0.000	
8:0	_	0.000		0		1		0.000	0.000	
10:0	_	0.000		0		1		0.000	0.000	
12:0	-	0.020		0		1		0.047	0.058	
13:0	-	0.000		^				0.010	2 222	
14:0	-	0.090		0		1		0.210	0.262	
15:0		0 501		^				1 0==		
16:0		0.591		0		1		1.377	1.720	
17:0	_	0 451		0		4		1 051	1 210	
18:0	_	0.451		0		1		1.051	1.312	
20:0	_									
22:0	y									

	<u>Amo</u> u	unt in 100 grams Number		ole portion	<u>n</u>		edible portion of easures of food	of common
Nutrients and Units	Mean Sto		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.962	0		1		2.241	2.799	
14:1g	0.302	v		-		2.241	2.799	
15:1								
16:1 undifferentiated	0.100	0		1		0.233	0.291	
17:1g								
18:1 undifferentiated	0.852	0		1		1.985	2.479	
20:1g	0.010	0		1		0.023	0.029	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	0.080	0		1		0.186	0.233	
18:2 undifferentiatedg	0.070	0		1		0.163	0.204	
18:3 undifferentiatedg	0.010	0		1		0.023	0.029	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	
20:5 n-3g	0.000	0		1		0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total transg	_					_		
Cholesterol mg	3	0		1		7	9	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeinemg	0	0	FLA	4		0	0	
Theobromine mg	0	0	FLA	4		0	0	
Carotenoids:								
Carotene, betamcg	0	0	FLA	4		0.383	0.478	
Carotene, alphamcg	0	0	FLA	4		0.007	0.009	
Cryptoxanthin, betamcg	0	0	FLA	4		0.010	0.013	
Lycopenemcg	0	0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	1	0	FLA	4		1.885	2.354	

Common Measures:

Measure 1 = 233g: 1 cup Measure 2 = 291g: 1 can

Calories Factors: Protein 3.5 Fat 9 Carbohydrate 3.9

		<u>A</u> :	mount in 100) grams	of edit	ole portio	<u>n</u>	Amount in edible portion of common		
			ı	Number	,			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.51		1	A	1		25.02	0.37	
Energy	kcal	380		0	MC	9		1725	25	
Energy	kj	1590				9		7218	107	
Protein	g	8.53		1	A	1		38.73	0.57	
Total lipid (fat)	g	11.85		1	A	1		53.80	0.79	
Ash	g	14.34		1	A	1		65.10	0.96	
Carbohydrate, by difference	g	59.78		0	MC	9		271.40	4.01	
Fiber, total dietary		3.2		1	A	1		14.5	0.2	
Sugars, total		9.23		1	MA	12		41.90	0.62	
Starch										
Minerals:									_	
Calcium, Ca	_	116		1	A	1		527	8	
Iron, Fe	_	7.40		1	A	1		33.60	0.50	
Magnesium, Mg		32		0	FLM	4		145	2	
Phosphorus, P	•	212		0	FLM	4		962	14	
Potassium, K		367		0	FLM	4		1666	25	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	5053		1	A	1		22941	339	
Zinc, Zn		0.96		0	FLM	4		4.36	0.06	
Copper, Cu		0.149		0	FLM	4		0.676	0.010	
Manganese, Mn		0.202	2	0	FLM	4		0.917	0.014	
Selenium, Se	mcg	9.3		0	FLM	4		42.2	0.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.9		1	A	1		8.6	0.1	
Thiamin	_	0.236	5	0	FLM	4		1.071	0.016	
Riboflavin	-	0.473	3	0	FLM	4		2.147	0.032	
Niacin	=	2.261	L	0	FLM	4		10.265	0.151	
Pantothenic acid	_	1.014	l	0	FLM	4		4.604	0.068	
Vitamin B-6	=	0.282	2	0	FLM	4		1.280	0.019	
Folate, total	-	69		0	FLA	4		313	5	
Folic acid		43		0	FLA	4		195	3	
Folate, food		26		0	FLA	4		119	2	
Folate, DFE		99		0	NC	4		449	7	
Vitamin B-12		0.33		0	FLM	4		1.50	0.02	
Vitamin A, IU		1		0	FLA	4		6	0	
Vitamin A, RAE		0		0	FLA	4		0	0	
Retinol		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		0.38		0	FLA	4		1.71	0.03	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.3		0	FLA	4		1.4	0.0	
Lipids:										
	a	5.866	•	1	A	1		26.632	0.393	
Fatty acids, total saturated		0.000		1	A	1		0.000	0.000	
6:0		0.000		1	A	1		0.000	0.000	
		0.000		1	A	1		0.000	0.000	
8:0 10:0	-	0.000		1	A	1		0.000	0.000	
12:0	-	0.014		1	A	1		0.064	0.001	
13:0		0.014	•	_	•	1		0.004	0.001	
14:0		0.401		1	A	1		1.821	0.027	
		0.401	-	_	4	-		1.621	0.027	
15:0 16:0		3.024	ĺ	1	A	1		13.729	0.203	
		3.024	•	_	•	1		13.129	0.203	
17:0	-	2.179	3	1	A	1		9.893	0.146	
18:0 20:0	-	2.1/3	•	_	A	_		3.033	0.140	
	-									
22:0	9									

	<u>Ar</u>	nount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	5.488		1	A	1		24.916	0.368	
14:1g									
15:1g									
16:1 undifferentiatedg	0.326		1	A	1		1.480	0.022	
17:1g									
18:1 undifferentiatedg	5.045		1	A	1		22.904	0.338	
20:1g	0.056		1	A	1		0.254	0.004	
22:1 undifferentiatedg	0.000		1	A	1		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	0.499		1	A	1		2.265	0.033	
18:2 undifferentiatedg	0.448		1	A	1		2.034	0.030	
18:3 undifferentiatedg	0.037		1	A	1		0.168	0.002	
18:4g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		1	A	1		0.000	0.000	
20:5 n-3g	0.000		1	A	1		0.000	0.000	
22:5 n-3g	0.000		1	A	1		0.000	0.000	
22:6 n-3g	0.000		1	A	1		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	12		1	A	1		54	1	
Phytosterolsmg									
Others:									
Alcohol, ethylg	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	
Carotenoids:									
Carotene, beta mcg	1		0	FLA	4		3.642	0.054	
Carotene, alphamcg	0		0	FLA	4		0.094	0.001	
Cryptoxanthin, betamcg	0		0	FLA	4		0.137	0.002	
Lycopenemcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthinmcg	10		0	FLA	4		46.429	0.685	

Common Measures:

Measure 1 = 454g: 1 package Measure 2 = 6.7g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Nutrients and Units	0 4 1 7 8 8 2 2 1 90 0 12	Numbe of Data or Points 31 0 29 27 23 0 7 10 8 1 1 1 22 4 007 3 1 0 7 1 1 1 0 0 0	Deriv	Source Code 12 4 4 1 12 1 4 1 1 1 1 1 1 1 1 1 1 1	Confidence	Measure 1 0.30 22 92 0.64 0.58 0.92 3.56 0.1 8 0.10 2 12 16 291 0.07 0.011 0.025 0.4 0.0 0.011 0.023	easures of food Measure 2	<u>H</u> Measure
Water g 5.0 Energy kcal 367 Energy kj 1536 Protein g 10.7 Total lipid (fat) g 9.6 Ash g 15.2 Carbohydrate, by difference g 59.3 Fiber, total dietary g 59.3 Sugars, total g g Starch g 9 Minerals: Starch g Calcium, Ca mg 1.7 Magnesium, Mg mg 1.7 Magnesium, Mg mg 34 Phosphorus, P mg 203 Potassium, K mg 262 Sodium, Na mg 4843 Zinc, Zn mg 1.1 Copper, Cu mg 0.1 Manganese, Mn mg 0.4 Selenium, Se mcg 6.1 Vitamin C, total ascorbic acid mg 0.3 Thiamin mg	4 1 7 8 8 2 1 90 0 12 80 90 00 00	0 29 27 23 0 7 10 8 1 1 1 22 4 007 3 1 0	NC A A A A A A A BFSN A A A A	4 4 1 12 1 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1		22 92 0.64 0.58 0.92 3.56 0.1 8 0.10 2 12 16 291 0.07 0.011 0.025 0.4		
Water g 5.0 Energy kcal 367 Energy kj 1536 Protein g 10.7 Total lipid (fat) g 9.6 Ash g 15.2 Carbohydrate, by difference g 59.3 Fiber, total dietary g 2.0 Sugars, total g g Starch g 9 Vincerals: Vincerals: 7 Calcium, Ca mg 1.2 Iron, Fe mg 1.7 Magnesium, Mg mg 34 Phosphorus, P mg 203 Potassium, K mg 262 Sodium, Na mg 4843 Zinc, Zn mg 0.1 Manganese, Mn mg 0.2 Manganese, Mn mg 0.4 Selenium, Se mcg 6.1 Vitamin C, total ascorbic acid mg 0.3 Thiamin mg <t< th=""><th>4 1 7 8 8 2 1 90 0 12 80 90 00 00</th><th>0 29 27 23 0 7 10 8 1 1 1 22 4 007 3 1 0</th><th>NC A A A A A A A BFSN A A A A A A BFSN</th><th>4 4 1 12 1 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1</th><th></th><th>22 92 0.64 0.58 0.92 3.56 0.1 8 0.10 2 12 16 291 0.07 0.011 0.025 0.4</th><th></th><th></th></t<>	4 1 7 8 8 2 1 90 0 12 80 90 00 00	0 29 27 23 0 7 10 8 1 1 1 22 4 007 3 1 0	NC A A A A A A A BFSN A A A A A A BFSN	4 4 1 12 1 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1		22 92 0.64 0.58 0.92 3.56 0.1 8 0.10 2 12 16 291 0.07 0.011 0.025 0.4		
Energy kcal 367 Energy kj 1536 Protein g 10.7 Total lipid (fat) g 9.6 Ash g 15.2 Carbohydrate, by difference g 59.3 Fiber, total dietary g 2.0 Sugars, total g g Sugars, total g g Vincerals: Total dietary g Calcium, Ca mg 1.7 Magnesium, Ma mg 1.7 Magnesium, Mg mg 203 Potassium, K mg 262 Sodium, Na mg 262 Sodium, Na mg 4843 Zinc, Zn mg 0.1 Manganese, Mn mg 0.4 Selenium, Se mcg 6.1 Vitamins: Vitamin C, total ascorbic acid mg 0.3 Thiamin mg 0.3 1 Riboflavin mg 0.3 1 </td <td>4 1 7 8 8 2 1 90 0 12 80 90 00 00</td> <td>0 29 27 23 0 7 10 8 1 1 1 22 4 007 3 1 0</td> <td>NC A A A A A A A BFSN A A A A A A BFSN</td> <td>4 4 1 12 1 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1</td> <td></td> <td>22 92 0.64 0.58 0.92 3.56 0.1 8 0.10 2 12 16 291 0.07 0.011 0.025 0.4</td> <td></td> <td></td>	4 1 7 8 8 2 1 90 0 12 80 90 00 00	0 29 27 23 0 7 10 8 1 1 1 22 4 007 3 1 0	NC A A A A A A A BFSN A A A A A A BFSN	4 4 1 12 1 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1		22 92 0.64 0.58 0.92 3.56 0.1 8 0.10 2 12 16 291 0.07 0.011 0.025 0.4		
Energy. kj 1536 Protein. 9 10.7 Total lipid (fat). 9 9.6 Ash. 9 15.2 Carbohydrate, by difference. 9 59.3 Fiber, total dietary. 9 2.0 Sugars, total. 9 9 Starch. 9 9 Minerals: 8 8 Calcium, Ca. mg 1.2 Iron, Fe. mg 1.7 Magnesium, Mg. mg 34 Phosphorus, P. mg 203 Potassium, K. mg 262 Sodium, Na. mg 4843 Zinc, Zn. mg 0.1 Copper, Cu. mg 0.1 Manganese, Mn. mg 0.4 Selenium, Se. mcg 6.1 Vitamins: 10 0.3 Vitamin C, total ascorbic acid. mg 0.3 Thiamin. mg 0.3 Total, total. m	1 7 8 2 2 1 90 0. 12 80 90 00 00	29 27 23 0 7 10 8 1 1 1 22 4 007 3 1 0	A MA A A A A A BFSN	4 1 12 1 4 1 1 1 1 1 1 1 1 4		92 0.64 0.58 0.92 3.56 0.1 8 0.10 2 12 16 291 0.07 0.011 0.025 0.4		
Protein. 9 10.7 Total lipid (fat) 9 9.6 Ash. 9 15.2 Carbohydrate, by difference 9 59.3 Fiber, total dietary. 9 2.0 Sugars, total. 9 9 Starch. 9 9 Winerals: 8 9 Calcium, Ca. mg 1.32 Iron, Fe. mg 1.7 Magnesium, Mg. mg 34 Phosphorus, P. mg 203 Potassium, K. mg 262 Sodium, Na. mg 4843 Zinc, Zn. mg 1.1 Copper, Cu. mg 0.4 Manganese, Mn. mg 0.4 Selenium, Se. mcg 6.1 Vitamins: Vitamin C, total ascorbic acid. mg 0.3 Thiamin. mg 0.3 Thiamin. mg 0.3 Totacin. mg 0.3 Totacin	1 7 8 2 2 1 90 0. 12 80 90 00 00	27 23 0 7 10 8 1 1 1 22 4 007 3 1 0	MA A NC A A A A A A A A A A A A A A A A A	1 12 1 4 1 1 1 1 1 1 1 1 4		0.64 0.58 0.92 3.56 0.1 8 0.10 2 12 16 291 0.07 0.011 0.025 0.4		
Total lipid (fat) g 9.6 Ash g 15.2 Carbohydrate, by difference g 59.3 Fiber, total dietary g 2.0 Sugars, total g Starch g Minerals: Total lipid (fat) g Calcium, Ca mg 1.7 Magnesium, Ca mg 1.7 Magnesium, Mg mg 203 Phosphorus, P mg 262 Sodium, Na mg 4843 Zinc, Zn mg 1.1 Copper, Cu mg 0.1 Manganese, Mn mg 0.4 Selenium, Se mcg 6.1 Vitamin C, total ascorbic acid mg 0.3 Thiamin mg 0.3 Niacin mg 0.3 Pantothenic acid mg 0.1 Vitamin B-6 mg 0.1 Folate, total mcg 17 Folate, food mcg 14 <td>1 7 8 2 2 1 90 0. 12 80 90 00 00</td> <td>27 23 0 7 10 8 1 1 1 22 4 007 3 1 0</td> <td>MA A NC A A A A A A A A A A A A A A A A A</td> <td>12 1 4 1 1 1 1 1 1 1 1 1 4</td> <td></td> <td>0.58 0.92 3.56 0.1 8 0.10 2 12 16 291 0.07 0.011 0.025 0.4</td> <td></td> <td></td>	1 7 8 2 2 1 90 0. 12 80 90 00 00	27 23 0 7 10 8 1 1 1 22 4 007 3 1 0	MA A NC A A A A A A A A A A A A A A A A A	12 1 4 1 1 1 1 1 1 1 1 1 4		0.58 0.92 3.56 0.1 8 0.10 2 12 16 291 0.07 0.011 0.025 0.4		
Ash. 9 15.2 Carbohydrate, by difference 9 59.3 Fiber, total dietary. 9 2.0 Sugars, total. 9 Starch. 9 Minerals: Calcium, Ca. mg 132 Iron, Fe. mg 1.7 Magnesium, Mg. mg 34 Phosphorus, P. mg 262 Sodium, Na mg 4843 Zinc, Zn. mg 1.1 Copper, Cu. mg 0.1 Manganese, Mn. mg 0.4 Selenium, Se. mcg 6.1 Vitamin C, total ascorbic acid mg 0.3 Niacin mg 0.3 Pantothenic acid mg 0.1 Folate, total mcg 17 Folate, food mcg 14 Folate, DFE mcg_DFE 43 Nitamin A, IU. IU 27 Vitamin A, RAE mcg_RAE 8 Retinol mcg 18 Research 12 Roger Mangares 18 Retinol mcg 18 Retinol	7 8 2 1 90 0 12 80 90 00 00	23 0 7 10 8 1 1 1 22 4 007 3 1 0	A A A A A BFSN	1 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1		0.92 3.56 0.1 8 0.10 2 12 16 291 0.07 0.011 0.025 0.4		
Carbohydrate, by difference 9 59.3 Fiber, total dietary 9 2.0 Sugars, total 9 Starch 9 Minerals: 3 Calcium, Ca mg 1.7 Magnesium, Mg mg 34 Phosphorus, P mg 203 Potassium, K mg 262 Sodium, Na mg 4843 Zinc, Zn mg 0.1 Copper, Cu mg 0.4 Manganese, Mn mg 0.4 Selenium, Se mcg 6.1 Vitamins: Vitamin C, total ascorbic acid mg 0.3 Thiamin mg 0.3 Riboflavin mg 0.3 Niacin mg 0.3 Pantothenic acid mg 0.1 Vitamin B-6 mg 0.1 Folate, total mcg 17 Folate, food mcg 17 Folate, poFE mcg 0.7	2 1 90 0. 12 80 90 00 00	0 7 7 10 8 1 1 1 22 4 4 007 3 1 0 0 7 1 1 1 1 0 0	A A A A BFSN	1 1 1 1 1 1 1 1 4		3.56 0.1 8 0.10 2 12 16 291 0.07 0.011 0.025 0.4		
Fiber, total dietary. 9 2.0 Sugars, total. 9 Starch. 9 Winerals: Calcium, Ca. mg 1.32 Iron, Fe. mg 1.7 Magnesium, Mg. mg 34 Phosphorus, P. mg 203 Potassium, K. mg 262 Sodium, Na. mg 4843 Zinc, Zn. mg 0.1 Copper, Cu. mg 0.4 Manganese, Mn. mg 0.4 Selenium, Se. mcg 6.1 Vitamins: Vitamins: Vitamin C, total ascorbic acid. mg 0.3 Vitamin C, total ascorbic acid. mg 0.3 0.3 Thiamin. mg 0.3 0.3 Vitamin B-6 mg 0.3 Polate, total. mcg 31 Folic acid. mcg 17 Folate, pore. mcg 14 Folate, pore. mcg 0.7	2 1 90 0. 12 80 90 00 00	7 10 8 1 1 1 22 4 007 3 1 0	A A A A A BFSN	1 1 1 1 1 1 1 1 4		0.1 8 0.10 2 12 16 291 0.07 0.011 0.025 0.4		
Sugars, total 9 Starch 9 Minerals: Calcium, Ca	2 1 90 0 12 80 90 00 00	10 8 1 1 1 22 4 007 3 1 0	A A A A A BFSN	1 1 1 1 1 1 1 4		8 0.10 2 12 16 291 0.07 0.011 0.025 0.4		
Starch g Minerals: Calcium, Ca	1 90 0. 12 80 90 00 00	8 1 1 1 22 4 007 3 1 0 7 1 1 1 0	A A A A A BFSN A A A	1 1 1 1 1 1 1 4		0.10 2 12 16 291 0.07 0.011 0.025 0.4		
Minerals: Calcium, Ca	1 90 0. 12 80 90 00 00	8 1 1 1 22 4 007 3 1 0 7 1 1 1 0	A A A A A BFSN A A A	1 1 1 1 1 1 1 4		0.10 2 12 16 291 0.07 0.011 0.025 0.4		
Calcium, Ca. mg 132 Iron, Fe. mg 1.7 Magnesium, Mg. mg 34 Phosphorus, P. mg 203 Potassium, K. mg 262 Sodium, Na. mg 4843 Zinc, Zn. mg 0.1 Copper, Cu. mg 0.1 Manganese, Mn. mg 0.4 Selenium, Se. mcg 6.1 Vitamins: Vitamin C, total ascorbic acid. mg 0.3 Thiamin. mg 0.3 Niacin. mg 0.3 Niacin. mg 0.3 Pantothenic acid. mg 0.1 Vitamin B-6. mg 0.1 Folate, total. mcg 31 Folic acid. mcg 17 Folate, food. mcg 14 Folate, DFE. mcg_DFE 43 Vitamin B-12. mcg 0.7 Vitamin A, RAE. mcg_RAE 8	1 90 0. 12 80 90 00 00	8 1 1 1 22 4 007 3 1 0 7 1 1 1 0	A A A A A BFSN A A A	1 1 1 1 1 1 1 4		0.10 2 12 16 291 0.07 0.011 0.025 0.4		
Calcium, Ca. mg 132 Iron, Fe. mg 1.7 Magnesium, Mg. mg 34 Phosphorus, P. mg 203 Potassium, K. mg 262 Sodium, Na. mg 4843 Zinc, Zn. mg 0.1 Copper, Cu. mg 0.1 Manganese, Mn. mg 0.4 Selenium, Se. mcg 6.1 Vitamins: Vitamin C, total ascorbic acid. mg 0.3 Thiamin. mg 0.3 Riboflavin. mg 0.3 Niacin. mg 0.3 Pantothenic acid. mg 0.1 Vitamin B-6. mg 0.1 Folate, total. mcg 31 Folic acid. mcg 17 Folate, food. mcg 14 Folate, DFE. mcg_DFE 43 Vitamin B-12. mcg 0.7 Vitamin A, RAE. mcg_RAE 8	1 90 0. 12 80 90 00 00	8 1 1 1 22 4 007 3 1 0 7 1 1 1 0	A A A A A BFSN A A A	1 1 1 1 1 1 1 4		0.10 2 12 16 291 0.07 0.011 0.025 0.4		
Iron, Fe mg 1.7 Magnesium, Mg mg 34 Phosphorus, P mg 203 Potassium, K mg 262 Sodium, Na mg 4843 Zinc, Zn mg 0.1 Copper, Cu mg 0.1 Manganese, Mn mg 0.4 Selenium, Se mcg 6.1 Vitamins: Vitamin C, total ascorbic acid mg 0.3 Thiamin mg 0.3 Riboflavin mg 0.3 Niacin mg 0.3 Pantothenic acid mg 0.1 Vitamin B-6 mg 0.1 Folate, total mcg 31 Folic acid mcg 17 Folate, food mcg 14 Folate, DFE mcg 0.7 Vitamin B-12 mcg 0.7 Vitamin A, IU IU 27 Vitamin A, RAE mcg_RAE 8 Retinol <td>1 90 0. 12 80 90 00 00</td> <td>8 1 1 1 22 4 007 3 1 0 7 1 1 1 0</td> <td>A A A A A BFSN A A A</td> <td>1 1 1 1 1 1 1 4</td> <td></td> <td>0.10 2 12 16 291 0.07 0.011 0.025 0.4</td> <td></td> <td></td>	1 90 0. 12 80 90 00 00	8 1 1 1 22 4 007 3 1 0 7 1 1 1 0	A A A A A BFSN A A A	1 1 1 1 1 1 1 4		0.10 2 12 16 291 0.07 0.011 0.025 0.4		
Magnesium, Mg. mg 34 Phosphorus, P. mg 203 Potassium, K. mg 262 Sodium, Na. mg 4843 Zinc, Zn. mg 1.1 Copper, Cu. mg 0.1 Manganese, Mn. mg 0.4 Selenium, Se. mcg 6.1 Vitamins: Vitamin C, total ascorbic acid. mg 0.3 Thiamin. mg 0.3 Riboflavin. mg 0.3 Niacin. mg 0.3 Pantothenic acid. mg 0.1 Vitamin B-6. mg 0.1 Folate, total. mcg 31 Folic acid. mcg 17 Folate, food. mcg 14 Folate, DFE. mcg_DFE 43 Vitamin B-12. mcg 0.7 Vitamin A, IU. IU 27 Vitamin A, RAE mcg_RAE 8 Retinol. mcg 8	1 90 0. 12 80 90 00 00	1 1 1 22 4 007 3 1 0	A A A A BFSN A A A	1 1 1 1 1 1 4		2 12 16 291 0.07 0.011 0.025 0.4		
Phosphorus, P. mg 203 Potassium, K. mg 262 Sodium, Na. mg 4843 Zinc, Zn. mg 1.1 Copper, Cu. mg 0.1 Manganese, Mn. mg 0.4 Selenium, Se. mcg 6.1 Vitamins: Vitamin C, total ascorbic acid mg 0.3 Thiamin. mg 0.3 Riboflavin. mg 0.3 Niacin. mg 0.3 Vitamin B-6. mg 0.1 Folate, total. mcg 31 Folic acid. mcg 17 Folate, food mcg 14 Folate, DFE. mcg_DFE 43 Vitamin B-12. mcg 0.7 Vitamin A, IU. IU 27 Vitamin A, RAE mcg_RAE 8 Retinol. mcg 8 Vitamin E (alpha-tocopherol). mg	90 0. 12 80 90 00	1 1 22 4 007 3 1 0	A A A A BFSN	1 1 1 1 1 4		12 16 291 0.07 0.011 0.025 0.4		
Potassium, K mg 262 Sodium, Na mg 4843 Zinc, Zn mg 1.1 Copper, Cu mg 0.1 Manganese, Mn mg 0.4 Selenium, Se mcg 6.1 Vitamins: Vitamin C, total ascorbic acid mg 0.3 Thiamin mg 0.3 Riboflavin mg 0.3 Niacin mg 0.1 Vitamin B-6 mg 0.1 Folate, total mcg 31 Folic acid mcg 17 Folate, food mcg 14 Folate, DFE mcg_DFE 43 Vitamin B-12 mcg 0.7 Vitamin A, IU IU 27 Vitamin A, RAE mcg_RAE 8 Retinol mcg 8 Vitamin E (alpha-tocopherol) mg	90 0. 12 80 90 00	1 22 4 007 3 1 0 7 1 1 1 0 0	A A A A BFSN A A A	1 1 1 1 1 4		16 291 0.07 0.011 0.025 0.4		
Sodium, Na. mg 4843 Zinc, Zn. mg 1.1 Copper, Cu. mg 0.1 Manganese, Mn. mg 0.4 Selenium, Se. mcg 6.1 Vitamins: Vitamin C, total ascorbic acid mg 0.3 Thiamin. mg 0.1 Riboflavin. mg 0.3 Niacin. mg 0.3 Pantothenic acid. mg 0.1 Vitamin B-6. mg 0.1 Folate, total. mcg 31 Folic acid. mcg 17 Folate, food. mcg 14 Folate, DFE. mcg_DFE 43 Vitamin B-12. mcg 0.7 Vitamin A, IU. IU 27 Vitamin A, RAE mcg_RAE 8 Retinol. mcg 8 Vitamin E (alpha-tocopherol). mg	90 0. 12 80 90 00	22 4 007 3 1 0	A A A BFSN A A A	1 1 1 1 4		291 0.07 0.011 0.025 0.4 0.0		
Zinc, Zn. mg 1.1 Copper, Cu. mg 0.1 Manganese, Mn. mg 0.4 Selenium, Se. mcg 6.1 Vitamins: Vitamin C, total ascorbic acid mg 0.3 Thiamin. mg 0.1 Riboflavin. mg 0.3 Niacin. mg 0.3 Pantothenic acid. mg 0.1 Vitamin B-6. mg 0.1 Folate, total. mcg 31 Folic acid. mcg 17 Folate, food. mcg 14 Folate, DFE. mcg_DFE 43 Vitamin B-12. mcg 0.7 Vitamin A, IU. IU 27 Vitamin A, RAE. mcg_RAE 8 Retinol. mcg 8 Vitamin E (alpha-tocopherol). mg	90 0. 12 80 90 00	7 1 1 0	A A BFSN A A A	1 1 4 1 1 1		0.07 0.011 0.025 0.4		
Copper, Cu mg 0.1 Manganese, Mn mg 0.4 Selenium, Se mcg 6.1 Vitamins: Vitamin C, total ascorbic acid mg 0.3 Thiamin mg 0.1 Riboflavin mg 0.3 Niacin mg 0.3 Pantothenic acid mg 0.1 Vitamin B-6 mg 0.1 Folate, total mcg 31 Folic acid mcg 17 Folate, food mcg 14 Vitamin B-12 mcg_DFE 43 Vitamin B-12 mcg 0.7 Vitamin A, IU IU 27 Vitamin A, RAE mcg_RAE 8 Retinol mcg 8 Vitamin E (alpha-tocopherol) mg	90 0. 12 80 90 00	007 3 1 0 7 1 1 1	A A BFSN A A A	1 1 4 1 1		0.011 0.025 0.4 0.0		
Manganese, Mn. mg 0.4 Selenium, Se. mcg 6.1 Vitamins: Vitamin C, total ascorbic acid. mg 0.3 Thiamin. mg 0.1 Riboflavin. mg 0.3 Niacin. mg 0.3 Pantothenic acid. mg 0.1 Vitamin B-6. mg 0.1 Folate, total. mcg 31 Folic acid. mcg 17 Folate, food. mcg 14 Folate, DFE. mcg_DFE 43 Vitamin B-12. mcg 0.7 Vitamin A, IU. IU 27 Vitamin A, RAE. mcg_RAE 8 Retinol. mcg 8 Vitamin E (alpha-tocopherol). mg	80 90 00	1 0 7 1 1 1 0	A BFSN A A A	1 4 1 1		0.025 0.4 0.0 0.011		
Selenium, Se. mcg 6.1 Vitamins: Vitamins: 0.3 Vitamin C, total ascorbic acid. mg 0.3 Thiamin. mg 0.1 Riboflavin. mg 0.3 Niacin. mg 0.1 Vitamin B-6. mg 0.1 Folate, total. mcg 31 Folic acid. mcg 17 Folate, food. mcg 14 Folate, DFE. mcg_DFE 43 Vitamin B-12. mcg 0.7 Vitamin A, IU. IU 27 Vitamin A, RAE mcg_RAE 8 Retinol. mcg 8 Vitamin E (alpha-tocopherol). mg	80 90 00	0 7 1 1 0	BFSN A A A	4 1 1		0.4 0.0 0.011		
Vitamins: Witamins: Vitamin C, total ascorbic acid mg 0.3 Thiamin mg 0.1 Riboflavin mg 0.3 Niacin mg 3.7 Pantothenic acid mg 0.1 Vitamin B-6 mg 0.1 Folate, total mcg 31 Folic acid mcg 17 Folate, food mcg 14 Folate, DFE mcg_DFE 43 Vitamin B-12 mcg 0.7 Vitamin A, IU IU 27 Vitamin A, RAE mcg_RAE 8 Retinol mcg 8 Vitamin E (alpha-tocopherol) mg	80 90 00	7 1 1 1 0	A A A	1 1 1		0.0 0.011		
Vitamin C, total ascorbic acid mg 0.3 Thiamin mg 0.1 Riboflavin mg 0.3 Niacin mg 3.7 Pantothenic acid mg 0.1 Vitamin B-6 mg 0.1 Folate, total mcg 31 Folic acid mcg 17 Folate, food mcg 14 Folate, DFE mcg_DFE 43 Vitamin B-12 mcg 0.7 Vitamin A, IU IU 27 Vitamin A, RAE mcg_RAE 8 Retinol mcg 8 Vitamin E (alpha-tocopherol) mg 8	80 90 00 00	1 1 1 0	A A A	1 1		0.011		
Vitamin C, total ascorbic acid mg 0.3 Thiamin mg 0.1 Riboflavin mg 0.3 Niacin mg 3.7 Pantothenic acid mg 0.1 Vitamin B-6 mg 0.1 Folate, total mcg 31 Folic acid mcg 17 Folate, food mcg 14 Folate, DFE mcg_DFE 43 Vitamin B-12 mcg 0.7 Vitamin A, IU IU 27 Vitamin A, RAE mcg_RAE 8 Retinol mcg 8 Vitamin E (alpha-tocopherol) mg 8	80 90 00 00	1 1 1 0	A A A	1 1		0.011		
Thiamin. mg 0.1 Riboflavin. mg 0.3 Niacin. mg 3.7 Pantothenic acid. mg 0.1 Vitamin B-6. mg 0.1 Folate, total. mcg 31 Folic acid. mcg 17 Folate, food. mcg 14 Vitamin B-12. mcg_DFE 43 Vitamin B-12. mcg 0.7 Vitamin A, IU. IU 27 Vitamin A, RAE mcg_RAE 8 Retinol. mcg 8 Vitamin E (alpha-tocopherol). mg	80 90 00 00	1 1 1 0	A A A	1 1		0.011		
Riboflavin. mg 0.3 Niacin. mg 3.7 Pantothenic acid. mg 0.1 Vitamin B-6. mg 0.1 Folate, total. mcg 31 Folic acid. mcg 17 Folate, food. mcg 14 Folate, DFE. mcg_DFE 43 Vitamin B-12. mcg 0.7 Vitamin A, IU. IU 27 Vitamin A, RAE. mcg_RAE 8 Retinol. mcg 8 Vitamin E (alpha-tocopherol). mg	90 00 00	1 1 0	A A	1				
Niacin mg 3.7 Pantothenic acid mg 0.1 Vitamin B-6 mg 0.1 Folate, total mcg 31 Folic acid mcg 17 Folate, food mcg 14 Folate, DFE mcg_DFE 43 Vitamin B-12 mcg 0.7 Vitamin A, IU IU 27 Vitamin A, RAE mcg_RAE 8 Retinol mcg 8 Vitamin E (alpha-tocopherol) mg	00 00	1 0	A			0.023		
Pantothenic acid. mg 0.1 Vitamin B-6. mg 0.1 Folate, total. mcg 31 Folic acid mcg 17 Folate, food mcg 14 Folate, DFE. mcg_DFE 43 Vitamin B-12. mcg 0.7 Vitamin A, IU. IU 27 Vitamin A, RAE mcg_RAE 8 Retinol. mcg 8 Vitamin E (alpha-tocopherol) mg	00	0				0.222		
Vitamin B-6. mg 0.1 Folate, total. mcg 31 Folic acid. mcg 17 Folate, food. mcg 14 Folate, DFE. mcg_DFE 43 Vitamin B-12. mcg 0.7 Vitamin A, IU. IU 27 Vitamin A, RAE mcg_RAE 8 Retinol. mcg 8 Vitamin E (alpha-tocopherol). mg		-		1		0.222		
Folate, total mcg 31 Folic acid mcg 17 Folate, food mcg 14 Folate, DFE mcg_DFE 43 Vitamin B-12 mcg 0.7 Vitamin A, IU IU 27 Vitamin A, RAE mcg_RAE 8 Retinol mcg 8 Vitamin E (alpha-tocopherol) mg	00					0.006		
Folic acid mcg 17 Folate, food mcg 14 Folate, DFE mcg_DFE 43 Vitamin B-12 mcg 0.7 Vitamin A, IU IU 27 Vitamin A, RAE mcg_RAE 8 Retinol mcg 8 Vitamin E (alpha-tocopherol) mg			A	1				
Folate, food. mcg 14 Folate, DFE. mcg_DFE 43 Vitamin B-12. mcg 0.7 Vitamin A, IU. IU 27 Vitamin A, RAE mcg_RAE 8 Retinol. mcg 8 Vitamin E (alpha-tocopherol). mg		0	CASN	4		2		
Folate, DFE mcg_DFE 43 Vitamin B-12 mcg 0.7 Vitamin A, IU IU 27 Vitamin A, RAE mcg_RAE 8 Retinol mcg 8 Vitamin E (alpha-tocopherol) mg		0	NC	4		1		
Vitamin B-12 mcg 0.7 Vitamin A, IU IU 27 Vitamin A, RAE mcg_RAE 8 Retinol mcg 8 Vitamin E (alpha-tocopherol) mg		0		1		1		
Vitamin A, IU	_	0	NC	4		3		
Vitamin A, RAE mcg_RAE 8 Retinol mcg 8 Vitamin E (alpha-tocopherol) mg	0	0	A	1		0.04		
Retinol		7	MA	12		2		
Vitamin E (alpha-tocopherol)mg		0	NC	4		0		
(f)		0	NC	4		0		
Tocopherol, betamg								
Tocopherol, gammamg								
Tocopherol, deltamg								
Vitamin DIU								
Vitamin K (phylloquinone)mcg								
Lipids:								
	10	7	MA	10		0.199		
Fatty acids, total saturated		0	MA BFFN	12 4				
-		0		4		0.000		
6:0g 0.0			BFFN			0.000		
8:0g 0.0		0	BFFN	4		0.000		
10:0g 0.0		0	BFFN	4		0.000		
12:0g 0.0	υ8	0	BFFN	4		0.000		
13:0g		_		_		_		
14:0g 0.2	27	0	BFFN	4		0.014		
15:0g								
16:0g 1.7	11	0	BFFN	4		0.103		
17:0g								
18:0g 1.2	33	0	BFFN	4		0.074		
20:0g								
22:0g								

	<u>Ar</u>	mount in 100 g	rams of e	lible porti	<u>on</u>	Amount in	edible portion of	of common
		Nui	mber			<u>m</u>	easures of food	
Nutrients and Units	Mean	of Std. Error Po			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	4.452		0 BF1	'N 4		0.267		
14:1g								
15:1g								
16:1 undifferentiatedg	0.264		0 BF1	'N 4		0.016		
17:1g								
18:1 undifferentiatedg	4.092		0 BF1	'N 4		0.246		
20:1g	0.045		0 BF1	'N 4		0.003		
22:1 undifferentiatedg	0.000		0 BF1	'N 4		0.000		
24:1 cg								
Fatty acids, total polyunsaturatedg	0.405		0 BF1	'N 4		0.024		
18:2 undifferentiatedg	0.363		0 BF	'N 4		0.022		
18:3 undifferentiatedg	0.030		0 BF1	'N 4		0.002		
18:4g	0.000		0 BF1	'N 4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000		0 BF			0.000		
20:5 n-3g	0.000		0 BF			0.000		
22:5 n-3g	0.000		0 BF			0.000		
22:6 n-3g	0.000		0 BF	'N 4		0.000		
Fatty acids, total transg								
Cholesterolmg	3		7 M2	12		0		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0		0 Z	7		0.0		
Caffeine mg								
Theobromine mg								

Common Measures:

Measure 1 = 6.0g: 1 tbsp

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			N	umbei				<u>m</u>	easures of food	<u>l</u>
			o	f Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.34	0.724	5		1		203.11	254.31	
Energy	kcal	79		0	NC	4		188	235	
Energy	kj	331				4		787	985	
Protein (N x 6.25)	g	1.93	0.063	7		1		4.59	5.75	
Total lipid (fat)	g	5.71		7		1		13.59	17.02	
Ash	g	1.60	0.063	5		1		3.81	4.77	
Carbohydrate, by difference	g	5.42		0	NC	4		12.90	16.15	
Fiber, total dietary	g	0.4		0		4		1.0	1.2	
Sugars, total	g	0.08		0	FLA	4		0.20	0.25	
Starch	g									
3.61										
Minerals:	ma	20	1 676	7		1		48	60	
Calcium, Ca		20 0.47	1.676 0.047			1 1		48 1.12	60 1.40	
Iron, Fe		2	0.047	0		4		1.12 5	1.40	
Magnesium, Mg Phosphorus, P		29		1		1		5 69	86	
Potassium, K		109		1		1		259	325	
Sodium, Na		577	13.684			1		1373	1719	
Zinc, Zn		0.80	13.004	1		1		1.90	2.38	
Copper, Cu		0.100	1	1		1		0.238	0.298	
Manganese, Mn		0.200		1		1		0.476	0.596	
Selenium, Se		0.8		2	A	1		1.9	2.4	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		2		1		0.0	0.0	
Thiamin		0.017				1		0.040	0.051	
Riboflavin	-	0.043				1		0.102	0.128	
Niacin	_	0.443				1		1.054	1.320	
Pantothenic acid	-	0.020		0		4		0.048	0.060	
Vitamin B-6		0.010	1	1		1		0.024	0.030	
Folate, total		2		0	_	4		5	6	
Folic acid		0		0	Z	7		0	0	
Folate, food		2		0	***	4		5	6	
Folate, DFE		2		0	NC	4		5	6	
Vitamin B-12		0.10 3		0	***	4		0.24	0.30	
Vitamin A, IU				-	NC	4		6	8	
Vitamin A, RAE		1 1		0	NC FLA	4 4		2 2	2 2	
Retinol		0.13		0	FLA	4		0.31	0.39	
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.13		U	FLA	4		0.31	0.39	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.2		0	FLA	4		0.4	0.6	
,										
<u>Lipids:</u>										
Fatty acids, total saturated		1.410		0		1		3.356	4.202	
4:0		0.000		0		1		0.000	0.000	
6:0	-	0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0		0.000		0		1		0.000	0.000	
12:0	-	0.000	1	0		1		0.000	0.000	
13:0	-			_		_				
14:0	-	0.040	1	0		1		0.095	0.119	
15:0				_		_				
16:0		0.980	1	0		1		2.332	2.920	
17:0	-			•		_				
18:0	-	0.380	1	0		1		0.904	1.132	
20:0	9									
22:0	~									

	<u>Ar</u>	=	Number			_		edible portion of easures of food	
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	0.550		•				6.050	T 500	
Fatty acids, total monounsaturatedg	2.550		0		1		6.069	7.599	
14:1g 15:1g									
16:1 undifferentiated	0.160		0		1		0.381	0.477	
17:1g	0.100		Ū		_		0.381	0.477	
18:1 undifferentiatedg	2.340		0		1		5.569	6.973	
20:1g	0.030		0		1		0.071	0.089	
22:1 undifferentiatedg	0.000		0		1		0.000	0.000	
24:1 cg	0.000		·		-		0.000	0.000	
Fatty acids, total polyunsaturatedg	1.500		0		1		3.570	4.470	
18:2 undifferentiated	1.420		0		1		3.380	4.232	
18:3 undifferentiated	0.070		0		1		0.167	0.209	
18:4g	0.000		0		1		0.000	0.000	
20:2 n-6 c.cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000	0.000	
20:5 n-3g	0.000		0		1		0.000	0.000	
22:5 n-3g	0.000		0		1		0.000	0.000	
22:6 n-3g	0.000		0		1		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	2		0		1		5	6	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobrominemg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, betamcg	0		0	FLA	4		0.017	0.021	
Carotene, alphamcg	0		0	FLA	4		0.006	0.007	
Cryptoxanthin, betamcg	0		0	FLA	4		0.009	0.011	
Lycopenemcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	1		0	FLA	4		1.543	1.931	

Common Measures:

Measure 1 = 238g: 1 cup Measure 2 = 298g: 1 can

Calories Factors: Protein 3.4 Fat 8.9 Carbohydrate 4

		<u>A</u> 1	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			N	lumber				<u>me</u>	easures of food	_
Nutrients and Un	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	а	3.85		21	MA	12		0.31	0.31	
Energy		381		0	NC	4		30	30	
Energy		1594				4		128	128	
Protein		11.27		27	A	1		0.90	0.90	
Total lipid (fat)		9.73		19	MA	12		0.78	0.78	
Ash		13.06		19	A	1		1.04	1.04	
Carbohydrate, by difference		62.09		0	NC	4		4.97	4.97	
Fiber, total dietary										
Sugars, total										
Starch	g									
<i>-</i>										
Minerals:	ma	146		^	_			10	10	
Calcium, Ca	-	146 1.33		9 7	A	1 1		12 0.11	12 0.11	
Iron, Fe	-	1.33 40		0	A BFZN	4		0.11 3	0.11 3	
Magnesium, Mg Phosphorus, P		40 249		0	BFZN	4		3 20	3 20	
Potassium, K		404		0	BFZN	4		32	32	
Sodium, Na		4152		20	A	1		332	332	
Zinc, Zn.		1.39	0.000		A	1		0.11	0.11	
Copper, Cu		0.112			A	1		0.009	0.009	
Manganese, Mn		0.219		0	BFZN	4		0.018	0.018	
Selenium, Se		5.2		0	BFSN	4		0.4	0.4	
7*4										
Vitamins:				_	_	_				
Vitamin C, total ascorbic acid	-	0.6		7	A	1		0.0	0.0	
Thiamin		0.249		0 2	BFZN	4		0.020	0.020	
Riboflavin		0.634 4.018		0	A BFZN	1 4		0.051 0.321	0.051	
Niacin Pantothenic acid		1.286		0	BFZN	4		0.321	0.321 0.103	
Vitamin B-6	-	0.202		0	BFZN	4		0.103	0.103	
Folate, total	-	125	•	0	CASN	4		10	10	
Folic acid		16		0	NC	4		1	1	
Folate, food		109		0	110	4		9	9	
Folate, DFE		136		0	NC	4		11	11	
Vitamin B-12		0.48		0	BFZN	4		0.04	0.04	
Vitamin A, IU	IU	308		7	MA	12		25	25	
Vitamin A, RAE		38		0	NC	4		3	3	
Retinol		27		0	NC	4		2	2	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.920)	7	MA	12		0.234	0.234	
4:0		0.000		0	BFFN	4		0.000	0.000	
6:0		0.000)	0	BFFN	4		0.000	0.000	
8:0		0.000)	0	BFFN	4		0.000	0.000	
10:0	g	0.000)	0	BFFN	4		0.000	0.000	
12:0	g	0.007	,	0	BFFN	4		0.001	0.001	
13:0	g									
14:0	g	0.066	5	0	BFFN	4		0.005	0.005	
15:0	g									
16:0	-	2.231	<u> </u>	0	BFFN	4		0.178	0.178	
17:0	g									
18:0		0.561	-	0	BFFN	4		0.045	0.045	
20:0										
22:0	g									

	<u>Aı</u>	mount in 100 gram	Amount in edible portion of common					
		Numbe	er			<u>m</u>	easures of food	•
Nutrients and Units	Mean	of Dat Std. Error Points	a Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	4.648	0	BFFN	4		0.372	0.372	
14:1g								
15:1g								
16:1 undifferentiatedg	0.666	0	BFFN	4		0.053	0.053	
17:1g								
18:1 undifferentiatedg	0.400	0	BFFN	4		0.032	0.032	
20:1g	0.051	0	BFFN	4		0.004	0.004	
22:1 undifferentiatedg	0.014	0	BFFN	4		0.001	0.001	
24:1 cg								
Fatty acids, total polyunsaturatedg	1.877	0	BFFN	4		0.150	0.150	
18:2 undifferentiatedg	0.094	0	BFFN	4		0.008	0.008	
18:3 undifferentiatedg	0.000	0	BFFN	4		0.000	0.000	
18:4g	0.000	0	BFFN	4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	BFFN	4		0.000	0.000	
20:5 n-3g	0.000	0	BFFN	4		0.000	0.000	
22:5 n-3g	0.000	0	BFFN	4		0.000	0.000	
22:6 n-3g	0.000	0	BFFN	4		0.000	0.000	
Fatty acids, total transg								
Cholesterolmg	19	7	MA	12		2	2	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

Common Measures:

Measure 1 = 8.0g: 1 tbsp Measure 2 = 8.0g: 1 serving

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u>	mount in 10	<u>0 grams</u>	of edit	ole portio	<u>n</u>	Amount in edible portion of common		
			1	Number	•			<u>m</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.65		1	A	1		0.31	21.11	
Energy	kcal	369		0	MC	9		25	1675	
Energy	kj	1544				9		103	7009	
Protein	g	9.80		1	A	1		0.66	44.49	
Total lipid (fat)	g	9.48		1	A	1		0.64	43.04	
Ash	g	14.97		1	A	1		1.00	67.96	
Carbohydrate, by difference	g	61.10		0	MC	9		4.09	277.39	
Fiber, total dietary	g	4.3		1	A	1		0.3	19.5	
Sugars, total	g	10.71		1	MA	12		0.72	48.62	
Starch	g									
Minerals:				_	_	_		•	640	
Calcium, Ca	-	141		1	A	1		9	640	
Iron, Fe	-	6.27		1	A	1		0.42	28.47	
Magnesium, Mg		41		0	FLM	4		3	186	
Phosphorus, P	-	239		0	FLM	4		16	1085	
Potassium, K		450		0 1	FLM	4		30	2043	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	5203		0	A	1 4		349	23622	
Zinc, Zn		0.76 0.146	-	0	FLM FLM	4		0.05 0.010	3.45 0.663	
Copper, Cu		0.146		0	FLM	4		0.010	0.663	
Manganese, Mn.		18.0		0	FLM	4		1.2	81.7	
Selenium, Se	nog	10.0		U	FIM	-		1.2	61.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		1	A	1		0.1	4.1	
Thiamin	mg	0.187	7	0	FLM	4		0.013	0.849	
Riboflavin	mg	0.514	l	0	FLM	4		0.034	2.334	
Niacin	mg	1.075	5	0	FLM	4		0.072	4.881	
Pantothenic acid	mg	1.218	3	0	FLM	4		0.082	5.530	
Vitamin B-6	mg	0.138	3	0	FLM	4		0.009	0.627	
Folate, total	mcg	34		0	FLA	4		2	156	
Folic acid	mcg	20		0	FLA	4		1	89	
Folate, food		15		0	FLA	4		1	67	
Folate, DFE	mcg_DFE	48		0	NC	4		3	218	
Vitamin B-12		0.62		0	FLM	4		0.04	2.81	
Vitamin A, IU	IU	8		0	FLA	4		1	36	
Vitamin A, RAE	mcg_RAE	2		0	FLA	4		0	10	
Retinol	mcg	2		0	FLA	4		0	10	
Vitamin E (alpha-tocopherol)	mg	0.01		0	FLA	4		0.00	0.06	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.4		0	FLA	4		0.0	2.0	
Lipids:										
Fatty acids, total saturated	a	4.880)	1	A	1		0.327	22.155	
4:0		0.000		1	A	1		0.000	0.000	
6:0		0.000		1	A	1		0.000	0.000	
8:0		0.000		1	A	1		0.000	0.000	
10:0	-	0.000		1	A	1		0.000	0.000	
12:0		0.023		1	A	1		0.002	0.104	
13:0										
14:0		0.451	L	1	A	1		0.030	2.048	
15:0										
16:0		4.031	L	1	A	1		0.270	18.301	
17:0										
18:0	_	0.000)	1	A	1		0.000	0.000	
20:0	_									
22:0	_									
24:0	_									

		<u>Ar</u>	nount in 10	0 grams Number		ole portio	<u>n</u>		edible portion of easures of food	
Nutrients and l	Jnits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat		3.659		1	A	1		0.245	16.612	
14:1										
15:1	_									
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.389		1	A	1		0.026	1.766	
17:1	_			_		_				
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	3.102		1	A	1		0.208	14.083	
20:1	_	0.092		1	A	1		0.006	0.418	
22:1 undifferentiated	•	0.000		1	A	1		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated		0.938		1	A	1		0.063	4.259	
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.870		1	A	1		0.058	3.950	
18:3 undifferentiated	_	0.068		1	A	1		0.005	0.309	
18:4	_	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated	_									
20:4 undifferentiated		0.000		1	A	1		0.000	0.000	
20:5 n-3		0.000		1	A	1		0.000	0.000	
22:5 n-3	_	0.000		1	A	1		0.000	0.000	
22:6 n-3	_	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	• • • • • • • • • • • • • • • • • • • •	11		1	A	1		1	50	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	
Caffeine	mg	0		0	FLA	4		0	0	
Theobromine	<u>mg</u>	0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	FLA	4		0.032	2.153	
Carotene, alpha	mcg	0		0	FLA	4		0.001	0.040	
Cryptoxanthin, beta	mcg	0		0	FLA	4		0.001	0.058	
Lycopene	mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin	mcg	2		0	FLA	4		0.154	10.457	

Common Measures:

Measure 1 = 6.7g: 1 serving

Measure 2 = 454g: 1 package (16 oz)

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 10	0 grams	of edit	ole portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	5.24		1	A	1		0.35	23.79		
Energy	kcal	409		0	MC	9		27	1857		
Energy	kj	1711				9		115	7769		
Protein	g	11.72		1	A	1		0.79	53.21		
Total lipid (fat)	g	14.66		1	A	1		0.98	66.56		
Ash	g	10.82		1	A	1		0.72	49.12		
Carbohydrate, by difference	g	57.56		0	MC	9		3.86	261.32		
Fiber, total dietary	g	3.8		1	A	1		0.3	17.3		
Sugars, total	g	6.56		1	MA	12		0.44	29.78		
Starch	g										
A:											
Minerals:	ma	115		1	A	1		8	522		
Calcium, Ca	-	9.57		1	A A	1		8 0.64	522 43.45		
Magnesium, Mg	-	30		0	FLM	4		2	43.45 136		
Phosphorus, P		203		0	FLM	4		2 14	922		
Potassium, K	•	306		0	FLM	4		21	1389		
Sodium, Na	-	4090		1	A	1		274	18569		
Zine, Zn	-	1.13		0	FLM	4		0.08	5.13		
Copper, Cu		0.169)	0	FLM	4		0.011	0.767		
Manganese, Mn		0.186		0	FLM	4		0.012	0.844		
Selenium, Se		19.4		0	FLM	4		1.3	88.1		
•											
<u>'itamins:</u>											
Vitamin C, total ascorbic acid	-	0.9		1	A	1		0.1	4.1		
Thiamin		0.130		0	FLM	4		0.009	0.590		
Riboflavin		0.264		0	FLM	4		0.018	1.199		
Niacin		1.181		0	FLM	4		0.079	5.362		
Pantothenic acid	-	0.630		0	FLM	4		0.042	2.860		
Vitamin B-6	-	0.205	•	0	FLM	4		0.014	0.931		
Folate, total		45		0	FLA	4		3	206		
Folic acid		15		0	FLA	4		1	68		
Foliate, food		30		0	FLA	4		2	138		
Folate, DFE		56		0	NC	4		4	254		
Vitamin B-12		0.37		0	FLM	4 4		0.02	1.68		
Vitamin A, IU		63		-	FLA	_		4	286		
Vitamin A, RAE		18 17		0 0	FLA FLA	4 4		1 1	80		
Retinol		0.74		0	FLA	4		0.05	79 3.37		
Vitamin E (alpha-tocopherol)		0.74		U	FLA	4		0.05	3.37		
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		2.0		0	FLA	4		0.1	9.1		
	···········										
<u> .ipids:</u>											
Fatty acids, total saturated		4.931		1	A	1		0.330	22.387		
4:0		0.044		1	A	1		0.003	0.200		
6:0	-	0.028		1	A	1		0.002	0.127		
8:0		0.018		1	A	1		0.001	0.082		
10:0		0.049		1	A	1		0.003	0.222		
12:0		0.072	!	1	A	1		0.005	0.327		
13:0				~	_	_					
14:0		0.322	:	1	A	1		0.022	1.462		
15:0				~	_	_					
16:0		3.004	ŀ	1	A	1		0.201	13.638		
17:0	-			~	_	_					
18:0	-	1.234	ı	1	A	1		0.083	5.602		
20:0	-										
22:0	a										

		<u>Ar</u>	nount in 10	0 grams		ole portio	<u>en</u>	Amount in edible portion of common measures of food			
Nutrients and U	Jnits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate		5.250		1	A	1		0.352	23.835		
14:1	• • • • • • • • • • • • • • • • • • • •										
15:1	-			_		_					
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.349		1	A	1		0.023	1.584		
17:1	-			_	_	_					
18:1 undifferentiated		4.744		1	A	1		0.318	21.538		
20:1	-	0.070		1	A	1		0.005	0.318		
22:1 undifferentiated	•	0.036		1	A	1		0.002	0.163		
24:1 c				_		_					
Fatty acids, total polyunsaturated		4.478		1	A	1		0.300	20.330		
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	4.023		1	A	1		0.270	18.264		
18:3 undifferentiated	-	0.426		1	A	1		0.029	1.934		
18:4	-	0.029		1	A	1		0.002	0.132		
20:2 n-6 c,c											
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •										
20:4 undifferentiated		0.000		1	A	1		0.000	0.000		
20:5 n-3		0.000		1	A	1		0.000	0.000		
22:5 n-3		0.000		1	A	1		0.000	0.000		
22:6 n-3		0.000		1	A	1		0.000	0.000		
Fatty acids, total trans											
Cholesterol	• • • • • • • • • • • • • • • • • • • •	24		1	A	1		2	109		
Phytosterols	mg										
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	FLA	4		0	0		
Carotenoids:											
Carotene, beta	mcg	3		0	FLA	4		0.214	14.526		
Carotene, alpha	mcg	0		0	FLA	4		0.001	0.038		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0.001	0.058		
Lycopene	mcg	0		0	FLA	4		0.000	0.000		
Lutein + zeaxanthin	mcg	6		0	FLA	4		0.406	27.532		

Common Measures:

Measure 1 = 6.7g: 1 serving

Measure 2 = 454g: 1 package (16 oz)

Calories Factors: Protein Fat Carbohydrate

Nutrients and Units			<u>A</u> :	mount in 10	<u>0 grams</u>	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Units					Number				<u>m</u>	easures of food	<u>l</u>
Partitimates:					of Data	Deriv	Source	Confidence			
Water	Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Energy	Proximates:										
Increys			87.50				4		206.50		
Protein	Energy	kcal	53				4		125		
Total lipid (ath)	Energy	kj	222				4		523		
Ash	Protein	g	3.80				4		8.97		
Carbohydrain, by difference	Total lipid (fat)	g	2.40				4		5.66		
Fiber, total dietary. 9 0.31	Ash	g	0.14		0	NR	4		0.33		
Signate	Carbohydrate, by difference	g	6.16		0	NR	4		14.54		
Sarch	Fiber, total dietary	g	0.3				4		0.7		
Calcium, Ca.	Sugars, total	g	0.01		0	FLA	4		0.02		
Calcium, Ca.	<u> </u>										
Calcium, C.											
Inn. Fe			_				_				
Magnesium Mg. ng 2 4 5 Phosphorans P. ng 81 4 71 Potessium K. ng 18 12 42 Sodium, N. ng 1.00 4 2.36 Copper, C. ng 0.100 4 2.36 Copper, C. ng 0.100 4 2.36 Witamin S. ng 0.6 0 CAZN 4 0.236 Vitamin S. ng 0.0 CAZN 4 0.0 Witamin S. ng 0.0 0.0 4 0.0 Witamin S. ng 0.040 4 0.071 Niscin ng 0.660 4 1.559 Pantohenic acid. ng 0.660 4 1.559 Vitamin B. G. ng 0.010 4 0.024 Folica coll ng 0.010 FLA 4 0.024 Foliac total mg 0.010 FLA 4	· · · · · · · · · · · · · · · · · · ·	-					4				
Pleaspinus P.	· ·	-					4				
Potassium, K. mg 81 4 191 Sodium, Na. mg 1.00 4 2.36 Copper, Cu. mg 0.100 4 2.36 Copper, Cu. mg 0.100 4 2.36 Copper, Cu. mg 0.6 0 CAZN 4 0.236 Witamin C. mg 0.6 0 CAZN 4 0.0 Vitamin C. total assorbic scid. mg 0.03 4 0.071 Thianim mg 0.040 4 0.094 Nacin. mg 0.040 4 0.094 Nacin. mg 0.040 4 0.094 Nacin. mg 0.010 4 0.024 Vitamin B-6 mg 0.010 4 0.024 Folate, food. mg 2.5 0 FLA 4 0.024 Folate, food. mg 2.5 0 FLA 4 0.24 <							4				
Sedium Na.	• .	-					4				
Zinc, Zn		-					=				
Copper, Cu. mg 0.100 4 0.236 Manganese, Mn. mg 1.4 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 4 0.0 Thiamin. mg 0.030 4 0.071 Ribollavin. mg 0.040 4 0.094 Niacin. mg 0.040 4 0.094 Niacin. mg 0.040 4 0.094 Niacin. mg 0.040 4 0.094 Patothenic acid. mg 1.1558 4 0.024 Patote acid. mg 1.010 4 0.024 Foliac acid. mg 0.010 FLA 4 58 Foliac pod. mcg 25 0 FLA 4 58 Folate, Def. mcg 0.10 TLA 4 0.24 Vitamin A, U. U. 0 PLA 4 0.15 Vitamin A, Elemanocopherol. <td></td> <td>-</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>		-									
Manganese Mn. mg Vitamin Sc. mCg 0.6 0 CAZN 4 1.4 Vitamin C. total ascorbic acid. mg 0.030 4 0.0 Thiamin. mg 0.030 4 0.071 Ribofiavin. mg 0.040 4 0.074 Niacin. mg 0.660 4 0.024 Patothenic acid. mg 1.558 1.558 Patothenic acid. mg 1.010 FLA 4 0.024 Vitamin B-6. mg 0.010 FLA 4 0.024 Folate, fold. mcg 0 PLA 4 58 Folate, food. mcg 0 PLA 4 58 Folate, food. mcg 25 0 PLA 4 58 Folate, food. mcg 0.10 PLA 4 58 Folate, food. mcg 0.10 WC 4 0.24 Vitamin B-12. mcg											
Scienting Se mcg 0.6 0 CAZN 4 1.4			0.100)			4		0.236		
Vitamins: Vitamin C, total ascobic acid. mg 0.0 4 0.0 Thiamin mg 0.030 4 0.071 Ribofiavin mg 0.040 4 0.094 Niacin mg 0.660 4 0.094 Niacin mg 0.660 4 0.024 Pattotheric acid mg 0 Flat 4 0.024 Folate, foel mg 0 Flat 4 58 Folate, foeld mg 25 0 FLA 4 58 Folate, foeld mg 25 0 FLA 4 58 Folate, foeld mg 25 0 FLA 4 0 Vitamin B-12 mcg 0.10 W 4 0 24 Vitamin B-12 mcg 0 0 FLA 4 0 2 4 0 2 4 0 2 4 0 1 4					_						
Vitamin C, total ascorbic acid. mg	Selenium, Se	mcg	0.6		0	CAZN	4		1.4		
Vitamin C, total ascorbic acid	Vitamins:										
Thiamin mg 0.030 4 0.071 Ribolavin mg 0.660 4 0.094 Nation mg 0.660 4 0.094 Pantotheric acid. mg 0.010 4 0.024 Folate, total mcg 25 0 FLA 4 0 Folica cid. mcg 0 0 FLA 4 0 Folate, food. mcg 0 PLA 4 0 24 Vitamin F.12 mcg 0 1 FLA 4 0 24 Vitamin A, IV. IU 0 0 FLA 4 0 1 1 0 1 1 0 1 1 0 <td></td> <td>mg</td> <td>0.0</td> <td></td> <td></td> <td></td> <td>4</td> <td></td> <td>0.0</td> <td></td> <td></td>		mg	0.0				4		0.0		
Riboflavin mg 0.040 4 0.094 Niacin mg 0.660 4 1.558 Pantothenic acid mg 1 4 0.024 Polate, ford mg 0.010 FLA 4 58 Folia caid mcg 25 0 FLA 4 58 Foliac, Ford mcg 25 0 FLA 4 58 Foliate, Ford mcg 25 0 NC 4 58 Foliate, Ford mcg 25 0 NC 4 58 Foliate, Ford mcg 0.10 *** 4 0.24 Vitamin B-12 mcg 0.10 *** 4 0.24 Vitamin B-12 mcg 0 *** 4 0.24 Vitamin A, RAE mcg_RAE 0 0 *** 4 0.15 Tocopherol, garma mg 0 0 *** 4 0.15		-)			4				
Niacin mg 0.660 4 1.558 Pantohenic acid. mg 0.010 4 0.024 Folate, total mcg 25 0 FLA 4 0 Folite, total mcg 0 0 FLA 4 0 Folite, food mcg 25 0 PLA 4 58 Folate, food mcg 25 0 NC 4 58 Folate, food mcg 0.10 L 4 0.24 Vitamin B.12 mcg 0.10 PLA 4 0 Vitamin B.12 mcg 0 PLA 4 0 Vitamin B.2 mcg 0 PLA 4 0 Vitamin B.2 mcg 0 PLA 4 0.15 Tocopherol, beta. mg 0 PLA 4 0.15 Tocopherol, garma mg 1 0 PLA 4 0.0 Vitamin		-					4				
Pantohenic acid. mg							4				
Vitamin B-6. mg 0.010 4 0.024 Folde, lotal mcg 25 0 FLA 4 0 Folate, food. mcg 0 0 FLA 4 58 Folate, DFE. mcg_DFE 25 0 NC 4 58 Vitamin B-12. mcg 0.10 4 58 Vitamin A, IU IU 0 0 FLA 4 0.24 Vitamin A, RAE. mcg_ARE 0 0 FLA 4 0 Vitamin B (alpha-tocopherol). mcg 0 0 FLA 4 0.15 Tocopherol, beta. mg 0 0 FLA 4 0.15 Tocopherol, gamma. mg 0 0 FLA 4 0.01 Vitamin C (phylloquinone). mcg 0 0 FLA 4 0.0 Vitamin K (phylloquinone). mcg 0 0 FLA 4 0.0 Vi											
Folate, total		-	0.010)			4		0.024		
Folia cid.			25		0	FLA	4		58		
Folate, food.							4				
Folate, DFE			25		0	FLA	4				
Vitamin B-12. meg 0.10 4 0.24 Vitamin A, IU. IU 0 FLA 4 0 Vitamin A, RAE. meg_RAE 0 0 FLA 4 0 Retinol. mcg 0.06 0 FLA 4 0 Vitamin E (alpha-tocopherol) mg 0.06 0 FLA 4 0 Tocopherol, beta mg 0 0 FLA 4 0.15 Tocopherol, gamma mg 7 0 FLA 4 0.15 Tocopherol, delta mg 0 FLA 4 0.05 Vitamin K (phylloquinone) mcg 0.0 p FLA 4 0.0 Lipids: Fatty acids, total saturated g 1.003 4 2.367 4 4:0. g 0.000 4 0.000 4 0.000 8:0. g 0.000 4 0.000 0.017 12:0. <td></td> <td></td> <td>25</td> <td></td> <td>0</td> <td>NC</td> <td>4</td> <td></td> <td>58</td> <td></td> <td></td>			25		0	NC	4		58		
Vitamin A, IU. IU 0 FLA 4 0 Vitamin A, RAE. mcg_RAE 0 0 FLA 4 0 Retinol. mcg 0 0.06 0 FLA 4 0 Vitamin E (alpha-tocopherol). mg 0.06 0 FLA 4 0.15 Tocopherol, beta. mg 1 1 4 0.15 Tocopherol, delta. mg 1 1 4 0.05 Vitamin D. IU VITALITY STATE ST			0.10				4		0.24		
Vitamin A, RAE mcg_RAE 0 0 FLA 4 0 Retinol mcg 0 0 FLA 4 0 Vitamin E (alpha-tocopherol) mg 0.06 0 FLA 4 0.15 Tocopherol, beta mg 1 2 2 4 2 3.67 4 2 3.67 4			0		0	FLA	4		0		
Retinol mcg 0 FLA 4 0 Vitamin E (alpha-tocopherol) mg 0.06 0 FLA 4 0.15 Tocopherol, beta. mg Tocopherol, gamma. mg Vitamin D. U Vitamin K (phylloquinone). U Lipids: Estry acids, total saturated. 9 1.003 FLA 4 0.00 6:0. g 0.000 4 0.000 6:0. g 0.000 4 0.000 8:0. g 0.000 4 0.000 8:0. g 0.007 4 0.017 12:0. g 0.008 4 0.017 13:0. g 0.076 4 0.179 15:0. g 0.583 4 1.376 17:0. g 0.288 4 0.680 20:0. g 0.288 4 0.680			0		0		4		0		
Vitamin E (alpha-tocopherol) mg 0.06 FLA 4 0.15 Tocopherol, beta mg 0.06 FLA 4 0.15 Tocopherol, delta mg 0.0 FLA 4 0.0 Vitamin D U U U U U U U U U 0.0 <td< td=""><td></td><td></td><td>0</td><td></td><td>0</td><td></td><td>4</td><td></td><td>0</td><td></td><td></td></td<>			0		0		4		0		
Tocopherol, beta									0.15		
Tocopherol, gamma mg Tocopherol, delta mg Vitamin D.											
Tocopherol, delta	-										
Vitamin D. IU Vitamin K (phylloquinone) mcg 0.0 FLA 4 0.0 Lipids: Fatty acids, total saturated. g 1.003 4 2.367 4:0. g 0.000 4 0.000 6:0. g 0.000 4 0.000 8:0. g 0.007 4 0.017 10:0. g 0.008 4 0.017 12:0. g 0.008 4 0.179 13:0. g 0.076 4 0.179 15:0. g 0.583 4 1.376 17:0. g 0.288 4 0.680 20:0. g 0.288 4 0.680											
Vitamin K (phylloquinone) mcg 0.0 FLA 4 0.0 Lipids: Fatty acids, total saturated 9 1.003 4 2.367 4:0 9 0.000 4 0.000 6:0 9 0.000 4 0.000 8:0 9 0.000 4 0.000 10:0 9 0.007 4 0.017 12:0 9 0.008 4 0.019 13:0 9 14:0 9 0.076 4 0.179 15:0 9 16:0 9 0.583 4 1.376 17:0 9 18:0 9 0.288 4 0.680 20:0 9											
Lipids: Fatty acids, total saturated			0.0		0	FLA	4		0.0		
Fatty acids, total saturated. 9 1.003 4 2.367 4:0 9 0.000 4 0.000 6:0 9 0.000 4 0.000 8:0 9 0.000 4 0.017 10:0 9 0.008 4 0.019 13:0 9 14:0 9 0.076 4 0.179 15:0 9 16:0 9 0.583 4 1.376 17:0 9 18:0 9 0.288 4 0.680		₹									
4:0											
6:0. 9 0.000 4 0.000 8:0. 9 0.000 4 0.000 10:0. 9 0.007 4 0.017 12:0. 9 0.008 4 0.019 13:0. 9 0.076 4 0.179 15:0. 9 0.583 4 1.376 17:0. 9 18:0. 9 0.288 4 0.680 20:0. 9	-						4				
8:0							4				
10:0. g 0.007 4 0.017 12:0. g 0.008 4 0.019 13:0. g 0.076 4 0.179 15:0. g 0.583 4 1.376 17:0. g 18:0. g 0.288 4 0.680 20:0. g							4				
12:0. 9 0.008 4 0.019 13:0. 9 14:0. 9 0.076 4 0.179 15:0. 9 16:0. 9 0.583 4 1.376 17:0. 9 18:0. 9 0.288 4 0.680 20:0. 9		-					4				
13:0		-					4				
14:0			0.008	5			4		0.019		
15:0			_	_			_		_		
16:0 g 0.583 4 1.376 17:0 g 18:0 g 0.288 4 0.680 20:0 g			0.076	5			4		0.179		
17:0							_				
18:0g 0.288 4 0.680 20:0g			0.583	3			4		1.376		
20:0g											
			0.288	3			4		0.680		
22:0g		-									
	22:0	g									

	<u>Ar</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturated9	1.068				4		2.520		
14:1g									
15:1	0.102				4		0.241		
17:1g	0.102				4		0.241		
18:1 undifferentiated	0.917				4		2.164		
20:1g	0.917				4		0.012		
22:1 undifferentiatedg	0.000				4		0.012		
24:1 cg	0.000				-		0.000		
Fatty acids, total polyunsaturatedg	0.095				4		0.224		
18:2 undifferentiatedg	0.063				4		0.149		
18:3 undifferentiated	0.026				4		0.061		
18:4g	0.000				4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiated									
20:4 undifferentiatedg	0.003				4		0.007		
20:5 n-3g	0.000				4		0.000		
22:5 n-3g	0.000				4		0.000		
22:6 n-3g	0.000				4		0.000		
Fatty acids, total transg									
Cholesterolmg	3				4		7		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				4		0.0		
Caffeinemg	0		0	FLA	4		0		
Theobrominemg	0		0	FLA	4		0		
Carotenoids:									
Carotene, betamcg	0		0	FLA	4		0.012		
Carotene, alphamcg	0		0	FLA	4		0.005		
Cryptoxanthin, betamcg	0		0	FLA	4		0.008		
Lycopenemcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin mcg	1		0	FLA	4		1.416		

Common Measures:

Measure 1 = 236g: 1 cup

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nι	umber	r			<u>m</u>	easures of food	<u> </u>	
			of	f Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	89.00	0.084	10		1		211.82	265.22		
Energy	kcal	50		0	NC	4		119	149		
Energy	kj	209				4		498	623		
Protein (N x 6.25)	g	1.26	0.014	11		1		3.00	3.75		
Total lipid (fat)	g	2.71		11		1		6.45	8.08		
Ash	g	1.56	0.027	10		1		3.71	4.65		
Carbohydrate, by difference	g	5.47		0	NC	4		13.02	16.30		
Fiber, total dietary	g	0.4		0		4		1.0	1.2		
Sugars, total	g										
Starch	g										
W:											
Minerals: Calcium, Ca	ma	7	0.286	7		1		17	21		
Iron, Fe	-	0.66	0.286	7		1		1.57	1.97		
Magnesium, Mg	-	2	0.000	0		4		5	6		
Phosphorus, P		15		1		1		36	45		
Potassium, K		106		1		1		252	316		
Sodium, Na		570	8.691	6		1		1357	1699		
Zinc, Zn		0.70		1		1		1.67	2.09		
Copper, Cu	-	0.100		1		1		0.238	0.298		
Manganese, Mn		0.300		1		1		0.714	0.894		
Selenium, Se		1.9		0	RA	4		4.5	5.7		
7.4											
Vitamins:		0.0		_				0.0			
Vitamin C, total ascorbic acid	-	0.0 0.033	0.004	6 7		1 1		0.0 0.079	0.0 0.098		
Thiamin		0.033		7		1		0.079			
Riboflavin		0.063		7		1		1.597	0.188 2.000		
Niacin Pantothenic acid		1.100		0		4		2.618	3.278		
Vitamin B-6	-	0.020		1		1		0.048	0.060		
Folate, total	-	12		0		4		29	36		
Folic acid		0		0	z	7		0	0		
Folate, food		12		0	-	4		29	36		
Folate, DFE		12		0	NC	4		29	36		
Vitamin B-12		0.00		0	110	1		0.00	0.00		
Vitamin A, IU	IU	0	0.000	7		1		0	0		
Vitamin A, RAE		0		0	NC	4		0	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	-										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	a	0.400		0		1		0.952	1.192		
4:0		0.400		O		-		0.552	1.172		
6:0											
8:0											
10:0											
12:0											
13:0											
14:0		0.000		0		1		0.000	0.000		
15:0											
16:0		0.270		0		1		0.643	0.805		
17:0											
18:0	g	0.140		0		1		0.333	0.417		
20:0	g										
22:0	g										
24:0	q										

		<u>An</u>	nount in 100 grams	s of edible portion	<u>on</u>	Amount in edible portion of common			
			0. 2 4	Deriv Source	Confidence	<u>m</u>	easures of food		
Nutrients and Unit	s	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	а	1.170	0	1		2.785	3.487		
14:1			•	_		2.703	3.407		
15:1	-								
16:1 undifferentiated	g	0.010	0	1		0.024	0.030		
17:1	g								
18:1 undifferentiated	g	1.150	0	1		2.737	3.427		
20:1	g								
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturated		1.020	0	1		2.428	3.040		
18:2 undifferentiated	g	0.950	0	1		2.261	2.831		
18:3 undifferentiated	g	0.070	0	1		0.167	0.209		
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated									
20:5 n-3									
22:5 n-3									
22:6 n-3									
Fatty acids, total trans	-								
Cholesterol	_	0	0	1		0	0		
Phytosterols	mg								

Common Measures:

Measure 1 = 238g: 1 cup Measure 2 = 298g: 1 can

Calories Factors: Protein 3.4 Fat 8.9 Carbohydrate 4

		<u>Aı</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in edible portion of comm			
			Nu	ımber	,			<u>m</u>	easures of food	<u>l</u>	
			Ψ.			Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	3.34	0.386	4		1		0.70			
Energy	kcal	328		0	NC	4		69			
Energy	kj	1372				4		288			
Protein (N x 6.25)		10.00		2		1		2.10			
Total lipid (fat)	g	4.00		2		1		0.84			
Ash		18.00		2		1		3.78			
Carbohydrate, by difference		64.66		0	NC	4		13.58			
Fiber, total dietary	g	4.8		0		4		1.0			
Sugars, total	g	5.41		0	FLA	4		1.14			
Starch	g										
Minerals:											
Calcium, Ca	ma	230		2		1		48			
Iron, Fe		1.00		0		4		0.21			
Magnesium, Mg		34		0		4		7			
Phosphorus, P		203		0		4		43			
Potassium, K		262		0		4		55			
Sodium, Na		6580		2		1		1382			
Zinc, Zn		1.54	0.084	3		1		0.32			
Copper, Cu	mg	0.535	0.020	3		1		0.112			
Manganese, Mn	mg	0.400)	0		4		0.084			
Selenium, Se	mcg	5.3		0	BFSN	4		1.1			
Vitamins:											
	ma	7.0		0		4		1.5			
Vitamin C, total ascorbic acid	_	0.200		0		4		0.042			
ThiaminRiboflavin		0.200		0		4		0.042			
Niacin		3.700		0		4		0.084			
Pantothenic acid		0.100		0		4		0.777			
Vitamin B-6	-	0.100		0		4		0.021			
Folate, total	_	31	•	0	CASN	4		7			
Folic acid		17		0	NC	4		4			
Folate, food		14		0	110	4		3			
Folate, DFE		43		0	NC	4		9			
Vitamin B-12		0.70		0	110	4		0.15			
Vitamin A, IU	II.J	1		0	FLA	4		0			
Vitamin A, RAE		0		0	FLA	4		0			
Retinol		0		0	FLA	4		0			
Vitamin E (alpha-tocopherol)		0.15		0	FLA	4		0.03			
Tocopherol, beta		0.20		·		-		0.05			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.2		0	FLA	4		0.1			
	-										
Lipids:	~			_		_		0 .00			
Fatty acids, total saturated		2.360		0		1		0.496			
4:0		0.000		0	FLA	4		0.000			
6:0	_	0.010		0		1		0.002			
8:0	-	0.080		0		1		0.017			
10:0	_	0.060		0		1 1		0.013 0.101			
12:0	-	0.480	,	U		T		0.101			
13:0 14:0	-	0.000		0		1		0.050			
		0.280	,	U		T		0.059			
15:0		0 020		0		1		0 174			
16:0		0.830	,	U		1		0.174			
17:0	-	0.600		0		1		0.126			
18:0	_	0.600	,	U		1		0.126			
20:0	_										
22:0	g g										

	<u>Ar</u>	nount in 10	0 grams	<u>n</u>	Amount in edible portion of common				
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.310		0		1		0.275		
14:1g									
15:1g	0 100		•				0 007		
16:1 undifferentiatedg	0.130		0		1		0.027		
17:1g	1 140		0		1		0.000		
18:1 undifferentiatedg	1.140 0.010		0		1		0.239		
20:1g			0		4		0.002		
22:1 undifferentiatedg	0.000		U	FLA	4		0.000		
24:1 c	0.140		0		1		0.029		
Fatty acids, total polyunsaturatedg	0.140		0		1		0.029		
18:2 undifferentiated	0.110		0		1				
	0.020		0	FLA	4		0.004		
18:4g	0.000		U	FLA	4		0.000		
20:2 n-6 c,c									
20:4 undifferentiated	0.000		0	FLA	4		0.000		
20:5 n-3g	0.000		0	FLA	4		0.000		
=			0		4				
22:5 n-3g	0.000		0	FLA FLA	4		0.000		
22:6 n-3	0.000		U	FLA	4		0.000		
Fatty acids, total transg	3		0		1		•		
Cholesterolmg Phytosterolsmg	3		U		1		1		
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobromine mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta mcg	1		0	FLA	4		0.117		
Carotene, alphamcg	0		0	FLA	4		0.005		
Cryptoxanthin, betamcg	0		0	FLA	4		0.007		
Lycopene mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin mcg	9		0	FLA	4		1.870		

Common Measures:

Measure 1 = 21g: 1 cup (8 fl oz)

Calories Factors: Protein 3.4 Fat 8.9 Carbohydrate 4

		<u>A</u>	mount in 100	grams	ot edik	ne portio	<u>n</u>	Amount in edible portion of common		
			N	Number				m	easures of food	_
						Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	4.36		2		1		1.05		
Energy	kcal	322		0	NC	4		77		
Energy		1347				4		323		
Protein (N x 6.25)		9.00		2		1		2.16		
Total lipid (fat)	-	3.00		2		1		0.72		
Ash		16.00		2		1		3.84		
Carbohydrate, by difference		67.64		0	NC	4		16.23		
Fiber, total dietary	g	6.0		0		4		1.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	280		2		1		67		
Iron, Fe.	_	1.00		0		4		0.24		
Magnesium, Mg	-	34		0		4		8		
Phosphorus, P		203		0		4		49		
Potassium, K	mg	262		0		4		63		
Sodium, Na		4186		3		1		1005		
Zinc, Zn	mg	0.88		2		1		0.21		
Copper, Cu	mg	0.170)	2		1		0.041		
Manganese, Mn		0.400)	0		4		0.096		
Selenium, Se	mcg	6.1		0	BFSN	4		1.5		
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid		7.0		0		4		1.7		
Thiamin	_	0.200		0		4		0.048		
Riboflavin		0.400		0		4		0.096		
Niacin		3.700		0		4		0.888		
Pantothenic acid		0.100		0		4		0.024		
Vitamin B-6	-	0.100)	0	a. a.	4		0.024		
Folate, total		31 17		0	CASN	4		7		
Folic acid		14		0	NC	4 4		4 3		
Folate, food		14 43		0	NC	4		3 10		
Folate, DFEVitamin B-12		0.70		0	NC	4		0.17		
Vitamin A, IU		0.70		0		4		0.17		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		·		·	-	•		·		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.860)	0		1		0.446		
4:0										
6:0		0.020)	0		1		0.005		
8:0	-	0.080		0		1		0.019		
10:0		0.060)	0		1		0.014		
12:0	-	0.470)	0		1		0.113		
13:0	g									
14:0	-	0.240)	0		1		0.058		
15:0	-									
16:0		0.580)	0		1		0.139		
17:0										
18:0		0.410)	0		1		0.098		
20:0										
22:0										
24:0										

		<u>An</u>	nount in 100 grams	s of edible portion	<u>on</u>	Amount in edible portion of common			
Nutrients and Unit	s	Mean	Numbe of Data Std. Error Points	Deriv Source	Confidence	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	0.900	0	1		0.216			
14:1									
15:1		0.080	0	1		0.019			
17:1		0.000	· ·	_		0.025			
18:1 undifferentiated		0.720	0	1		0.173			
20:1	g	0.070	0	1		0.017			
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturated	g	0.140	0	1		0.034			
18:2 undifferentiated	g	0.080	0	1		0.019			
18:3 undifferentiated	g	0.010	0	1		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	-								
Fatty acids, total trans									
Cholesterol		2	0	1		0			
Phytosterols	mg								

Common Measures:

Measure 1 = 24g: 1 cup (8 fl oz)

Calories Factors: Protein 3.5 Fat 9 Carbohydrate 3.9

		<u>A</u>	mount in 10	<u>0 grams</u>	of edik	ole portio	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	4.43		3	MA	12		0.30			
Energy	kcal	367		0	NC	4		25			
Energy	kj	1536				4		103			
Protein	g	8.78		3	A	1		0.59			
Total lipid (fat)	g	8.63		3	MA	12		0.58			
Ash	g	14.59		3	A	1		0.98			
Carbohydrate, by difference	g	63.57		0	NC	4		4.26			
Fiber, total dietary	g	2.4		1	MA	12		0.2			
Sugars, total	g	24.73		0	FLA	4		1.66			
Starch	g										
Minerals:											
Calcium, Ca	-	139		3	A	1		9			
Iron, Fe	-	3.94		1	A	1		0.26			
Magnesium, Mg		34		0	BFZN	4		2			
Phosphorus, P	_	188		0	BFZN	4		13			
Potassium, K	_	235		0	BFZN	4		16			
Sodium, Na	_	5356		3 0	A	1 4		359			
Zinc, Zn Copper, Cu		1.06 0.154		0	BFZN BFZN	4		0.07 0.010			
Manganese, Mn	_	0.134		0	BFZN	4		0.010			
Selenium, Se		6.1	-	0	BFSN	4		0.4			
Vitamins:											
Vitamin C, total ascorbic acid	ma	1.4		1	A	1		0.1			
Thiamin		0.160)	0	BFZN	4		0.011			
Riboflavin	-	0.283	3	2	A	1		0.019			
Niacin	_	2.270)	0	BFZN	4		0.152			
Pantothenic acid	mg	0.326	5	0	BFZN	4		0.022			
Vitamin B-6	mg	0.086	5	0	BFZN	4		0.006			
Folate, total	mcg	31		0	CASN	4		2			
Folic acid	mcg	15		0	NC	4		1			
Folate, food		16		0		4		1			
Folate, DFE	mcg_DFE	42		0	NC	4		3			
Vitamin B-12		0.51		0	BFZN	4		0.03			
Vitamin A, IU	IU	117		0	FLA	4		8			
Vitamin A, RAE		34		0	FLA	4		2			
Retinol		34		0	FLA	4		2			
Vitamin E (alpha-tocopherol)	mg	0.26		0	FLA	4		0.02			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)		0.4		0	FLA	4		0.0			
Lipids:											
Fatty acids, total saturated	g	4.290)	0	BFFN	4		0.287			
4:0		0.000		0	BFFN	4		0.000			
6:0		0.000)	0	BFFN	4		0.000			
8:0	g	0.000)	0	BFFN	4		0.000			
10:0	g	0.000)	0	BFFN	4		0.000			
12:0		0.013	3	0	BFFN	4		0.001			
13:0	g										
14:0	g	0.267	7	0	BFFN	4		0.018			
15:0											
16:0	g	2.130)	0	BFFN	4		0.143			
17:0	-										
18:0	-	1.563	3	0	BFFN	4		0.105			
20:0	g										
22:0											

Nutrients and Units		<u>Ar</u>	nount in 10	00 grams	of edib	<u>on</u>	Amount in edible portion of common			
4:1. 9 15:1. 9 16:1 undifferentiated. 9 0.217 0 BFFN 4 0.015 17:1 9 18:1 undifferentiated. 9 0.040 0 BFFN 4 0.003 22:1 undifferentiated. 9 0.000 0 BFFN 4 0.000 24:1 0 0 0 0 0 0 0 0 0	Nutrients and Units	Mean	Std. Error	of Data	Deriv					Measure 3
4:1. 9 15:1. 9 16:1 undifferentiated. 9 0.217 0 BFFN 4 0.015 17:1 9 18:1 undifferentiated. 9 0.040 0 BFFN 4 0.003 22:1 undifferentiated. 9 0.000 0 BFFN 4 0.000 24:1 0 0 0 0 0 0 0 0 0										
15-1	Fatty acids, total monounsaturatedg	3.881		0	BFFN	4		0.260		
16-1 undifferentiated. g 0.217 0 BFFN 4 0.015 17-1	14:1g									
17:1.										
18:1 undifferentiated	16:1 undifferentiatedg	0.217		0	BFFN	4		0.015		
20:1										
22:1 undifferentiated		3.571		0	BFFN	4		0.239		
Patty acids, total polyunsaturated	20:1g	0.040		0	BFFN	4		0.003		
Fatty acids, total polyunsaturated. 9 0.454 0 BFFN 4 0.036 18:2 undifferentiated. 9 0.418 0 BFFN 4 0.028 18:3 undifferentiated. 9 0.035 0 BFFN 4 0.002 18:4. 9 0.000 0 BFFN 4 0.000 20:2 n-6 c,c 9 0 0.000 0 BFFN 4 0.000 20:3 undifferentiated. 9 0.000 0 BFFN 4 0.000 20:4 undifferentiated. 9 0.000 0 BFFN 4 0.000 20:5 n-3. 9 0.000 0 BFFN 4 0.000 22:5 n-3. 9 0.000 0 BFFN 4 0.000 22:5 n-3. 9 0.000 0 BFFN 4 0.000 22:6 n-3. 9 0.000 0 BFFN 4 0.000 21:6 n-3. 9 0.000 0 BFFN 4 0.000 Early acids, total trans. 9 0 0.000 Fatty acids, total trans. 9 0 0.000 Cholesterol. mg 10 1 A 1 A 1 1 1 Phytosterols. mg Others: Alcohol, ethyl. 9 0.0 0 FLA 4 0 0 Carotenoids: Carotene, beta. mg 0 0 FLA 4 0.119 Carotene, beta. mg 0 0 FLA 4 0.001 Cryptoxanthin, beta mg 0 0 FLA 4 0.002 Cryptoxanthin, beta mg 0 0 FLA 4 0.002 Cryptoxanthin, beta mg 0 0 FLA 4 0.0002		0.000		0	BFFN	4		0.000		
18.2 undifferentiated										
18:3 undifferentiated. 9 0.035 0 BFFN 4 0.000										
18:4					BFFN			0.028		
20:2 n-6 c,c.					BFFN					
20:3 undifferentiated 9		0.000		0	BFFN	4		0.000		
20:4 undifferentiated										
20:5 n-3 9 0.000 0 BFFN 4 0.000 22:5 n-3 9 0.000 0 BFFN 4 0.000 22:6 n-3 9 0.000 0 BFFN 4 0.000 Fatty acids, total trans 9 Cholesterol mg 10 1 A 1 1 Phytosterols mg 0 0 Z 7 0.0 Caffeine mg 0 0 FLA 4 0 Caffeine mg 0 0 FLA 4 0 Carotenoids: Carotene, beta mg 2 0 FLA 4 0.119 Carotene, alpha mcg 0 0 FLA 4 0.001 Cryptoxanthin, beta mcg 0 0 FLA 4 0.002 Lycopene mcg 0 0 FLA 4 0.000										
22:5 n-3 g 0.000 0 BFFN 4 0.000 22:6 n-3 g 0.000 0 BFFN 4 0.000 Fatty acids, total trans g Cholesterol. mg 10 1 A 1 1 Phytosterols mg The chord of the children of the childr		0.000		0	BFFN	4		0.000		
22:6 n-3 g 0.000 0 BFFN 4 0.000 Fatty acids, total trans. g Cholesterol mg 10 1 A 1 1 Phytosterols mg 10 1 A 1 1 Others: Alcohol, ethyl g 0.0 0 Z 7 0.0 Caffeine mg 0 0 FLA 4 0 Theobromine mg 0 0 FLA 4 0 Carotene, beta mcg 2 0 FLA 4 0.119 Carotene, alpha mcg 0 0 FLA 4 0.001 Cryptoxanthin, beta mcg 0 0 FLA 4 0.002 Lycopene mcg 0 0 FLA 4 0.000		0.000		0	BFFN	4		0.000		
Fatty acids, total trans.	22:5 n-3g	0.000		0	BFFN	4		0.000		
Cholesterol mg 10 1 A 1 1 Phytosterols mg Others: Alcohol, ethyl g 0.0 0 Z 7 0.0 Caffeine mg 0 0 FLA 4 0 Theobromine mg 0 0 FLA 4 0 Carotene, beta mcg 2 0 FLA 4 0.119 Carotene, alpha mcg 0 0 FLA 4 0.001 Cryptoxanthin, beta mcg 0 0 FLA 4 0.002 Lycopene mcg 0 0 FLA 4 0.000	22:6 n-3g	0.000		0	BFFN	4		0.000		
Phytosterols. Others: Alcohol, ethyl g 0.0 z 7 0.0 Caffeine mg 0 0 FLA 4 0 Theobromine mg 0 0 FLA 4 0 Caroteneinds: Carotene, beta mcg 2 0 FLA 4 0.119 Carotene, alpha mcg 0 0 FLA 4 0.001 Cryptoxanthin, beta mcg 0 0 FLA 4 0.002 Lycopene mcg 0 0 FLA 4 0.000	Fatty acids, total trans									
Others: Alcohol, ethyl	_	10		1	A	1		1		
Alcohol, ethyl. g 0.0 0 z 7 0.0 Caffeine. mg 0 0 FLA 4 0 Theobromine. mg 0 0 FLA 4 0 Carotene, beta. mcg 2 0 FLA 4 0.119 Carotene, alpha. mcg 0 0 FLA 4 0.001 Cryptoxanthin, beta. mcg 0 0 FLA 4 0.002 Lycopene. mcg 0 0 FLA 4 0.000	Phytosterolsmg									
Caffeine	Others:									
Theobromine mg 0 0 FLA 4 0 Carotenoids: Carotene, beta mcg 2 0 FLA 4 0.119 Carotene, alpha mcg 0 0 FLA 4 0.001 Cryptoxanthin, beta mcg 0 0 FLA 4 0.002 Lycopene mcg 0 0 FLA 4 0.000	Alcohol, ethylg	0.0		0	Z	7		0.0		
Carotenoids: Carotene, beta	Caffeine mg	0		0	FLA	4		0		
Carotene, beta	Theobromine mg	0		0	FLA	4		0		
Carotene, alpha mcg 0 0 FLA 4 0.001 Cryptoxanthin, beta mcg 0 0 FLA 4 0.002 Lycopene mcg 0 0 FLA 4 0.000	Carotenoids:									
Carotene, alpha mcg 0 0 FLA 4 0.001 Cryptoxanthin, beta mcg 0 0 FLA 4 0.002 Lycopene mcg 0 0 FLA 4 0.000	Carotene, beta mcg	2		0	FLA	4		0.119		
Cryptoxanthin, beta		0		0	FLA	4		0.001		
Lycopene		0		0	FLA	4		0.002		
	Lycopene mcg	0		0	FLA	4		0.000		
	Lutein + zeaxanthin mcg	10		0	FLA	4		0.637		

Common Measures:

Measure 1 = 6.7g: 1 serving

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u> :	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			N	lumber				<u>m</u>	easures of food	<u> </u>
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	q	88.60		0		1		210.87	13.20	4.43
Energy		51		0	NC	4		121	8	3
Energy		213				4		508	32	11
Protein (N x 6.25)		2.60		1		1		6.19	0.39	0.13
Total lipid (fat)		2.10		1		1		5.00	0.31	0.11
Ash		1.60		0		1		3.81	0.24	0.08
Carbohydrate, by difference		5.10		0	NC	4		12.14	0.76	0.26
Fiber, total dietary		0.4		0		4		1.0	0.1	0.0
Sugars, total		0.21		0	FLA	4		0.50	0.03	0.01
Starch		V		•		-		0.00	0.05	0.02
Starch	9									
<u>Minerals:</u>										
Calcium, Ca	mg	4		1		1		10	1	0
Iron, Fe	mg	0.70		1		1		1.67	0.10	0.0
Magnesium, Mg	mg	2		0		4		5	0	0
Phosphorus, P	mg	29		0		4		69	4	1
Potassium, K	mg	109		0		4		259	16	5
Sodium, Na	mg	577		0		4		1373	86	29
Zinc, Zn	mg	0.80		0		4		1.90	0.12	0.0
Copper, Cu	mg	0.100)	0		4		0.238	0.015	0.0
Manganese, Mn	mg	0.200)	0		4		0.476	0.030	0.0
Selenium, Se	mcg	0.6		0	BFSN	4		1.4	0.1	0.0
Vitamins:										
	ma	0.0		1		1		0.0	0.0	0.0
Vitamin C, total ascorbic acid	_	0.020	,	1		1		0.048	0.003	0.0
ThiaminRiboflavin		0.020		1		1		0.190	0.003	0.00
		1.300		1		1		3.094	0.194	0.00
Niacin Pantothenic acid		0.020		0		4		0.048	0.194	0.0
Vitamin B-6	_	0.020		0		4		0.048	0.003	0.0
	_	2	,	0		4		5	0.001	0.0
Folic acid		0		0	z	7		0	0	0
Folate, food		2		0	4	4		5	0	0
Folate, DFE		2		0	NC	4		5	0	0
Vitamin B-12		0.10		0	NC	4		0.24	0.01	0.0
Vitamin A, IU	IIIO9	0.10		0	NC	4		0.24	0.01	0.0.
Vitamin A, RAE		0		0	NC	4		0	0	0
		0		0	FLA	4		0	0	0
Retinol		0.05		0	FLA	4		0.12	0.01	0.0
Vitamin E (alpha-tocopherol)	_	0.05		U	FLA	4		0.12	0.01	0.0
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.1	0.0	0.0
vitanini K (phynoquinone)	nog	0.0		Ū	LIM	-		0.1	0.0	0.0
<u> ipids:</u>										
Fatty acids, total saturated	g	0.620)	0		1		1.476	0.092	0.0
4:0		0.000)	0		1		0.000	0.000	0.0
6:0	g	0.000)	0		1		0.000	0.000	0.0
8:0	_	0.000)	0		1		0.000	0.000	0.0
10:0	-	0.000)	0		1		0.000	0.000	0.0
12:0		0.000)	0		1		0.000	0.000	0.0
13:0	-									
14:0	-	0.020)	0		1		0.048	0.003	0.0
15:0	_									
16:0		0.430)	0		1		1.023	0.064	0.0
17:0									- · · · - -	
18:0	-	0.130)	0		1		0.309	0.019	0.0
20:0	_	3 0		-					- /	
22:0	_									
24:0	_									

	<u>An</u>			ole portio	Amount in 100 grams of edible portion Number								
Nutrients and Units	Mean		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3					
Fatty acids, total monounsaturated	0.900	0		1		2.142	0.134	0.045					
14:1g													
15:1g													
16:1 undifferentiated	0.130	0		1		0.309	0.019	0.007					
17:1g													
18:1 undifferentiatedg	0.750	0		1		1.785	0.112	0.038					
20:1g	0.000	0		1		0.000	0.000	0.000					
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	0.000					
24:1 cg													
Fatty acids, total polyunsaturated	0.490	0		1		1.166	0.073	0.025					
18:2 undifferentiatedg	0.450	0		1		1.071	0.067	0.023					
18:3 undifferentiatedg	0.030	0		1		0.071	0.004	0.002					
18:4g	0.000	0		1		0.000	0.000	0.000					
20:2 n-6 c,cg													
20:3 undifferentiatedg													
20:4 undifferentiatedg	0.010	0		1		0.024	0.001	0.001					
20:5 n-3g	0.000	0		1		0.000	0.000	0.000					
22:5 n-3g	0.000	0		1		0.000	0.000	0.000					
22:6 n-3g	0.000	0		1		0.000	0.000	0.000					
Fatty acids, total transg													
Cholesterol mg	2	0		1		5	0	0					
Phytosterolsmg													
Others:													
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0					
Caffeine mg	0	0	FLA	4		0	0	0					
Theobromine mg	0	0	FLA	4		0	0	0					
Carotenoids:													
Carotene, beta mcg	0	0	FLA	4		0.020	0.001	0.000					
Carotene, alphamcg	0	0	FLA	4		0.009	0.001	0.000					
Cryptoxanthin, betamcg	0	0	FLA	4		0.013	0.001	0.000					
Lycopenemcg	0	0	FLA	4		0.000	0.000	0.000					
Lutein + zeaxanthinmcg	1	0	FLA	4		2.404	0.150	0.051					

Common Measures:

Measure 1 = 238g: 1 cup Measure 2 = 14.9g: 1 tbsp Measure 3 = 5.0g: 1 tsp

Calories Factors: Protein 3.4 Fat 8.9 Carbohydrate 4

		<u>A</u>	mount in 100	grams	of edik	ole portio	<u>on</u>	Amount in edible portion of common		
			N	Number				m	easures of food	
				of Data		Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	4.67		7	MA	12		0.33		
Energy	kcal	367		0	NC	4		26		
Energy	kj	1536				4		107		
Protein		10.42		7	A	1		0.73		
Total lipid (fat)		7.19		7	MA	12		0.50		
Ash	g	12.61		7	A	1		0.88		
Carbohydrate, by difference	g	65.12		0	NC	4		4.56		
Fiber, total dietary										
Sugars, total	g									
Starch	g									
Ainerals:										
Calcium, Ca	ma	146		6	A	1		10		
Iron, Fe	-	3.29		4	A	1		0.23		
Magnesium, Mg.	_	44		0	BFZN	4		3		
Phosphorus, P		254		0	BFZN	4		18		
Potassium, K	_	428		0	BFZN	4		30		
Sodium, Na	-	4392		6	A	1		307		
Zinc, Zn		1.26		0	BFZN	4		0.09		
Copper, Cu		0.133	3	0	BFZN	4		0.009		
Manganese, Mn		0.219		0	BFZN	4		0.015		
Selenium, Se		5.2		0	BFSN	4		0.4		
<u>'itamins:</u>										
Vitamin C, total ascorbic acid		0.2		4	A	1		0.0		
Thiamin		0.211		0	BFZN	4		0.015		
Riboflavin	mg	0.450		2	A	1		0.032		
Niacin	-	2.770)	0	BFZN	4		0.194		
Pantothenic acid	mg	1.012		0	BFZN	4		0.071		
Vitamin B-6	_	0.204	1	0	BFZN	4		0.014		
Folate, total	mcg	82		0	CASN	4		6		
Folic acid		16		0	NC	4		1		
Folate, food	mcg	66		0		4		5		
Folate, DFE	mcg_DFE	93		0	NC	4		7		
Vitamin B-12	mcg	0.58		0	BFZN	4		0.04		
Vitamin A, IU		35		4	MA	12		2		
Vitamin A, RAE	mcg_RAE	8		0	NC	4		1		
Retinol	mcg	7		0	NC	4		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
ipids:										
Fatty acids, total saturated	a	1.975	5	4	MA	12		0.138		
4:0		0.018		0	BFFN	4		0.001		
6:0		0.011		0	BFFN	4		0.001		
8:0		0.007		0	BFFN	4		0.001		
10:0	_	0.020		0	BFFN	4		0.001		
12:0	-	0.029		0	BFFN	4		0.001		
13:0		0.02.		•		-				
14:0		0.129	9	0	BFFN	4		0.009		
15:0	_	0.123	-	ŭ		•		0.003		
16:0	-	1.203	3	0	BFZN	4		0.084		
17:0		1.20	-	Ū	DE AN	-		0.004		
18:0		0.494	1	0	BFFN	4		0.035		
20:0		0.494	-	J	DE E IA	-		0.033		
	_									
22:0 24:0										

	<u>Ar</u>	mount in 100 gra	ms of edi	<u>on</u>	Amount in edible portion of common			
		Num		_		<u>m</u>	easures of food	
Nutrients and Units	Mean	of D Std. Error Poir			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.575		0 BFFN	4		0.180		
14:1g								
15:1g								
16:1 undifferentiated	0.171		0 BFFN	4		0.012		
17:1g								
18:1 undifferentiatedg	2.327		0 BFFN	4		0.163		
20:1g	0.034		0 BFZN	4		0.002		
22:1 undifferentiatedg	0.018		0 BFFN	4		0.001		
24:1 cg								
Fatty acids, total polyunsaturated9	2.196		0 BFFN	4		0.154		
18:2 undifferentiatedg	1.973		0 BFFN	4		0.138		
18:3 undifferentiatedg	0.209		0 BFFN	4		0.015		
18:4g	0.014		0 BFFN	4		0.001		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000		0 BFFN	4		0.000		
20:5 n-3g	0.000		0 BFFN	4		0.000		
22:5 n-3g	0.000		0 BFFN	4		0.000		
22:6 n-3g	0.000		0 BFFN	4		0.000		
Fatty acids, total trans9								
Cholesterolmg	14		4 MA	12		1		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0		0 z	7		0.0		
Caffeine mg								
Theobromine mg								

Common Measures:

Measure 1 = 7.0g: 1 serving

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	4.00		2		1		1.00		
Energy	kcal	344		0	NC	4		86		
Energy	kj	1439				4		360		
Protein (N x 6.25)	g	13.00		2		1		3.25		
Total lipid (fat)	g	8.00		2		1		2.00		
Ash	g	17.00		2		1		4.25		
Carbohydrate, by difference	g	58.00		0	NC	4		14.50		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:	ma	150		4		4		20		
Calcium, Ca	-	150 1.00		1 0		1 4		38 0.25		
Iron, Fe	-	45		0		4		0.25 11		
Magnesium, Mg Phosphorus, P		203		0		4		51		
Potassium, K	-	262		0		4		66		
Sodium, Na	-	5730		2		1		1433		
Zinc, Zn	-	1.40		0		4		0.35		
Copper, Cu		0.100)	0		4		0.025		
Manganese, Mn.		0.400		0		4		0.100		
Selenium, Se		6.1	•	0	BFSN	4		1.5		
·				-		=				
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	-	7.0		0		4		1.8		
Thiamin	-	0.200		0		4		0.050		
Riboflavin		0.432		2		1		0.108		
Niacin		3.700		0		4		0.925		
Pantothenic acid	-	0.100		0		4		0.025		
Vitamin B-6	-	0.100)	0		4		0.025		
Folate, total		31		0	CASN	4		8		
Folic acid		17		0	NC	4		4		
Folate, food		14		0	***	4		4		
Folate, DFE		43		0	NC	4		11		
Vitamin B-12		0.70		0		4		0.18 0		
Vitamin A, IU		0		0	NG.	4		•		
Vitamin A, RAE		0		0	NC Z	4 7		0		
Retinol Vitamin E (alpha-tocopherol)		U		U	4	,		U		
Tocopherol, beta	=									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	-									
Lipids:				_		_				
Fatty acids, total saturated		2.860	,	0		1		0.715		
4:0 6:0.	-	0.010	1	0		1		0.003		
		0.010		0		1				
8:0 10:0		0.080		0		1		0.020 0.015		
12:0	-	0.060		0		1		0.015		
13:0	-	0.400	•	U		-		0.115		
14:0	-	0.230	1	0		1		0.058		
15:0	-	0.230	•	U		-		0.056		
16:0	-	1.180)	0		1		0.295		
17:0		1.100	-	U		-		0.293		
18:0		0.850)	0		1		0.213		
20:0		0.030	-	U		-		0.213		
22:0										
24:0										

		An	nount in 100 grams	s of edible portion	<u>on</u>	Amount in edible portion of common			
Nutrients and Unit	s	Mean	Numbe of Data Std. Error Points	Deriv Source	Confidence	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturated		3.150	0	1		0.788			
14:1									
15:1		0.040	0	1		0.010			
17:1		0.040	v	-		0.010			
18:1 undifferentiated		3.090	0	1		0.773			
20:1		0.000	0	1		0.000			
22:1 undifferentiated	-								
24:1 c	g								
Fatty acids, total polyunsaturated	g	1.620	0	1		0.405			
18:2 undifferentiated	g	1.520	0	1		0.380			
18:3 undifferentiated	g	0.100	0	1		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	-								
Fatty acids, total trans									
Cholesterol		4	0	1		1			
Phytosterols	mg								

Common Measures:

Measure 1 = 25g: 1 cup (8 fl oz)

Calories Factors: Protein 3.4 Fat 8.9 Carbohydrate 4

		<u>A</u> 1	mount in 10	0 grams	of edib	ole portio	<u>on</u>	Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	93.90				1		230.06	14.09	
Energy	kcal	20				1		49	3	
Energy	kj	84				1		205	13	
Protein	g	0.70				1		1.72	0.11	
Total lipid (fat)	g	0.10				1		0.25	0.02	
Ash	g	0.67		0	FLA	4		1.64	0.10	
Carbohydrate, by difference	g	5.00			NC	4		12.25	0.75	
Fiber, total dietary	g	1.9				4		4.7	0.3	
Sugars, total		2.55		0	FLA	4		6.25	0.38	
Starch										
<u> Minerals:</u>										
Calcium, Ca	_	5				1		12	1	
Iron, Fe	_	0.40				1		0.98	0.06	
Magnesium, Mg		12				4		29	2	
Phosphorus, P	-	14				1		34	2	
Potassium, K	-	564				1		1382	85	
Sodium, Na	_	25				1		61	4	
Zinc, Zn		0.15				4		0.37	0.02	
Copper, Cu		0.087	1			4		0.213	0.013	
Manganese, Mn										
Selenium, Se	mcg	0.2		0	BFSN	4		0.5	0.0	
itamins:										
Vitamin C, total ascorbic acid	ma	68.0				1		166.6	10.2	
Thiamin	_	0.030	1			1		0.074	0.005	
Riboflavin	-	0.030				1		0.074	0.005	
Niacin	-	0.700				1		1.715	0.105	
Pantothenic acid		0.700	•			-		1.713	0.103	
Vitamin B-6	_	0.140)			4		0.343	0.021	
Folate, total		12	•	0	FLA	4		29	2	
Folic acid		0		0	FLA	4		0	0	
Folate, food		12		0	FLA	4		29	2	
Folate, DFE		12		0	NC	4		29	2	
Vitamin B-12		0.00		v	110	7		0.00	0.00	
Vitamin A, IU		584		0	FLA	4		1432	88	
Vitamin A, RAE		29		0	FLA	4		72	4	
Retinol		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		0.34		0	FLA	4		0.84	0.05	
		0.54		Ū	LIM	-		0.04	0.03	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		7.1		0	FLA	4		17.4	1.1	
vitamini K (piryiloquilone)	9			ŭ		-				
<u> ipids:</u>										
Fatty acids, total saturated	g	0.013	3			4		0.032	0.002	
4:0	g	0.000)			4		0.000	0.000	
6:0	g	0.000)			4		0.000	0.000	
8:0	g	0.000)			4		0.000	0.000	
10:0	g	0.000)			4		0.000	0.000	
12:0	g	0.000)			4		0.000	0.000	
13:0	g									
14:0	g	0.000)			4		0.000	0.000	
15:0										
16:0	g	0.011	-			4		0.027	0.002	
17:0	g									
18:0		0.002	2			4		0.005	0.000	
20:0	g									
22:0	-									
24:0	-									

	<u>Ar</u>	nount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fetter with total management of the	0.068				4		0.167	0.010	
Fatty acids, total monounsaturatedg	0.066				4		0.167	0.010	
14:1									
16:1 undifferentiated	0.001				4		0.002	0.000	
17:1g	0.001				•		0.002	0.000	
18:1 undifferentiated	0.067				4		0.164	0.010	
20:1	0.000				4		0.000	0.000	
22:1 undifferentiatedg	0.000				4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	0.012				4		0.029	0.002	
18:2 undifferentiatedg	0.012				4		0.029	0.002	
18:3 undifferentiatedg	0.001				4		0.002	0.000	
18:4g	0.000				4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4		0.000	0.000	
20:5 n-3g	0.000				4		0.000	0.000	
22:5 n-3g	0.000				4		0.000	0.000	
22:6 n-3g	0.000				4		0.000	0.000	
Fatty acids, total trans9									
Cholesterolmg	0				1		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, betamcg	333		0	FLA	4		814.999	49.898	
Carotene, alphamcg	11		0	FLA	4		27.866	1.706	
Cryptoxanthin, beta mcg	25		0	FLA	4		60.280	3.691	
Lycopenemcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	358		0	FLA	4		878.179	53.766	

Common Measures:

Measure 1 = 245g: 1 cup Measure 2 = 15g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 10	00 grams	of edib	ole portio	<u>on</u>	Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	94.10				1		230.55	14.12	
Energy	kcal	21				1		51	3	
Energy	kj	88				1		215	13	
Protein	g	0.90				1		2.21	0.14	
Total lipid (fat)	g	0.60				1		1.47	0.09	
Ash		0.54		0	FLA	4		1.33	0.08	
Carbohydrate, by difference	g	3.90			NC	4		9.56	0.59	
Fiber, total dietary	g	0.7		0	FLA	4		1.8	0.1	
Sugars, total	g	2.55		0	FLA	4		6.26	0.38	
Starch	g									
M:										
Minerals:	ma	9				1		22	1	
Calcium, Ca Iron, Fe	_	0.50				1		1.23	0.08	
Magnesium, Mg	_	12				4		29	2	
Phosphorus, P		16				1		39	2	
Potassium, K	•	564				1		1382	85	
Sodium, Na	-	25				1		61	4	
Zinc, Zn	_	0.15				4		0.37	0.02	
Copper, Cu		0.087	7			4		0.213	0.013	
Manganese, Mn										
Selenium, Se	_	0.2		0	BFSN	4		0.5	0.0	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	30.0	_			1		73.5	4.5	
Thiamin	_	0.010				1		0.025	0.002	
Riboflavin	<u>-</u>	0.090				1		0.221	0.014	
Niacin	_	0.600)			1		1.470	0.090	
Pantothenic acid	_									
Vitamin B-6	-	0.140)			4		0.343	0.021	
Folate, total		11 0		0 0	FLA FLA	4 4		28 0	2	
Folic acid		11		0	FLA	4		28	0 2	
Folate, foodFolate, DFE	mcg DEE	11		0	NC	4		28	2	
		0.00		U	NC	7		0.00	0.00	
Vitamin B-12		458		0	FLA	4		1122	69	
Vitamin A, IU Vitamin A, RAE		23		0	FLA	4		56	3	
Retinol		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		0.36		0	FLA	4		0.88	0.05	
Tocopherol, beta		0.50		Ū	LIM	•		0.00	0.05	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		6.7		0	FLA	4		16.5	1.0	
	············									
<u>Lipids:</u>			_							
Fatty acids, total saturated		0.080				4		0.196	0.012	
4:0		0.000				4		0.000	0.000	
6:0		0.000				4		0.000	0.000	
8:0	-	0.000				4		0.000	0.000	
10:0	-	0.000				4		0.000	0.000	
12:0	-	0.000	,			4		0.000	0.000	
13:0			•					0.000	2 222	
14:0		0.001	L			4		0.002	0.000	
15:0		0.00	=			4		0 150	0.010	
16:0		0.065	•			4		0.159	0.010	
17:0		0.011				4		0.000	2 222	
18:0		0.013	•			4		0.032	0.002	
20:0	-									
22:0	-									
24:0	9									

	<u>Ar</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.411				4		1.007	0.062	
14:1g	0.411				-		1.007	0.002	
15:1									
16:1 undifferentiated	0.005				4		0.012	0.001	
17:1g					_		****	****	
18:1 undifferentiated 9	0.403				4		0.987	0.060	
20:1g	0.002				4		0.005	0.000	
22:1 undifferentiatedg	0.000				4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	0.074				4		0.181	0.011	
18:2 undifferentiatedg	0.069				4		0.169	0.010	
18:3 undifferentiatedg	0.004				4		0.010	0.001	
18:4g	0.000				4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4		0.000	0.000	
20:5 n-3g	0.000				4		0.000	0.000	
22:5 n-3g	0.000				4		0.000	0.000	
22:6 n-3g	0.000				4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0				1		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	
Caffeinemg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, betamcg	257		0	FLA	4		629.005	38.510	
Carotene, alphamcg	17		0	FLA	4		42.119	2.579	
Cryptoxanthin, betamcg	19		0	FLA	4		46.739	2.862	
Lycopenemcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	341		0	FLA	4		835.855	51.175	

Common Measures:

Measure 1 = 245g: 1 cup Measure 2 = 15g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Un	nits	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>mo</u> Measure 1	easures of food Measure 2	Measure 3	
Proximates:											
Water	g	5.80				4					
Energy	kcal	343				4					
Energy	kj	1435				4					
Protein	g	9.20				4					
Total lipid (fat)	g	3.10				4					
Ash	g	5.76		0	FLA	4					
Carbohydrate, by difference	g	76.14		0	NR	4					
Fiber, total dietary	g	7.6				4					
Sugars, total	g	10.35		0	FLA	4					
Starch	g										
Minanala											
Minerals:	ma	172				4					
Calcium, Ca	-	2.38				4					
Iron, FeMagnesium, Mg		62				4					
Phosphorus, P		279				4					
Potassium, K		1248				4					
Sodium, Na		612				4					
Zine, Zn		0.91				4					
Copper, Cu		0.250)			4					
Manganese, Mn		0.200				-					
Selenium, Se		12.3		0	BFSN	4					
•											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		16.0				4					
Thiamin	-	0.110				4					
Riboflavin	-	0.220				4					
Niacin		4.270)			4					
Pantothenic acid											
Vitamin B-6		0.160)			4					
Folate, total		61		0	FLA	4					
Folic acid		4		0	FLA	4					
Folate, food		57		0	FLA	4					
Folate, DFE		64		U	NC	4					
Vitamin B-12		0.00				7					
Vitamin A, IU	IU	60		0	FLA	4					
Vitamin A, RAE		3		0	FLA	4					
Retinol		0		0	FLA	4 4					
Vitamin E (alpha-tocopherol)		0.54		U	FLA	4					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)		13.9		0	FLA	4					
vitamin K (phynoquinone)		13.3		·		-					
<u>Lipids:</u>											
Fatty acids, total saturated		0.613				4					
4:0		0.003				4					
6:0	-	0.001				4					
8:0		0.001				4					
10:0	-	0.006				4					
12:0	-	0.019)			4					
13:0											
14:0		0.015	5			4					
15:0											
16:0		0.349	•			4					
17:0											
18:0		0.082	?			4					
20:0	-										
22:0	-										
24:0	q										

	<u>Ar</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Number	•			<u>m</u>	easures of food	•	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	1.185				4					
14:1g										
15:1g										
16:1 undifferentiatedg	0.009				4					
17:1g										
18:1 undifferentiatedg	1.141				4					
20:1g	0.032				4					
22:1 undifferentiatedg	0.000				4					
24:1 cg										
Fatty acids, total polyunsaturated	1.025				4					
18:2 undifferentiatedg	0.966				4					
18:3 undifferentiatedg	0.054				4					
18:4g	0.000				4					
20:2 n-6 c,cg										
20:3 undifferentiatedg					_					
20:4 undifferentiatedg	0.000				4					
20:5 n-3g	0.000				4					
22:5 n-3g	0.000				4					
22:6 n-3g	0.000				4					
Fatty acids, total transg	12				4					
Cholesterol mg	12				4					
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0				7					
Caffeine mg	0		0	FLA	4					
Theobrominemg	0		0	FLA	4					
Carotenoids:										
Carotene, beta mcg	32		0	FLA	4					
Carotene, alpha mcg	7		0	FLA	4					
Cryptoxanthin, betamcg	0		0	FLA	4					
Lycopene mcg	2		0	FLA	4					
Lutein + zeaxanthin mcg	59		0	FLA	4					

Common Measures:

Calories Factors: Protein Fat Carbohydrate

	<u>Aı</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
				Deriv		Confidence	_	easures of food	
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Waterg	5.55		1	A	1		0.83		
Energykca	412		0	NC	4		62		
Energykj	1724				4		259		
Proteing	14.80		1	A	1		2.22		
Total lipid (fat)	18.10		1	A	1		2.72		
Ash9	14.00		1	A	1		2.10		
Carbohydrate, by difference9	47.50		0	NC	4		7.13		
Fiber, total dietaryg									
Sugars, total9									
Starchg									
Minerals:									
Calcium, Camg									
Iron, Femg									
Magnesium, Mgmg									
Phosphorus, Pmg									
Potassium, Kmg									
Sodium, Namg	4868		1	A	1		730		
Zinc, Znmg									
Copper, Cumg									
Manganese, Mnmg									
Selenium, Semcg	9								
Lipids:									
Fatty acids, total saturated	11.050)	2	A	1		1.658		
Fatty acids, total monounsaturated9	6.948	:	1	A	1		1.042		
Fatty acids, total polyunsaturated	0.641		1	A	1		0.096		
Fatty acids, total trans9									
Cholesterolmg	36		2	A	1		5		
Phytosterolsmg									

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

Common Measures:

Measure 1 = 15.0g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100 gı	ams of ed	lible porti	<u>on</u>	Amount in edible portion of common		
			Nur	nber			<u>m</u>	easures of food	·
			of I	Data Deri	v Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	nts Cod	e Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	3.11		1 A	. 1		13.22	0.17	
Energy		346		0 M	С 9		1471	19	
Energy		1448			9		6153	81	
Protein		2.86		1 A	. 1		12.16	0.16	
Total lipid (fat)		3.52		1 A	. 1		14.96	0.20	
Ash	g	14.82		1 A	. 1		62.99	0.83	
Carbohydrate, by difference	g	75.69		0 M	С 9		321.68	4.24	
Fiber, total dietary	g	4.8		1 P	1		20.4	0.3	
Sugars, total	g	25.83		1 M	A 12		109.78	1.45	
Starch	g								
Minerals:									
Calcium, Ca	ma	108		1 A	1		459	6	
Iron, Fe	-	19.64		1 A			83.47	1.10	
Magnesium, Mg		40		0 FL			170	2	
Phosphorus, P		86		0 FL	м 4		366	5	
Potassium, K	mg	437		0 FL	м 4		1857	24	
Sodium, Na	mg	6416		1 A	1		27268	359	
Zinc, Zn		0.70		0 FL			2.98	0.04	
Copper, Cu		0.183		0 FL			0.778	0.010	
Manganese, Mn		0.707	7	0 FL	м 4		3.005	0.040	
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	1.4		1 A	1		6.0	0.1	
Thiamin	mg	0.121	L	0 FL	м 4		0.514	0.007	
Riboflavin	mg	0.049	•	0 FL	M 4		0.208	0.003	
Niacin	-	0.513	3	0 FL	м 4		2.180	0.029	
Pantothenic acid		0.240		0 FL			1.020	0.013	
Vitamin B-6	-	0.432	2	0 FL			1.836	0.024	
Folate, total		45		0 FL	M 4		191	3	
Folate, DFE		0.00					0.00	0.00	
Vitamin B-12		0.00 60		0 FL			0.00	0.00 3	
Vitamin A, IU	IU	60		1 A	1		255	3	
Vitamin A, RAEVitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta	-								
Vitamin D	IU								
Vitamin K (phylloquinone)									
Lipids:									
Fatty acids, total saturated	a	0.309	9	1 A	1		1.313	0.017	
4:0		0.000		1 A			0.000	0.000	
6:0		0.000		1 A			0.000	0.000	
8:0		0.000		1 A			0.000	0.000	
10:0	-	0.000		1 A	1		0.000	0.000	
12:0	g	0.041	L	1 A	1		0.174	0.002	
13:0									
14:0		0.026	5	1 A	1		0.111	0.001	
15:0									
16:0		0.000)	1 A	1		0.000	0.000	
17:0	-	0.10			4		0.604	2 222	
18:0	-	0.161	L	1 A	1		0.684	0.009	
20:0 22:0	-								
24:0	-								
Fatty acids, total monounsaturated	-	1.347	7	1 A	1		5.725	0.075	
					_		323	0.0.5	
14:1 15:1	-								

		<u>An</u>	nount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	of common
				Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.000		1	A	1		0.000	0.000	
17:1										
18:1 undifferentiated	g	0.737		1	A	1		3.132	0.041	
20:1		0.000		1	A	1		0.000	0.000	
22:1 undifferentiated	g	0.000		1	A	1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	1.865		1	A	1		7.926	0.104	
18:2 undifferentiated	g	1.605		1	A	1		6.821	0.090	
18:3 undifferentiated	g	0.260		1	A	1		1.105	0.015	
18:4	g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		1	A	1		0.000	0.000	
20:5 n-3	g	0.000		1	A	1		0.000	0.000	
22:5 n-3	g	0.000		1	A	1		0.000	0.000	
22:6 n-3	g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	1		1	A	1		4	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	
Caffeine	mg									
Theobromine	mg									

Common Measures:

Measure 1 = 425g: 1 package Measure 2 = 5.6g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100 gr	ams of edi	ble portion	<u>on</u>	Amount in edible portion of common			
			Nun	nber			<u>m</u>	easures of food	<u>l</u>	
			of [oata Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	4.88		1 A	1		0.69	44.26		
Energy	kcal	423		0 MC	9		60	3837		
Energy		1770			9		251	16052		
Protein	g	7.94		1 A	1		1.13	72.02		
Total lipid (fat)	g	18.32		1 A	1		2.60	166.16		
Ash	g	12.36		1 A	1		1.76	112.11		
Carbohydrate, by difference	g	56.51		0 MC	9		8.02	512.55		
Fiber, total dietary	g	4.4		1 A	1		0.6	39.9		
Sugars, total	g	10.45		1 MA	12		1.48	94.78		
Starch	g									
Mr. I										
Minerals:	ma	205		1 -	4		40	2505		
Calcium, Ca	-	285 0.46		1 A 1	1 1		40 0.07	2585 4.17		
Iron, FeMagnesium, Mg		36		0 BFZ			0.07 5	4.17 327		
Phosphorus, P		283		0 BFZI			40	2567		
Potassium, K	•	428		0 BFZI			61	3882		
Sodium, Na		4825		1 A	1		685	43763		
Zinc, Zn		1.11		0 BFZI			0.16	10.07		
Copper, Cu		0.085	5	0 BFZI			0.012	0.771		
Manganese, Mn		0.052		0 BFZI			0.007	0.472		
Selenium, Se										
•	-									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		1.0		1 A	1		0.1	9.1		
Thiamin		0.211		0 BFZ1			0.030	1.914		
Riboflavin		0.678		0 BFZI			0.096	6.149		
Niacin	_	2.399		0 BFZI			0.341	21.759		
Pantothenic acid		1.499		0 BFZI			0.213	13.596		
Vitamin B-6	_	0.182 134	2	0 BFZN 0 BFZN			0.026 19	1.651		
Folate, totalFolate, DFE		134		O BFZI	. 4		19	1215		
Vitamin B-12		0.46		0 BFZI	1 4		0.07	4.17		
Vitamin B-12 Vitamin A, IU		404		1 A	1		57	3664		
Vitamin A, RAE	mca RAF	404			-		37	3004		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	-									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
r										
<u>Lipids:</u>	_	10 60	-							
Fatty acids, total saturated		10.627		1 A	1		1.509	96.387		
4:0		0.266		1 A	1		0.038	2.413		
6:0		0.164		1 A	1		0.023	1.487		
8:0	-	0.121		1 A 1	1 1		0.017	1.097		
10:0	-	0.318					0.045	2.884		
12:0		0.428	•	1 A	1		0.061	3.882		
13:0		1.504	i	1 A	1		0.214	12 641		
14:0		1.504	•	. A	1		0.214	13.641		
15:0 16:0		4.835	;	1 A	1		0.687	43.853		
17:0	_	4.033	•	. A	1		0.08/	43.833		
18:0	-	2.614	1	1 A	1		0.371	23.709		
20:0	-	2.014	•	. A	1		0.3/1	23.109		
22:0	-									
24:0	-									
Fatty acids, total monounsaturated	-	6.685	5	1 A	1		0.949	60.633		
14:1		0.000			-		3.343	30.033		
	g									

		<u>Ar</u>	nount in 100 g	<u>grams</u> umber		ole portio	<u>n</u>		edible portion of easures of food	
Nutrients and Uni	ts	Mean		f Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.196		1	A	1		0.028	1.778	
17:1	-									
18:1 undifferentiated		6.322		1	A	1		0.898	57.341	
20:1		0.048		1	A	1		0.007	0.435	
22:1 undifferentiated		0.000		1	A	1		0.000	0.000	
24:1 c	•									
Fatty acids, total polyunsaturated	-	1.007		1	A	1		0.143	9.133	
18:2 undifferentiated		0.842		1	A	1		0.120	7.637	
18:3 undifferentiated		0.139		1	A	1		0.020	1.261	
18:4	-	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •									
20:3 undifferentiated	-									
20:4 undifferentiated	g	0.026		1	A	1		0.004	0.236	
20:5 n-3		0.000		1	A	1		0.000	0.000	
22:5 n-3	g	0.000		1	A	1		0.000	0.000	
22:6 n-3	g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	27		1	A	1		4	245	
Phytosterols	mg									
Others:										
Alcohol, ethyl	q	0.0		0	z	7		0.0	0.0	
Caffeine	-									
Theobromine										

Common Measures:

Measure 1 = 14.2g: 1 serving Measure 2 = 907g: 1 package (2 lb)

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100 gr	ams of edi	ble portio	<u>on</u>	Amount in edible portion of common		
			Nur	nber			<u>m</u>	easures of food	
			of I	ata Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	4.49		1 A	1		0.64	40.72	
Energy	kcal	420		0 MC	9		60	3809	
Energy		1757			9		250	15939	
Protein	g	7.99		1 A	1		1.13	72.47	
Total lipid (fat)	g	18.31		1 A	1		2.60	166.07	
Ash	g	13.28		1 A	1		1.89	120.45	
Carbohydrate, by difference		55.93		0 MC	9		7.94	507.29	
Fiber, total dietary	g	2.8		1 A	1		0.4	25.4	
Sugars, total	g	9.56		1 MA	12		1.36	86.71	
Starch									
Minerals:		205			_		40	0766	
Calcium, Ca	_	305		1 A	1		43	2766	
Iron, Fe		0.80 36		1 A 0 BFZN	1 1 4		0.11 5	7.26	
Magnesium, Mg		36 283					5 40	327	
Phosphorus, P	•	283 428		0 BFZN 0 BFZN			40 61	2567 3882	
Potassium, KSodium, Na		5164		1 A	1		733	46837	
Zinc, Zn		1.11		0 BFZN			0.16	10.07	
Copper, Cu		0.085	:	0 BFZN			0.10	0.771	
Manganese, Mn		0.052		0 BFZN			0.012	0.472	
Selenium, Se		0.002	=	0 2121			0.007	0.172	
•									
Vitamins:									
Vitamin C, total ascorbic acid		1.3		1 A	1		0.2	11.8	
Thiamin		0.211		0 BFZN			0.030	1.914	
Riboflavin	mg	0.678		0 BFZN			0.096	6.149	
Niacin	-	2.399		0 BFZN			0.341	21.759	
Pantothenic acid		1.499		0 BFZN			0.213	13.596	
Vitamin B-6	-	0.182	2	0 BFZN			0.026	1.651	
Folate, total		134		0 BFZN	4		19	1215	
Folate, DFE									
Vitamin B-12		0.46		0 BFZN			0.07	4.17	
Vitamin A, IU	IU	303		1 A	1		43	2748	
Vitamin A, RAE									
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma	_								
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
vitanini K (phynoquinone)	Illeg								
<u>Lipids:</u>									
Fatty acids, total saturated	g	10.315	5	1 A	1		1.465	93.557	
4:0	g	0.243	3	1 A	1		0.035	2.204	
6:0	g	0.152	2	1 A	1		0.022	1.379	
8:0	g	0.111		1 A	1		0.016	1.007	
10:0		0.291	L	1 A	1		0.041	2.639	
12:0		0.396	5	1 A	1		0.056	3.592	
13:0									
14:0		1.424	l	1 A	1		0.202	12.916	
15:0					_		_		
16:0	-	4.745	•	1 A	1		0.674	43.037	
17:0	_		_						
18:0	_	2.587	1	1 A	1		0.367	23.464	
20:0	_								
22:0	_								
24:0	-	7.040	1	1 A	1		1 000	63.050	
Fatty acids, total monounsaturated		7.040	,	1 A	1		1.000	63.853	
1/1:1	u								

	<u>An</u>	nount in 100 grams		ble portio	<u>on</u>		edible portion of easures of food	
		Number		Cauraa	Confidence	<u></u>	<u>easures or 1000</u>	
Nutrients and Units	Mean	Std. Error Points			Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	0.196	1	A	1		0.028	1.778	
17:1	0.250	-		-		0.020	1.770	
18:1 undifferentiated. 9	6.662	1	A	1		0.946	60.424	
20:1	0.057	1	A	1		0.008	0.517	
22:1 undifferentiated	0.000	1	A	1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturatedg	0.958	1	A	1		0.136	8.689	
18:2 undifferentiatedg	0.807	1	A	1		0.115	7.319	
18:3 undifferentiatedg	0.129	1	A	1		0.018	1.170	
18:4g	0.000	1	A	1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiated								
20:4 undifferentiated	0.022	1	A	1		0.003	0.200	
20:5 n-3g	0.000	1	A	1		0.000	0.000	
22:5 n-3g	0.000	1	A	1		0.000	0.000	
22:6 n-3g	0.000	1	A	1		0.000	0.000	
Fatty acids, total trans								
Cholesterolmg	21	1	A	1		3	190	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

Common Measures:

Measure 1 = 14.2g: 1 serving Measure 2 = 907g: 1 package (2 lb)

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 10	<u>0 grams</u>	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number					easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		67.60		0	MC	9		22.98		
Energy	kcal	116		0	MC	9		39		
Energy	kj	485				9		165		
Protein	g	0.50		0	MC	9		0.17		
Total lipid (fat)	g	0.30		0	NR	4		0.10		
Ash	g	3.40		0	MC	9		1.16		
Carbohydrate, by difference (1)	g	26.20		0	MC	9		8.91		
Fiber, total dietary	g	0.9		0	MC	9		0.3		
Sugars, total	g	21.70		0	MC	9		7.38		
Starch										
Tinerals:										
Calcium, Ca	mg	15		0	MC	9		5		
Iron, Fe	_	0.62		0	MC	9		0.21		
Magnesium, Mg										
Phosphorus, P		9		0	MC	9		3		
Potassium, K		81		0	MC	9		28		
Sodium, Na	mg	1228		0	MC	9		418		
Zinc, Zn										
Copper, Cu	mg									
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	MC	9		0.1		
Thiamin										
Riboflavin										
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU		336		0	MC	9		114		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	_									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated		0.000)	0	MC	9		0.000		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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Common Measures:

Measure 1 = 34g: 2 tbsp

Footnotes

1 Contains other proximate components.

NDB No. 06308 Sauce, KRAFT Barbecue Sauce Hickory Smoke

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	67.70		0	MC	9		23.02		
Energy	kcal	116		0	MC	9		39		
Energy		485				9		165		
Protein	g	0.50		0	MC	9		0.17		
Total lipid (fat)	g	0.30		0	NR	4		0.10		
Ash	g	3.40		0	MC	9		1.16		
Carbohydrate, by difference (1)		26.10		0	MC	9		8.87		
Fiber, total dietary		0.9		0	MC	9		0.3		
Sugars, total		21.70		0	MC	9		7.38		
Starch				·						
<u> Minerals:</u>										
Calcium, Ca	mg	15		0	MC	9		5		
Iron, Fe	mg	0.62		0	MC	9		0.21		
Magnesium, Mg	mg									
Phosphorus, P		9		0	MC	9		3		
Potassium, K	mg	81		0	MC	9		28		
Sodium, Na	mg	1248		0	MC	9		424		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	MC	9		0.1		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	336		0	MC	9		114		
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		0.000)	0	MC	9		0.000		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans										
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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Common Measures:

Measure 1 = 34g: 2 tbsp

Footnotes

1 Contains other proximate components.

NDB No. 06307 Sauce, KRAFT Barbecue Sauce Original

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 100) grams	of edit	ole portic	<u>on</u>	Amount in edible portion of common			
			ı	Number	•			me	easures of food	<u> </u>	
						Source	Confidence				
Nutrients and Un	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	72.87		1	A	1		47.37			
Energy	kcal	161		0	MC	9		105			
Energy	kj	674				9		438			
Protein	g	1.86		1	A	1		1.21			
Total lipid (fat)		13.05		1	A	1		8.48			
Ash		3.15		1	A	1		2.05			
Carbohydrate, by difference		9.07		0	MC	9		5.90			
Fiber, total dietary		0.0		1	A	1		0.0			
Sugars, total		2.93		1	A	1		1.90			
Sucrose											
Glucose (dextrose)	g	0 0-			_			0.00			
Fructose		0.35		1 1	A	1		0.23			
Lactose		2.58		1	A	1		1.68			
Maltose											
Galactose											
Starch	9										
Minerals:											
Calcium, Ca	_	92		1	A	1		60			
Iron, Fe	_	0.77		1	A	1		0.50			
Magnesium, Mg											
Phosphorus, P											
Potassium, KSodium, Na	_	971		1	A	1		631			
Zinc, Zn	_	3,1		-		-		031			
Copper, Cu											
Manganese, Mn											
Selenium, Se											
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0			
Thiamin	mg										
Riboflavin	mg										
Niacin	• • • • • • • • • • • • • • • • • • • •										
Pantothenic acid											
Vitamin B-6											
Folate, totalFolate, DFE											
Vitamin B-12											
Vitamin A, IU	IIJ	172		1	A	1		112			
Vitamin A, RAE	mca RAE	1,2		-		-					
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated		3.459		1	A	1		2.248			
Fatty acids, total monounsaturated.		5.838		1	A	1		3.795			
Fatty acids, total polyunsaturated		2.840	ט	1	A	1		1.846			
Fatty acids, total trans		•		-	_			•			
CholesterolPhytosterols		3		1	A	1		2			

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NDB No. 06277 Sauce, LA VICTORIA, Cheddar Cheese Sauce

Common Measures: Measure 1 = 65g: .25 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number of Data		Source	Confidence		easures of food	
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.28		1	A	1		27.38		
Energy		32		0	MC	9		10		
Energy	kj	134				9		40		
Protein	g	0.92		1	A	1		0.28		
Total lipid (fat)	g	1.09		1	A	1		0.33		
Ash	g	2.01		1	A	1		0.60		
Carbohydrate, by difference	g	4.70		0	MC	9		1.41		
Fiber, total dietary	g	0.9		1	A	1		0.3		
Sugars, total	g	2.00		1	A	1		0.60		
Sucrose	g	0.12		1	A	1		0.04		
Glucose (dextrose)		1.01		1	A	1		0.30		
Fructose	g	0.87		1	A	1		0.26		
Lactose	g									
Maltose	g									
Galactose										
Starch										
Minerals:										
Calcium, Ca	-	16		1	A	1		5		
Iron, Fe	-	0.40		1	A	1		0.12		
Magnesium, Mg										
Phosphorus, P										
Potassium, K	-	600			_			100		
Sodium, Na	_	600		1	A	1		180		
Zinc, Zn										
Copper, Cu										
Selenium, Se										
Scientini, Sc										
Vitamins:										
Vitamin C, total ascorbic acid	mg	12.0		1	A	1		3.6		
Thiamin	mg									
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12					_	_				
Vitamin A, IU		282		1	A	1		85		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin D Vitamin K (phylloquinone)										
v namni K (phynoquinone)	nog									
<u>Lipids:</u>										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated.	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans										
Cholesterol	mg	0		0	Z	7		0		
Phytosterols										

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NDB No. 06273 Sauce, LA VICTORIA, Green Salsa Jalapena

Common Measures: Measure 1 = 30g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion of	
Nutrients and Unit	ts	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:	~	90.78		2	A	1		27.23		
Water										
Energy		31		0	MC	9		9		
Energy		130				9		39		
Protein	-	0.79		2	A	1		0.24		
Total lipid (fat)	g	0.16		2	A	1		0.05		
Ash	g	1.72		2	A	1		0.52		
Carbohydrate, by difference		6.54		0	MC	9		1.96		
Fiber, total dietary	g	0.5		1	A	1		0.2		
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	ma	14		1	A	1		4		
Iron, Fe	_	0.04		1	A	1		0.01		
Magnesium, Mg	_	0.04		-	A	-		0.01		
Phosphorus, P										
Potassium, K										
Sodium, Na	-	493		1	A	1		148		
Zinc, Zn	-	433		-	A	-		140		
Copper, Cu	-									
Manganese, Mn	-									
Selenium, Se	-									
Vitamins:	U									
Vitamin C, total ascorbic acid	ma	10.5		1	A	1		3.2		
Thiamin	-	10.5		_	A	_		٥.٤		
Riboflavin										
Niacin										
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •									
Vitamin B-6	-									
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU	-	211		1	A	1		63		
Vitamin A, RAE		211		_	A	_		05		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										

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Common Measures:

Measure 1 = 30g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate

		Amount in 100 grams of edible portion						Amount in edible portion of common		
Nutrients and Units				Number		Source	Confidence	measures of food		
		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.87		1	A	1		55.12		
Energy		33		0	MC	9		20		
Energy	kj	138				9		83		
Protein	g	0.32		1	A	1		0.19		
Total lipid (fat)	g	1.45		1	A	1		0.87		
Ash	g	1.74		1	A	1		1.04		
Carbohydrate, by difference	g	4.62		0	MC	9		2.77		
Fiber, total dietary	g	0.7		1	A	1		0.4		
Sugars, total	g	1.04		1	A	1		0.62		
Sucrose	g									
Glucose (dextrose)		0.39		1	A	1		0.23		
Fructose	g	0.65		1	A	1		0.39		
Lactose	g									
Maltose	g									
Galactose										
Starch										
Minerals:										
Calcium, Ca	ma	12		1	A	1		7		
Iron, Fe	-	0.12		1	A	1		0.07		
Magnesium, Mg	-	0.12		-		-		0.07		
Phosphorus, P										
Potassium, K										
Sodium, Na	-	658		1	A	1		395		
Zine, Zn	_									
Copper, Cu	mg									
Manganese, Mn	<u>mg</u>									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	4.4		1	A	1		2.6		
Thiamin		4.4		_	•	1		2.0		
Riboflavin	-									
Niacin	-									
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		2310		1	A	1		1386		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated.										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									

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NDB No. 06275 Sauce, LA VICTORIA, LA VICTORIA Enchilada Sauce

Common Measures:

Measure 1 = 60g: .25 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		Amount in 100 grams of edible portion							Amount in edible portion of common			
				Number	•			measures of food				
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure		
Proximates:												
Water	-	92.07		1	A	1		27.62				
Energy		25		0	MC	9		8				
Energy	kj	105				9		31				
Protein		1.30		1	A	1		0.39				
Total lipid (fat)	g	0.25		1	A	1		0.08				
Ash	g	2.08		1	A	1		0.62				
Carbohydrate, by difference	g	4.30		0	MC	9		1.29				
Fiber, total dietary	g	0.4		1	A	1		0.1				
Sugars, total	g	1.52		1	A	1		0.46				
Sucrose	g											
Glucose (dextrose)		0.51		1	A	1		0.15				
Fructose		1.01		1	A	1		0.30				
Lactose												
Maltose												
Galactose												
Starch												
	0											
<u> Minerals:</u>								_				
Calcium, Ca		15		1	A	1		5				
Iron, Fe	_	0.91		1	A	1		0.27				
Magnesium, Mg												
Phosphorus, P.												
Potassium, K		574		1	A	1		172				
Sodium, Na		5/4		1	A	1		1/2				
Zinc, Zn												
Copper, Cu												
Selenium, Se	-											
Seiemum, Se	Illog											
<u>'itamins:</u>												
Vitamin C, total ascorbic acid	mg	13.4		1	A	1		4.0				
Thiamin	mg											
Riboflavin	mg											
Niacin												
Pantothenic acid												
Vitamin B-6	_											
Folate, total												
Folate, DFE												
Vitamin B-12												
Vitamin A, IU	IU	455		1	A	1		137				
Vitamin A, RAE												
Vitamin E (alpha-tocopherol)												
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D												

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

Common Measures:

Measure 1 = 30g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate

NDB No. 06269 Sauce, LA VICTORIA, LA VICTORIA Green Chile Salsa, Mild

Food Group: 06 Soups, Sauces, and Gravies

		Amount in 100 grams of edible portion						Amount in edible portion of common		
Nutrients and Units				Number of Data		Source	Confidence	measures of food		
		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.98		1	A	1		13.65		
Energy		30		0	MC	9		5		
Energy	kj	126				9		19		
Protein	g	0.79		1	A	1		0.12		
Total lipid (fat)	g	0.36		1	A	1		0.05		
Ash	g	2.05		1	A	1		0.31		
Carbohydrate, by difference	g	5.82		0	MC	9		0.87		
Fiber, total dietary	g	0.6		1	A	1		0.1		
Sugars, total	g	2.39		1	A	1		0.36		
Sucrose		0.00		1	A	1		0.00		
Glucose (dextrose)		1.25		1	A	1		0.19		
Fructose	g	1.14		1	A	1		0.17		
Lactose	g									
Maltose	g									
Galactose										
Starch										
x										
Minerals:		_				_		_		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	8		1	A	1		1		
Iron, Fe	-	0.05		1	A	1		0.01		
Magnesium, Mg										
Phosphorus, P										
Potassium, KSodium, Na	_	634		1	A	1		95		
Zinc, Zn	-	034		_	A	1		95		
Copper, Cu										
Manganese, Mn.										
Selenium, Se										
ŕ										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		4.8		1	A	1		0.7		
Thiamin	_									
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, totalFolate, DFE										
Vitamin B-12										
Vitamin A, IU		79		1	A	1		12		
Vitamin A, RAE		,,		-	-	-		12		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	-									
Fatty acids, total saturated	a									
Fatty acids, total monounsaturated										
Fatty acids, total monounsaturated										
Fatty acids, total trans										
Cholesterol		0		0	z	7		0		
Phytosterols		ū		•	_	•		J		

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

NDB No. 06260 Sauce, LA VICTORIA, LA VICTORIA Green Taco Sauce, Medium

Common Measures: Measure 1 = 15g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		Amount in 100 grams of edible portion						Amount in edible portion of common		
Nutrients and Units				Number of Data		Source	Confidence	measures of food		
		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.98		1	A	1		13.65		
Energy		30		0	MC	9		5		
Energy	kj	126				9		19		
Protein	g	0.79		1	A	1		0.12		
Total lipid (fat)	g	0.36		1	A	1		0.05		
Ash	g	2.05		1	A	1		0.31		
Carbohydrate, by difference	g	5.82		0	MC	9		0.87		
Fiber, total dietary	g	0.6		1	A	1		0.1		
Sugars, total	g	2.39		1	A	1		0.36		
Sucrose	g									
Glucose (dextrose)	g	1.25		1	A	1		0.19		
Fructose	g	1.14		1	A	1		0.17		
Lactose	g									
Maltose	g									
Galactose										
Starch										
Minavala										
Minerals: Calcium, Ca	ma	8		1	A	1		1		
Iron, Fe	-	0.05		1	A	1		0.01		
Magnesium, Mg	-	0.05		_	•	_		0.01		
Phosphorus, P										
Potassium, K										
Sodium, Na	-	634		1	A	1		95		
Zine, Zn	_									
Copper, Cu										
Manganese, Mn										
Selenium, Se	mcg									
Vitamins										
Vitamins:	ma	4.8		1	A	1		0.7		
Vitamin C, total ascorbic acid		4.0		_	A	_		0.7		
ThiaminRiboflavin	-									
Niacin	-									
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		79		1	A	1		12		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q									
Fatty acids, total monounsaturated.										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	Z	7		0		
Phytosterols										

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

NDB No. 06259 Sauce, LA VICTORIA, LA VICTORIA Green Taco Sauce, Mild

Common Measures: Measure 1 = 15g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	00 grams	of edib	le portic	<u>on</u>	Amount in	edible portion	of common
				Number of Data		Source	Confidence		easures of food	
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.62		1	A	1		14.02		
Energy		42		0	MC	9		7		
Energy	kj	176				9		28		
Protein	g	1.34		1	A	1		0.21		
Total lipid (fat)	g	0.42		1	A	1		0.07		
Ash	g	2.41		1	A	1		0.39		
Carbohydrate, by difference	g	8.21		0	MC	9		1.31		
Fiber, total dietary	g	0.6		1	A	1		0.1		
Sugars, total	g	6.16		1	A	1		0.99		
Sucrose	g									
Glucose (dextrose)		1.96		1	A	1		0.31		
Fructose	g	2.20		1	A	1		0.35		
Lactose	g	1.00		1	A	1		0.16		
Maltose	g	1.00		1	A	1		0.16		
Galactose										
Starch										
Minarala										
Minerals:	ma	21		1	A	1		2		
Calcium, CaIron, Fe	-	0.18		1	A	1		3 0.03		
Magnesium, Mg	-	0.18		1	A	1		0.03		
Phosphorus, P										
Potassium, K										
Sodium, Na	-	655		1	A	1		105		
Zinc, Zn	-			_		_		200		
Copper, Cu										
Manganese, Mn										
Selenium, Se										
¥7*4 *										
Vitamins:		4.7.0			_	_				
Vitamin C, total ascorbic acid		17.9		1	A	1		2.9		
Thiamin	-									
Riboflavin	-									
Niacin										
Pantothenic acid Vitamin B-6										
Folate, total										
Folate, DFE	mca DFF									
Vitamin B-12										
Vitamin A, IU		1600		1	A	1		256		
Vitamin A, RAE				_		_				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a									
Fatty acids, total monounsaturated	_									
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	z	7		0		
Phytosterols										

NDB No. 06258 Sauce, LA VICTORIA, LA VICTORIA Red Taco Sauce, Medium

Common Measures: Measure 1 = 16g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number of Data		Source	Confidence		easures of food	
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.62		1	A	1		14.02		
Energy		42		0	MC	9		7		
Energy	kj	176				9		28		
Protein	g	1.34		1	A	1		0.21		
Total lipid (fat)	g	0.42		1	A	1		0.07		
Ash	g	2.41		1	A	1		0.39		
Carbohydrate, by difference	g	8.21		0	MC	9		1.31		
Fiber, total dietary	g	0.5		1	A	1		0.1		
Sugars, total	g	6.16		1	A	1		0.99		
Sucrose	g									
Glucose (dextrose)	g	1.96		1	A	1		0.31		
Fructose	g	2.20		1	A	1		0.35		
Lactose	g	1.00		1	A	1		0.16		
Maltose	g	1.00		1	A	1		0.16		
Galactose										
Starch										
Minorals										
Minerals:	ma	21		1	A	1		3		
Calcium, Ca Iron, Fe	-	0.18		1	A	1		3 0.03		
Magnesium, Mg	-	0.18		1	A	1		0.03		
Phosphorus, P										
Potassium, K										
Sodium, Na	-	655		1	A	1		105		
Zinc, Zn	-			_		_				
Copper, Cu										
Manganese, Mn										
Selenium, Se										
¥7*4 *										
Vitamins:					_	_				
Vitamin C, total ascorbic acid		17.9		1	A	1		2.9		
Thiamin	-									
Riboflavin	-									
Niacin										
Pantothenic acid Vitamin B-6										
Folate, total										
Folate, DFE	mca DFF									
Vitamin B-12										
Vitamin A, IU		1600		1	A	1		256		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a									
Fatty acids, total monounsaturated	_									
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	z	7		0		
Phytosterols				-	-			-		

NDB No. 06257 Sauce, LA VICTORIA, LA VICTORIA Red Taco Sauce, mild

Common Measures: Measure 1 = 16g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number of Data		Source	Confidence		easures of food	_
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.53		1	A	1		27.46		
Energy		28		0	MC	9		8		
Energy	kj	117				9		35		
Protein	g	1.22		1	A	1		0.37		
Total lipid (fat)	g	0.34		1	A	1		0.10		
Ash	g	1.94		1	A	1		0.58		
Carbohydrate, by difference	g	4.97		0	MC	9		1.49		
Fiber, total dietary	g	0.5		1	A	1		0.2		
Sugars, total	g	3.02		1	A	1		0.91		
Sucrose	g									
Glucose (dextrose)		1.27		1	A	1		0.38		
Fructose	g	1.75		1	A	1		0.53		
Lactose	g									
Maltose	g									
Galactose										
Starch										
x										
Minerals:				_	_	_				
Calcium, Ca	-	14		1	A	1		4		
Iron, Fe	-	0.06		1	A	1		0.02		
Magnesium, Mg										
Phosphorus, P										
Potassium, KSodium, Na	-	499		1	A	1		150		
Zinc, Zn	-	499		_	A	_		150		
Copper, Cu										
Manganese, Mn.										
Selenium, Se										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		8.2		1	A	1		2.5		
Thiamin	-									
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total	mcg									
Folate, DFE										
Vitamin B-12 Vitamin A, IU		465		1	A	1		140		
Vitamin A, IUVitamin A, RAE		405		_	A	_		140		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	-									
Fatty acids, total saturated	a									
Fatty acids, total monounsaturated										
Fatty acids, total monounsaturated										
Fatty acids, total trans										
Cholesterol		0		0	z	7		0		
Phytosterols		•		•	_	•		J		

NDB No. 06266 Sauce, LA VICTORIA, LA VICTORIA Salsa Picante, Medium

Common Measures: Measure 1 = 30g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	00 grams	of edib	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number of Data		Source	Confidence		easures of food	
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.53		1	A	1		27.46		
Energy		27		0	MC	9		8		
Energy	kj	113				9		34		
Protein	g	1.19		1	A	1		0.36		
Total lipid (fat)	g	0.29		1	A	1		0.09		
Ash	g	2.17		1	A	1		0.65		
Carbohydrate, by difference	g	4.82		0	MC	9		1.45		
Fiber, total dietary	g	0.3		1	A	1		0.1		
Sugars, total	g	2.95		1	A	1		0.89		
Sucrose	g									
Glucose (dextrose)		1.32		1	A	1		0.40		
Fructose	g	1.63		1	A	1		0.49		
Lactose	g									
Maltose	g									
Galactose										
Starch										
Minerals:				_		_		_		
Calcium, Ca	-	15		1	A	1		5		
Iron, Fe	-	0.11		1	A	1		0.03		
Magnesium, Mg										
Phosphorus, P										
Potassium, K	-	596		1	A	1		179		
Sodium, NaZinc, Zn	-	396		1	A	1		179		
Copper, Cu										
Manganese, Mn										
Selenium, Se										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		6.1		1	A	1		1.8		
Thiamin	-									
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, totalFolate, DFE										
Vitamin B-12										
Vitamin B-12 Vitamin A, IU		413		1	A	1		124		
Vitamin A, IU Vitamin A, RAE		413		1	•	_		124		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	a									
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	z	7		0		
Phytosterols										

NDB No. 06265 Sauce, LA VICTORIA, LA VICTORIA Salsa Picante, Mild

Common Measures: Measure 1 = 30g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	00 grams	of edib	le portic	<u>on</u>	Amount in	edible portion	of common
				Number of Data		Source	Confidence		easures of food	
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.00		1	A	1		27.30		
Energy		30		0	MC	9		9		
Energy	kj	126				9		38		
Protein	g	1.29		1	A	1		0.39		
Total lipid (fat)	g	0.30		1	A	1		0.09		
Ash	g	1.97		1	A	1		0.59		
Carbohydrate, by difference	g	5.44		0	MC	9		1.63		
Fiber, total dietary	g	0.2		1	A	1		0.1		
Sugars, total	g	2.65		1	A	1		0.80		
Sucrose	g									
Glucose (dextrose)		1.28		1	A	1		0.38		
Fructose	g	1.37		1	A	1		0.41		
Lactose	g									
Maltose	g									
Galactose										
Starch										
Minauala										
Minerals:	ma	16		1	A	1		-		
Calcium, Ca Iron, Fe	_	0.14		1	A	1 1		5 0.04		
Magnesium, Mg	_	0.14		1	A	1		0.04		
Phosphorus, P										
Potassium, K										
Sodium, Na	-	563		1	A	1		169		
Zinc, Zn	_			_		_				
Copper, Cu										
Manganese, Mn										
Selenium, Se										
¥7*4 *										
Vitamins:					_	_				
Vitamin C, total ascorbic acid		4.3		1	A	1		1.3		
Thiamin	-									
Riboflavin	_									
Niacin										
Pantothenic acid Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		1190		1	A	1		357		
Vitamin A, RAE		* =		=	==	=				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a									
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	z	7		0		
Phytosterols										

NDB No. 06263 Sauce, LA VICTORIA, LA VICTORIA Salsa Ranchera, Hot

Common Measures: Measure 1 = 30g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	00 grams	of edib	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number of Data		Source	Confidence		easures of food	
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.88		1	A	1		27.56		
Energy		26		0	MC	9		8		
Energy	kj	109				9		33		
Protein	g	1.16		1	A	1		0.35		
Total lipid (fat)	g	0.26		1	A	1		0.08		
Ash	g	2.05		1	A	1		0.62		
Carbohydrate, by difference	g	4.65		0	MC	9		1.40		
Fiber, total dietary	g	0.8		1	A	1		0.2		
Sugars, total	g	3.24		1	A	1		0.97		
Sucrose										
Glucose (dextrose)		1.53		1	A	1		0.46		
Fructose	g	1.71		1	A	1		0.51		
Lactose	g									
Maltose	g									
Galactose										
Starch										
Minerals:		_				_		_		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	9		1	A	1		3		
Iron, Fe	-	0.06		1	A	1		0.02		
Magnesium, Mg										
Phosphorus, P										
Potassium, K	-	550		1	A	1		165		
Sodium, NaZinc, Zn	-	550		_	A	1		165		
Copper, Cu										
Manganese, Mn										
Selenium, Se										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		5.1		1	A	1		1.5		
Thiamin	-									
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, totalFolate, DFE	mca DEE									
Vitamin B-12										
Vitamin B-12 Vitamin A, IU		324		1	A	1		97		
Vitamin A, IUVitamin A, RAE		J2 4		1	•	_		5,		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	a									
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	z	7		0		
Phytosterols		="		-	-			-		

NDB No. 06268 Sauce, LA VICTORIA, LA VICTORIA Salsa Suprema, Medium

Common Measures: Measure 1 = 30g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number of Data		Source	Confidence		easures of food	
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.47		1	A	1		27.44		
Energy		27		0	MC	9		8		
Energy	kj	113				9		34		
Protein	g	0.79		1	A	1		0.24		
Total lipid (fat)	g	0.30		1	A	1		0.09		
Ash	g	2.04		1	A	1		0.61		
Carbohydrate, by difference	g	5.40		0	MC	9		1.62		
Fiber, total dietary	g	0.6		1	A	1		0.2		
Sugars, total	g	3.07		1	A	1		0.92		
Sucrose	g									
Glucose (dextrose)		1.32		1	A	1		0.40		
Fructose	g	1.75		1	A	1		0.53		
Lactose	g									
Maltose	g									
Galactose										
Starch										
Minerals:								_		
Calcium, Ca	_	15		1	A	1		5		
Iron, Fe	_	0.17		1	A	1		0.05		
Magnesium, Mg										
Phosphorus, P										
Potassium, K	-	587		1	A	1		176		
Sodium, NaZinc, Zn	-	367		_	A	_		176		
Copper, Cu										
Manganese, Mn										
Selenium, Se										
Scientifi, Sc										
Vitamins:										
Vitamin C, total ascorbic acid	mg	14.3		1	A	1		4.3		
Thiamin	-									
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total	mcg									
Folate, DFE										
Vitamin B-12		600			_			100		
Vitamin A, IU		608		1	A	1		182		
Vitamin E (alpha taganharal)										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated.										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	Z	7		0		
Phytosterols	mg									

NDB No. 06267 Sauce, LA VICTORIA, LA VICTORIA Salsa Suprema, Mild

Common Measures: Measure 1 = 30g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	00 grams	of edib	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number of Data		Source	Confidence		easures of food	
Nutrients and Un	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.41		1	A	1		27.72		
Energy		24		0	MC	9		7		
Energy	kj	100				9		30		
Protein	g	0.92		1	A	1		0.28		
Total lipid (fat)	g	0.27		1	A	1		0.08		
Ash	g	1.97		1	A	1		0.59		
Carbohydrate, by difference	g	4.43		0	MC	9		1.33		
Fiber, total dietary	g	0.7		1	A	1		0.2		
Sugars, total	g	2.07		1	A	1		0.62		
Sucrose	g									
Glucose (dextrose)		1.04		1	A	1		0.31		
Fructose	g	1.03		1	A	1		0.31		
Lactose	g									
Maltose	g									
Galactose										
Starch.										
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	8		1	A	1		2		
Iron, Fe	-	0.04		1	A	1		0.01		
Magnesium, Mg										
Phosphorus, P										
Potassium, K	-	F 41			_			1.00		
Sodium, Na	-	541		1	A	1		162		
Zinc, Zn										
Copper, Cu										
Selenium, Se										
Scientini, Sc	g									
Vitamins:										
Vitamin C, total ascorbic acid	mg	11.9		1	A	1		3.6		
Thiamin	mg									
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total	mcg									
Folate, DFE										
Vitamin B-12				_		_				
Vitamin A, IU		172		1	A	1		52		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin D Vitamin K (phylloquinone)										
v namni K (pnynoquinone)	nog									
<u>Lipids:</u>										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated.	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans										
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									

NDB No. 06262 Sauce, LA VICTORIA, LA VICTORIA Salsa Victoria, Hot

Common Measures: Measure 1 = 30g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 100	grams)	of edik	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number				me	easures of food	<u> </u>
						Source	Confidence			
Nutrients and U	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.70		1	A	1		27.51		
Energy	kcal	28		0	MC	9		8		
Energy		117				9		35		
Protein	g	1.53		1	A	1		0.46		
Total lipid (fat)	g	0.35		1	A	1		0.11		
Ash	g	1.79		1	A	1		0.54		
Carbohydrate, by difference	g	4.63		0	MC	9		1.39		
Fiber, total dietary	g	0.5		1	A	1		0.2		
Sugars, total	g	3.33		1	A	1		1.00		
Sucrose	g									
Glucose (dextrose)	g	1.51		1	A	1		0.45		
Fructose	g	1.82		1	A	1		0.55		
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		1	A	1		3		
Iron, Fe	mg	0.08		1	A	1		0.02		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	_									
Sodium, Na	_	436		1	A	1		131		
Zinc, Zn										
Copper, Cu										
Manganese, Mn Selenium, Se										
	9									
Vitamins: Vitamin C, total ascorbic acid	ma	5.1		1	A	1		1.5		
Thiamin	_	3.1		-		-		1.5		
Riboflavin	_									
Niacin										
Pantothenic acid										
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE										
Vitamin B-12	mcg									
Vitamin A, IU	IU	523		1	A	1		157		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated.	g									
Fatty acids, total trans										
Cholesterol		0		0	Z	7		0		
Phytosterols	mg									

NDB No. 06272 Sauce, LA VICTORIA, LA VICTORIA Thick 'N Chunky Salsa, Hot

Common Measures: Measure 1 = 30g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number of Data		Source	Confidence		easures of food	
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.07		1	A	1		27.62		
Energy		25		0	MC	9		8		
Energy	kj	105				9		31		
Protein	g	1.19		1	A	1		0.36		
Total lipid (fat)	g	0.34		1	A	1		0.10		
Ash	g	2.01		1	A	1		0.60		
Carbohydrate, by difference	g	4.39		0	MC	9		1.32		
Fiber, total dietary	g	0.9		1	A	1		0.3		
Sugars, total	g	3.12		1	A	1		0.94		
Sucrose	g									
Glucose (dextrose)	g	1.40		1	A	1		0.42		
Fructose	g	1.72		1	A	1		0.52		
Lactose	g									
Maltose	g									
Galactose										
Starch										
Minerals:										
Calcium, Ca	ma	19		1	A	1		6		
Iron, Fe	_	0.15		1	A	1		0.05		
Magnesium, Mg	_	0.15		-		-		0.05		
Phosphorus, P										
Potassium, K										
Sodium, Na	-	525		1	A	1		158		
Zinc, Zn	_									
Copper, Cu	mg									
Manganese, Mn	<u>mg</u>									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	14.3		1	A	1		4.3		
Thiamin		14.5		-		-		4.5		
Riboflavin	-									
Niacin	_									
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU		576		1	A	1		173		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated.										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									

NDB No. 06271 Sauce, LA VICTORIA, LA VICTORIA Thick 'N Chunky Salsa, Medium

Common Measures: Measure 1 = 30g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number		Source	Confidence		easures of food	
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.08		1	A	1		27.62		
Energy		26		0	MC	9		8		
Energy	kj	109				9		33		
Protein	g	0.88		1	A	1		0.26		
Total lipid (fat)	g	0.29		1	A	1		0.09		
Ash	g	1.87		1	A	1		0.56		
Carbohydrate, by difference	g	4.88		0	MC	9		1.46		
Fiber, total dietary	g	0.8		1	A	1		0.2		
Sugars, total	g	3.58		1	A	1		1.07		
Sucrose										
Glucose (dextrose)		1.68		1	A	1		0.50		
Fructose	g	1.90		1	A	1		0.57		
Lactose	g									
Maltose	g									
Galactose										
Starch										
X										
Minerals:				_	_	_		_		
Calcium, Ca	-	18		1	A	1		5		
Iron, Fe	-	0.12		1	A	1		0.04		
Magnesium, Mg										
Phosphorus, P										
Potassium, KSodium, Na	-	519		1	A	1		156		
Zinc, Zn	-	519		_	A	1		156		
Copper, Cu										
Manganese, Mn										
Selenium, Se										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		14.4		1	A	1		4.3		
Thiamin	-									
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total	mcg									
Folate, DFE										
Vitamin B-12		767				1		220		
Vitamin A, IUVitamin A, RAE		767		1	A	1		230		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	····									
<u>Lipids:</u>	_									
Fatty acids, total saturated										
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		0		0	z	7		0		
CholesterolPhytosterols		J		U	4	′		U		

NDB No. 06270 Sauce, LA VICTORIA, LA VICTORIA Thick 'N Chunky Salsa, Mild

Common Measures: Measure 1 = 30g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 100	grams	of edib	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number				m	easures of food	<u>[</u>
						Source	Confidence			_
Nutrients and Units	5	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.22		1	A	1		3.55		
Energy	kcal	421		0	MC	9		240		
Energy		1761				9		1004		
Protein	g	14.50		1	A	1		8.27		
Total lipid (fat)		18.14		1	A	1		10.34		
Ash		11.32		1	A	1		6.45		
Carbohydrate, by difference		49.82		0	MC	9		28.40		
Fiber, total dietary		16.1		1	A	1		9.2		
Sugars, total		19.32		1	A	1		11.01		
Sucrose		12.55		1	A	1		7.15		
Glucose (dextrose)	<u>9</u>	2.80		1	A	1		1.60		
Fructose (dextrose)	5 q	3.97		1	A	1		2.26		
Lactose				_		_				
Maltose	9									
Galactose										
Starch										
Starch	9									
Minerals:										
Calcium, Ca	mg	102		1	A	1		58		
Iron, Fe	_. mg	2.79		1	A	1		1.59		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	-									
Sodium, Na	-	3240		1	A	1		1847		
Zinc, Zn										
Copper, Cu										
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1	A	1		0.0		
Thiamin	-									
Riboflavin	-									
Niacin	-									
Pantothenic acid	-									
Vitamin B-6	-									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	20600		1	A	1		11742		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	<u>m</u> cg									
Lipids:										
Fatty acids, total saturated	a									
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated	_									
Fatty acids, total trans										
Cholesterol		0		0	z	7		0		
Phytosterols		•		•	_	•		J		

NDB No. 06276 Sauce, LA VICTORIA, Mole Poblano

Common Measures: Measure 1 = 57g: 2 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common		
				Number of Data	Deriv	Source	Confidence		easures of food	
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		71.88		1	A	1		51.75		
Energy		170		0	MC	9		122		
Energy	kj	711				9		512		
Protein	g	1.82		1	A	1		1.31		
Total lipid (fat)	g	13.49		1	A	1		9.71		
Ash	g	2.55		1	A	1		1.84		
Carbohydrate, by difference	g	10.26		0	MC	9		7.39		
Fiber, total dietary	g	0.3		1	A	1		0.2		
Sugars, total	g	2.60		1	A	1		1.87		
Sucrose	g									
Glucose (dextrose)										
Fructose	g									
Lactose		2.60		1	A	1		1.87		
Maltose										
Galactose										
Starch										
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	89		1	A	1		64		
Iron, Fe	•	1.20		1	A	1		0.86		
Magnesium, Mg										
Phosphorus, P										
Potassium, K Sodium, Na	_	765		1	A	1		551		
Zinc, Zn	-	765		_	A	_		551		
Copper, Cu										
Manganese, Mn										
Selenium, Se										
Scientifi, Sc										
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		1	A	1		1.2		
Thiamin	-									
Riboflavin	• • • • • • • • • • • • • • • • • • • •									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12		F.4			_			20		
Vitamin A, IU		54		1	A	1		39		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol) Tocopherol, beta										
• •										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	a	3.739	9	1	A	1		2.692		
Fatty acids, total monounsaturated		6.323		1	A	1		4.553		
Fatty acids, total polyunsaturated		2.484		1	A	1		1.788		
Fatty acids, total trans			-	-		-		1.700		
Cholesterol		5		1	A	1		4		
Phytosterols		-		_		_		-		

NDB No. 06278 Sauce, LA VICTORIA, Nacho Cheese Sauce with Jalapeno Peppers, Medium

Common Measures:

Measure 1 = 72g: .25 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number of Data		Source	Confidence		easures of food	
Nutrients and Units		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.74		1	A	1		26.62		
Energy		40		0	MC	9		12		
Energy	kj	167				9		50		
Protein	g	1.45		1	A	1		0.44		
Total lipid (fat)	g	0.59		1	A	1		0.18		
Ash	g	1.98		1	A	1		0.59		
Carbohydrate, by difference	g	7.24		0	MC	9		2.17		
Fiber, total dietary	g	1.3		1	A	1		0.4		
Sugars, total	g	3.97		1	A	1		1.19		
Sucrose	g									
Glucose (dextrose)		1.74		1	A	1		0.52		
Fructose	g	2.23		1	A	1		0.67		
Lactose	g									
Maltose	g									
Galactose										
Starch										
Minerals:								_		
Calcium, Ca	_	21		1	A	1		6		
Iron, Fe	_	0.17		1	A	1		0.05		
Magnesium, Mg										
Phosphorus, P										
Potassium, KSodium, Na	-	487		1	A	1		146		
*	-	407		_	A	_		140		
Zinc, Zn Copper, Cu										
Manganese, Mn										
Selenium, Se										
Scientini, Sc										
Vitamins:										
Vitamin C, total ascorbic acid	mg	32.1		1	A	1		9.6		
Thiamin	-									
Riboflavin	_									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12		2402			_			744		
Vitamin A, IU		2480		1	A	1		744		
Vitamin E (alpha tagaphara)										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
ramm & (phynoquinone)	g									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated.										
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans										
Cholesterol		0		0	Z	7		0		
Phytosterols	mg									

NDB No. 06274 Sauce, LA VICTORIA, Red Salsa Jalapena

Common Measures: Measure 1 = 30g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 100	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			N	Number				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		88.67		1	A	1		4.43		
Energy		40		0	MC	9		2		
Energy		167				9		8		
Protein		1.36		1	A	1		0.07		
Total lipid (fat)		1.11		1 1	A	1		0.06		
Ash		2.70		0	A MC	1 9		0.14		
Carbohydrate, by difference		6.16 0.3		1	MC A	1		0.31 0.0		
Fiber, total dietary		3.33		1	A	1		0.0		
Sugars, total		0.14		1	A	1		0.17		
Sucrose		1.31		1	A	1		0.01		
Glucose (dextrose) Fructose		1.88		1	A	1		0.07		
Lactose	9	1.00		-		•		0.03		
Maltose	g									
Galactose										
Starch										
Minerals: Calcium. Ca	ma	20		1	7	1		1		
Iron. Fe.		0.57		1	A A	1		0.03		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	0.57		-		-		0.03		
Phosphorus, P	_									
Potassium, K										
Sodium, Na	mg	648		1	A	1		32		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.2		1	A	1		0.4		
Thiamin	-									
Riboflavin	-									
Niacin	• • • • • • • • • • • • • • • • • • • •									
Pantothenic acid	-									
Vitamin B-6Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin B-12	IU	2050		1	A	1		103		
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
Lipids:										
Fatty acids, total saturated										
Fatty acids, total monounsaturated.										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		^		^	_	_		•		
CholesterolPhytosterols		0		0	Z	7		0		

NDB No. 06261 Sauce, LA VICTORIA, Salsa Brava, Hot Common Measures:

Measure 1 = 5.0g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		A	mount in 100 gra	ms of edi	ble portic	<u>on</u>	Amount in edible portion of common		
			Num	ber			<u>m</u>	easures of food	<u>l</u>
			of D	ata Deriv	Source	Confidence			
Nutrients and Units	6	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	а	84.40		1 A	1		105.50		
Energy	-	64		0 MC	9		80		
Energy		267			9		333		
Protein		1.50		1 A	1		1.88		
Total lipid (fat)		2.10		1 A	1		2.63		
• • •		2.30		1 A	1		2.88		
Ash				D MC					
Carbohydrate, by difference		9.69					12.11		
Fiber, total dietary		2.1		1 A	1		2.6		
Sugars, total		4.30		1 A	1		5.38		
Starch	g								
Minerals:									
Calcium, Ca	mg								
Iron, Fe	mg	0.82		L A	1		1.03		
Magnesium, Mg									
Phosphorus, P									
Potassium, K	mg								
Sodium, Na	mg	605		L A	1		756		
Zinc, Zn	mg								
Copper, Cu	mg								
Manganese, Mn	mg								
Selenium, Se	mcg								
Lipids:									
Fatty acids, total saturated	a	0.290		L A	1		0.363		
4:0		0.290			_		0.363		
6:0									
		0.001		L A	1		0.001		
8:0		0.001		L A	1				
10:0				L A	1		0.001		
12:0		0.001	•	L A	1		0.001		
13:0	-	0.000					0.000		
14:0	-	0.002		L A L A	1 1		0.003		
15:0	-	0.001		L A L A	1		0.001		
16:0		0.207					0.259		
17:0		0.001		L A	1		0.001		
18:0	-	0.074		L A	1		0.093		
20:0	-	0.007		L A	1		0.009		
22:0		0.008	:	L A	1		0.010		
24:0					_				
Fatty acids, total monounsaturated		0.437		L A	1		0.546		
14:1	-	0.001		L A	1		0.001		
15:1					_				
16:1 undifferentiated		0.003		L A	1		0.004		
17:1		0.001		L A	1		0.001		
18:1 undifferentiated		0.429		L A	1		0.536		
20:1		0.005	;	L A	1		0.006		
22:1 undifferentiated									
24:1 c	g								
Fatty acids, total polyunsaturated		1.032		L A	1		1.290		
18:2 undifferentiated		0.911		L A	1		1.139		
18:3 undifferentiated	•	0.120)	L A	1		0.150		
18:4									
20:2 n-6 c,c	-								
20:3 undifferentiated	g	0.001		L A	1		0.002		
20:4 undifferentiated	g	0.001		L A	1		0.001		
20:5 n-3	g								
22:5 n-3									
22:6 n-3									
Fatty acids, total trans									
Cholesterol									
Phytosterols									

	Α	Amount in 100 grams of edible portion Number						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3	
Carotenoids: mcg Carotene, beta	310		1	A	1		387.500			

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 = 125g: .5 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u> 1	mount in 10	00 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of commo					
				Number of Data		Source	Confidence	<u>m</u>	easures of food				
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3			
Proximates:													
Water	g	71.75		0	MC	9		22.96					
Energy	kcal	131		0	MC	9		42					
Energy		548				9		175					
Protein		2.02		0	MC	9		0.65					
Total lipid (fat)	g	8.30		0	MC	9		2.66					
Ash	g	5.32		0	MC	9		1.70					
Carbohydrate, by difference	g	12.61		0	MC	9		4.04					
Fiber, total dietary	g												
Sugars, total	g	8.71		0	MC	9		2.79					
Starch	g												
Minerals:													
Calcium, Ca	mg												
Iron, Fe.													
Magnesium, Mg	mg												
Phosphorus, P	mg												
Potassium, K	mg												
Sodium, Na	mg	984		0	MC	9		315					
Zinc, Zn	mg												
Copper, Cu	mg												
Manganese, Mn													
Selenium, Se	mcg												
Lipids:													
Fatty acids, total saturated	g	1.837	,	0	MC	9		0.588					
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 = 32g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 0%

		<u>A</u> 1	mount in 100	grams)	of edib	le portic	<u>on</u>	Amount in edible portion of common		
			N	Number	,			<u>m</u>	easures of food	<u>[</u>
				of Data		Source	Confidence			
Nutrients and U	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.21		3	MA	12		184.04	2230.01	46.01
Energy		132		0	MC	9		327	3967	82
Energy		552				9		1370	16596	342
Protein		2.90		3	A	1		7.19	87.15	1.80
Total lipid (fat)		7.58		3	MA	12		18.80	227.78	4.70
Ash		2.38		3	A	1		5.90	71.52	1.48
Carbohydrate, by difference		12.93		0	MC	9		32.07	388.55	8.02
Fiber, total dietary		0.0		3	A	1		0.0	0.0	0.0
Sugars, total		0.16		3	MA	12		0.40	4.81	0.10
Starch		0.20						0.10	1.01	0.20
Starcii	9									
Minerals:										
Calcium, Ca	mg	74		3	A	1		184	2224	46
Iron, Fe	mg	0.29		3	A	1		0.72	8.71	0.18
Magnesium, Mg	mg	6		0	BFZN	4		15	180	4
Phosphorus, P	mg	82		0	BFZN	4		203	2464	51
Potassium, K	mg	26		0	BFZN	4		64	781	16
Sodium, Na	mg	760		3	A	1		1885	22838	471
Zinc, Zn		0.54		0	BFZN	4		1.34	16.23	0.33
Copper, Cu	-	0.013		0	BFZN	4		0.032	0.391	0.008
Manganese, Mn		0.007	7	0	BFZN	4		0.017	0.210	0.004
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		3	A	1		2.2	27.0	0.6
Thiamin	-	0.004	l	0	BFZN	4		0.010	0.120	0.002
Riboflavin	-	0.065	5	0	BFZN	4		0.161	1.953	0.040
Niacin		0.067	,	0	BFZN	4		0.166	2.013	0.042
Pantothenic acid		0.141	L	0	BFZN	4		0.350	4.237	0.087
Vitamin B-6		0.013	3	0	BFZN	4		0.032	0.391	0.008
Folate, total		3		0	BFZN	4		7	90	2
Folate, DFE	mcg_DFE									
Vitamin B-12		0.09		0	BFZN	4		0.22	2.70	0.06
Vitamin A, IU		63		3	MA	12		156	1893	39
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	2.540	1	3	MA	12		6.299	76.327	1.575
Fatty acids, total monounsaturated		2.540	•	,	.un	12		0.233	10.321	1.37
Fatty acids, total monounsaturated.										
Fatty acids, total trans										
Cholesterol		10		3	MA	12		25	301	6
Phytosterols		-0		,		12		-5	301	J
•										
Others:										
Alcohol, ethyl		0.0		0	Z	7		0.0	0.0	0.0
Caffeine										
Theobromine	<u>mg</u>									

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

Common Measures:

Measure 1 = 248g: 1 cup

NDB No. 06921 Sauce, NESTLE, CHEF-MATE Basic Cheddar Cheese Sauce, ready-to-serve

Measure 2 = 3005g: 1 package Measure 3 = 62g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u> :	mount in 10	0 grams	of edib	ole portic	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	64.76		3	MA	12		163.20	1964.17	40.80	
Energy	kcal	220		0	MC	9		554	6673	139	
Energy	kj	920				9		2320	27918	580	
Protein	g	10.65		3	A	1		26.84	323.01	6.71	
Total lipid (fat)	g	18.07		3	MA	12		45.54	548.06	11.38	
Ash	g	2.87		3	A	1		7.23	87.05	1.81	
Carbohydrate, by difference	g	3.65		0	MC	9		9.20	110.70	2.30	
Fiber, total dietary	g	1.1		3	A	1		2.8	33.4	0.7	
Sugars, total	-	0.70		3	MA	12		1.76	21.23	0.44	
Starch	g										
Minerals:											
Calcium, Ca	mg	255		3	A	1		643	7734	161	
Iron, Fe	-	0.22		3	A	1		0.55	6.67	0.14	
Magnesium, Mg	-	10		0	BFZN	4		25	303	6	
Phosphorus, P		167		0	BFZN	4		421	5065	105	
Potassium, K	mg	32		0	BFZN	4		81	971	20	
Sodium, Na	mg	796		3	A	1		2006	24143	501	
Zinc, Zn	mg	1.03		0	BFZN	4		2.60	31.24	0.65	
Copper, Cu	mg	0.016	5	0	BFZN	4		0.040	0.485	0.01	
Manganese, Mn	mg	0.008	3	0	BFZN	4		0.020	0.243	0.00	
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		3	A	1		0.0	0.0	0.0	
Thiamin	-	0.007	,	0	BFZN	4		0.018	0.212	0.00	
Riboflavin	-	0.122		0	BFZN	4		0.307	3.700	0.07	
Niacin		0.026		0	BFZN	4		0.066	0.789	0.01	
Pantothenic acid	-	0.134		0	BFZN	4		0.338	4.064	0.08	
Vitamin B-6	-	0.018	3	0	BFZN	4		0.045	0.546	0.01	
Folate, total	-	5		0	BFZN	4		13	152	3	
Folate, DFE											
Vitamin B-12		0.15		0	BFZN	4		0.38	4.55	0.09	
Vitamin A, IU	IU	317		3	MA	12		799	9615	200	
Vitamin A, RAE	mcg_RAE										
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	8.840)	3	MA	12		22.277	268.117	5.56	
4:0	-	0.340		0	BFZN	4		0.857	10.312	0.21	
6:0	_	0.172		0	BFZN	4		0.433	5.217	0.10	
8:0	g	0.091	L	0	BFZN	4		0.229	2.760	0.05	
10:0	g	0.195	5	0	BFZN	4		0.491	5.914	0.12	
12:0	g	0.176	5	0	BFZN	4		0.444	5.338	0.11	
13:0	g										
14:0	g	1.102	2	0	BFZN	4		2.777	33.424	0.69	
15:0											
16:0		4.074	l	0	BFZN	4		10.266	123.564	2.56	
17:0	-										
18:0	_	1.537	,	0	BFZN	4		3.873	46.617	0.96	
20:0	_										
22:0	_										
24:0	-	<u>. </u>		_		_				= -	
Fatty acids, total monounsaturated		4.922	2	0	BFZN	4		12.403	149.284	3.10	
14:1	g										

	<u>An</u>	nount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	0.339	0	BFZN	4		0.854	10.282	0.214
18:1 undifferentiated	4.427	0	BFZN	4		11.156	134.271	2.789
20:1	0.000	0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated	0.000	0	BFZN	4		0.000	0.000	0.000
24:1 cg								
Fatty acids, total polyunsaturatedg	3.354	0	BFZN	4		8.452	101.727	2.113
18:2 undifferentiatedg	3.058	0	BFZN	4		7.706	92.749	1.927
18:3 undifferentiated	0.296	0	BFZN	4		0.746	8.978	0.186
18:4g	0.000	0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	BFZN	4		0.000	0.000	0.000
20:5 n-3g	0.000	0	BFZN	4		0.000	0.000	0.000
22:5 n-3g	0.000	0	BFZN	4		0.000	0.000	0.000
22:6 n-3g	0.000	0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans								
Cholesterolmg	46	3	MA	12		116	1395	29
Phytosterols mg								
Others:								
Alcohol, ethylg	0.0	0	z	7		0.0	0.0	0.0
Caffeine mg	3.0	v	-	•		0.0	0.0	0.0
Theobromine mg								

Common Measures:

Measure 1 = 252g: 1 cup

Measure 2 = 3033g: 1 package Measure 3 = 63g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Refuse: 0%

		<u>A</u> :	mount in 100	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			1	Number	•			<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	74.97		3	MA	12		2295.58	47.23	47.23	
Energy	kcal	110		0	MC	9		3368	69	69	
Energy	kj	460				9		14093	290	290	
Protein	g	4.27		3	A	1		130.75	2.69	2.69	
Total lipid (fat)	g	3.78		3	MA	12		115.74	2.38	2.38	
Ash	g	2.33		3	A	1		71.34	1.47	1.47	
Carbohydrate, by difference	g	14.65		0	MC	9		448.58	9.23	9.23	
Fiber, total dietary	g	2.7		3	A	1		82.7	1.7	1.7	
Sugars, total	g	1.76		3	MA	12		53.89	1.11	1.11	
Starch	g										
Minerals:											
Calcium. Ca	mg	31		3	A	1		949	20	20	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.55		3	A	1		47.46	0.98	0.98	
Magnesium, Mg	-	20		0	FLM	4		612	13	13	
Phosphorus, P		63		0	FLM	4		1929	40	40	
Potassium, K	-	237		0	FLM	4		7257	149	149	
Sodium, Na		633		3	A	1		19382	399	399	
Zinc, Zn	<u>mg</u>	0.87		0	FLM	4		26.64	0.55	0.55	
Copper, Cu	mg	0.110)	0	FLM	4		3.368	0.069	0.06	
Manganese, Mn	mg	0.204	ļ	0	FLM	4		6.246	0.129	0.12	
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.1		3	A	1		3.1	0.1	0.1	
Thiamin	-	0.078	ł	0	FLM	4		2.388	0.049	0.04	
Riboflavin	-	0.075		0	FLM	4		2.297	0.047	0.04	
Niacin		1.049		0	FLM	4		32.120	0.661	0.66	
Pantothenic acid	-	0.220		0	FLM	4		6.736	0.139	0.13	
Vitamin B-6	_	0.117	,	0	FLM	4		3.583	0.074	0.07	
Folate, total		35		0	FLM	4		1072	22	22	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		35		0	FLM	4		1072	22	22	
Folate, DFE		35		0	NC	4		1072	22	22	
Vitamin B-12		0.21		0	FLM	4		6.43	0.13	0.13	
Vitamin A, IU	IU	672		3	MA	12		20577	423	423	
Vitamin A, RAE											
Retinol											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	nicg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	1.540)	0	MA	12		47.155	0.970	0.97	
4:0		0.000)	0	FLM	4		0.000	0.000	0.00	
6:0	g	0.000)	0	FLM	4		0.000	0.000	0.00	
8:0	-	0.000)	0	FLM	4		0.000	0.000	0.00	
10:0	g	0.005	i	0	FLM	4		0.153	0.003	0.00	
12:0	g	0.007	•	0	FLM	4		0.214	0.004	0.00	
13:0	-										
14:0	g	0.113	3	0	FLM	4		3.460	0.071	0.07	
15:0	g										
16:0	_	0.886	5	0	FLM	4		27.129	0.558	0.55	
17:0	_										
18:0	-	0.447	,	0	FLM	4		13.687	0.282	0.28	
20:0											
22:0	g										

		Ar	nount in 100 gram	ole portic	<u>on</u>		edible portion		
				Deriv		Confidence	<u>m</u> .	easures of food	
Nutrients and Unit	s	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		1.537	0	FLM	4		47.063	0.968	0.968
14:1	_								
15:1									
16:1 undifferentiated		0.147	0	FLM	4		4.501	0.093	0.093
17:1									
18:1 undifferentiated		1.320	0	FLM	4		40.418	0.832	0.832
20:1		0.004	0	FLM	4		0.122	0.003	0.003
22:1 undifferentiated	•	0.000	0	FLM	4		0.000	0.000	0.000
24:1 c	_								
Fatty acids, total polyunsaturated		0.343	0	FLM	4		10.503	0.216	0.216
18:2 undifferentiated	g	0.252	0	FLM	4		7.716	0.159	0.159
18:3 undifferentiated	g	0.073	0	FLM	4		2.235	0.046	0.046
18:4	g	0.000	0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c	g								
20:3 undifferentiated									
20:4 undifferentiated	g	0.013	0	FLM	4		0.398	0.008	0.008
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	7	3	MA	12		214	4	4
Phytosterols	mg								
Others:									
Alcohol, ethyl	g	0.0	0	Z	7		0.0	0.0	0.0
Caffeine	mg								
Theobromine	mg								

Common Measures:

Measure 1 = 3062g: 1 package Measure 2 = 63g: 1 serving Measure 3 = 63g: .25 cup

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100	grams	of edit	ie portic	<u>on</u>	Amount in edible portion of common			
			N	lumber	•			<u>m</u>	easures of food	•	
			o	of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	а	67.63		3	MA	12		170.43	2051.22	42.61	
Energy	=	211		0	MC	9		532	6400	133	
Energy		883		•		9		2225	26776	556	
Protein		8.66		3	A	1		21.82	262.66	5.46	
Total lipid (fat)	_	18.27		3	MA	12		46.04	554.13	11.51	
Ash		2.54		3	A	1		6.40	77.04	1.60	
Carbohydrate, by difference		2.90		0	MC	9		7.31	87.96	1.83	
Fiber, total dietary		1.0		3	A	1		2.5	30.3	0.6	
Sugars, total		0.53		3	MA	12		1.34	16.07	0.33	
Starch	=										
Minerals:											
Calcium, Ca	mg	216		3	A	1		544	6551	136	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.21		3	A	1		0.53	6.37	0.13	
Magnesium, Mg		10		0	BFZN	4		25	303	6	
Phosphorus, P		167		0	BFZN	4		421	5065	105	
Potassium, K		32		0	BFZN	4		81	971	20	
Sodium, Na		751		3	A	1		1893	22778	473	
Zinc, Zn	-	1.03	-	0 0	BFZN	4 4		2.60	31.24 0.485	0.65	
Copper, Cu		0.016		0	BFZN BFZN	4		0.040 0.020	0.485	0.01	
Manganese, Mn Selenium, Se		0.000	•	U	DF ZN	4		0.020	0.243	0.00	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.1		3	A	1		0.3	3.0	0.1	
Thiamin		0.007	7	0	BFZN	4		0.018	0.212	0.00	
Riboflavin		0.122	2	0	BFZN	4		0.307	3.700	0.07	
Niacin	<u>mg</u>	0.026	5	0	BFZN	4		0.066	0.789	0.01	
Pantothenic acid	mg	0.134	1	0	BFZN	4		0.338	4.064	0.08	
Vitamin B-6	mg	0.018	3	0	BFZN	4		0.045	0.546	0.01	
Folate, total		5		0	BFZN	4		13	152	3	
Folate, DFE											
Vitamin B-12		0.15		0	BFZN	4		0.38	4.55	0.09	
Vitamin A, IU	IU	480		3	MA	12		1210	14558	302	
Vitamin A, RAE											
Vitamin E (alpha-tocopherol) Tocopherol, beta	-										
Tocopherol, gamma	_										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	g	7.250		3	MA	12		18.270	219.893	4.56	
4:0		0.340		0	BFZN	4		0.857	10.312	0.21	
6:0	_	0.172		0	BFZN	4		0.433	5.217	0.10	
8:0		0.091		0	BFZN	4		0.229	2.760	0.05	
10:0	-	0.195		0	BFZN	4		0.491	5.914	0.12	
12:0		0.176	•	0	BFZN	4		0.444	5.338	0.11	
13:0 14:0		1.102	2	0	BFZN	4		2.777	33.424	0.69	
15:0				-		-			55.424	0.05	
16:0	-	4.074	1	0	BFZN	4		10.266	123.564	2.56	
17:0				-		•				=.50	
18:0	_	1.537	7	0	BFZN	4		3.873	46.617	0.96	
20:0	-										
22:0	-										
24:0	g										
Fatty acids, total monounsaturated	g	4.922	2	0	BFZN	4		12.403	149.284	3.10	
14:1	g										
15:1	g										

	Amount in 100 grams of edible portion Number								Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
16:1 undifferentiated	g	0.339		0	BFZN	4		0.854	10.282	0.214		
17:1												
18:1 undifferentiated	-	4.427		0	BFZN	4		11.156	134.271	2.789		
20:1		0.000		0	BFZN	4		0.000	0.000	0.000		
22:1 undifferentiated		0.000		0	BFZN	4		0.000	0.000	0.000		
24:1 c	•											
Fatty acids, total polyunsaturated		3.354		0	BFZN	4		8.452	101.727	2.113		
18:2 undifferentiated		3.058		0	BFZN	4		7.706	92.749	1.927		
18:3 undifferentiated	g	0.296		0	BFZN	4		0.746	8.978	0.186		
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	36		3	MA	12		91	1092	23		
Phytosterols	mg											
Others:												
Alcohol, ethyl	g	0.0		0	z	7		0.0	0.0	0.0		
Caffeine	-											
Theobromine	_											

Common Measures:

Measure 1 = 252g: 1 cup

Measure 2 = 3033g: 1 package Measure 3 = 63g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Refuse: 0%

		<u>A</u> :	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u>.</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		74.16		3	MA	12		11.12	1492.84	11.12	
Energy		108		0	MC	9		16	2174	16	
Energy		452				9		68	9096	68	
Protein		1.53		3	A	1		0.23	30.80	0.23	
Total lipid (fat)		4.33		3	MA	12		0.65	87.16	0.65	
Ash		4.33		3	A	1		0.65	87.16	0.65	
Carbohydrate, by difference		15.66		0	MC	9		2.35	315.24	2.35	
Fiber, total dietary		0.0		3	A	1		0.0	0.0	0.0	
Sugars, total	_	6.24		3	MA	12		0.94	125.61	0.94	
Starch	g										
Minerals:											
Calcium, Ca	mg	10		3	A	1		2	201	2	
Iron, Fe	-	0.76		3	A	1		0.11	15.30	0.11	
Magnesium, Mg	-	10		0	FLM	4		2	201	2	
Phosphorus, P		30		0	FLM	4		5	604	5	
Potassium, K	_	52		0	FLM	4		8	1047	8	
Sodium, Na	mg	1556		3	A	1		233	31322	233	
Zinc, Zn	mg	0.12		0	FLM	4		0.02	2.42	0.02	
Copper, Cu	mg	0.040)	0	FLM	4		0.006	0.805	0.00	
Manganese, Mn	mg	0.135	5	0	FLM	4		0.020	2.718	0.02	
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	4.7		3	A	1		0.7	94.6	0.7	
Thiamin	-	0.014	ı	0	FLM	4		0.002	0.282	0.00	
Riboflavin		0.038		0	FLM	4		0.006	0.765	0.00	
Niacin		0.909)	0	FLM	4		0.136	18.298	0.13	
Pantothenic acid		0.089	•	0	FLM	4		0.013	1.792	0.01	
Vitamin B-6	mg	0.046	5	0	FLM	4		0.007	0.926	0.00	
Folate, total		4		0	FLM	4		1	81	1	
Folic acid		0		0	z	7		0	0	0	
Folate, food		4		0	FLM	4		1	81	1	
Folate, DFE		4		0	NC	4		1	81	1	
Vitamin B-12		0.00		0	FLM	4		0.00	0.00	0.00	
Vitamin A, IU		25		3	MA	12		4	503	4	
Vitamin A, RAE											
Retinol											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	Ilicy										
<u> </u>											
Fatty acids, total saturated	g	0.616	5	3	MA	12		0.092	12.400	0.09	
4:0	g	0.000)	0	FLM	4		0.000	0.000	0.00	
6:0	_	0.000)	0	FLM	4		0.000	0.000	0.00	
8:0	_	0.000		0	FLM	4		0.000	0.000	0.00	
10:0	g	0.000		0	FLM	4		0.000	0.000	0.00	
12:0	-	0.000)	0	FLM	4		0.000	0.000	0.00	
13:0	_										
14:0		0.010)	0	FLM	4		0.002	0.201	0.00	
15:0	-										
16:0	-	0.479	•	0	FLM	4		0.072	9.642	0.0	
17:0	-		_								
18:0	-	0.127	7	0	FLM	4		0.019	2.557	0.03	
20:0											
22:0	g										

		<u>Ar</u>	nount in 100			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
			_	Number				<u>m</u>	easures of food	
Nutrients and Units	s	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
F	2	1.274		0	FLM	4		0 101	25.646	0.19
Fatty acids, total monounsaturated		1.2/4		U	FLM	4		0.191	25.646	0.19
14:1 15:1	-									
16:1 undifferentiated		0.009		0	FLM	4		0.001	0.181	0.001
17:1		0.005		·		-		0.002	0.101	0.00
18:1 undifferentiated		1.265		0	FLM	4		0.190	25.464	0.190
20:1	g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated		0.000		0	FLM	4		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturated	g	2.082		0	FLM	4		0.312	41.911	0.312
18:2 undifferentiated	g	1.960		0	FLM	4		0.294	39.455	0.294
18:3 undifferentiated	g	0.122		0	FLM	4		0.018	2.456	0.018
18:4	g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated		0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3		0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3	-	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3	-	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans		_		_				_	_	_
Cholesterol	-	0		3	MA	12		0	0	0
Phytosterols	Ing									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine										
Theobromine	mg									

Common Measures:

Measure 1 = 15.0g: 1 tbsp Measure 2 = 2013g: 1 package Measure 3 = 15.0g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Refuse: 0%

		<u>A</u>	mount in 100	grams	or ear	ne portio	<u>'n</u>	Amount in edible portion of common			
			Nu	umber				<u>m</u>	easures of food		
			of	f Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
roximates: Water	a	89.27		3	MA	12		221.39	1746.12	55.3	
Energy	-	40		0	MC	9		99	782	25	
Energy		167				9		415	3274	104	
Protein		1.49		3	A	1		3.70	29.14	0.9	
Total lipid (fat)	-	1.11		3	MA	12		2.75	21.71	0.6	
Ash	-	2.15		3	A	1		5.33	42.05	1.3	
Carbohydrate, by difference		5.98		0	MC	9		14.83	116.97	3.7	
Fiber, total dietary		1.3		0	FLM	4		3.2	25.4	0.8	
Sugars, total.		4.70		3	MA	12		11.66	91.93	2.9	
Starch	-										
<u> Minerals:</u>											
Calcium, Ca	mg	56		3	A	1		139	1095	35	
Iron, Fe	_	0.50		3	A	1		1.24	9.78	0.3	
Magnesium, Mg		14		0	FLM	4		35	274	9	
Phosphorus, P		28		0	FLM	4		69	548	17	
Potassium, K		302		0	FLM	4		749	5907	187	
Sodium, Na		547		3	A	1		1357	10699	339	
Zinc, Zn		0.16		0	FLM	4		0.40	3.13	0.1	
Copper, Cu		0.095		0	FLM FLM	4 4		0.236 0.414	1.858 3.267	0.0	
Manganese, Mn		0.167		U	LIM	4		0.414	3.207	0.1	
itamins:											
Vitamin C, total ascorbic acid	mg	0.0		3	A	1		0.0	0.0	0.0	
Thiamin		0.054	Į.	0	FLM	4		0.134	1.056	0.0	
Riboflavin		0.040)	0	FLM	4		0.099	0.782	0.0	
Niacin	<u>mg</u>	0.850)	0	FLM	4		2.108	16.626	0.5	
Pantothenic acid	mg	0.266	5	0	FLM	4		0.660	5.203	0.1	
Vitamin B-6	mg	0.111	L	0	FLM	4		0.275	2.171	0.0	
Folate, total	mcg	14		0	FLM	4		35	274	9	
Folic acid	mcg										
Folate, food		14		0	FLM	4		35	274	9	
Folate, DFE											
Vitamin B-12	mcg	0.00		0	FLM	4		0.00	0.00	0.0	
Vitamin A, IU		377		3	MA	12		935	7374	234	
Vitamin A, RAE											
Retinol	• • • • • • • • • • • • • • • • • • • •										
Vitamin E (alpha-tocopherol) Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u> Lipids:</u>											
Fatty acids, total saturated	g	0.108	3	3	MA	12		0.268	2.112	0.0	
4:0		0.000		0	FLM	4		0.000	0.000	0.0	
6:0		0.000		0	FLM	4		0.000	0.000	0.0	
8:0	-	0.000		0	FLM	4		0.000	0.000	0.0	
10:0		0.000		0	FLM	4		0.000	0.000	0.0	
12:0		0.000)	0	FLM	4		0.000	0.000	0.0	
13:0				_		_					
14:0		0.002	2	0	FLM	4		0.005	0.039	0.0	
15:0	-			_	_	_				_	
16:0	-	0.084	ı	0	FLM	4		0.208	1.643	0.0	
17:0	-			_							
18:0	-	0.021	L	0	FLM	4		0.052	0.411	0.0	
20:0	-										
22:0	а										

		An	nount in 10	00 grams Number		ole portic	<u>on</u>	Amount in edible portion of common measures of food			
						Course	Confidence				
Nutrients and Units		Mean	Std. Error			Code	Confidence	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		0.372		0	FLM	4		0.923	7.276	0.231	
14:1											
15:1		0.003		0	FLM	4		0.007	0.059	0.002	
17:1		0.003		U	E TWI	4		0.007	0.059	0.002	
18:1 undifferentiated.		0.368		0	FLM	4		0.913	7.198	0.228	
20:1		0.000		0	FLM	4		0.000	0.000	0.000	
22:1 undifferentiated		0.000		0	FLM	4		0.000	0.000	0.000	
24:1 c											
Fatty acids, total polyunsaturated		0.471		0	FLM	4		1.168	9.213	0.292	
18:2 undifferentiated	g	0.444		0	FLM	4		1.101	8.685	0.275	
18:3 undifferentiated	g	0.026		0	FLM	4		0.064	0.509	0.016	
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		0.000		0	FLM	4		0.000	0.000	0.000	
20:5 n-3		0.000		0	FLM	4		0.000	0.000	0.000	
22:5 n-3	-	0.000		0	FLM	4		0.000	0.000	0.000	
22:6 n-3	-	0.000		0	FLM	4		0.000	0.000	0.000	
Fatty acids, total trans		_						_		_	
Cholesterol		0		3	MA	12		0	0	0	
Phytosterols	11119										
Others:											
Alcohol, ethyl	.g	0.0		0	Z	7		0.0	0.0	0.0	
Caffeine	.mg										
Theobromine	.mg										

Common Measures:

Measure 1 = 248g: 1 cup

Measure 2 = 1956g: 1 package Measure 3 = 62g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Refuse: 0%

		<u>A</u> :	mount in 10			ole portio	<u>on</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:										
Water	g	75.90		3	MC	9		97.15	1484.60	47.06
Energy	kcal	98		0	MC	9		125	1917	61
Energy	kj	410				9		525	8020	254
Protein		1.68		3	A	1		2.15	32.86	1.04
Total lipid (fat)	g	1.90		3	MA	12		2.43	37.16	1.18
Ash	g	2.04		3	A	1		2.61	39.90	1.26
Carbohydrate, by difference	g	18.49		0	MC	9		23.67	361.66	11.46
Fiber, total dietary	g	1.4		3	A	1		1.8	27.4	0.9
Sugars, total	g	5.60		3	MA	12		7.17	109.54	3.47
Starch	g									
Minerals:										
Calcium, Ca	mg	55		3	A	1		70	1076	34
Iron, Fe	mg	0.62		3	A	1		0.79	12.13	0.38
Magnesium, Mg	mg	32		0	FLM	4		41	626	20
Phosphorus, P		69		0	FLM	4		88	1350	43
Potassium, K	mg	608		0	FLM	4		778	11892	377
Sodium, Na	-	490		3	A	1		627	9584	304
Zinc, Zn		0.42		0	FLM	4		0.54	8.22	0.26
Copper, Cu	-	0.242		0	FLM	4		0.310	4.734	0.15
Manganese, Mn		0.409)	0	FLM	4		0.524	8.000	0.25
Selenium, Se	mcg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	6.7		3	A	1		8.6	131.1	4.2
Thiamin	-	0.123	3	0	FLM	4		0.157	2.406	0.07
Riboflavin	mg	0.073	3	0	FLM	4		0.093	1.428	0.04
Niacin	-	1.822		0	FLM	4		2.332	35.638	1.13
Pantothenic acid		0.554		0	FLM	4		0.709	10.836	0.34
Vitamin B-6	-	0.276	5	0	FLM	4		0.353	5.399	0.17
Folate, total		26		0	FLM	4		33	509	16
Folic acid	-	0		0	Z	7		0	0	0
Folate, food		26		0	FLM	4		33	509	16
Folate, DFE		26		0	NC	4		33	509	16
Vitamin B-12		0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, IU		394		3	MA	12		504	7707	244
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	a	0.260)	0	MA	12		0.333	5.086	0.16
4:0		0.000		0	FLM	4		0.000	0.000	0.00
6:0		0.000		0	FLM	4		0.000	0.000	0.00
8:0	-	0.000		0	FLM	4		0.000	0.000	0.00
10:0		0.000		0	FLM	4		0.000	0.000	0.00
12:0.	_	0.000		0	FLM	4		0.000	0.000	0.00
13:0										
14:0	_	0.001	-	0	FLM	4		0.001	0.020	0.00
15:0	_									
16:0	_	0.210)	0	FLM	4		0.269	4.108	0.13
17:0	_									
18:0	-	0.044	ļ	0	FLM	4		0.056	0.861	0.02
20:0	_									
22:0	-									
24:0	-									

	Amo	ount in 100 grams		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
		Number	-	_		<u>m</u>	easures of 1000	
Nutrients and Units	Mean S	of Data td. Error Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.192	0	FLM	4		1.526	23.316	0.739
14:1g								
15:1g	2 21 2	•						
16:1 undifferentiatedg	0.013	0	FLM	4		0.017	0.254	0.008
17:1	1.174	0	FLM	4		1.503	22.963	0.728
20:1	0.005	0	FLM	4		0.006	0.098	0.728
22:1 undifferentiatedg	0.000	0	FLM	4		0.000	0.000	0.003
24:1 cg	0.000	· ·	LIM	-		0.000	0.000	0.000
Fatty acids, total polyunsaturatedg	0.271	0	FLM	4		0.347	5.301	0.168
18:2 undifferentiated	0.256	0	FLM	4		0.328	5.007	0.159
18:3 undifferentiatedg	0.016	0	FLM	4		0.020	0.313	0.010
18:4g	0.000	0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	FLM	4		0.000	0.000	0.000
20:5 n-3g	0.000	0	FLM	4		0.000	0.000	0.000
22:5 n-3g	0.000	0	FLM	4		0.000	0.000	0.000
22:6 n-3g	0.000	0	FLM	4		0.000	0.000	0.000
Fatty acids, total transg								
Cholesterol mg	0	3	MA	12		0	0	0
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	0.0
Caffeine mg								
Theobrominemg								

Common Measures:

Measure 1 = 128g: 1 cup

Measure 2 = 1956g: 1 package Measure 3 = 62g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
				umber	Deriv	Cauraa	Confidence	<u>m</u> e	easures of food	•	
Nutrients and Un	its	Mean	Std. Error P			Code	Confidence	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	67.15		3	MA	12		1427.61	21.49	21.49	
Energy	kcal	134		0	MC	9		2849	43	43	
Energy	kj	561				9		11920	179	179	
Protein	g	0.22		3	A	1		4.68	0.07	0.07	
Total lipid (fat)	g	0.59		3	MA	12		12.54	0.19	0.19	
Ash	g	0.13		3	A	1		2.76	0.04	0.04	
Carbohydrate, by difference	g	31.92		0	MC	9		678.62	10.21	10.21	
Fiber, total dietary	g	0.0		3	A	1		0.0	0.0	0.0	
Sugars, total	g	24.50		3	MA	12		520.87	7.84	7.84	
Starch	g										
Minl.											
Minerals: Calcium, Ca	ma	4		3	A	1		85	1	1	
Iron, Fe	-	0.38		3	A A	1		8.08	0.12	0.12	
Magnesium, Mg		2		0	FLM	4		43	1	1	
Phosphorus, P		4		0	FLM	4		45 85	1	1	
Potassium, K		20		0	FLM	4		425	6	6	
Sodium, Na	-	8		3	A	1		170	3	3	
Zinc, Zn	-	0.04		0	FLM	4		0.85	0.01	0.01	
Copper, Cu		0.024	4	0	FLM	4		0.510	0.008	0.00	
Manganese, Mn		0.031		0	FLM	4		0.659	0.010	0.01	
Selenium, Se											
·	•										
Vitamins:											
Vitamin C, total ascorbic acid	-	8.6	_	3	A	1		182.8	2.8	2.8	
Thiamin		0.007		0	FLM	4		0.149	0.002	0.00	
Riboflavin		0.005		0	FLM	4		0.106	0.002	0.00	
Niacin		0.035		0	FLM	4		0.744	0.011	0.01	
Pantothenic acid	-	0.020		0	FLM	4		0.425	0.006	0.00	
Vitamin B-6	_	0.008	3	0	FLM FLM	4 4		0.170	0.003	0.00	
Folate, total		1		U	FLM	4		21	0	0	
Folic acid		1		0	FLM	4		21	0	0	
Folate, foodFolate, DFE		1		U	FLM	4		21	U	U	
Vitamin B-12		0.00		0	FLM	4		0.00	0.00	0.00	
Vitamin B-12 Vitamin A, IU		0.00		3	MA	12		0.00	0.00	0.00	
Vitamin A, RAE		Ū		3	MA	12		O	U	U	
Retinol											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	_										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
	=										
Lipids:	a	0.05	•	_		10		1 501	2 222	2 22	
Fatty acids, total saturated		0.072		3 0	MA	12 4		1.531	0.023	0.02	
4:0	_	0.000		0	FLM	4		0.000 0.000	0.000 0.000	0.00	
6:0 8:0	-	0.000		0	FLM FLM	4		0.000	0.000	0.00	
10:0		0.000		0	FLM	4		0.000	0.000	0.00	
		0.000		0	FLM	4		0.000	0.000	0.00	
12:0 13:0		0.000	•	3	FIM	*		0.000	0.000	0.00	
14:0	-	0.000	า	0	FLM	4		0.000	0.000	0.00	
15:0		3.000	-	J	T THE	-		0.000	0.000	0.00	
16:0	_	0.050)	0	FLM	4		1.063	0.016	0.01	
17:0	_	0.000	-	3	- 1111	-		1.005	0.010	0.01	
18:0	_	0.020)	0	FLM	4		0.425	0.006	0.00	
20:0	-	0.020	-	•		•		0.423	0.000	0.00	
22:0	-										
24:0	-										

		Ar	nount in 10	00 grams	of edil	<u>on</u>		edible portion of	of common	
				Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
F. (1) (1)		0.169		0	FLM	4		3.593	0.054	0.054
Fatty acids, total monounsaturated		0.169		U	FLM	4		3.593	0.054	0.054
14:1 15:1										
16:1 undifferentiated		0.001		0	FLM	4		0.021	0.000	0.000
17:1	-	0.001		·		•		0.021	0.000	0.000
18:1 undifferentiated.		0.167		0	FLM	4		3.550	0.053	0.053
20:1		0.001		0	FLM	4		0.021	0.000	0.000
22:1 undifferentiated		0.000		0	FLM	4		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturated		0.280		0	FLM	4		5.953	0.090	0.090
18:2 undifferentiated	g	0.257		0	FLM	4		5.464	0.082	0.082
18:3 undifferentiated	g	0.023		0	FLM	4		0.489	0.007	0.007
18:4	g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c										
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		0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3	-	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans	-									
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0		3	MA	12		0	0	0
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine	mg									
Theobromine	mg									

Common Measures:

Measure 1 = 2126g: 1 package Measure 2 = 32g: 1 serving Measure 3 = 32g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u> e	easures of food	
Nutrients and Un	its	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	57.89		3	MA	12		1263.74	18.52	18.52
Energy	kcal	158		0	MC	9		3449	51	51
Energy	kj	661				9		14431	212	212
Protein	g	0.46		3	A	1		10.04	0.15	0.15
Total lipid (fat)	g	0.07		3	MA	12		1.53	0.02	0.02
Ash	g	2.65		3	A	1		57.85	0.85	0.85
Carbohydrate, by difference	g	38.93		0	MC	9		849.84	12.46	12.46
Fiber, total dietary	g	0.1		3	A	1		2.2	0.0	0.0
Sugars, total		26.02		3	MA	12		568.02	8.33	8.33
Starch										
Minerals:		. –		_		_				
Calcium, Ca	-	47		3	A	1		1026	15	15
Iron, Fe		1.14		3	A	1		24.89	0.36	0.3
Magnesium, Mg		18		0	FLM	4		393	6	6
Phosphorus, P		23		0	FLM	4		502	7	7
Potassium, K	-	224		0	FLM	4		4890	72	72
Sodium, Na		717		3	A	1		15652	229	229
Zinc, Zn	-	0.20		0	FLM	4		4.37	0.06	0.0
Copper, Cu		0.154		0	FLM	4		3.362	0.049	0.0
Manganese, Mn		0.771	L	0	FLM	4		16.831	0.247	0.2
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	8.0		3	A	1		174.6	2.6	2.6
Thiamin	-	0.059)	0	FLM	4		1.288	0.019	0.0
Riboflavin		0.023		0	FLM	4		0.502	0.007	0.0
Niacin		0.285		0	FLM	4		6.222	0.091	0.0
Pantothenic acid		0.130		0	FLM	4		2.838	0.042	0.0
Vitamin B-6	-	0.104		0	FLM	4		2.270	0.033	0.0
Folate, total	-	8	-	0	FLM	4		175	3	3
Folic acid		0		0	z	7		0	0	0
Folate, food		8		0	FLM	4		175	3	3
Folate, DFE		8		0	NC	4		175	3	3
Vitamin B-12		0.00		0	FLM	4		0.00	0.00	0.0
Vitamin A, IU	IU	150		3	MA	12		3275	48	48
Vitamin A, RAE		130		•				3273	40	40
Retinol										
Vitamin E (alpha-tocopherol)	_									
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		0.005		3	MA	12		0.109	0.002	0.0
4:0		0.000		0	FLM	4		0.000	0.000	0.0
6:0		0.000		0	FLM	4		0.000	0.000	0.0
8:0	g	0.000		0	FLM	4		0.000	0.000	0.0
10:0	g	0.000		0	FLM	4		0.000	0.000	0.0
12:0	g	0.000)	0	FLM	4		0.000	0.000	0.0
13:0	-									
14:0		0.001	L	0	FLM	4		0.022	0.000	0.0
15:0										
16:0	g	0.002	2	0	FLM	4		0.044	0.001	0.0
17:0	-									
18:0	g	0.001	L	0	FLM	4		0.022	0.000	0.0
20:0	g									
22:0	g									
24:0	g									

		<u>Ar</u>	nount in 100			ole portio	<u>n</u>		edible portion	
			-	Number				<u>m</u>	easures of food	
Nutrients and Units	S	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	0.008		0	FLM	4		0.175	0.003	0.003
14:1		0.000		Ū	2 1101	-		0.173	0.003	0.00
15:1	-									
16:1 undifferentiated		0.000		0	FLM	4		0.000	0.000	0.000
17:1										
18:1 undifferentiated		0.006		0	FLM	4		0.131	0.002	0.002
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	0.032		0	FLM	4		0.699	0.010	0.010
18:2 undifferentiated	g	0.019		0	FLM	4		0.415	0.006	0.006
18:3 undifferentiated	g	0.004		0	FLM	4		0.087	0.001	0.001
18:4	g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated		0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3		0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3	-	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3	-	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans		_		_				_	_	_
Cholesterol	-	0		3	MA	12		0	0	0
Phytosterols	Ing									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine										
Theobromine	mg									

Common Measures:

Measure 1 = 2183g: 1 package Measure 2 = 32g: 1 serving Measure 3 = 32g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate

Refuse: 0%

		<u>A</u>	mount in 100 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			Numbe	r			m	easures of food	
				Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	71.28	3	MA	12		1454.82	23.52	23.52
Energy	kcal	122	0	MC	9		2490	40	40
Energy		510			9		10418	168	168
Protein	g	0.48	3	A	1		9.80	0.16	0.16
Total lipid (fat)	g	2.38	3	MA	12		48.58	0.79	0.79
Ash	g	1.08	3	A	1		22.04	0.36	0.36
Carbohydrate, by difference	g	24.79	0	MC	9		505.96	8.18	8.18
Fiber, total dietary	g	0.8	3	A	1		16.3	0.3	0.3
Sugars, total	g	20.83	3	MA	12		425.14	6.87	6.87
Starch	g								
Minerals:									
Vilnerals: Calcium, Ca	ma	18	3	A	1		367	6	6
Iron, Fe	-	0.85	3	A	1		17.35	0.28	0.28
Magnesium, Mg	-	7	0	FLM	4		143	2	2
Phosphorus, P		9	0	FLM	4		184	3	3
Potassium, K	•	66	0	FLM	4		1347	22	22
Sodium, Na		353	3	A	1		7205	116	116
Zinc, Zn	mg	0.08	0	FLM	4		1.63	0.03	0.03
Copper, Cu	mg	0.048	0	FLM	4		0.980	0.016	0.01
Manganese, Mn	mg	0.292	2 0	FLM	4		5.960	0.096	0.09
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	3	A	1		0.0	0.0	0.0
Thiamin		0.027		FLM	4		0.551	0.009	0.00
Riboflavin	-	0.015		FLM	4		0.306	0.005	0.00
Niacin		0.200	0	FLM	4		4.082	0.066	0.06
Pantothenic acid	-	0.051	. 0	FLM	4		1.041	0.017	0.01
Vitamin B-6	mg	0.044	0	FLM	4		0.898	0.015	0.01
Folate, total	mcg	2	0	FLM	4		41	1	1
Folic acid		0	0	Z	7		0	0	0
Folate, food	mcg	2	0	FLM	4		41	1	1
Folate, DFE	mcg_DFE	2	0	NC	4		41	1	1
Vitamin B-12		0.00	0	FLM	4		0.00	0.00	0.00
Vitamin A, IU		75	3	MA	12		1531	25	25
Vitamin A, RAE									
Retinol									
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta Vitamin D									
Vitamin K (phylloquinone)									
. ,									
Lipids:	_	2 2-	_						
Fatty acids, total saturated		0.370		MA	12 4		7.552	0.122	0.12 0.00
4:0 6:0		0.000		FLM FLM	4		0.000 0.000	0.000 0.000	0.00
6:0 8:0		0.000		FLM	4		0.000	0.000	0.00
10:0		0.000		FLM	4		0.000	0.000	0.00
12:0		0.000		FLM	4		0.000	0.000	0.00
13:0		0.000		2 1114	-		3.000	0.000	0.00
14:0		0.006	5 0	FLM	4		0.122	0.002	0.00
15:0	-		·		=		3	0.002	
16:0	-	0.287	7 0	FLM	4		5.858	0.095	0.09
17:0									
18:0	_	0.076	5 0	FLM	4		1.551	0.025	0.02
20:0	-								
22:0	_								
24:0	~								

		<u>Ar</u>	nount in 100	grams)	of edil	ole portio	<u>n</u>	Amount in edible portion of common measures of food		
			-	Number				<u>m</u>	easures of food	
Nutrients and Unit	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
F-44	a	0.695		0	FLM	4		14.185	0.229	0.229
Fatty acids, total monounsaturated		0.695		U	FLM	4		14.185	0.229	0.223
15:1	-									
16:1 undifferentiated.		0.005		0	FLM	4		0.102	0.002	0.002
17:1				-		=		-		
18:1 undifferentiated		0.690		0	FLM	4		14.083	0.228	0.228
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	1.142		0	FLM	4		23.308	0.377	0.377
18:2 undifferentiated	g	1.072		0	FLM	4		21.880	0.354	0.354
18:3 undifferentiated	g	0.068		0	FLM	4		1.388	0.022	0.022
18:4	g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated		0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3		0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3	-	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3	-	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans		0		3	MA	10		0	0	0
CholesterolPhytosterols	-	0		3	MA	12		0	0	0
,	··········· J									
Others:						_				
Alcohol, ethyl	-	0.0		0	Z	7		0.0	0.0	0.0
Caffeine	• • • • • • • • • • • • • • • • • • • •									
Theobromine	rng									

Common Measures:

Measure 1 = 2041g: 1 package Measure 2 = 33g: 1 serving Measure 3 = 33g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	
				of Data		Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	69.04		3	MA	12		11.05	1429.13	11.05
Energy		130		0	MC	9		21	2691	21
Energy		544				9		87	11259	87
Protein	-	0.93		3	A	1		0.15	19.25	0.15
Total lipid (fat)		3.63		3	MA	12		0.58	75.14	0.58
Ash		3.04		3	A	1		0.49	62.93	0.49
Carbohydrate, by difference		23.37		0	MC	9		3.74	483.76	3.74
Fiber, total dietary		0.0		3	A	1		0.0	0.0	0.0
Sugars, total	-	17.43		3	MA	12		2.79	360.80	2.79
Starch	g									
Minerals:										
Calcium, Ca	mg	8		3	A	1		1	166	1
Iron, Fe	-	0.56		3	A	1		0.09	11.59	0.09
Magnesium, Mg	-	8		0	FLM	4		1	166	1
Phosphorus, P		21		0	FLM	4		3	435	3
Potassium, K	mg	50		0	FLM	4		8	1035	8
Sodium, Na	mg	996		3	A	1		159	20617	159
Zinc, Zn	mg	0.10		0	FLM	4		0.02	2.07	0.02
Copper, Cu	mg	0.044	1	0	FLM	4		0.007	0.911	0.00
Manganese, Mn		0.111	L	0	FLM	4		0.018	2.298	0.01
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		3	A	1		0.0	0.0	0.0
Thiamin	-	0.010)	0	FLM	4		0.002	0.207	0.00
Riboflavin		0.027		0	FLM	4		0.004	0.559	0.00
Niacin		0.587	7	0	FLM	4		0.094	12.151	0.09
Pantothenic acid		0.062	2	0	FLM	4		0.010	1.283	0.01
Vitamin B-6	mg	0.031	L	0	FLM	4		0.005	0.642	0.00
Folate, total		3		0	FLM	4		0	62	0
Folic acid		0		0	Z	7		0	0	0
Folate, food		3		0	FLM	4		0	62	0
Folate, DFE		3		0	NC	4		0	62	0
Vitamin B-12		0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, IU		0		3	MA	12		0	0	0
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	IIICY									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.361	L	3	MA	12		0.058	7.473	0.05
4:0		0.000)	0	FLM	4		0.000	0.000	0.00
6:0	g	0.000)	0	FLM	4		0.000	0.000	0.00
8:0	g	0.000)	0	FLM	4		0.000	0.000	0.00
10:0	g	0.000)	0	FLM	4		0.000	0.000	0.00
12:0	g	0.000)	0	FLM	4		0.000	0.000	0.00
13:0	-									
14:0	g	0.006	5	0	FLM	4		0.001	0.124	0.00
15:0	g									
16:0	g	0.281	L	0	FLM	4		0.045	5.817	0.04
17:0	g									
18:0	g	0.074	1	0	FLM	4		0.012	1.532	0.01
20:0										
22:0	a									

		Ar	nount in 100 gram	s of edil	<u>on</u>		edible portion		
				Deriv		Confidence	<u>m</u>	easures of food	
Nutrients and Unit	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		1.069	0	FLM	4		0.171	22.128	0.171
14:1	_								
15:1			_						
16:1 undifferentiated		0.007	0	FLM	4		0.001	0.145	0.001
17:1			•						0.450
18:1 undifferentiated		1.061	0	FLM	4		0.170	21.963	0.170
20:1		0.000	0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated	•	0.000	0	FLM	4		0.000	0.000	0.000
24:1 c	_		_						
Fatty acids, total polyunsaturated		1.745	0	FLM	4		0.279	36.122	0.279
18:2 undifferentiated		1.644	0	FLM	4		0.263	34.031	0.263
18:3 undifferentiated		0.102		FLM	4		0.016	2.111	0.016
18:4	-	0.000	0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c	-								
20:3 undifferentiated			_						
20:4 undifferentiated	_	0.000	0	FLM	4		0.000	0.000	0.000
20:5 n-3		0.000	0	FLM	4		0.000	0.000	0.000
22:5 n-3	_	0.000	0	FLM	4		0.000	0.000	0.000
22:6 n-3	_	0.000	0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans			_				_		
Cholesterol		0	3	MA	12		0	0	0
Phytosterols	mg								
Others:									
Alcohol, ethyl	g	0.0	0	Z	7		0.0	0.0	0.0
Caffeine	mg								
Theobromine	mg								

Common Measures:

Measure 1 = 16g: 1 tbsp

Measure 2 = 2070g: 1 package Measure 3 = 16g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Refuse: 0%

		<u>A</u> :	mount in 10	<u>0 grams</u>	of edil	ole portio	<u>n</u>		edible portion	
			I	Number				<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	88.53		3	MA	12		3412.83	26.56	26.56
Energy		50		0	MC	9		1928	15	15
Energy	kj	209				9		8065	63	63
Protein	-	1.45		3	A	1		55.90	0.44	0.44
Total lipid (fat)		1.98		3	MA	12		76.33	0.59	0.59
Ash		1.33		3	A	1		51.27	0.40	0.40
Carbohydrate, by difference		6.71		0	MC	9		258.67	2.01	2.01
Fiber, total dietary		1.0		3	A	1		38.6	0.3	0.3
Sugars, total	-	0.58		3	MA	12		22.36	0.17	0.17
Starch	g									
Minerals:										
Calcium, Ca	mg	24		3	A	1		925	7	7
Iron, Fe	-	1.03		3	A	1		39.71	0.31	0.31
Magnesium, Mg	-	17		0	FLM	4		655	5	5
Phosphorus, P		35		0	FLM	4		1349	11	11
Potassium, K	-	278		0	FLM	4		10717	83	83
Sodium, Na	mg	258		3	A	1		9946	77	77
Zinc, Zn	<u>mg</u>	0.19		0	FLM	4		7.32	0.06	0.0
Copper, Cu	mg	0.102	2	0	FLM	4		3.932	0.031	0.03
Manganese, Mn	mg	0.166	5	0	FLM	4		6.399	0.050	0.0
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	7.1		3	A	1		273.7	2.1	2.1
Thiamin	-	0.055	5	0	FLM	4		2.120	0.017	0.01
Riboflavin	-	0.036		0	FLM	4		1.388	0.011	0.01
Niacin		1.060		0	FLM	4		40.863	0.318	0.3
Pantothenic acid	-	0.266	5	0	FLM	4		10.254	0.080	0.08
Vitamin B-6	-	0.145	5	0	FLM	4		5.590	0.044	0.04
Folate, total		8		0	FLM	4		308	2	2
Folic acid		0		0	z	7		0	0	0
Folate, food		8		0	FLM	4		308	2	2
Folate, DFE		8		0	NC	4		308	2	2
Vitamin B-12		0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, IU	IU	411		3	MA	12		15844	123	123
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	-									
Vitamin D										
Vitamin K (phylloquinone)	nicg									
<u> ipids:</u>										
Fatty acids, total saturated	g	0.290)	3	MA	12		11.180	0.087	0.08
4:0		0.000)	0	FLM	4		0.000	0.000	0.00
6:0	g	0.000)	0	FLM	4		0.000	0.000	0.00
8:0	g	0.000)	0	FLM	4		0.000	0.000	0.00
10:0	g	0.000)	0	FLM	4		0.000	0.000	0.0
12:0	g	0.000)	0	FLM	4		0.000	0.000	0.0
13:0	-									
14:0	g	0.004	1	0	FLM	4		0.154	0.001	0.0
15:0	g									
16:0	-	0.221	L	0	FLM	4		8.520	0.066	0.0
17:0	-									
18:0	=	0.059	•	0	FLM	4		2.274	0.018	0.0
20:0										
22:0	g									

		<u>Ar</u>	nount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean	of Data Std. Error Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	lg	0.560	0	FLM	4		21.588	0.168	0.168
14:1									
15:1	g								
16:1 undifferentiated	g	0.004	0	FLM	4		0.154	0.001	0.001
17:1	-								
18:1 undifferentiated	g	0.552		FLM	4		21.280	0.166	0.166
20:1	-	0.000	0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated		0.000	0	FLM	4		0.000	0.000	0.000
24:1 c	g								
Fatty acids, total polyunsaturated.	g	0.941	0	FLM	4		36.276	0.282	0.282
18:2 undifferentiated	g	0.871	0	FLM	4		33.577	0.261	0.261
18:3 undifferentiated	g	0.053	0	FLM	4		2.043	0.016	0.016
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	3	MA	12		0	0	0
Phytosterols	mg								
Others:									
Alcohol, ethyl	g	0.0	0	z	7		0.0	0.0	0.0
Caffeine	mg								
Theobromine	mg								

Common Measures:

Measure 1 = 3855g: 1 package Measure 2 = 30g: 1 serving Measure 3 = 30g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> :	mount in 10	<u>0 grams</u>	of edib	ole portio	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	•
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	70.43		3	MA	12		177.48	2116.42	44.37
Energy	kcal	189		0	MC	9		476	5679	119
Energy	kj	791				9		1993	23763	498
Protein	g	7.17		3	A	1		18.07	215.46	4.52
Total lipid (fat)	g	16.07		3	MA	12		40.50	482.90	10.12
Ash	g	2.33		3	A	1		5.87	70.02	1.47
Carbohydrate, by difference	g	4.00		0	MC	9		10.08	120.20	2.52
Fiber, total dietary	g	0.8		3	A	1		2.0	24.0	0.5
Sugars, total	g	0.00		3	MA	12		0.00	0.00	0.00
Starch	g									
Minerals:										
Vimerais: Calcium, Ca	ma	187		3	A	1		471	5619	118
Iron, Fe	-	0.32		3	A	1		0.81	9.62	0.20
Magnesium, Mg	-	10		0	BFZN	4		25	301	6
Phosphorus, P		167		0	BFZN	4		421	5018	105
Potassium, K	-	32		0	BFZN	4		81	962	20
Sodium. Na.		781		3	A	1		1968	23469	492
Zinc, Zn		1.03		0	BFZN	4		2.60	30.95	0.6
Copper, Cu	-	0.016	5	0	BFZN	4		0.040	0.481	0.0
Manganese, Mn		0.008		0	BFZN	4		0.020	0.240	0.0
Selenium, Se										
· ·	•••••									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.1		3	A	1		0.3	3.0	0.1
Thiamin	-	0.007		0	BFZN	4		0.018	0.210	0.00
Riboflavin		0.122		0	BFZN	4		0.307	3.666	0.0
Niacin	-	0.026		0	BFZN	4		0.066	0.781	0.0
Pantothenic acid	_	0.134		0	BFZN	4		0.338	4.027	0.0
Vitamin B-6		0.018	3	0	BFZN	4		0.045	0.541	0.0
Folate, total		5		0	BFZN	4		13	150	3
Folic acid		_						4.0	4.50	
Folate, food		5		0	BFZN	4		13	150	3
Folate, DFE		0.15		•						
Vitamin B-12		0.15		0	BFZN	4		0.38	4.51	0.0
Vitamin A, IU		203		3	MA	12		512	6100	128
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u> zipids:</u>										
Fatty acids, total saturated		6.710		3	MA	12		16.909	201.636	4.2
4:0	-	0.340		0	BFZN	4		0.857	10.217	0.2
6:0		0.172		0	BFZN	4		0.433	5.169	0.1
8:0		0.091		0	BFZN	4		0.229	2.735	0.0
10:0	-	0.195		0	BFZN	4		0.491	5.860	0.1
12:0		0.176	•	0	BFZN	4		0.444	5.289	0.1
13:0	-			_		_				<u> </u>
14:0		1.102	!	0	BFZN	4		2.777	33.115	0.6
15:0	-			_		_		40	400	
16:0	-	4.074	l .	0	BFZN	4		10.266	122.424	2.5
17:0	-		_	_		_				<u> </u>
18:0	-	1.537	,	0	BFZN	4		3.873	46.187	0.9
20:0	-									
22:0	g									

		<u>Ar</u>	nount in 10			ole portic	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	
Nutrients and Unit	s	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	4.922		0	BFZN	4		12.403	147.906	3.10
14:1		4.322		U	DF ZN	-		12.403	147.906	3.10
15:1										
16:1 undifferentiated		0.339		0	BFZN	4		0.854	10.187	0.214
17:1										
18:1 undifferentiated		4.427		0	BFZN	4		11.156	133.031	2.789
20:1	g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated		0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturated	g	3.354		0	BFZN	4		8.452	100.788	2.113
18:2 undifferentiated	g	3.058		0	BFZN	4		7.706	91.893	1.92
18:3 undifferentiated	g	0.296		0	BFZN	4		0.746	8.895	0.186
18:4	g	0.000		0	BFZN	4		0.000	0.000	0.00
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated		0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3		0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3	-	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3	-	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans				_						
Cholesterol	-	32		3	MA	12		81	962	20
Phytosterols	<u>rri</u> g									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine										
Theobromine	mg									

Common Measures:

Measure 1 = 252g: 1 cup

Measure 2 = 3005g: 1 package Measure 3 = 63g: 1 serving

Calories Factors: Protein Fat Carbohydrate

	Amount in 100 grams of edible portion									of common
				Number	•			<u>m</u>	easures of food	_
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.50		3	MA	12		167.58	1998.33	41.90
Energy	kcal	203		0	MC	9		512	6100	128
Energy	kj	849				9		2140	25523	535
Protein	g	8.32		3	A	1		20.97	250.02	5.24
Total lipid (fat)	g	16.03		3	MA	12		40.40	481.70	10.10
Ash	g	2.77		3	A	1		6.98	83.24	1.75
Carbohydrate, by difference	g	6.38		0	MC	9		16.08	191.72	4.02
Fiber, total dietary	g	0.7		3	A	1		1.8	21.0	0.4
Sugars, total	g	0.73		3	MA	12		1.84	21.94	0.46
Starch										
Minerals:										
Calcium, Ca	mg	287		3	A	1		723	8624	181
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.24		3	A	1		0.60	7.21	0.15
Magnesium, Mg	_	10		0	BFZN	4		25	301	6
Phosphorus, P		167		0	BFZN	4		421	5018	105
Potassium, K	mg	32		0	BFZN	4		81	962	20
Sodium, Na	mg	920		3	A	1		2318	27646	580
Zinc, Zn	mg	1.03		0	BFZN	4		2.60	30.95	0.65
Copper, Cu	mg	0.016	5	0	BFZN	4		0.040	0.481	0.010
Manganese, Mn	mg	0.008	3	0	BFZN	4		0.020	0.240	0.005
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		3	A	1		1.8	21.0	0.4
Thiamin	mg	0.007	,	0	BFZN	4		0.018	0.210	0.004
Riboflavin	mg	0.122	2	0	BFZN	4		0.307	3.666	0.077
Niacin	<u>mg</u>	0.026	5	0	BFZN	4		0.066	0.781	0.016
Pantothenic acid	mg	0.134	Į.	0	BFZN	4		0.338	4.027	0.084
Vitamin B-6	mg	0.018	3	0	BFZN	4		0.045	0.541	0.011
Folate, total	mcg	5		0	BFZN	4		13	150	3
Folic acid	mcg									
Folate, food		5		0	BFZN	4		13	150	3
Folate, DFE										
Vitamin B-12		0.15		0	BFZN	4		0.38	4.51	0.09
Vitamin A, IU	IU	763		3	MA	12		1923	22928	481
Vitamin A, RAE	mcg_RAE									
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
4 7 1	Thog									
<u>Lipids:</u>		0.000		2	143	10		02 104	276 460	F 706
Fatty acids, total saturated		9.200	,	3	MA	12		23.184	276.460	5.796
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated Fatty acids, total trans	_									
,	_	46		3	MA	12		116	1382	29
CholesterolPhytosterols		40		3	MM	12		110	1362	23
Others:	U									
Alcohol, ethyl	a	0.0		0	z	7		0.0	0.0	0.0
Caffeine		0.0		·		,		0.0	3.0	0.0
Theobromine	-									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 06910

Sauce, NESTLE, ORTEGA Nacho Cheese Sauce, ready-to-serve

Common Measures:

Measure 1 = 252g: 1 cup

Measure 2 = 3005g: 1 package Measure 3 = 63g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u> :	mount in 100 g	rams (of edib	le portio	<u>n</u>	Amount in edible portion of common			
				mber				<u>m</u> e	easures of food		
Nutrients and Un	its	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	89.23		3	MA	12		3439.82	26.77	26.77	
Energy	kcal	34		0	MC	9		1311	10	10	
Energy	kj	142				9		5484	43	43	
Protein	g	1.22		3	A	1		47.03	0.37	0.37	
Total lipid (fat)	g	0.23		3	MA	12		8.87	0.07	0.07	
Ash	g	2.67		3	A	1		102.93	0.80	0.80	
Carbohydrate, by difference		6.66		0	MC	9		256.74	2.00	2.00	
Fiber, total dietary		0.0		3	A	1		0.0	0.0	0.0	
Sugars, total		0.78		3	MA	12		30.07	0.23	0.23	
Starch											
Minerals:											
Calcium, Ca		42		3	A	1		1619	13	13	
Iron, Fe		0.50		3	A	1		19.28	0.15	0.15	
Magnesium, Mg		15		0	FLM	4		578	5	5	
Phosphorus, P		28		0	FLM	4		1079	8	8	
Potassium, K		268		0	FLM	4		10331	80	80	
Sodium, Na		840		3	A	1		32382	252	252	
Zinc, Zn	-	0.17		0	FLM	4		6.55	0.05	0.05	
Copper, Cu		0.103		0	FLM	4		3.971	0.031	0.03	
Manganese, Mn		0.157	1	0	FLM	4		6.052	0.047	0.04	
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	1.9		3	A	1		73.2	0.6	0.6	
Thiamin	-	0.052	•	0	FLM	4		2.005	0.016	0.01	
Riboflavin		0.042		0	FLM	4		1.619	0.013	0.01	
Niacin		0.965		0	FLM	4		37.201	0.290	0.29	
Pantothenic acid	-	0.264		0	FLM	4		10.177	0.079	0.07	
Vitamin B-6	-	0.124		0	FLM	4		4.780	0.037	0.03	
Folate, total	-	10		0	FLM	4		386	3	3	
Folic acid		0		0	z	7		0	0	0	
Folate, food		10		0	FLM	4		386	3	3	
Folate, DFE		10		0	NC	4		386	3	3	
Vitamin B-12		0.00		0	FLM	4		0.00	0.00	0.00	
Vitamin A, IU	IU	278		3	MA	12		10717	83	83	
Vitamin A, RAE											
Retinol											
Vitamin E (alpha-tocopherol)	-										
Tocopherol, beta	-										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:	_			_							
Fatty acids, total saturated		0.021		3	MA	12		0.810	0.006	0.00	
4:0		0.000		0	FLM	4		0.000	0.000	0.00	
6:0		0.000		0	FLM	4		0.000	0.000	0.00	
8:0	=	0.000		0	FLM	4		0.000	0.000	0.00	
10:0		0.000		0	FLM	4		0.000	0.000	0.00	
12:0	-	0.000	,	0	FLM	4		0.000	0.000	0.00	
13:0	-	2 222		•				0.000		0.00	
14:0		0.000)	0	FLM	4		0.000	0.000	0.00	
15:0			-	^							
16:0		0.007	1	0	FLM	4		0.270	0.002	0.00	
17:0	-			•						<u>.</u> -	
18:0	-	0.002	•	0	FLM	4		0.077	0.001	0.00	
20:0	-										
22:0	g										

	<u>A</u>	mount in 100 gram	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.034	. 0	FLM	4		1.311	0.010	0.010
14:1g								
15:1g								
16:1 undifferentiatedg	0.000	0	FLM	4		0.000	0.000	0.000
17:1g								
18:1 undifferentiatedg	0.017	0	FLM	4		0.655	0.005	0.005
20:1g	0.000	0	FLM	4		0.000	0.000	0.000
22:1 undifferentiatedg	0.000	0	FLM	4		0.000	0.000	0.000
24:1 cg								
Fatty acids, total polyunsaturatedg	0.100	0	FLM	4		3.855	0.030	0.030
18:2 undifferentiatedg	0.047	0	FLM	4		1.812	0.014	0.014
18:3 undifferentiatedg	0.002	2 0	FLM	4		0.077	0.001	0.001
18:4g	0.000	0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	FLM	4		0.000	0.000	0.000
20:5 n-3g	0.000	0	FLM	4		0.000	0.000	0.000
22:5 n-3g	0.000	0	FLM	4		0.000	0.000	0.000
22:6 n-3g	0.000	0	FLM	4		0.000	0.000	0.000
Fatty acids, total transg								
Cholesterol mg	0	3	MA	12		0	0	0
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	0.0
Caffeine mg								
Theobromine mg								

Common Measures:

Measure 1 = 3855g: 1 package Measure 2 = 30g: 1 serving Measure 3 = 30g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 10	0 grams	of edik	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	74.22		3	MA	12		2230.31	46.76	46.76
Energy		129		0	MC	9		3876	81	81
Energy		540				9		16219	340	340
Protein		3.19		3	A	1		95.86	2.01	2.01
Total lipid (fat)		7.46		3	MA	12		224.17	4.70	4.70
Ash		2.83		3	A	1		85.04	1.78	1.78
Carbohydrate, by difference		12.30		0	MC	9		369.62	7.75	7.75
Fiber, total dietary		0.0		3	A	1		0.0	0.0	0.0
Sugars, total	-	0.19		3	MA	12		5.71	0.12	0.12
Starch	g									
Minerals:										
Calcium, Ca	mg	85		3	A	1		2554	54	54
Iron, Fe	_	0.19		3	A	1		5.71	0.12	0.1
Magnesium, Mg	_	6		0	BFZN	4		180	4	4
Phosphorus, P	mg	82		0	BFZN	4		2464	52	52
Potassium, K	mg	26		0	BFZN	4		781	16	16
Sodium, Na	mg	907		3	A	1		27255	571	571
Zinc, Zn	mg	0.54		0	BFZN	4		16.23	0.34	0.3
Copper, Cu	mg	0.013		0	BFZN	4		0.391	0.008	0.0
Manganese, Mn		0.007	1	0	BFZN	4		0.210	0.004	0.0
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		3	A	1		24.0	0.5	0.5
Thiamin	_	0.004	ļ	0	BFZN	4		0.120	0.003	0.0
Riboflavin	-	0.065		0	BFZN	4		1.953	0.041	0.0
Niacin		0.067	,	0	BFZN	4		2.013	0.042	0.0
Pantothenic acid	mg	0.141		0	BFZN	4		4.237	0.089	0.0
Vitamin B-6	mg	0.013	3	0	BFZN	4		0.391	0.008	0.0
Folate, total	mcg	3		0	BFZN	4		90	2	2
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.09		0	BFZN	4		2.70	0.06	0.0
Vitamin A, IU	IU	113		3	MA	12		3396	71	71
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Ilicg									
Lipids:										
Fatty acids, total saturated	g	2.870)	3	MA	12		86.244	1.808	1.80
4:0	g	0.159		0	BFZN	4		4.778	0.100	0.10
6:0	-	0.082		0	BFZN	4		2.464	0.052	0.0
8:0	_	0.046		0	BFZN	4		1.382	0.029	0.0
10:0		0.103		0	BFZN	4		3.095	0.065	0.0
12:0	-	0.090)	0	BFZN	4		2.705	0.057	0.0
13:0	·····			_		_				
14:0		0.571	=	0	BFZN	4		17.159	0.360	0.3
15:0				_					<u> </u>	
16:0		1.913	5	0	BFZN	4		57.486	1.205	1.2
17:0	-		•	_	P==			00 500	0 100	
18:0	-	0.783	5	0	BFZN	4		23.529	0.493	0.4
20:0	-									
22:0	-									
24:0	-	2.707	,	0	BFZN	4		01 345	1 705	1.7
Fatty acids, total monounsaturated		2.707		U	DFZN	4		81.345	1.705	1./
14:1	g g									

		<u>Aı</u>	nount in 10			le portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and l	Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiated	g	0.173		0	BFZN	4		5.199	0.109	0.109	
17:1											
18:1 undifferentiated		2.457		0	BFZN	4		73.833	1.548	1.548	
20:1		0.000		0	BFZN	4		0.000	0.000	0.000	
22:1 undifferentiated		0.000		0	BFZN	4		0.000	0.000	0.000	
24:1 c	•										
Fatty acids, total polyunsaturate	_	1.191		0	BFZN	4		35.790	0.750	0.75	
18:2 undifferentiated	-	1.060		0	BFZN	4		31.853	0.668	0.66	
18:3 undifferentiated		0.129		0	BFZN	4		3.876	0.081	0.08	
18:4		0.000		0	BFZN	4		0.000	0.000	0.00	
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •										
20:3 undifferentiated											
20:4 undifferentiated		0.000		0	BFZN	4		0.000	0.000	0.00	
20:5 n-3	-	0.000		0	BFZN	4		0.000	0.000	0.00	
22:5 n-3	g	0.000		0	BFZN	4		0.000	0.000	0.00	
22:6 n-3	g	0.000		0	BFZN	4		0.000	0.000	0.00	
Fatty acids, total trans											
Cholesterol	mg	10		3	MA	12		301	6	6	
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	0.0	
Caffeine	mg										
Theobromine	-										

Common Measures:

Measure 1 = 3005g: 1 package Measure 2 = 63g: 1 serving Measure 3 = 63g: .25 cup

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100	grams	or eath	ne portic	<u>)11</u>		edible portion	
			ı	Number				<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Drovimatos										
Proximates: Water	q	2.05		3	MA	12				
Energy	=	535		0	MC	9				
Energy		2238				9				
Protein		15.32		3	A	1				
Total lipid (fat)	g	36.35		3	MA	12				
Ash	g	9.76		3	A	1				
Carbohydrate, by difference	g	36.52		0	MC	9				
Fiber, total dietary	g	2.0		3	A	1				
Sugars, total	g	5.40		3	MA	12				
Starch	g									
Minerals:										
Calcium, Ca	mg	467		3	A	1				
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.94		3	A	1				
Magnesium, Mg		32		0	FLM	4				
Phosphorus, P		415		0	FLM	4				
Potassium, K	-	254		0	FLM	4				
Sodium, Na		2590 1.49		3 0	A FLM	1 4				
Zinc, Zn Copper, Cu		0.064	i	0	FLM	4				
Manganese, Mn		0.054		0	FLM	4				
Selenium, Se		9.3		0	FLM	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		3	A	1				
Thiamin		0.156	5	0	FLM	4				
Riboflavin	-	0.054	Į	0	FLM	4				
Niacin	mg	2.070)	0	FLM	4				
Pantothenic acid	mg	1.044	Į.	0	FLM	4				
Vitamin B-6	mg	0.134	l	0	FLM	4				
Folate, total		118		0	FLM	4				
Folate, DFE										
Vitamin B-12		0.38		0	FLM	4				
Vitamin A, IU	IU	567 135		3 0	MA NC	12 4				
Vitamin A, RAEVitamin E (alpha-tocopherol)		135		U	NC	4				
Tocopherol, beta	_									
Tocopherol, gamma										
Tocopherol, delta	-									
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	13.180)	3	MA	12				
4:0		0.692		0	FLM	4				
6:0		0.289		0	FLM	4				
8:0	•	0.158		0	FLM	4				
10:0	-	0.381		0	FLM	4				
12:0 13:0		0.492	1	0	FLM	4				
14:0		1.692	<u>,</u>	0	FLM	4				
15:0		1.032	=	•		•				
16:0		6.418	3	0	FLM	4				
17:0	_									
18:0	-	2.680)	0	FLM	4				
20:0	g									
22:0	g									
24:0										
Fatty acids, total monounsaturated		13.669	•	0	FLM	4				
14:1	g g									

		<u>An</u>	nount in 10	0 grams	of edib	ole portio	<u>on</u>	Amount in	edible portion of	of common
				Number		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	a	0.399		0	FLM	4				
17:1	_	0.399		U	FIM	-				
18:1 undifferentiated		13.006		0	FLM	4				
20:1		0.000		0	FLM	4				
22:1 undifferentiated	-	0.000		0	FLM	4				
24:1 c				-		_				
Fatty acids, total polyunsaturated	•	8.610		0	FLM	4				
18:2 undifferentiated	-	7.845		0	FLM	4				
18:3 undifferentiated	g	0.745		0	FLM	4				
18:4	g	0.000		0	FLM	4				
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	FLM	4				
20:5 n-3	g	0.000		0	FLM	4				
22:5 n-3	g	0.000		0	FLM	4				
22:6 n-3	g	0.000		0	FLM	4				
Fatty acids, total trans	g									
Cholesterol	mg	56		3	MA	12				
Phytosterols	mg									
Others:										
Alcohol, ethyl	a	0.0		0	z	7				
Caffeine	-									
Theobromine										

Common Measures:

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 10	0 grams	<u>on</u>	Amount in edible portion of common				
				Number				<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.53		3	MA	12		0.42	32.02	0.42
Energy	kcal	446		0	MC	9		54	4045	54
Energy	kj	1866				9		224	16925	224
Protein	g	7.38		0	BFZN	4		0.89	66.94	0.89
Total lipid (fat)	g	19.15		3	MA	12		2.30	173.69	2.30
Ash	g	9.03		3	A	1		1.08	81.90	1.08
Carbohydrate, by difference	g	60.91		0	NC	4		7.31	552.45	7.31
Fiber, total dietary	g	0.0		3	A	1		0.0	0.0	0.0
Sugars, total	g	10.80		3	MA	12		1.30	97.96	1.30
Starch	g									
Minerals:										
Calcium, Ca	ma	183		3	A	1		22	1660	22
Iron, Fe	_	0.71		3	A	1		0.09	6.44	0.09
Magnesium, Mg	_	36		0	BFZN	4		4	327	4
Phosphorus, P		283		0	BFZN	4		34	2567	34
Potassium, K	•	428		0	BFZN	4		51	3882	51
Sodium, Na	-	2580		3	A	1		310	23401	310
Zinc, Zn	-	1.11		0	BFZN	4		0.13	10.07	0.13
Copper, Cu	_	0.085	5	0	BFZN	4		0.010	0.771	0.01
Manganese, Mn		0.052		0	BFZN	4		0.006	0.472	0.00
Selenium, Se										
•										
<u>Vitamins:</u>	ma	0.0		•		1		0.0	0.0	0.0
Vitamin C, total ascorbic acid	_	0.0		3 0	A	1		0.0	0.0	0.0
Thiamin	-	0.211		0	BFZN BFZN	4 4		0.025	1.914 6.149	0.02
Riboflavin		0.678		0				0.081		0.08
Niacin	_	2.399 1.499		0	BFZN BFZN	4 4		0.288 0.180	21.759	0.28
Pantothenic acid	-	0.182		0	BFZN	4		0.180	13.596 1.651	0.18
Vitamin B-6	-	134	4	0	BFZN	4		16	1215	16
Folate, total		134		U	DF 4N	4		10	1215	16
Folate, DFEVitamin B-12		0.46		0	BFZN	4		0.06	4.17	0.06
Vitamin A, IU		173		3	MA	12		21	1569	21
Vitamin A, IUVitamin A, RAE	mca PAF	1/3		3	MA	12		21	1309	21
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	0	6 670	,	2	MA	10		0.000	60 407	0.80
Fatty acids, total saturated	-	6.670		3	MA	12		0.800	60.497	
4:0		0.155		0	BFZN	4		0.019	1.406	0.01
6:0		0.075		0	BFZN	4		0.009	0.680	0.00
8:0	-	0.040		0 0	BFZN BFZN	4 4		0.005	0.363	0.00
10:0 12:0		0.086		0	BFZN	4		0.010 0.009	0.780 0.717	0.01
13:0	-	0.079	•	U	DE AN	4		0.009	0.717	0.00
14:0		0.494	l	0	BFZN	4		0.059	4.481	0.05
15:0		0.494	•	U	DE AN	-		0.059	4.401	0.05
16:0		2.812	•	0	BFZN	4		0.337	25.505	0.33
17:0		2.012	-	Ü	2F 2M	-		0.337	23.303	0.33
18:0	-	1.282	•	0	BFZN	4		0.154	11.628	0.15
20:0	-	1.202	-	U	25 214	-		0.134	11.020	0.13
22:0	-									
24:0	-									
Fatty acids, total monounsaturated	-	7.510)	0	BFZN	4		0.901	68.116	0.90
14:1		,.510		v		•		J. 301	30.110	0.50
15:1	-									

		<u>An</u>	nount in 10	0 grams	of edib	le portio	<u>on</u>	Amount in edible portion of common			
				Number of Data		Source	Confidence	<u>m</u>	easures of food		
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiated	a	0.274		0	BFZN	4		0.033	2.485	0.033	
17:1	_	0.274		U	DF ZN	-		0.033	2.405	0.033	
18:1 undifferentiated	-	7.154		0	BFZN	4		0.858	64.887	0.858	
20:1		0.000		0	BFZN	4		0.000	0.000	0.000	
22:1 undifferentiated.	-	0.000		0	BFZN	4		0.000	0.000	0.000	
24:1 c											
Fatty acids, total polyunsaturated	•	5.400		0	BFZN	4		0.648	48.978	0.648	
18:2 undifferentiated	-	4.971		0	BFZN	4		0.597	45.087	0.597	
18:3 undifferentiated	g	0.416		0	BFZN	4		0.050	3.773	0.050	
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	19		3	MA	12		2	172	2	
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0		0	z	7		0.0	0.0	0.0	
Caffeine	-										
Theobromine	mg										

Common Measures:

Measure 1 = 12.0g: 1 serving

Measure 2 = 907g: 1 package (2 lb)

Measure 3 = 12.0g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate

Water C Energy k Energy k Protein C Total lipid (fat) C Ash C Carbohydrate, by difference C Fiber, total dietary C Sugars, total C Starch C Minerals: Calcium, Ca Calcium, Ca r Iron, Fe r Magnesium, Mg r Phosphorus, P r Potassium, K r Sodium, Na r Zinc, Zn r Copper, Cu r Manganese, Mn r Selenium, Se r	ng 1 ng 1 ng 2 ng 2 ng 2 ng 2 ng 2	8.95 15.52 8.95 63.06 0.6 10.70 67 0.71 36 83 28	Std. Error	Points 3 0 3 3 3 3 3 3 3 3 3 3	MA MC A MC A MC A MC	Source Code 12 9 9 1 12 1 9 1 12	Confidence Code	0.42 51 215 1.07 1.86 1.07 7.57 0.1 1.28	31.93 3882 16242 81.18 140.77 81.18 571.95 5.4 97.05	0.42 51 215 1.07 1.86 1.07 7.57 0.1 1.28
Proximates: Water C Energy k Energy k Protein C Total lipid (fat) C Ash C Carbohydrate, by difference C Fiber, total dietary C Sugars, total C Starch C Minerals: C Calcium, Ca r Iron, Fe r Magnesium, Mg r Phosphorus, P r Potassium, K r Sodium, Na r Zinc, Zn r Copper, Cu r Manganese, Mn r Selenium, Se r Vitamins: r Vitamin C, total ascorbic acid r Thiamin r Riboflavin r Pantothenic acid r Vitamin B-6 r Folate, total r Vitamin B-12 r	ng 1 ng 1 ng 2 ng 2 ng 2 ng 2 ng 2	3.52 28 91 8.95 15.52 8.95 63.06 0.6 10.70 67 0.71 36 83 28	Std. Error	Points 3 0 3 3 3 3 3 3 3 3 3 3	MA MC A MA A MC A MA	12 9 9 1 12 1 9		0.42 51 215 1.07 1.86 1.07 7.57	31.93 3882 16242 81.18 140.77 81.18 571.95	0.42 51 215 1.07 1.86 1.07 7.57
Proximates: Water C Energy k Energy k Protein C Total lipid (fat) C Ash C Carbohydrate, by difference C Fiber, total dietary C Sugars, total C Starch C Minerals: C Calcium, Ca r Iron, Fe r Magnesium, Mg r Phosphorus, P r Potassium, K r Sodium, Na r Zinc, Zn r Copper, Cu r Manganese, Mn r Selenium, Se r Vitamins: r Vitamin C, total ascorbic acid r Thiamin r Riboflavin r Pantothenic acid r Vitamin B-6 r Folate, total r Vitamin B-12 r	ng 1 ng 1 ng 2 ng 2 ng 2 ng 2 ng 2	3.52 28 91 8.95 15.52 8.95 63.06 0.6 10.70 67 0.71 36 83 28	Std. Error	3 0 3 3 0 3 3 3	MA MC A MA A MC A MA	12 9 9 1 12 1 9 1	Code	0.42 51 215 1.07 1.86 1.07 7.57	31.93 3882 16242 81.18 140.77 81.18 571.95	0.42 51 215 1.07 1.86 1.07 7.57
Energy	rccal 4 kg 17 kg 17 kg 18 kg 1	28 91 8.95 15.52 8.95 63.06 0.6 10.70 67 0.71 36 83 28		0 3 3 0 3 3 3	MC A MA A MC A MA	9 9 1 12 1 9 1		51 215 1.07 1.86 1.07 7.57 0.1	3882 16242 81.18 140.77 81.18 571.95 5.4	51 215 1.07 1.86 1.07 7.57
Energy	rccal 4 kg 17 kg 17 kg 18 kg 1	28 91 8.95 15.52 8.95 63.06 0.6 10.70 67 0.71 36 83 28		0 3 3 0 3 3 3	MC A MA A MC A MA	9 9 1 12 1 9 1		51 215 1.07 1.86 1.07 7.57 0.1	3882 16242 81.18 140.77 81.18 571.95 5.4	51 215 1.07 1.86 1.07 7.57
Energy	rsj 17	91 8.95 15.52 8.95 63.06 0.6 10.70 67 0.71 36 83 28		3 3 3 0 3 3	A MA A MC A MA	9 1 12 1 9 1		1.07 1.86 1.07 7.57	16242 81.18 140.77 81.18 571.95 5.4	215 1.07 1.86 1.07 7.57 0.1
Protein	ng 1 ng 2 ng 2 ng 2 ng 2 ng 2	8.95 15.52 8.95 63.06 0.6 10.70 67 0.71 36 83 28		3 3 0 3 3 3	MA A MC A MA	1 12 1 9 1		1.07 1.86 1.07 7.57	81.18 140.77 81.18 571.95 5.4	1.07 1.86 1.07 7.57
Total lipid (fat)	ng 1 ng 2 ng 4 ng 28 ng 28	15.52 8.95 63.06 0.6 10.70 67 0.71 36 83 28		3 3 0 3 3 3	MA A MC A MA	12 1 9 1 12		1.86 1.07 7.57 0.1	140.77 81.18 571.95 5.4	1.86 1.07 7.57 0.1
Ash	9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9	8.95 63.06 0.6 10.70 67 0.71 36 83 28		3 0 3 3 3	A MC A MA	1 9 1 12		1.07 7.57 0.1	81.18 571.95 5.4	1.07 7.57 0.1
Carbohydrate, by difference	ng 1 ng 1 ng 1 ng 2 ng 2 ng 28 ng 28	63.06 0.6 10.70 67 0.71 36 83 28		0 3 3 3	MC A MA	9 1 12		7.57 0.1	571.95 5.4	7.57 0.1
Fiber, total dietary	ng 1 ng 2 ng 2 ng 2 ng 28 ng 28 ng	0.6 10.70 67 0.71 36 83 28		3 3 3 3	A MA A	1		0.1	5.4	0.1
Sugars, total	ng 1 ng 1 ng 1 ng 1 ng 2 ng 2 ng 28 ng 28	10.70 67 0.71 36 83 28		3 3 3	MA A	12				
Minerals: Calcium, Ca	ng 1 ng ng ng 2 ng 4 ng 28 ng	67 0.71 36 83 28		3	A			1.28	97.05	1.28
Minerals: Calcium, Ca	ng 1 ng ng ng 2 ng 4 ng 28 ng	0.71 36 83 28		3		1				
Calcium, Ca	ng ng ng 2 ng 4 ng 28 ng	0.71 36 83 28		3		1				
Calcium, Ca	ng ng ng 2 ng 4 ng 28 ng	0.71 36 83 28		3		1				
Iron, Fe	ng ng ng 2 ng 4 ng 28 ng	0.71 36 83 28		3				20	1515	0.0
Magnesium, Mg	ng 2 ng 4 ng 28 ng 28 ng	36 83 28				1		20 0.09	1515 6.44	20 0.09
Phosphorus, P	ng 2 ng 4 ng 28 ng	83 28		0	A BFZN	4		0.09 4	6.44 327	0.09 4
Potassium, K	mg 4 mg 28 mg mg	28		0	BFZN	4		34	2567	34
Sodium, Na.	ng 28 ng ng			0	BFZN	4		51	3882	54 51
Zinc, Zn	ng ng			3	A A	1		338	25577	338
Copper, Cu	ng	1.11		0	BFZN	4		0.13	10.07	0.13
Manganese, Mn		0.085		0	BFZN	4		0.010	0.771	0.13
Vitamins:	iig	0.052		0	BFZN	4		0.016	0.472	0.01
Vitamins:		0.032		Ū	DI ZIN	-		0.000	0.472	0.00
Vitamin C, total ascorbic acid	9									
Thiamin n Riboflavin n Niacin n Pantothenic acid n Vitamin B-6 n Folate, total n Folate, DFE n Vitamin B-12 n										
Riboflavin n Niacin n Pantothenic acid n Vitamin B-6 n Folate, total n Folate, DFE n Vitamin B-12 n	-	2.4		3	A	1		0.3	21.8	0.3
Niacin national natio	-	0.211		0	BFZN	4		0.025	1.914	0.02
Pantothenic acid	ng	0.678		0	BFZN	4		0.081	6.149	0.08
Vitamin B-6. n Folate, total. n Folate, DFE. n Vitamin B-12. n	ng	2.399		0	BFZN	4		0.288	21.759	0.28
Folate, total	-	1.499		0	BFZN	4		0.180	13.596	0.18
Folate, DFEn Vitamin B-12n	-	0.182		0	BFZN	4		0.022	1.651	0.02
Vitamin B-12n		34		0	BFZN	4		16	1215	16
Vitamin A. IU		0.46		0	BFZN	4		0.06	4.17	0.06
,	U 1	81		3	MA	12		22	1642	22
Vitamin A, RAEn										
Vitamin E (alpha-tocopherol)n										
Tocopherol, betan										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.										
Vitamin K (phylloquinone)n	ncg									
<u>Lipids:</u>										
Fatty acids, total saturated	3	6.660	1	3	MA	12		0.799	60.406	0.79
4:0	3	0.273	1	0	FLM	4		0.033	2.476	0.03
6:0	9	0.134		0	FLM	4		0.016	1.215	0.01
8:0g]	0.072		0	FLM	4		0.009	0.653	0.00
10:0	3	0.154		0	FLM	4		0.018	1.397	0.01
12:0	3	0.139	1	0	FLM	4		0.017	1.261	0.01
13:0										
14:0	3	0.874		0	FLM	4		0.105	7.927	0.10
15:0g										
16:0		3.485	i	0	FLM	4		0.418	31.609	0.41
17:0										
18:0	3	1.281		0	FLM	4		0.154	11.619	0.15
20:09	9									
22:0	9									
24:09										
Fatty acids, total monounsaturated		4.501		0	FLM	4		0.540	40.824	0.54
14:19	3									

	<u>An</u>	nount in 100 grams Number	<u>on</u>	Amount in edible portion of common measures of food				
Nutrients and Units	Mean	of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	•	0	FLM	4		0.040	3.038	0.040
17:1	•	0	FLM	4		0.485	36.670	0.485
20:1	=	0	FLM	4		0.485	0.000	0.485
22:1 undifferentiated.	,	0	FLM	4		0.000	0.000	0.000
24:1 c	•	v	11111	-		0.000	0.000	0.000
Fatty acids, total polyunsaturated	•	0	FLM	4		0.423	31.945	0.423
18:2 undifferentiated.	•	0	FLM	4		0.388	29.351	0.388
18:3 undifferentiated		0	FLM	4		0.034	2.594	0.034
18:4	•	0	FLM	4		0.000	0.000	0.000
20:2 n-6 c.c	•							
20:3 undifferentiated	•							
20:4 undifferentiated	•	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	9							
Cholesterol	mg 17	3	MA	12		2	154	2
Phytosterols	mg							
Others:								
Alcohol, ethyl	0.0	0	z	7		0.0	0.0	0.0
Caffeine m		·	_	•				
Theobromine	q							

Common Measures:

Measure 1 = 12.0g: 1 serving

Measure 2 = 907g: 1 package (2 lb)

Measure 3 = 12.0g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
				Number	•				easures of food	_	
Nutrients and Unit	s	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	76.80		1	A	1		99.84			
Energy	kcal	105		0	MC	9		136			
Energy	kj	438				9		569			
Protein	g	1.70		1	MA	12		2.21			
Total lipid (fat)	g	3.90		1	A	1		5.07			
Ash	g	1.90		1	A	1		2.47			
Carbohydrate, by difference	g	16.00		0	MC	9		20.80			
Fiber, total dietary	g	3.1		1	A	1		4.0			
Sugars, total		8.10		1	A	1		10.53			
Starch											
Minerals:	5										
Calcium. Ca	ma										
Iron, Fe.	• • • • • • • • • • • • • • • • • • • •										
Magnesium, Mg											
Phosphorus, P											
Potassium, K											
Sodium, Na		430		1	A	1		559			
Zinc. Zn.	-										
Copper, Cu	•										
Manganese, Mn											
Selenium, Se											
Vitaming											
<u>Vitamins:</u>	ma	10.4		1				12 5			
Vitamin C, total ascorbic acid	-	10.4		1	A	1		13.5			
Thiamin	• • • • • • • • • • • • • • • • • • • •										
Riboflavin	-										
Niacin Pantothenic acid	-										
Vitamin B-6	-										
Folate, total	-										
Folate, DFE											
Vitamin B-12											
Vitamin A, IU	-	567		1	A	1		737			
Vitamin A, RAE		307		-	A	-		737			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	g	0.870)	1	A	1		1.131			
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol	mg	0		1	A	1		0			
Phytosterols	mg										
Carotenoids:											
Carotene, beta	mcg	340		1	A	1		442.000			
Carotene, alpha											
Cryptoxanthin, beta	mcg										
Lycopene	mcg										
Lutein + zeaxanthin	mcg										

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

NDB No. 06932 Sauce, PREGO 100% Natural Spaghetti Sauce, Traditional, jar

Common Measures:

Measure 1 = 130g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

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

		A	mount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and l	Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.30		1	A	1		19.19		
Energy	kcal	175		0	MC	9		63		
Energy	kj	732				9		264		
Protein	g	1.20		1	A	1		0.43		
Total lipid (fat)	g	0.20		1	A	1		0.07		
Ash	g	3.20		1	A	1		1.15		
Carbohydrate, by difference	g	42.10		0	MC	9		15.16		
Fiber, total dietary	g									
Sugars, total	g	31.90		1	A	1		11.48		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	838		1	A	1		302		
Zinc, Zn	-									
Copper, Cu										
Manganese, Mn										
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 = 36g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100	grams	of edit	ole portio	<u>n</u>	Amount in edible portion of common			
			N	Number				<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	q	2.05		3	MA	12					
Energy	_	535		0	MC	9					
Energy		2238		3	MA	9					
Protein		15.32		3	A	1					
Total lipid (fat)	-	36.35		3	MA	12					
Ash		9.76		3	A	1					
Carbohydrate, by difference		36.52		0	MC	9					
Fiber, total dietary		2.0		3	A	1					
Sugars, total		5.40		3	MA	12					
Starch											
Minanala	_										
Minerals: Calcium. Ca	ma	467		3	A	1					
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	467 0.94		3	A A	1					
Magnesium, Mg		32		0	FLM	4					
Phosphorus, P		415		0	FLM	4					
Potassium, K	-	254		0	FLM	4					
Sodium, Na		2590		3	A	1					
Zinc, Zn	-	1.49		0	FLM	4					
Copper, Cu		0.064	1	0	FLM	4					
Manganese, Mn		0.056	5	0	FLM	4					
Selenium, Se		9.3		0	FLM	4					
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		3	A	1					
Thiamin		0.156	5	0	FLM	4					
Riboflavin	-	0.054		0	FLM	4					
Niacin	-	2.070		0	FLM	4					
Pantothenic acid		1.044		0	FLM	4					
Vitamin B-6		0.134	1	0	FLM	4					
Folate, total		4		0	FLA	4					
Folic acid		0		0	FLA	4					
Folate, food		4		0	FLA	4					
Folate, DFE		4		0	NC	4					
Vitamin B-12		0.38		0	FLM	4					
Vitamin A, IU	IU	213		0	FLA	4					
Vitamin A, RAE	mcg_RAE	54		0	FLA	4					
Retinol		52		0	FLA	4					
Vitamin E (alpha-tocopherol)		1.84		0	FLA	4					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D				•							
Vitamin K (phylloquinone)	nicg	6.2		0	FLA	4					
Lipids:											
Fatty acids, total saturated	g	13.180)	3	MA	12					
4:0	g	0.692	2	0	FLM	4					
6:0	g	0.289	9	0	FLM	4					
8:0	-	0.158		0	FLM	4					
10:0		0.381		0	FLM	4					
12:0		0.492	2	0	FLM	4					
13:0			_								
14:0	-	1.692	2	0	FLM	4					
15:0				_		_					
16:0		6.418	3	0	FLM	4					
17:0	-			_	_	_					
18:0	-	2.680)	0	FLM	4					
20:0	-										
22:0											

	<u>Ar</u>	nount in 10	00 grams Number		ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	13.669		0	FLM	4					
14:1g	13.009		U	FIM	•					
15:1g										
16:1 undifferentiatedg	0.399		0	FLM	4					
17:1g	0.000		·		-					
18:1 undifferentiatedg	13.006		0	FLM	4					
20:1g	0.000		0	FLM	4					
22:1 undifferentiated	0.000		0	FLM	4					
24:1 cg										
Fatty acids, total polyunsaturatedg	8.610		0	FLM	4					
18:2 undifferentiatedg	7.845		0	FLM	4					
18:3 undifferentiated	0.745		0	FLM	4					
18:4g	0.000		0	FLM	4					
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0	FLM	4					
20:5 n-3g	0.000		0	FLM	4					
22:5 n-3g	0.000		0	FLM	4					
22:6 n-3g	0.000		0	FLM	4					
Fatty acids, total transg										
Cholesterolmg	56		3	MA	12					
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	Z	7					
Caffeine mg	0		0	FLA	4					
Theobrominemg	0		0	FLA	4					
Carotenoids:										
Carotene, betamcg	23		0	FLA	4					
Carotene, alphamcg	0		0	FLA	4					
Cryptoxanthin, betamcg	0		0	FLA	4					
Lycopenemcg	0		0	FLA	4					
Lutein + zeaxanthin mcg	0		0	FLA	4					

Common Measures:

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 100 gra	ms of edi	ole portic	<u>on</u>		edible portion	
			Num	ber			<u>m</u>	easures of food	<u> </u>
			of D	ata Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Poir	ts Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	80.90		1	1		202.25	7.52	
Energy	kcal	75		0 NC	4		188	7	
Energy	kj	314			4		785	29	
Protein (N x 6.25)	g	1.80		2	1		4.50	0.17	
Total lipid (fat)	g	1.80		2	1		4.50	0.17	
Ash	g	2.70		1	1		6.75	0.25	
Carbohydrate, by difference	g	12.80		0 NC	4		32.00	1.19	
Fiber, total dietary	g	1.2		0	1		3.0	0.1	
Sugars, total	g	8.32		0 FLA	4		20.80	0.77	
Starch	g								
Ainerals:									
Calcium, Ca	ma	19		2	1		48	2	
Iron, Fe	-	0.90		2	1		2.25	0.08	
Magnesium, Mg	-	18)	4		45	2	
Phosphorus, P		20		L	1		50	2	
Potassium, K	_	174		_ [1		435	16	
Sodium, Na	_	815		L	1		2038	76	
Zinc, Zn	-	0.20)	4		0.50	0.02	
Copper, Cu		0.200))	4		0.500	0.019	
Manganese, Mn		0.300	1)	4		0.750	0.028	
Selenium, Se		1.3	0.029	3 A	1		3.3	0.1	
itamins:									
Vitamin C, total ascorbic acid	ma	7.0		2	1		17.5	0.7	
Thiamin	-	0.030		2	1		0.075	0.003	
Riboflavin	-	0.020		2	1		0.050	0.002	
Niacin		0.900		2	1		2.250	0.084	
Pantothenic acid		0.300		-)	4		0.750	0.028	
Vitamin B-6	_	0.075		L	1		0.188	0.007	
Folate, total	_	4)	4		10	0	
Folic acid		0) z	7		0	0	
Folate, food		4)	4		10	0	
Folate, DFE		4) NC	4		10	0	
Vitamin B-12		0.00)	1		0.00	0.00	
Vitamin A, IU		21) NC	4		53	2	
Vitamin A, RAE		1) NC	4		3	0	
Retinol		0) FLA	4		0	0	
Vitamin E (alpha-tocopherol)		0.02) FLA	4		0.04	0.00	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta	mg								
Vitamin D									
Vitamin K (phylloquinone)	mcg	0.1) FLA	4		0.3	0.0	
<u>ipids:</u>									
Fatty acids, total saturated	g	0.270))	1		0.675	0.025	
4:0	g	0.000	1)	1		0.000	0.000	
6:0	g	0.000))	1		0.000	0.000	
8:0	g	0.000))	1		0.000	0.000	
10:0	g	0.000))	1		0.000	0.000	
12:0	g	0.000))	1		0.000	0.000	
13:0									
14:0	g	0.000))	1		0.000	0.000	
15:0	g								
16:0	g	0.180	1)	1		0.450	0.017	
17:0	g								
18:0	_	0.090	1)	1		0.225	0.008	
20:0	_								
22:0	~								

	<u>Ar</u>	mount in 100 gran	ns of edi	ble portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Numb of Da Std. Error Point	a Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.770	0		1		1.925	0.072	
14:1g								
15:1g								
16:1 undifferentiatedg	0.010	0		1		0.025	0.001	
17:1g								
18:1 undifferentiatedg	0.770			1		1.925	0.072	
20:1g	0.000			1		0.000	0.000	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	0.680			1		1.700	0.063	
18:2 undifferentiatedg	0.630			1		1.575	0.059	
18:3 undifferentiatedg	0.050			1		0.125	0.005	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000			1		0.000	0.000	
20:5 n-3g	0.000	0		1		0.000	0.000	
22:5 n-3g	0.000			1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total transg								
Cholesterolmg	0	0		1		0	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	FLA	4		0	0	
Theobromine mg	0	0	FLA	4		0	0	
Carotenoids:								
Carotene, beta mcg	13	0	FLA	4		32.060	1.193	
Carotene, alphamcg	0	0	FLA	4		0.002	0.000	
Cryptoxanthin, betamcg	0	0	FLA	4		0.003	0.000	
Lycopenemcg	429	0	FLA	4		1072.923	39.913	
Lutein + zeaxanthin mcg	3	0	FLA	4		7.755	0.288	

Common Measures:

Measure 1 = 250g: 1 cup (8 fl oz) Measure 2 = 9.3g: 1 packet

Calories Factors: Protein 3.6 Fat 8.5 Carbohydrate 3.9

		<u>A</u> 1	mount in 100 gram	s of edil	ole portio	<u>n</u>	Amount in	edible portion of	of common
			Numb	er			<u>m</u>	easures of food	
			of Dat	a Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
D									
Proximates: Water	а	80.90			4		202.25	7.52	
Energy		75			4		188	7	
Energy		314			4		785	29	
Protein	=	1.80			4		4.50	0.17	
Total lipid (fat)	-	1.80			4		4.50	0.17	
Ash		2.70	0	NR	4		6.75	0.25	
Carbohydrate, by difference		12.80			4		32.00	1.19	
Fiber, total dietary		3.0			4		7.5	0.3	
Sugars, total		9.05	0	FLA	4		22.62	0.84	
Starch									
Minerals:					_			_	
Calcium, Ca	-	19			4 4		48	2	
Iron, Fe.		0.90 19			4		2.25 48	0.08 2	
Magnesium, Mg		20			4		48 50	2	
Phosphorus, P Potassium, K	-	20 609			4 1		50 1523	2 57	
Sodium, Na		133			1		333	12	
Zinc, Zn		0.25			4		0.63	0.02	
Copper, Cu		0.196	•		4		0.490	0.018	
Manganese, Mn		0.250			-		0.150	0.020	
Selenium, Se		1.3	0	BFZN	4		3.3	0.1	
•									
Vitamins:									
Vitamin C, total ascorbic acid		7.0			4		17.5	0.7	
Thiamin		0.030			4		0.075	0.003	
Riboflavin		0.020			4		0.050	0.002	
Niacin	-	0.900	•		4		2.250	0.084	
Pantothenic acid Vitamin B-6		0.080			4		0.200	0.007	
Folate, total		8	0	FLA	4		20	1	
Folic acid		0	0	FLA	4		0	0	
Folate, food	-	8	0	FLA	4		20	1	
Folate, DFE	mca DFE	8	0	NC	4		20	1	
Vitamin B-12		0.00	_		7		0.00	0.00	
Vitamin A, IU		868	0	FLA	4		2170	81	
Vitamin A, RAE	mcg RAE	43	0	FLA	4		109	4	
Retinol		0	0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		0.66	0	FLA	4		1.64	0.06	
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta	mg								
Vitamin D									
Vitamin K (phylloquinone)	mcg	1.8	0	FLA	4		4.4	0.2	
Lipids:									
Fatty acids, total saturated	а	0.230	1		4		0.575	0.021	
4:0		0.000			4		0.000	0.000	
6:0	-	0.000			4		0.000	0.000	
8:0		0.000			4		0.000	0.000	
10:0	-	0.000			4		0.000	0.000	
12:0	-	0.003			4		0.008	0.000	
13:0	-								
14:0	-	0.008	1		4		0.020	0.001	
15:0	-								
16:0	g	0.155	;		4		0.388	0.014	
17:0	g								
18:0	g	0.056	;		4		0.140	0.005	
20:0	g								
22:0	g								
24:0	g								

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number	Deriv	Source	Confidence	<u>m</u>	easures of food		
Nutrients and Unit	S	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		0.549				4		1.373	0.051		
14:1	_										
15:1						_					
16:1 undifferentiated		0.005				4		0.013	0.000		
17:1											
18:1 undifferentiated	_	0.372				4		0.930	0.035		
20:1		0.035				4		0.088	0.003		
22:1 undifferentiated		0.130				4		0.325	0.012		
24:1 c	-	0.902				4		0.055	0.004		
Fatty acids, total polyunsaturated						4		2.255 1.930	0.084		
18:2 undifferentiated	-	0.772 0.127				4			0.072		
18:3 undifferentiated		0.127				4		0.318 0.000	0.012 0.000		
18:4		0.000				4		0.000	0.000		
20:2 n-6 c,c 20:3 undifferentiated											
20:4 undifferentiated		0.000				4		0.000	0.000		
20:5 n-3	-	0.000				4		0.000	0.000		
20:5 n-3	_	0.000				4		0.000	0.000		
22:6 n-3		0.000				4		0.000	0.000		
Fatty acids, total trans	_	0.000				-		0.000	0.000		
Cholesterol	_	0				7		0	0		
Phytosterols	• • • • • • • • • • • • • • • • • • • •	v				,		v	Ü		
Others:											
Alcohol, ethyl	g	0.0				7		0.0	0.0		
Caffeine		0		0	FLA	4		0	0		
Theobromine	mg	0		0	FLA	4		0	0		
Carotenoids:											
Carotene, beta	mcg	459		0	FLA	4		1148.382	42.720		
Carotene, alpha	-	0		0	FLA	4		0.000	0.000		
Cryptoxanthin, beta		123		0	FLA	4		307.815	11.451		
Lycopene		909		0	FLA	4		2272.184	84.525		
Lutein + zeaxanthin	mcg	235		0	FLA	4		588.276	21.884		

Common Measures:

Measure 1 = 250g: 1 cup Measure 2 = 9.3g: 1 packet

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100 gran	s of edi	ble portic	<u>on</u>	Amount in	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food			
					Source	Confidence					
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3		
Proximates:											
Water	g	5.70	1		1		0.97	1.43			
Energy	kcal	362	0	NC	4		62	91			
Energy		1515			4		257	379			
Protein (N x 6.25)		14.06	1		1		2.39	3.52			
Total lipid (fat)		9.00	1		1		1.53	2.25			
Ash		11.50	1		1		1.96	2.88			
Carbohydrate, by difference		59.74	0	NC	4		10.16	14.94			
Fiber, total dietary	g										
Sugars, total	g										
Starch											
Minerals:	m~	1.05	_		,		22	44			
Calcium, Ca	-	165	0		4 4		28	41			
Iron, Fe.		0.50 28	0		4		0.09 5	0.13 7			
Magnesium, Mg		28 148	0		4		5 25	7 37			
Phosphorus, P Potassium, K	-	292	0		4		25 50	37 73			
Sodium, Na		3390	1		1		576	848			
Zinc, Zn		0.70	0		4		0.12	0.18			
Copper, Cu		0.100			4		0.017	0.025			
Manganese, Mn		0.100			4		0.017	0.025			
Selenium, Se											
ŕ											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		2.0	0		4		0.3	0.5			
Thiamin		0.100			4		0.017	0.025			
Riboflavin		0.200			4		0.034	0.050			
Niacin		0.600			4 4		0.102	0.150			
Pantothenic acid		0.400			4		0.068	0.100			
Vitamin B-6	-	0.040 13	0 0		4		0.007 2	0.010 3			
Foliate, total		0	0	z	7		0	0			
Folic acidFolate, food		13	0	4	4		2	3			
Folate, DFE	mcg DEE	13	0	NC	4		2	3			
Vitamin B-12		0.40	0	NC	4		0.07	0.10			
Vitamin A, IU		4	0		4		1	1			
Vitamin A, RAE		1	0	NC	4		0	0			
Retinol		1	0	NC	4		0	0			
Vitamin E (alpha-tocopherol)		_	·		-		·	v			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Linida											
Lipids:	a	1.340	0		1		0.228	0.335			
Fatty acids, total saturated4:0		1.340	, ,		_		0.228	0.335			
6:0	-										
8:0											
10:0											
12:0											
13:0											
14:0		0.010	0		1		0.002	0.003			
15:0	_		·		=						
16:0		0.880	0		1		0.150	0.220			
17:0											
18:0		0.450	0		1		0.077	0.113			
20:0											
22:0	_										
24:0	_										

		An	nount in 100 grams	of edible portic	<u>on</u>	Amount in edible portion of common			
				Deriv Source	Confidence	<u>m</u>	easures of food		
Nutrients and Unit	s	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3	
F.#	a	3.870	0	1		0.658	0.968		
Fatty acids, total monounsaturated		3.870	U	1		0.658	0.968		
15:1									
16:1 undifferentiated		0.040	0	1		0.007	0.010		
17:1									
18:1 undifferentiated	g	3.830	0	1		0.651	0.958		
20:1	g								
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturated	g	3.380	0	1		0.575	0.845		
18:2 undifferentiated	g	3.140	0	1		0.534	0.785		
18:3 undifferentiated	g	0.230	0	1		0.039	0.058		
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									
Fatty acids, total trans									
Cholesterol.	mg	1	0	1		0	0		
Phytosterols	mg								

Common Measures:

Measure 1 = 17g: 1 cup (8 fl oz) Measure 2 = 25g: 1 packet

Calories Factors: Protein 3.8 Fat 8.4 Carbohydrate 3.9

		<u>A</u>	mount in 100	grams	of edik	ole portio	<u>on</u>	Amount in edible portion of common			
			N	lumber				<u>m</u> e	easures of food		
			o	of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	q	3.78		11	MA	12					
Energy	_	438		0	MC	9					
Energy		1833				9					
Protein		7.68		8	A	1					
Total lipid (fat)	-	18.33		11	MA	12					
Ash		9.67		11	A	1					
Carbohydrate, by difference		60.52		0	NC	4					
Fiber, total dietary		1.0		11	A	1					
Sugars, total		10.26		11	MA	12					
Starch	_										
Minerals:	ma	204		11	7						
Calcium, Ca	_	204 0.50		11 11	A A	1 1					
Iron, Fe	-	36		0	FLM	4					
Magnesium, Mg Phosphorus, P		283		0	FLM	4					
Potassium, K	-	428		0	FLM	4					
Sodium, Na		3202		11	A	1					
Zinc, Zn	-	1.11		0	FLM	4					
Copper, Cu		0.085	5	0	FLM	4					
Manganese, Mn		0.052		0	FLM	4					
Selenium, Se											
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.9		11	A	1					
Thiamin		0.211		0	FLM	4					
Riboflavin	-	0.678		0	FLM	4					
Niacin	-	2.399		0	FLM	4					
Pantothenic acid		1.499		0	FLM	4					
Vitamin B-6		0.182		0	FLM	4					
Folate, total	_	134		0	FLM	4					
Folic acid		0		0	z	7					
Folate, food		134		0	FLM	4					
Folate, DFE		134		0	NC	4					
Vitamin B-12		0.46		0	FLM	4					
Vitamin A, IU	IU	202		11	MA	12					
Vitamin A, RAE	mcg_RAE	56		0	NC	4					
Retinol		55		0	NC	4					
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	Ilicg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	8.440)	11	MA	12					
4:0		0.205		0	BFFN	4					
6:0	-	0.127		0	BFFN	4					
8:0		0.094		0	BFFN	4					
10:0		0.245		0	BFFN	4					
12:0		0.332	2	0	BFFN	4					
13:0				_							
14:0		1.179	,	0	BFFN	4					
15:0				•	 -						
16:0		3.858	5	0	BFFN	4					
17:0		2 22	•	0	Dam.	4					
18:0		2.096	,	U	BFFN	4					
20:0											
22:0	9										

	<u> </u>	mount in 10	00 grams	of edib	ole portic	<u>on</u>	Amount in edible portion of common		
			Number	•			<u>m</u>	easures of food	
			of Data	Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	.g 6.86	8	0	BFFN	4				
14:1									
15:1	=								
16:1 undifferentiated	-	6	0	BFFN	4				
17:1		_							
18:1 undifferentiated		•	0	BFFN	4				
20:1			0	BFFN	4				
22:1 undifferentiated		0	0	BFFN	4				
24:1 c	=								
Fatty acids, total polyunsaturated			0	BFFN	4				
18:2 undifferentiated	. •		0	BFFN	4				
18:3 undifferentiated	. •		0	BFFN	4				
18:4		0	0	BFFN	4				
20:2 n-6 c,c									
20:3 undifferentiated	-								
20:4 undifferentiated	. •		0	BFFN	4				
20:5 n-3			0	BFFN	4				
22:5 n-3			0	BFFN	4				
22:6 n-3	-	0	0	BFFN	4				
Fatty acids, total trans									
Cholesterol	. •		11	MA	12				
Phytosterols	. _. mg								
Others:									
Alcohol, ethyl			0	Z	7				
Caffeine									
Theobromine	ng								

Common Measures:

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 10	<u>0 grams</u>	of edib	le portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	4.09		4		1		1.43		
Energy	kcal	448		0	NC	4		157		
Energy	kj	1874				4		656		
Protein (N x 6.25)	g	22.69		4		1		7.94		
Total lipid (fat)	g	25.44		4		1		8.90		
Ash	g	14.12		4		1		4.94		
Carbohydrate, by difference	g	33.66		0	NC	4		11.78		
Fiber, total dietary	g	1.1		0		4		0.4		
Sugars, total	g	29.36		0	FLA	4		10.28		
Starch	g									
Minerals:	ma	795		2		-		270		
Calcium, Ca	-	795 0.42		3 3		1 1		278 0.15		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	44		3 1		1		0.15 15		
Magnesium, Mg Phosphorus, P		597		1		1		209		
Potassium, K	-	597 519		1		1		182		
Sodium, Na		4110		2		1		1439		
Zinc, Zn	-	2.50		1		1		0.88		
Copper, Cu		0.020	1	0		4		0.007		
Manganese, Mn		0.010		0		4		0.004		
Selenium, Se		13.6		2	A	1		4.8		
·										
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	-	1.0		0		4		0.4		
Thiamin	-	0.160		1		1		0.056		
Riboflavin		0.476		3		1		0.167		
Niacin		0.324		3		1		0.113		
Pantothenic acid	-	1.000		0		4		0.350		
Vitamin B-6	-	0.100)	0		4		0.035		
Folate, total		13		0		4		5		
Folic acid		0		0	Z	7		0		
Folate, food		13		0		4		5		
Folate, DFE		13		0	NC	4		5		
Vitamin B-12		0.80		0		4		0.28		
Vitamin A, IU		238		0	FLA	4		83		
Vitamin A, RAE		64		0	FLA	4		22		
Retinol		62		0	FLA	4		22		
Vitamin E (alpha-tocopherol)		0.07		0	FLA	4		0.03		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		0.6		0	FLA	4		0.2		
				-		-		**-		
<u> Lipids:</u>										
Fatty acids, total saturated		12.050		0		1		4.218		
4:0		0.540		0		1		0.189		
6:0	-	0.270		0		1		0.095		
8:0	-	0.140		0		1		0.049		
10:0	-	0.350		0		1		0.123		
12:0		0.280)	0		1		0.098		
13:0		4 =		^						
14:0		1.710)	0		1		0.599		
15:0		- 0.0		^						
16:0		5.840	,	0		1		2.044		
17:0	-	0 450		^		4		0.005		
18:0	-	2.470	,	0		1		0.865		
20:0	-									
22:0	y									

		<u>Ar</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	Jnits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate		8.440		0		1		2.954			
14:1											
15:1	-										
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.540		0		1		0.189			
17:1	-					_					
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	7.640		0		1		2.674			
20:1	-	0.000		0		1		0.000			
22:1 undifferentiated	•	0.000		0		1		0.000			
24:1 c											
Fatty acids, total polyunsaturated		3.660		0		1		1.281			
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	3.260		0		1		1.141			
18:3 undifferentiated	-	0.400		0		1		0.140			
18:4	g	0.000		0		1		0.000			
20:2 n-6 c,c	g										
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •										
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	51		0		1		18			
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0			
Caffeine	mg	0		0	FLA	4		0			
Theobromine	mg	0		0	FLA	4		0			
Carotenoids:											
Carotene, beta		19		0	FLA	4		6.497			
Carotene, alpha		0		0	FLA	4		0.000			
Cryptoxanthin, beta	mcg	0		0	FLA	4		0.000			
Lycopene	<u>m</u> cg	0		0	FLA	4		0.000			
Lutein + zeaxanthin	mcg	0		0	FLA	4		0.000			

Common Measures:

Measure 1 = 35g: 1 packet

Calories Factors: Protein 4.1 Fat 8.8 Carbohydrate 3.9

		<u>A</u> :	mount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nι	umber				<u>m</u>	easures of food	<u>l</u>	
Nutrients and Un	its	Mean	of Std. Error P		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	70.50		21	MA	12		44.42			
Energy		174		0	MC	9		110			
Energy		728		Ü	мс	9		459			
Protein		6.71		21	A	1		4.23			
Total lipid (fat)		13.29		21	MA	12		8.37			
Ash		2.67		21	A	1		1.68			
Carbohydrate, by difference		6.83		0	MC	9		4.30			
Fiber, total dietary		0.5		21	A	1		0.3			
Sugars, total		0.42		21	MA	12		0.26			
Starch		0.42			m	12		0.20			
Starcii	9										
Minerals:											
Calcium, Ca	mg	184		21	A	1		116			
Iron, Fe	mg	0.21		21	A	1		0.13			
Magnesium, Mg		9		0	FLM	4		6			
Phosphorus, P	-	157		0	FLM	4		99			
Potassium, K	mg	30		0	FLM	4		19			
Sodium, Na	mg	828		21	A	1		522			
Zinc, Zn		0.98		0	FLM	4		0.62			
Copper, Cu		0.018		0	FLM	4		0.011			
Manganese, Mn		0.010)	0	FLM	4		0.006			
Selenium, Se	mcg	3.2		0	FLA	4		2.0			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.4		21	A	1		0.3			
Thiamin	-	0.006	5	0	FLM	4		0.004			
Riboflavin	-	0.114		ō	FLM	4		0.072			
Niacin		0.024		0	FLM	4		0.015			
Pantothenic acid		0.125		ō	FLM	4		0.079			
Vitamin B-6		0.017		0	FLM	4		0.011			
Folate, total	-	4		0	FLM	4		3			
Folic acid		0		ō	Z	7		0			
Folate, food		4		0	FLM	4		3			
Folate, DFE		4		0	NC	4		3			
Vitamin B-12		0.14		0	FLM	4		0.09			
Vitamin A, IU		316		21	MA	12		199			
Vitamin A, RAE		80		0	NC	4		50			
Retinol		77		0	NC	4		49			
Vitamin E (alpha-tocopherol)						_					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
	-										
<u>Lipids:</u>											
Fatty acids, total saturated		6.010		21	MA	12		3.786			
4:0	-	0.265		0	FLM	4		0.167			
6:0		0.134		0	FLM	4		0.084			
8:0	_	0.071		0	FLM	4		0.045			
10:0	_	0.152		0	FLM	4		0.096			
12:0	_	0.137	1	0	FLM	4		0.086			
13:0	-	2 2	,	•				0			
14:0	-	0.857	1	0	FLM	4		0.540			
15:0	_			•				1 00=			
16:0	-	3.167	1	0	FLM	4		1.995			
17:0		1 10-	=	^	TOT 5.5			0 550			
18:0		1.195	•	0	FLM	4		0.753			
20:0											
22:0	g g										

	<u>Ar</u>	nount in 100 gran	s of edi	ble porti	<u>on</u>	Amount in	edible portion	of common
		Numb		0	Confidence	<u>m</u>	easures of food	<u>l</u>
Nutrients and Units	Mean	Std. Error Points			Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	3.823	0	FLM	4		2.408		
14:1g								
15:1g								
16:1 undifferentiated	0.264	0	FLM	4		0.166		
17:1g								
18:1 undifferentiated	3.437	0	FLM	4		2.165		
20:1g	0.000	0	FLM	4		0.000		
22:1 undifferentiatedg	0.000	0	FLM	4		0.000		
24:1 cg								
Fatty acids, total polyunsaturated	2.599		FLM	4		1.637		
18:2 undifferentiatedg	2.369	0	FLM	4		1.492		
18:3 undifferentiatedg	0.230	0	FLM	4		0.145		
18:4g	0.000	0	FLM	4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000		FLM	4		0.000		
20:5 n-3g	0.000	0	FLM	4		0.000		
22:5 n-3g	0.000	0	FLM	4		0.000		
22:6 n-3g	0.000	0	FLM	4		0.000		
Fatty acids, total transg								
Cholesterolmg	29	21	MA	12		18		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeinemg								
Theobromine mg								

Common Measures:

Measure 1 = 63g: .25 cup

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100	<u>0 grams</u>	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			I	Number	•			<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	4.20		1		1		1.18	1.47		
Energy	kcal	427		0	NC	4		120	149		
Energy	kj	1787				4		500	625		
Protein (N x 6.25)	g	9.38		1		1		2.63	3.28		
Total lipid (fat)	g	23.10		1		1		6.47	8.09		
Ash	g	12.70		1		1		3.56	4.45		
Carbohydrate, by difference	g	50.62		0	NC	4		14.17	17.72		
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
	-										
<u>Minerals:</u>				_		_					
Calcium, Ca	-	177		0		4		50	62		
Iron, Fe	-	3.10		0		4		0.87	1.09		
Magnesium, Mg		41		0		4		11	14		
Phosphorus, P	_	149		0		4		42	52		
Potassium, K	_	352		0		4		99	123		
Sodium, Na	-	4080		1		1		1142	1428		
Zinc, Zn		0.90		0		4		0.25	0.32		
Copper, Cu		0.100		0		4		0.028	0.035		
Manganese, Mn		0.100)	0		4		0.028	0.035		
Selenium, Se	fricg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	2.0		0		4		0.6	0.7		
Thiamin	mg	0.100)	0		4		0.028	0.035		
Riboflavin		0.200)	0		4		0.056	0.070		
Niacin		0.800)	0		4		0.224	0.280		
Pantothenic acid		0.400)	0		4		0.112	0.140		
Vitamin B-6	mg	0.050)	0		4		0.014	0.018		
Folate, total	mcg	9		0		4		3	3		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food		9		0		4		3	3		
Folate, DFE		9		0	NC	4		3	3		
Vitamin B-12		0.40		0		4		0.11	0.14		
Vitamin A, IU	IU	102		0		4		29	36		
Vitamin A, RAE		5		0	NC	4		1	2		
Retinol	mcg	0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
<u>lipids:</u>											
Fatty acids, total saturated	n	3.440	1	0		1		0.963	1.204		
4:0		3.440	•	·		-		0.505	1.204		
6:0											
8:0	_										
10:0	-										
12:0	_										
13:0	-										
14:0		0.020)	0		1		0.006	0.007		
15:0	_										
16:0	_	2.260)	0		1		0.633	0.791		
17:0											
18:0		1.160)	0		1		0.325	0.406		
20:0											
22:0	_										
24:0	_										

		Amo	ount in 100 grams		Amount in edible portion of common			
				Deriv Source	Confidence	<u>m</u> .	easures of food	
Nutrients and Uni	ts	Mean S	td. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	9.930	0	1		2.780	3.476	
14:1		3.330	v	-		2.760	3.470	
15:1								
16:1 undifferentiated	g	0.090	0	1		0.025	0.032	
17:1	g							
18:1 undifferentiated	g	9.820	0	1		2.750	3.437	
20:1	g							
22:1 undifferentiated	g							
24:1 c	g							
Fatty acids, total polyunsaturated	g	8.690	0	1		2.433	3.042	
18:2 undifferentiated	g	8.060	0	1		2.257	2.821	
18:3 undifferentiated	g	0.600	0	1		0.168	0.210	
18:4	g							
20:2 n-6 c,c	g							
20:3 undifferentiated	g							
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •							
20:5 n-3	-							
22:5 n-3	g							
22:6 n-3								
Fatty acids, total trans								
Cholesterol		1	0	1		0	0	
Phytosterols	mg							

Common Measures:

Measure 1 = 28g: 1 cup (8 fl oz) Measure 2 = 35g: 1 packet

Calories Factors: Protein 3.8 Fat 8.4 Carbohydrate 3.9

		<u>A</u>	mount in 10	0 grams	of edib	le portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	_
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.07		2	A	1		12.79	20.18	
Energy	kcal	35		0	NC	4		6	10	
Energy	kj	146				4		26	42	
Protein (N x 6.25)	g	5.06		2	A	1		0.91	1.44	
Total lipid (fat)	g	0.01		2	A	1		0.00	0.00	
Ash		20.22		0	FLA	4		3.64	5.74	
Carbohydrate, by difference	g	3.64		0	NC	4		0.66	1.03	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	FLA	4		0.00	0.00	
Starch										
Minerals:				_		_		_		
Calcium, Ca		43		2	A	1		8	12	
Iron, Fe	-	0.78		2	A	1		0.14	0.22	
Magnesium, Mg		175		2	A	1		32	50	
Phosphorus, P	-	7		2	A	1		1	2	
Potassium, K		288		2	A	1		52	82	
Sodium, Na		7720		2	A	1 1		1390	2192	
Zinc, Zn		0.20		2 2	A	1		0.04	0.06	
Copper, Cu		0.050		2	A A	1		0.009 0.042	0.014 0.066	
Manganese, Mn		9.1	•	0	FLA	4		1.6	2.6	
Selenium, Se	Illog	9.1		U	FLA	4		1.6	2.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		2	A	1		0.1	0.1	
Thiamin	mg	0.012	2	2	A	1		0.002	0.003	
Riboflavin	mg	0.057	7	2	A	1		0.010	0.016	
Niacin	mg	2.313	3	2	A	1		0.416	0.657	
Pantothenic acid	mg	0.118	3	2	A	1		0.021	0.034	
Vitamin B-6	mg	0.396	5	2	A	1		0.071	0.112	
Folate, total	mcg	51		2	A	1		9	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		51		2	A	1		9	14	
Folate, DFE	mcg_DFE	51		0	NC	4		9	14	
Vitamin B-12		0.48		2	A	1		0.09	0.14	
Vitamin A, IU	IU	12		0	FLA	4		2	3	
Vitamin A, RAE	mcg_RAE	4		0	FLA	4		1	1	
Retinol	mcg	4		0	FLA	4		1	1	
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.				•				0.0		
Vitamin K (phylloquinone)	nicg	0.0		0	FLA	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.003	3	0	BFFN	4		0.001	0.001	
4:0	-	0.000)	0	BFFN	4		0.000	0.000	
6:0		0.000)	0	BFFN	4		0.000	0.000	
8:0	_	0.000		0	BFFN	4		0.000	0.000	
10:0	_	0.000)	0	BFFN	4		0.000	0.000	
12:0	_	0.000)	0	BFFN	4		0.000	0.000	
13:0	_									
14:0	g	0.001	L	0	BFFN	4		0.000	0.000	
15:0	-									
16:0		0.001	L	0	BFFN	4		0.000	0.000	
17:0										
18:0	_	0.001	L	0	BFFN	4		0.000	0.000	
20:0	_									
22:0	_									
24:0	n									

	<u>Ar</u>	nount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturated	0.002		0	BFFN	4		0.000	0.001	
14:1g									
15:1g									
16:1 undifferentiatedg	0.001		0	BFFN	4		0.000	0.000	
17:1g									
18:1 undifferentiatedg	0.001		0	BFFN	4		0.000	0.000	
20:1g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiatedg	0.000		0	BFFN	4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	0.003		0	BFFN	4		0.001	0.001	
18:2 undifferentiated	0.000		0	BFFN	4		0.000	0.000	
18:3 undifferentiatedg	0.000		0	BFFN	4		0.000	0.000	
18:4g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiated	0.000		•						
20:4 undifferentiated	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3g	0.001		-	BFFN	4		0.000	0.000	
22:5 n-3g	0.000		0	BFFN	4 4		0.000	0.000	
22:6 n-3	0.002		U	BFFN	4		0.000	0.001	
Fatty acids, total transg	0		2		1		0	0	
Cholesterolmg Phytosterolsmg	U		2	A	_		U	U	
Others:			_	_	_				
Alcohol, ethyl	0.0		0	Z	7		0.0	0.0	
Caffeineg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>									
Carotene, betamcg	0		0	FLA	4		0.000	0.000	
Carotene, alphamcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	FLA	4		0.000	0.000	
Lycopenemcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthinmcg	0		0	FLA	4		0.000	0.000	

Common Measures:

Measure 1 = 18g: 1 tbsp Measure 2 = 28.4g: 1 fl oz

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u> :	mount in 10	0 grams	of edib	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	44.23		5	A	1		7.08		
Energy	kcal	220		0	NC	4		35		
Energy	kj	920				4		147		
Protein (N x 6.25)	g	3.31		5	A	1		0.53		
Total lipid (fat)	g	3.39		5	A	1		0.54		
Ash	g	4.98		5	A	1		0.80		
Carbohydrate, by difference	g	44.08		0	NC	4		7.05		
Fiber, total dietary	g	2.8		5	A	1		0.4		
Sugars, total	g	6.67		0	FLA	4		1.07		
Starch	g									
* ** 1										
Minerals:	ma	32		5	A	1		5		
Calcium, Ca	_	1.01		5 5	A A	1		0.16		
Magnesium, Mg		24		2	A	1		4		
Phosphorus, P		38		2	A	1		6		
Potassium, K	_	119		2	A	1		19		
Sodium, Na	_	1615		5	A	1		258		
Zine, Zn	-	0.32		2	A	1		0.05		
Copper, Cu		0.128	3	2	A	1		0.020		
Manganese, Mn		0.254		2	A	1		0.041		
Selenium, Se		1.8		0	BFSN	4		0.3		
	-									
/itamins:				_	_	_				
Vitamin C, total ascorbic acid	-	0.4		5	A	1		0.1		
Thiamin	-	0.004		2	A	1		0.001		
Riboflavin		0.217		2	A	1		0.035		
Niacin	-	1.170		2	A	1		0.187		
Pantothenic acid	_	0.068		2	A	1		0.011		
Vitamin B-6	_	0.062	2	2 2	A	1		0.010		
Foliate, total		23 0		0	A Z	1 7		4 0		
Folic acid		23		2	A	1		4		
Folate, foodFolate, DFE		23		0	NC	4		4		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		6		0	FLA	4		1		
Vitamin A, RAE		0		0	FLA	4		0		
Retinol		Ö		0	FLA	4		Ö		
Vitamin E (alpha-tocopherol)		0.28		0	FLA	4		0.05		
Tocopherol, beta		0.20		·		-		0.00		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.										
Vitamin K (phylloquinone)	mcg	0.5		0	FLA	4		0.1		
inida										
ipids:	0	0.568	,	5	A	1		0.091		
Fatty acids, total saturated		0.000		2	A	1		0.000		
6:0		0.000		2	A	1		0.000		
8:0	-	0.000		2	A	1		0.000		
10:0		0.000		2	A	1		0.000		
12:0	-	0.000		2	A	1		0.000		
13:0		0.000	-	_		-		0.000		
14:0	-	0.000)	2	A	1		0.000		
15:0				_		_		2.000		
16:0		0.368	3	2	A	1		0.059		
17:0				_	-	•				
18:0	_	0.170)	2	A	1		0.027		
20:0	_									
22:0	_									
24:0	_									

	An	nount in 10	00 grams	of edib	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.963		2	A	1		0.154		
14:1g									
15:1g									
16:1 undifferentiatedg	0.000		2	A	1		0.000		
17:1g									
18:1 undifferentiatedg	0.963		2	A	1		0.154		
20:1g	0.000		2	A	1		0.000		
22:1 undifferentiatedg	0.000		2	A	1		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	1.698		2	A	1		0.272		
18:2 undifferentiatedg	1.524		2	A	1		0.244		
18:3 undifferentiatedg	0.175		2	A	1		0.028		
18:4g	0.000		2	A	1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		2	A	1		0.000		
20:5 n-3g	0.000		2	A	1		0.000		
22:5 n-3g	0.000		2	A	1		0.000		
22:6 n-3g	0.000		2	A	1		0.000		
Fatty acids, total transg									
Cholesterol mg	3		2	A	1		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobrominemg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta mcg	4		0	FLA	4		0.575		
Carotene, alpha mcg	0		0	FLA	4		0.001		
Cryptoxanthin, beta mcg	0		0	FLA	4		0.002		
Lycopenemcg	0		0	FLA	4		0.000		
Lutein + zeaxanthinmcg	45		0	FLA	4		7.177		

Common Measures:

Measure 1 = 16g: 1 tbsp

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u> 1	mount in 100	grams	of edik	ole portio	<u>n</u>		edible portion	
			N	Number				<u>m</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.12		3		1		0.95	0.72	
Energy	kcal	554		0	NC	4		249	188	
Energy	kj	2318				4		1043	788	
Protein (N x 6.25)	g	11.00		3		1		4.95	3.74	
Total lipid (fat)	g	46.04		3		1		20.72	15.65	
Ash	g	8.75		3		1		3.94	2.98	
Carbohydrate, by difference		32.10		0	NC	4		14.45	10.91	
Fiber, total dietary		1.1		0		4		0.5	0.4	
Sugars, total										
Starch										
Starcii	9									
Minerals:										
Calcium, Ca	mg	289		2		1		130	98	
Iron, Fe	<u>mg</u>	2.10		2		1		0.95	0.71	
Magnesium, Mg	mg	18		0		4		8	6	
Phosphorus, P		293		0		4		132	100	
Potassium, K	mg	291		6		1		131	99	
Sodium, Na	mg	3650		2		1		1643	1241	
Zinc, Zn	mg	1.60		0		4		0.72	0.54	
Copper, Cu	mg	0.300)	0		4		0.135	0.102	
Manganese, Mn	mg	0.100)	0		4		0.045	0.034	
Selenium, Se	mcg									
¥7*4 *										
<u>Vitamins:</u>						_				
Vitamin C, total ascorbic acid	-	1.0		0		4		0.5	0.3	
Thiamin	-	0.100		0		4		0.045	0.034	
Riboflavin		0.421		2		1		0.189	0.143	
Niacin	-	0.130		2		1		0.059	0.044	
Pantothenic acid		2.000		0		4		0.900	0.680	
Vitamin B-6	-	1.200)	0		4		0.540	0.408	
Folate, total		49		0		4		22	17	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	49		0		4		22	17	
Folate, DFE		49		0	NC	4		22	17	
Vitamin B-12		1.80		0		4		0.81	0.61	
Vitamin A, IU		1700		0		4		765	578	
Vitamin A, RAE	mcg_RAE	510		0	NC	4		230	173	
Retinol	mcg	510		0	NC	4		230	173	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Linide										
<u>Lipids:</u>	~	27.050		0		1		12.173	9.197	
Fatty acids, total saturated		1.330		0		1		0.599	0.452	
4:0				0		1				
6:0		0.790		0		1		0.356	0.269	
8:0		0.460		0		1		0.207	0.156	
10:0	-	1.030		0		1		0.464	0.350	
12:0	-	1.150	,	U		1		0.518	0.391	
13:0	-	4 140	1	0		1		1 000	1 400	
14:0	-	4.140	,	U		1		1.863	1.408	
15:0		11 000	,	^		1		E 255	4 046	
16:0	-	11.900	,	0		1		5.355	4.046	
17:0		E 360	,	^		4		0 410	1 000	
18:0	_	5.360	,	0		1		2.412	1.822	
20:0	-									
22:0	a									

	<u>Ar</u>	nount in 100 gram	s of edible port	<u>ion</u>	Amount in edible portion of common		
		Numbe	r		<u>m</u>	easures of food	<u> </u>
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Sourc Code Code		Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	13.850	0	1		6.233	4.709	
14:1g							
15:1	1.090	0	1		0.491	0.371	
18:1 undifferentiated	12.150	0	1		5.468	4.131	
20:1							
24:1 cg Fatty acids, total polyunsaturatedg	2.170	0	1		0.977	0.738	
18:2 undifferentiatedg	1.480	0	1		0.666	0.503	
18:3 undifferentiatedg	0.610	0	1		0.275	0.207	
18:4							
20:4 undifferentiated	0.040	0	1		0.018	0.014	
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total transg							
Cholesterolmg Phytosterolsmg	118	0	1		53	40	
Others:							
Alcohol, ethylg	0.0	0	z 7		0.0	0.0	
Caffeinemg Theobrominemg							

Common Measures:

Measure 1 = 45g: 1 cup (8 fl oz) Measure 2 = 34g: 1 packet

Calories Factors: Protein 3.8 Fat 8.4 Carbohydrate 3.9

NDB No. 06555 Sauce, hollandaise, with butterfat, dehydrated, prepared with water

Nutrients and Uni	ts		Numb	er			m	easures of food	
Nutrients and Uni	ts		- f D -						
Nutrients and Uni	ts		ot Da	a Deriv	Source	Confidence			
		Mean	Std. Error Point	Code	Code	Code	Measure 1	Measure 2	Measure
D									
Proximates: Water	а	83.81	0		1		217.07	170.97	
Energy	-	92	0	NC	4		238	188	
Energy		385	·		4		997	785	
Protein (N x 6.25)		1.82	0		1		4.71	3.71	
Total lipid (fat)		7.62	0		1		19.74	15.54	
Ash		1.45	0		1		3.76	2.96	
Carbohydrate, by difference		5.31	0	NC	4		13.75	10.83	
Fiber, total dietary		0.3	0		4		0.8	0.6	
Sugars, total		1.48	0	FLA			3.83	3.02	
Starch	-	1.40	v	LIM	-		3.03	3.02	
Starcii	9								
<u>Minerals:</u>									
Calcium, Ca	_	48	0		1		124	98	
Iron, Fe	_	0.35	0		1		0.91	0.71	
Magnesium, Mg		3	0		4		8	6	
Phosphorus, P	•	49	0		4		127	100	
Potassium, K	_	48	0		1		124	98	
Sodium, Na		604	0		1		1564	1232	
Zinc, Zn		0.30	0		4		0.78	0.61	
Copper, Cu		0.050			4		0.130	0.102	
Manganese, Mn		0.020			4		0.052	0.041	
Selenium, Se	mcg	3.9	0	FLC	4		10.1	8.0	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.1	0		4		0.3	0.2	
Thiamin		0.020			4		0.052	0.041	
Riboflavin		0.070			1		0.181	0.143	
Niacin		0.022			1		0.057	0.045	
Pantothenic acid		0.300			4		0.777	0.612	
Vitamin B-6		0.200			4		0.518	0.408	
Folate, total	-	5	0	FLA	4		14	11	
Folic acid		0	0	FLA	4		0	0	
Folate, food		5	0	FLA	4		14	11	
Folate, DFE	mca DFE	5	0	NC	4		14	11	
Vitamin B-12		0.30	0		4		0.78	0.61	
Vitamin A, IU		216	0	FLA	4		560	441	
Vitamin A, RAE		59	0	FLA	4		153	121	
Retinol		58	0	FLA	4		150	118	
Vitamin E (alpha-tocopherol)		0.28	0	FLA	4		0.73	0.58	
Tocopherol, beta		0.20	·		-		01.0	0.00	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		0.7	0	FLA	4		1.8	1.4	
	-								
<u>_ipids:</u>	~				_		11 600		
Fatty acids, total saturated		4.480			1		11.603	9.139	
4:0		0.220			1		0.570	0.449	
6:0		0.130			1		0.337	0.265	
8:0		0.080			1		0.207	0.163	
10:0		0.170			1		0.440	0.347	
12:0	-	0.190	0		1		0.492	0.388	
13:0	-	0.000							
14:0	-	0.690	0		1		1.787	1.408	
15:0	-		<u>-</u>		_				
16:0		1.970	0		1		5.102	4.019	
17:0	-	<u>.</u>			_			4	
18:0	-	0.890	0		1		2.305	1.816	
20:0	-								
22:0	-								
24:0	g								

NDB No. 06555 Sauce, hollandaise, with butterfat, dehydrated, prepared with water

		<u>An</u>	nount in 10	00 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	2.290		0		1		5.931	4.672	
14:1	g									
15:1										
16:1 undifferentiated	-	0.180		0		1		0.466	0.367	
17:1										
18:1 undifferentiated		2.010		0		1		5.206	4.100	
20:1	-	0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturat	edg	0.360		0		1		0.932	0.734	
18:2 undifferentiated	g	0.250		0		1		0.648	0.510	
18:3 undifferentiated	g	0.100		0		1		0.259	0.204	
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		0		1		0.026	0.020	
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	20		0		1		52	41	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0				7		0.0	0.0	
Caffeine	mg	0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	
Carotenoids:	-									
Carotene, beta	mcg	13		0	FLA	4		34.391	27.088	
Carotene, alpha		0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta	mcg	1		0	FLA	4		2.279	1.795	
Lycopene	mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin	mcg	33		0	FLA	4		84.484	66.543	

Common Measures:

Measure 1 = 259g: 1 cup (8 fl oz) Measure 2 = 204g: 1 packet, prepared

Calories Factors: Protein 3.8 Fat 8.4 Carbohydrate 3.9

		<u>A</u>	mount in 100 gra	ms of edi	ole portic	<u>on</u>	Amount in edible portion of common		
			Num	ber			<u>m</u>	easures of food	<u> </u>
					Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poir	its Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	5.00		1	1		0.85	1.25	
Energy	kcal	374		0 NC	4		64	94	
Energy		1565			4		266	391	
Protein (N x 6.25)	g	13.75		1	1		2.34	3.44	
Total lipid (fat)	g	9.30		1	1		1.58	2.33	
Ash	g	9.50		1	1		1.62	2.38	
Carbohydrate, by difference	g	62.45		0 NC	4		10.62	15.61	
Fiber, total dietary	g	1.1		0 BFZ1	1 4		0.2	0.3	
Sugars, total	g								
Starch	g								
Minorals									
Minerals: Calcium, Ca	ma	255		0	4		43	64	
Iron, Fe	-	0.30		0	4		0.05	0.08	
Magnesium, Mg		27		0	4		5	7	
Phosphorus, P		211		0	4		36	53	
Potassium, K	-	377		0	4		64	94	
Sodium, Na		2600		1	1		442	650	
Zinc, Zn		0.90		0	4		0.15	0.23	
Copper, Cu	mg	0.100)	0	4		0.017	0.025	
Manganese, Mn	<u>mg</u>	0.100)	0	4		0.017	0.025	
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	ma	1.0		0	4		0.2	0.3	
Thiamin		0.100		0	4		0.017	0.025	
Riboflavin		0.400)	0	4		0.068	0.100	
Niacin		0.600)	0	4		0.102	0.150	
Pantothenic acid	mg	0.800)	0	4		0.136	0.200	
Vitamin B-6	mg	0.100)	0	4		0.017	0.025	
Folate, total	mcg	14		0	4		2	4	
Folic acid		0		0 z	7		0	0	
Folate, food	mcg	14		0	4		2	4	
Folate, DFE		14		0 NC	4		2	4	
Vitamin B-12		0.80		0	4		0.14	0.20	
Vitamin A, IU		7		0	4		1	2	
Vitamin A, RAE		1		0 NC	4		0	0	
Retinol		1		0 NC	4		0	0	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
<u>Lipids:</u>	_				_				
Fatty acids, total saturated		1.930	J	0	1		0.328	0.483	
4:0 6:0									
8:0									
10:0									
12:0									
13:0									
14:0		0.020)	0	1		0.003	0.005	
15:0	-								
16:0		1.220)	0	1		0.207	0.305	
17:0									
18:0		0.690)	0	1		0.117	0.173	
20:0	g								
22:0	g								
24:0	a								

NDB No. 06154 Sauce, hollandaise, with vegetable oil, dehydrated, dry

	<u>Amoun</u>	t in 100 grams of edi	ole portion		Amount in edible portion of common		
		Number of Data Deriv			easures of food		
Nutrients and Units	Mean Std.	Error Points Code	Code Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	4.090	0	1	0.695	1.023		
14:1g							
15:1g 16:1 undifferentiated	0.030	0	1	0.005	0.008		
17:1	0.030	V	-	0.003	0.000		
18:1 undifferentiated	4.060	0	1	0.690	1.015		
20:1							
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturatedg	2.750	0	1	0.468	0.688		
18:2 undifferentiatedg	2.620	0	1	0.445	0.655		
18:3 undifferentiatedg	0.120	0	1	0.020	0.030		
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.010	0	1	0.002	0.003		
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total transg				_	_		
Cholesterol mg	1	0	1	0	0		
Phytosterolsmg							

Common Measures:

Measure 1 = 17g: 1 cup (8 fl oz) Measure 2 = 25g: 1 packet

Calories Factors: Protein 3.8 Fat 8.4 Carbohydrate 3.9

		<u>A</u>	mount in 100 gram	s of edil	Amount in 100 grams of edible portion						
			Numbe	er			m	easures of food	<u> </u>		
					Source	Confidence					
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3		
Proximates:											
Water	q	74.89	0		1		187.23	93.61			
Energy		147	0	NC	4		368	184			
Energy		615			4		1538	769			
Protein (N x 6.25)	' - '	3.84	0		1		9.60	4.80			
Total lipid (fat)	-	10.63	0		1		26.58	13.29			
Ash		1.47	0		1		3.68	1.84			
Carbohydrate, by difference		9.17	0	NC	4		22.93	11.46			
Fiber, total dietary		0.2	0		4		0.5	0.3			
Sugars, total		4.36	0	FLA	4		10.91	5.45			
Starch											
Minerals:			_		_		225	4.45			
Calcium, Ca	_	118	0		1		295	148			
Iron, Fe.		0.33	0		1		0.83	0.41			
Magnesium, Mg		14 98	-		1 1		35 245	18			
Phosphorus, P Potassium, K	-	98 156	0		1		245 390	123 195			
Sodium, Na		354	0		1		885	443			
Zinc, Zn		0.41	0		1		1.03	0.51			
Copper, Cu		0.016			1		0.040	0.020			
Manganese, Mn		0.043			1		0.108	0.054			
Selenium, Se		4.1	0	RC	4		10.3	5.1			
·											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.8	0		1		2.0	1.0			
Thiamin		0.069			1		0.173	0.086			
Riboflavin		0.185			1		0.463	0.231			
Niacin	-	0.402			1		1.005	0.503			
Pantothenic acid		0.326			1 1		0.815	0.408			
Vitamin B-6	_	0.040 8	0	D.C.	4		0.100	0.050			
Foliate, total		3	0	RC NC	4		20 8	10 4			
Folic acidFolate, food		5	0	NC	1		13	6			
Folate, DFE	mca DEE	10	0	NC	4		25	13			
Vitamin B-12		0.28	0	NC	1		0.70	0.35			
Vitamin A, IU		327	0	FLA	4		817	409			
Vitamin A, RAE		90	0	FLA	4		225	112			
Retinol		88	0	FLA	4		221	110			
Vitamin E (alpha-tocopherol)		0.28	0	FLA	4		0.69	0.35			
Tocopherol, beta			-		_						
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.9	0	FLA	4		2.2	1.1			
T :-: 3											
<u>Lipids:</u>	~	0.054			1		7 125	2 560			
Fatty acids, total saturated		2.854 0.060			1 1		7.135 0.150	3.568 0.075			
4:0 6:0		0.036			1		0.150	0.075			
8:0		0.030			1		0.050	0.045			
10:0		0.020			1		0.030	0.025			
12:0	_	0.052			1		0.118	0.065			
13:0	-	0.032	. 0		-		3.130	0.003			
14:0	-	0.209	9 0		1		0.523	0.261			
15:0	_		v		-		0.020	3.201			
16:0	_	1.555	5 0		1		3.888	1.944			
17:0			·		-		3.000				
18:0	_	0.869	0		1		2.173	1.086			
20:0	_		-								
22:0	_										
24:0	-										

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Notice and	luite.	Maaa	Std. Error	Number of Data	Deriv	Source Code	Confidence Code			•	
Nutrients and U	Jnits	Mean	Sta. Error	Folitis	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate	ed q	4.420		0		1		11.050	5.525		
14:1 15:1	g										
16:1 undifferentiated	g	0.042		0		1		0.105	0.053		
17:1 18:1 undifferentiated	-	4.375		0		1		10.938	5.469		
20:1	-	0.000		0		1		0.000	0.000		
22:1 undifferentiated 24:1 c	•	0.000		0		1		0.000	0.000		
Fatty acids, total polyunsaturated		2.862		0		1		7.155	3.578		
18:2 undifferentiated		2.713		0		1		6.783	3.391		
18:3 undifferentiated		0.148		0		1		0.370	0.185		
18:4	-	0.000		0		1		0.000	0.000		
20:2 n-6 c.c											
20:3 undifferentiated	-										
20:4 undifferentiated		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		1		18	9		
Phytosterols	mg	29		0		1		73	36		
Amino Acids:											
Tryptophan	g	0.043		0		1		0.108	0.054		
Threonine	g	0.138		0		1		0.345	0.173		
Isoleucine	g	0.186		0		1		0.465	0.233		
Leucine	g	0.300		0		1		0.750	0.375		
Lysine	g	0.243		0		1		0.608	0.304		
Methionine	g	0.077		0		1		0.193	0.096		
Cystine	g	0.028		0		1		0.070	0.035		
Phenylalanine	g	0.148		0		1		0.370	0.185		
Tyrosine	g	0.148		0		1		0.370	0.185		
Valine	g	0.205		0		1		0.513	0.256		
Arginine	g	0.111		0		1		0.278	0.139		
Histidine	_	0.083		0		1		0.208	0.104		
Alanine	_	0.105		0		1		0.263	0.131		
Aspartic acid		0.233		0		1		0.583	0.291		
Glutamic acid	-	0.642		0		1		1.605	0.803		
Glycine		0.065		0		1		0.163	0.081		
Proline	_	0.297		0		1		0.743	0.371		
Serine		0.166		0		1		0.415	0.208		
Hydroxyproline	g										
Others:						_					
Alcohol, ethyl		0.0		0		7		0.0	0.0		
Caffeine	-	0		0	FLA	4		0	0		
Theobromine	g	0		0	FLA	4		0	0		
Carotenoids:				_		_					
Carotene, beta	-	20		0	FLA	4		48.997	24.498		
Carotene, alpha		0		0	FLA	4		0.012	0.006		
Cryptoxanthin, beta		0		0	FLA	4		0.018	0.009		
Lycopene		0		0	FLA	4		0.000	0.000		
Lutein + zeaxanthin	inca	1		0	FLA	4		3.228	1.614		

Common Measures:

Measure 1 = 250g: 1 cup Measure 2 = 125g: .5 cup NDB No. 06166 Sauce, homemade, white, medium

Calories Factors: Protein 4.2 Fat 8.7 Carbohydrate 3.9

		<u>A</u>	mount in 100	<u>grams</u>	of edib	le portio	<u>n</u>		edible portion	
			ı	Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.10		0		1		172.75	86.38	
Energy	kcal	186		0	NC	4		465	233	
Energy	kj	778				4		1946	973	
Protein (N x 6.25)	g	3.99		0		1		9.98	4.99	
Total lipid (fat)	g	13.83		0		1		34.58	17.29	
Ash	g	1.47		0		1		3.68	1.84	
Carbohydrate, by difference	g	11.61		0	NC	4		29.03	14.51	
Fiber, total dietary		0.3		0		4		0.8	0.4	
Sugars, total	g	3.96		0	FLA	4		9.91	4.96	
Starch	g									
Minerals:										
Calcium, Ca	ma	111		0		1		278	139	
Iron, Fe	-	0.50		0		1		1.25	0.63	
Magnesium, Mg	-	14		0		1		35	18	
Phosphorus, P		96		0		1		240	120	
Potassium, K	-	149		o		1		373	186	
Sodium, Na		373		0		1		933	466	
Zinc, Zn	mg	0.40		0		1		1.00	0.50	
Copper, Cu	mg	0.021	L	0		1		0.053	0.026	
Manganese, Mn	mg	0.067	7	0		1		0.168	0.084	
Selenium, Se	mcg	5.2		0	RC	4		13.0	6.5	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.7		0		1		1.8	0.9	
Thiamin	-	0.088	1	0		1		0.220	0.110	
Riboflavin	-	0.190		0		1		0.475	0.238	
Niacin	=	0.589		0		1		1.473	0.736	
Pantothenic acid	-	0.315		0		1		0.788	0.394	
Vitamin B-6	=	0.038		0		1		0.095	0.048	
Folate, total	-	11		0	RC	4		28	14	
Folic acid		5		0	NC	4		13	6	
Folate, food		6		0		1		15	8	
Folate, DFE		15		0	NC	4		36	18	
Vitamin B-12		0.26		0		1		0.65	0.33	
Vitamin A, IU	IU -	424		0	FLA	4		1061	530	
Vitamin A, RAE		117		0	FLA	4		291	146	
Retinol	mcg	114		0	FLA	4		286	143	
Vitamin E (alpha-tocopherol)	mg	0.37		0	FLA	4		0.93	0.47	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	1.2		0	FLA	4		2.9	1.5	
Lipids:										
Fatty acids, total saturated	q	3.416	5	0		1		8.540	4.270	
4:0		0.055	5	0		1		0.138	0.069	
6:0	g	0.033	3	0		1		0.083	0.041	
8:0	g	0.019	•	0		1		0.048	0.024	
10:0	g	0.043	3	0		1		0.108	0.054	
12:0	g	0.048	3	0		1		0.120	0.060	
13:0										
14:0	g	0.202	2	0		1		0.505	0.253	
15:0	g									
16:0	g	1.919	•	0		1		4.798	2.399	
17:0	g									
18:0	-	1.093	3	0		1		2.733	1.366	
20:0	-									
22:0	-									
24:0	g									

	<u>A</u>	mount in 100		Amount in edible portion of common measures of food					
			lumber		_		me	easures of 1000	
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	F 051		•		1		44.600		
Fatty acids, total monounsaturatedg	5.851		0		1		14.628	7.314	
15:1g									
16:1 undifferentiated	0.038		0		1		0.095	0.048	
17:1g									
18:1 undifferentiatedg	5.809	1	0		1		14.523	7.261	
20:1g	0.000	1	0		1		0.000	0.000	
22:1 undifferentiatedg	0.000	1	0		1		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	3.914		0		1		9.785	4.893	
18:2 undifferentiatedg	3.722		0		1		9.305	4.653	
18:3 undifferentiatedg	0.192		0		1		0.480	0.240	
18:4g	0.000		0		1		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000	0.000	
20:5 n-3g	0.000		0		1		0.000	0.000	
22:5 n-3g	0.000		0		1		0.000	0.000	
22:6 n-3g	0.000		0		1		0.000	0.000	
Fatty acids, total transg	_		_		_				
Cholesterol mg	6		0		1		15	8	
Phytosterolsmg	40		0		1		100	50	
Amino Acids:									
Tryptophang	0.040	1	0		1		0.100	0.050	
Threonineg	0.129	1	0		1		0.323	0.161	
Isoleucineg	0.173	1	0		1		0.433	0.216	
Leucineg	0.280	1	0		1		0.700	0.350	
Lysineg	0.227		0		1		0.568	0.284	
Methionineg	0.071		0		1		0.178	0.089	
Cystineg	0.026	i	0		1		0.065	0.033	
Phenylalanineg	0.138		0		1		0.345	0.173	
Tyrosineg	0.138		0		1		0.345	0.173	
Valineg	0.191		0		1		0.478	0.239	
Arginineg	0.103		0		1		0.258	0.129	
Histidineg	0.078		0		1		0.195	0.098	
Alanineg	0.098		0		1		0.245	0.123	
Aspartic acidg	0.217		0		1		0.543	0.271	
Glutamic acidg	0.598		0		1		1.495	0.748	
Glycineg	0.061		0		1		0.153	0.076	
Prolineg	0.276		0		1		0.690	0.345	
Serineg	0.155		0		1		0.388	0.194	
Hydroxyproline									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobrominemg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, betamcg	26		0	FLA	4		64.587	32.294	
Carotene, alpha mcg	0		Ö	FLA	4		0.019	0.009	
Cryptoxanthin, beta mcg	0		Ö	FLA	4		0.027	0.013	
Lycopene mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	2		0	FLA	4		4.886	2.443	

Common Measures:

Measure 1 = 250g: 1 cup Measure 2 = 125g: .5 cup NDB No. 06167 Sauce, homemade, white, thick

Calories Factors: Protein 4.2 Fat 8.7 Carbohydrate 3.9

		<u>A</u>	mount in 100	grams	of edib	ole portio	<u>n</u>		edible portion	
			N	Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.66		0		1		201.65	100.83	
Energy	kcal	105		0	NC	4		263	131	
Energy	kj	439				4		1098	549	
Protein (N x 6.25)	g	3.77		0		1		9.43	4.71	
Total lipid (fat)	g	6.73		0		1		16.83	8.41	
Ash	g	1.45		0		1		3.63	1.81	
Carbohydrate, by difference	g	7.40		0	NC	4		18.50	9.25	
Fiber, total dietary	g	0.1		0		4		0.3	0.1	
Sugars, total	g	4.77		0	FLA	4		11.91	5.96	
Starch	g									
Minerals:										
Calcium. Ca	ma	126		0		1		315	158	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.21		0		1		0.53	0.26	
Magnesium, Mg	-	15		0		1		38	19	
Phosphorus, P		101		0		1		253	126	
Potassium, K	•	163		0		1		408	204	
Sodium, Na		328		0		1		820	410	
Zinc, Zn	mg	0.42		0		1		1.05	0.53	
Copper, Cu	mg	0.013	3	0		1		0.033	0.016	
Manganese, Mn	mg	0.024	Į.	0		1		0.060	0.030	
Selenium, Se	mcg	3.3		0	RC	4		8.3	4.1	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.8		0		1		2.0	1.0	
Thiamin	-	0.055	:	0		1		0.138	0.069	
Riboflavin	-	0.184		0		1		0.460	0.230	
Niacin	=	0.261		0		1		0.653	0.326	
Pantothenic acid	-	0.339		0		1		0.848	0.424	
Vitamin B-6	-	0.041		0		1		0.103	0.051	
Folate, total	-	13		0	FLA	4		32	16	
Folic acid		7		0	FLA	4		17	8	
Folate, food		6		0	FLA	4		15	7	
Folate, DFE		17		0	NC	4		43	22	
Vitamin B-12		0.30		0		1		0.75	0.38	
Vitamin A, IU	IU -	208		0	FLA	4		519	260	
Vitamin A, RAE		57		0	FLA	4		143	72	
Retinol	mcg	56		0	FLA	4		141	70	
Vitamin E (alpha-tocopherol)	mg	0.16		0	FLA	4		0.41	0.20	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.5		0	FLA	4		1.4	0.7	
Lipids:										
Fatty acids, total saturated	g	2.152	2	0		1		5.380	2.690	
4:0	g	0.065	5	0		1		0.163	0.081	
6:0	g	0.039	•	0		1		0.098	0.049	
8:0	g	0.022	2	0		1		0.055	0.028	
10:0	g	0.050)	0		1		0.125	0.063	
12:0		0.057	7	0		1		0.143	0.071	
13:0										
14:0	g	0.214	l	0		1		0.535	0.268	
15:0	g									
16:0	g	1.106	5	0		1		2.765	1.383	
17:0	g									
18:0	_	0.592	2	0		1		1.480	0.740	
20:0	_									
22:0	g									
24:0	g									

	<u>A</u> 1	nount in 100 g	ams of e	dible portic	<u>on</u>	Amount in edible portion of common		
			nber Data Deri	iv Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error Po	nts Cod	le Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.670		0	1		6.675	3.338	
14:1g								
15:1	0.045		0	1		0.113	0.056	
17:1g	0.010		·	_		0.123	0.000	
18:1 undifferentiatedg	2.621		0	1		6.553	3.276	
20:1g	0.000		0	1		0.000	0.000	
22:1 undifferentiatedg	0.000		0	1		0.000	0.000	
24:1 cg			_	_				
Fatty acids, total polyunsaturated9	1.586		0	1 1		3.965 3.728	1.983	
18:2 undifferentiated	1.491 0.095		0	1		3.728 0.238	1.864 0.119	
18:3 undifferentiated	0.000		0	1		0.238	0.119	
20:2 n-6 c.cg	0.000		U	_		0.000	0.000	
20:3 undifferentiated 9								
20:4 undifferentiated 9	0.000		0	1		0.000	0.000	
20:5 n-3g	0.000		0	1		0.000	0.000	
22:5 n-3g	0.000		0	1		0.000	0.000	
22:6 n-3g	0.000		0	1		0.000	0.000	
Fatty acids, total transg								
Cholesterolmg	8		0	1		20	10	
Phytosterolsmg	16		0	1		40	20	
Amino Acids:								
Tryptophan	0.046		0	1		0.115	0.058	
Threonineg	0.147		0	1		0.368	0.184	
Isoleucineg	0.198		0	1		0.495	0.248	
Leucineg	0.320		0	1		0.800	0.400	
Lysine9	0.259		0	1		0.648	0.324	
Methionineg	0.082		0	1		0.205	0.103	
Cystineg	0.030		0	1		0.075	0.038	
Phenylalanineg	0.157		0	1		0.393	0.196	
Tyrosine	0.157		0	1		0.393	0.196	
Valine	0.219		0	1		0.548	0.274	
Arginine	0.118		0	1 1		0.295 0.223	0.148 0.111	
Histidine	0.089 0.112		0	1		0.280	0.111	
Aspartic acid	0.248		0	1		0.620	0.310	
Glutamic acid	0.684		0	1		1.710	0.855	
Glycine	0.069		0	1		0.173	0.086	
Prolineg	0.316		0	1		0.790	0.395	
Serine	0.177		0	1		0.443	0.221	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0		0	7		0.0	0.0	
Caffeine mg	0		0 FI	.A 4		0	0	
Theobrominemg	0		0 FI	.A. 4		0	0	
Carotenoids:								
Carotene, betamcg	12		0 FI	.A 4		29.966	14.983	
Carotene, alpha mcg	0		0 FI			0.008	0.004	
Cryptoxanthin, betamcg	0		0 FI			0.011	0.005	
Lycopene mcg	0		0 FI	.A 4		0.000	0.000	
Lutein + zeaxanthin mcg	1		0 FI	.A. 4		1.967	0.984	

Common Measures:

Measure 1 = 250g: 1 cup Measure 2 = 125g: .5 cup NDB No. 06165 Sauce, homemade, white, thin

Calories Factors: Protein 4.2 Fat 8.7 Carbohydrate 3.9

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>.</u>
Nutrients and U	nits	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	g	4.12		1	A	1		10.92	5.23	
Energy	kcal	571		0	NC	4		1513	725	
Energy	kj	2389				4		6331	3034	
Protein (N x 6.25)	g	7.48		1	A	1		19.82	9.50	
Total lipid (fat)	g	41.58		1	A	1		110.19	52.81	
Ash		5.12		1	A	1		13.57	6.50	
Carbohydrate, by difference		41.70		0	NC	4		110.51	52.96	
Fiber, total dietary		10.1		1	A	1		26.8	12.8	
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg	302		1	A	1		800	384	
Iron, Fe	_	5.71		1	A	1		15.13	7.25	
Magnesium, Mg		127		1	A	1		337	161	
Phosphorus, P	-	254		1	A	1		673	323	
Potassium, K		602		1	A	1		1595	765	
Sodium, Na		1164		1	A	1		3085	1478	
Zine, Zn		2.50		1	A	1		6.63	3.18	
Copper, Cu		0.684		1	A	1		1.813	0.869	
Manganese, Mn		1.137		1	A	1		3.013	1.444	
Selenium, Se										
Vitamins:	_									
Vitamin C, total ascorbic acid	ma	0.0		1	A	1		0.0	0.0	
Thiamin		0.136	;	1	A	1		0.360	0.173	
Riboflavin		0.573		1	A	1		1.518	0.728	
Niacin	_	2.544		1	A	1		6.742	3.231	
Pantothenic acid	-	0.232		1	A	1		0.615	0.295	
Vitamin B-6	_	0.752		1	A	1		1.993	0.955	
Folate, total		74		1	A	1		196	94	
Folic acid		0		0	z	7		0	0	
Folate, food		74		1	A	1		196	94	
Folate, DFE		74		0	NC	4		196	94	
Vitamin B-12		/-=		Ü	II.C	-		100	J-12	
Vitamin A, IU		15		1	AS	1		39	19	
Vitamin A, RAE	mca RAF	1		1	AS	1		2	1	
Retinol		-		-	AU	-		-	±	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Carotenoids:										
Carotene, beta	mca	9		1	A	1		23.585	11.303	
Carotene, alpha		ō		1	A	1		0.000	0.000	
Cryptoxanthin, beta		0		1	A	1		0.000	0.000	
Lycopene		ŭ		-		-		2.000	3.000	
Lutein + zeaxanthin										

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

Common Measures:

Measure 1 = 265g: 1 cup, sauce

Measure 2 = 127g: .5 cup

NDB No. 06137

Sauce, mole poblano, dry mix, single brand

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
						Course	Confidence			•
Nutrients and Un	ite	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
- Tuttionto una on		moun	Otal 21101					mododio i		modelar c
Proximates:										
Water	g	71.54		1	A	1		173.13	89.43	
Energy	kcal	164		0	NC	4		397	205	
Energy		686				4		1661	858	
Protein (N x 6.25)	g	3.54		1	A	1		8.57	4.43	
Total lipid (fat)		10.95		1	A	1		26.50	13.69	
Ash	g	1.03		1	A	1		2.49	1.29	
Carbohydrate, by difference		12.94		0	NC	4		31.31	16.18	
Fiber, total dietary	g	4.2		1	A	1		10.2	5.3	
Sugars, total	g									
Starch										
Minerals:										
Calcium, Ca	mg	24		1	A	1		58	30	
Iron, Fe		1.85		1	A	1		4.48	2.31	
Magnesium, Mg	mg	32		1	A	1		77	40	
Phosphorus, P	mg	82		1	A	1		198	103	
Potassium, K	mg	326		1	A	1		789	408	
Sodium, Na	mg	134		1	A	1		324	168	
Zinc, Zn	mg	0.46		1	A	1		1.11	0.58	
Copper, Cu		0.189		1	A	1		0.457	0.236	
Manganese, Mn		0.234	ŀ	1	A	1		0.566	0.293	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0	
Thiamin		0.022	!	1	A	1		0.053	0.028	
Riboflavin	-	0.000)	1	A	1		0.000	0.000	
Niacin	-	1.640		1	A	1		3.969	2.050	
Pantothenic acid	-	0.239		1	A	1		0.578	0.299	
Vitamin B-6		0.251		1	A	1		0.607	0.314	
Folate, total		28		1	A	1		68	35	
Folic acid		0		0	Z	7		0	0	
Folate, food		28		1	A	1		68	35	
Folate, DFE		28		0	NC	4		68	35	
Vitamin B-12				_		_		7040	0740	
Vitamin A, IU	IU	2992		1	AS	1		7240	3740	
Vitamin A, RAE		150		1	AS	1		362	187	
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Carotenoids:										
Carotene, beta	mcg	1282		1	A	1		3102.198	1602.375	
Carotene, alpha		199		1	A	1		480.612	248.250	
Cryptoxanthin, beta		828		1	A	1		2002.792	1034.500	
Lycopene										
Lutein + zeaxanthin	mcg									

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

Common Measures:

Measure 1 = 242g: 1 cup, sauce

Measure 2 = 125g: .5 cup

NDB No. 06136

Sauce, mole poblano, prepared from recipe

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u> :	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	3.50		1		1		0.81	0.98	
Energy	kcal	349		0	NC	4		80	98	
Energy	kj	1460				4		336	409	
Protein (N x 6.25)	g	14.38		1		1		3.31	4.03	
Total lipid (fat)	g	9.50		1		1		2.19	2.66	
Ash	g	17.90		1		1		4.12	5.01	
Carbohydrate, by difference	g	54.72		0	NC	4		12.59	15.32	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:	me	^		•				^	•	
Calcium, Ca	_	9		0		4		2	3	
Iron, Fe	_	1.00		0		4		0.23	0.28	
Magnesium, Mg		18		0		•		4	5	
Phosphorus, P	-	133		0		4		31	37 121	
Potassium, K	-	433		0		4 1		100 1433	121 1744	
Sodium, Na	_	6230		1 0		4		0.21		
Zinc, Zn		0.90 0.600	,	0		4		0.21	0.25 0.168	
Copper, Cu		0.100		0		4		0.138	0.168	
Manganese, Mn		0.100	,	U		4		0.023	0.028	
Selenium, Se	iiicg									
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin		0.100)	0		4		0.023	0.028	
Riboflavin	mg	0.500)	0		4		0.115	0.140	
Niacin		4.600)	0		4		1.058	1.288	
Pantothenic acid	mg	2.300)	0		4		0.529	0.644	
Vitamin B-6	mg	0.100)	0		4		0.023	0.028	
Folate, total		27		0		4		6	8	
Folic acid		0		0	Z	7		0	0	
Folate, food		27		0		4		6	8	
Folate, DFE		27		0	NC	4		6	8	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	rncg									
<u> ipids:</u>										
Fatty acids, total saturated	g	1.420)	0		1		0.327	0.398	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	_									
13:0	_									
14:0	-	0.010)	0		1		0.002	0.003	
15:0	g									
16:0		0.930)	0		1		0.214	0.260	
17:0	g									
18:0	g	0.480)	0		1		0.110	0.134	
20:0	-									
22:0	α .									

		<u>An</u>	nount in 100 grams	s of edible portion	<u>on</u>		edible portion	
			0. 2	Deriv Source	Confidence	<u>m</u>	easures of food	
Nutrients and Unit	s	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	4.090	0	1		0.941	1.145	
14:1			-	_		0.512		
15:1	-							
16:1 undifferentiated	g	0.040	0	1		0.009	0.011	
17:1	g							
18:1 undifferentiated	g	4.040	0	1		0.929	1.131	
20:1	g							
22:1 undifferentiated	g							
24:1 c	g							
Fatty acids, total polyunsaturated		3.570	0	1		0.821	1.000	
18:2 undifferentiated	g	3.320	0	1		0.764	0.930	
18:3 undifferentiated	g	0.250	0	1		0.058	0.070	
18:4	g							
20:2 n-6 c,c	g							
20:3 undifferentiated	g							
20:4 undifferentiated								
20:5 n-3	g							
22:5 n-3								
22:6 n-3								
Fatty acids, total trans	-							
Cholesterol	_	0	0	1		0	0	
Phytosterols	mg							

Common Measures:

Measure 1 = 23g: 1 cup (8 fl oz) Measure 2 = 28g: 1 packet

Calories Factors: Protein 3.5 Fat 8.4 Carbohydrate 4

		<u>Aı</u>	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
Nutrients and Un	its	Mean				Source Code	Confidence Code	me Measure 1	easures of food Measure 2	<u>l</u> Measure∶
Numerica and on		Mean	Ota. Error					medoure 1	measure 2	Micasare
Proximates:										
Water		80.00		2	A	1		14.40		
Energy		51		0	NC	4		9		
Energy	kj	213				4		38		
Protein (N x 6.25)		1.35		2	A	1		0.24		
Total lipid (fat)	g	0.25		2	A	1		0.05		
Ash	g	7.49		2	A	1		1.35		
Carbohydrate, by difference	g	10.92		0	NC	4		1.97		
Fiber, total dietary	g	0.3		2	A	1		0.1		
Sugars, total	g	0.06		0	FLA	4		0.01		
Starch										
Minerals:										
Calcium, Ca		32		2	A	1		6		
Iron, Fe		0.18		2	A	1		0.03		
Magnesium, Mg	mg	4		2	A	1		1		
Phosphorus, P	mg	22		2	A	1		4		
Potassium, K	mg	54		2	A	1		10		
Sodium, Na	mg	2733		2	A	1		492		
Zinc, Zn	mg	0.09		2	A	1		0.02		
Copper, Cu	mg	0.147	7	0	FLA	4		0.026		
Manganese, Mn	mg	0.053	3	0	FLA	4		0.010		
Selenium, Se	mcg	4.4		0	FLA	4		0.8		
\$7*4*										
Vitamins:				_	_	_				
Vitamin C, total ascorbic acid	-	0.1		2	A	1		0.0		
Thiamin		0.010		2	A	1		0.002		
Riboflavin		0.124		2	A	1		0.022		
Niacin		1.474		2	A	1		0.265		
Pantothenic acid	mg	0.016	5	2	A	1		0.003		
Vitamin B-6	mg	0.016	5	2	A	1		0.003		
Folate, total	mcg	15		2	A	1		3		
Folic acid	mcg	0		0	Z	7		0		
Folate, food		15		2	A	1		3		
Folate, DFE	mcg_DFE	15		0	NC	4		3		
Vitamin B-12		0.41		0	FLA	4		0.07		
Vitamin A, IU	IU	0		0	FLA	4		0		
Vitamin A, RAE		0		0	FLA	4		0		
Retinol	mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)		0.00		0	FLA	4		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0		
	•									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.043	3	2	A	1		0.008		
4:0	g	0.000)	2	A	1		0.000		
6:0	g	0.000)	2	A	1		0.000		
8:0	g	0.000)	2	A	1		0.000		
10:0	g	0.000)	2	A	1		0.000		
12:0		0.001	L	2	A	1		0.000		
13:0										
14:0	-	0.001	L	2	A	1		0.000		
15:0	_									
16:0		0.029	9	2	A	1		0.005		
17:0		0.023	-	-		-		0.005		
18:0	-	0.010	1	2	A	1		0.002		
	-	0.010	,	2	A	1		0.002		
20:0	-									
22:0	y									

	<u>Ar</u>	nount in 10	00 grams	of edib	ole portio	<u>on</u>		edible portion of	
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.073		2	A	1		0.013		
14:1g									
15:1g									
16:1 undifferentiatedg	0.005		2	A	1		0.001		
17:1g									
18:1 undifferentiatedg	0.067		2	A	1		0.012		
20:1g	0.001		2	A	1		0.000		
22:1 undifferentiatedg	0.000		2	A	1		0.000		
24:1 cg									
Fatty acids, total polyunsaturated9	0.066		2	A	1		0.012		
18:2 undifferentiatedg	0.062		2	A	1		0.011		
18:3 undifferentiatedg	0.002		2	A	1		0.000		
18:4g	0.000		2	A	1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		2	A	1		0.000		
20:5 n-3g	0.001		2	A	1		0.000		
22:5 n-3g	0.000		2	A	1		0.000		
22:6 n-3g	0.001		2	A	1		0.000		
Fatty acids, total transg									
Cholesterol mg	0		2	A	1		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobromine mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta mcg	0		0	FLA	4		0.000		
Carotene, alphamcg	0		0	FLA	4		0.000		
Cryptoxanthin, betamcg	0		0	FLA	4		0.000		
Lycopenemcg	0		0	FLA	4		0.000		
Lutein + zeaxanthinmcg	0		0	FLA	4		0.000		

Common Measures:

Measure 1 = 18g: 1 tbsp

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u> e	easures of food	_	
			Ψ.		Deriv		Confidence				
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	-	82.40	1.227	6	A	1		206.00	103.00	103.00	
Energy		74		0	NC	4		186	93	93	
Energy	-	311		0	NC	4		777	388	388	
Protein		1.95	0.034	6	A	1		4.87	2.44	2.44	
Total lipid (fat)		2.38	0.388	6	A	1		5.94	2.97	2.97	
Ash		2.01	0.078	6	A	1		5.02	2.51	2.51	
Carbohydrate, by difference		11.27		0	NC	4		28.17	14.08	14.08	
Fiber, total dietary		0.4	0.037	6	A	1		1.0	0.5	0.5	
Sugars, total		8.88		0	NC	4		22.20	11.10	11.10	
Sucrose		0.57	0.173	6	A	1		1.44	0.72	0.72	
Glucose (dextrose)		4.05	0.369	6	A	1		10.13	5.07	5.07	
Fructose		2.43	0.153	6	A	1		6.06	3.03	3.03	
Lactose	g	0.00	0.000	6	A	1		0.00	0.00	0.00	
Maltose	g	1.83	0.432	6	A	1		4.57	2.28	2.28	
Galactose											
Starch	g	5.10	0.767	6	A	1		12.76	6.38	6.38	
<u>/Iinerals:</u> Calcium, Ca	ma	27	1.382	6	A	1		67	33	33	
Iron, Fe		0.85	0.127	6	A	1		2.12	1.06	1.0	
Magnesium, Mg		21	0.127	6	A	1		54	27	27	
Phosphorus, P		36	0.481	6	A	1		89	44	44	
Potassium, K		376	9.770	6	A	1		939	469	469	
Sodium, Na		481	32.287	6	A	1		1201	601	601	
Zinc, Zn		0.54	0.013	6	A	1		1.35	0.67	0.6	
Copper, Cu		0.188		6	A	1		0.470	0.235	0.2	
Manganese, Mn		0.160		6	A	1		0.400	0.200	0.20	
Selenium, Se		1.4	0.182	6	A	1		3.4	1.7	1.7	
Vitamins:											
Vitamin C, total ascorbic acid	mg	3.1	0.665	5	A	1		7.8	3.9	3.9	
Thiamin	mg	0.024	0.002	5	A	1		0.061	0.031	0.03	
Riboflavin	mg	0.061	0.005	6	A	1		0.153	0.077	0.0	
Niacin	mg	3.917	1.255	5	A	1		9.792	4.896	4.89	
Pantothenic acid	mg	0.076	0.008	6	A	1		0.189	0.095	0.09	
Vitamin B-6	mg	0.173	0.023	6	A	1		0.433	0.217	0.23	
Folate, total	mcg	11		0	FLA	4		27	13	13	
Folic acid	mcg	0		0	FLA	4		0	0	0	
Folate, food		11		0	FLA	4		27	13	13	
Folate, DFE	mcg_DFE	11		0	NC	4		27	13	13	
Vitamin B-12	-	0.00		0	FLA	4		0.00	0.00	0.0	
Vitamin A, IU	IU	540		0	NC	4		1349	675	675	
Vitamin A, RAE	mcg_RAE	27		0	NC	4		68	34	34	
Retinol	mcg	0		0	FLA	4		0	0	0	
Vitamin E (alpha-tocopherol)	mg	2.04		0	FLA	4		5.11	2.55	2.5	
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D Vitamin K (phylloquinone)		13.9		2	A	1		34.7	17.4	17.4	
	nog	13.3		4	A	1		J4./	11.4	17.4	
.ipids: Fatty acids, total saturated	a	0.325	0.036	5	NC	4		0.814	0.407	0.4	
4:0		0.323		0	FLA	4		0.814	0.407	0.4	
	-	0.001		0	FLA	4		0.003	0.002	0.0	
6:0	-	0.001		0	FLA	4					
8:0	-			0	FLA	4		0.001 0.002	0.000	0.0	
10:0	-	0.001		0	FLA	4			0.001	0.0	
12:0		0.001	<u>.</u>	U	ĽLА	4		0.002	0.001	0.0	
13:0		0 00-		0	W7.5	4		0.010	0 000		
14:0	g g	0.005	,	J	FLA	4		0.012	0.006	0.0	

		Amo		mber	•		_	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean S	td. Error Po		Deriv Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:0	g	0.325	0.036	5	A	1		0.814	0.407	0.407	
17:0		0.000		0				0.044	0 100	0.100	
18:0		0.098		0	FLA	4		0.244	0.122	0.122	
20:0	-										
24:0	-										
Fatty acids, total monounsaturated		0.763	0.200	6	NC	4		1.907	0.953	0.953	
14:1									0.555		
15:1	-										
16:1 undifferentiated	-	0.008		0	FLA	4		0.021	0.011	0.011	
17:1	g										
18:1 undifferentiated	g	0.763	0.200	6	A	1		1.907	0.953	0.953	
20:1	g	0.000		0	FLA	4		0.001	0.000	0.000	
22:1 undifferentiated		0.000		0	FLA	4		0.000	0.000	0.000	
24:1 c											
Fatty acids, total polyunsaturated.		0.948	0.148	6	NC	4		2.369	1.184	1.184	
18:2 undifferentiated	-	0.867	0.127	6	A	1		2.168	1.084	1.084	
18:3 undifferentiated	-	0.160	0.025	3	A	1		0.401	0.200	0.200	
18:4	-	0.000		0	FLA	4		0.000	0.000	0.000	
20:2 n-6 c,c											
20:3 undifferentiated 20:4 undifferentiated	-	0.000		0	FLA	4		0.000	0.000	0.000	
20:5 n-3	-	0.000		0	FLA	4		0.000	0.000	0.000	
22:5 n-3	-	0.000		0	FLA	4		0.000	0.000	0.000	
22:6 n-3		0.000		0	FLA	4		0.000	0.000	0.000	
Fatty acids, total trans	-								*****		
Cholesterol	-	0		6	MA	12		0	0	0	
Phytosterols											
Others:											
Alcohol, ethyl	a	0.0		0	z	7		0.0	0.0	0.0	
Caffeine		0.0		0	FLA	4		0.0	0.0	0.0	
Theobromine		0		0	FLA	4		0	0	0	
Carotenoids:		-		-	- -	=		-	-	-	
	mea	324	30.755	6	A	1		809.167	404.583	404.583	
Carotene, beta		0	0.000	6	A	1		0.000	0.000	0.000	
Cryptoxanthin, beta	-	0	0.000	6	A	1		0.000	0.000	0.000	
Lycopene		17199	651.481	6	A	1		42997.917	21498.958	21498.958	
Lutein + zeaxanthin		0	0.000	6	A	1		0.000	0.000	0.000	

Common Measures:

Measure 1 = 250g: 1 cup Measure 2 = 125g: 1 serving Measure 3 = 125g: .5 cup

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	53.71		2	A	1		163.82	10.20	
Energy	kcal	184		0	NC	4		561	35	
Energy	kj	770				4		2348	146	
Protein (N x 6.25)	g	0.89		2	A	1		2.71	0.17	
Total lipid (fat)	g	1.04		2	A	1		3.17	0.20	
Ash	g	1.56		2	A	1		4.76	0.30	
Carbohydrate, by difference	g	42.81		0	NC	4		130.57	8.13	
Fiber, total dietary		0.7		2	A	1		2.1	0.1	
Sugars, total										
Starch	-									
<u>Minerals:</u>										
Calcium, Ca	_	12		2	A	1		37	2	
Iron, Fe	_	1.43		2	A	1		4.36	0.27	
Magnesium, Mg		12		2	A	1		37	2	
Phosphorus, P	•	22		2	A	1		67	4	
Potassium, K	-	259		2	A	1		790	49	
Sodium, Na	_	538		2	A	1		1641	102	
Zinc, Zn		0.19		2	A	1		0.58	0.04	
Copper, Cu		0.078		2	A	1		0.238	0.015	
Manganese, Mn		0.114	l	2	A	1		0.348	0.022	
Selenium, Se	mcg	0.4		0	RA	4		1.2	0.1	
itamins:										
Vitamin C, total ascorbic acid	ma	0.5		2	A	1		1.5	0.1	
Thiamin	_	0.018	3	2	A	1		0.055	0.003	
Riboflavin		0.084		2	A	1		0.256	0.016	
Niacin		1.014		2	A	1		3.093	0.193	
Pantothenic acid		0.059		2	A	1		0.180	0.011	
Vitamin B-6	-	0.078		2	A	1		0.238	0.015	
Folate, total	-	6		0	FLA	4		18	1	
Folic acid		0		0	z	7		0	0	
Folate, food		6		0	FLA	4		18	1	
Folate, DFE		6		0	NC	4		18	1	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		43		0	AS	1		130	8	
Vitamin A, RAE		2		0	AS	1		7	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)									·	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	·········· •									
<u> ipids:</u>										
Fatty acids, total saturated		0.153		0	FLA	4		0.467	0.029	
4:0	-	0.000		0	FLA	4		0.000	0.000	
6:0		0.000		0	FLA	4		0.000	0.000	
8:0	-	0.000		0	FLA	4		0.000	0.000	
10:0	-	0.000		0	FLA	4		0.000	0.000	
12:0		0.000	,	0	FLA	4		0.000	0.000	
13:0	-			_						
14:0	-	0.002	<u> </u>	0	FLA	4		0.006	0.000	
15:0				_						
16:0		0.111	L	0	FLA	4		0.339	0.021	
17:0			,	^				0	2 22-	
18:0		0.038	5	0	FLA	4		0.116	0.007	
20:0	-									
22:0	g									

	<u>Ar</u>	nount in 10	0 grams	of edil	ole portio	<u>on</u>		Amount in edible portion of common		
Nutrients and Units	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.240		0	FLA	4		0.732	0.046		
14:1g										
15:1g										
16:1 undifferentiatedg	0.002		0	FLA	4		0.006	0.000		
17:1g										
18:1 undifferentiatedg	0.236		0	FLA	4		0.720	0.045		
20:1g	0.001		0	FLA	4		0.003	0.000		
22:1 undifferentiatedg	0.000		0	FLA	4		0.000	0.000		
24:1 cg										
Fatty acids, total polyunsaturated	0.588		0	FLA	4		1.793	0.112		
18:2 undifferentiatedg	0.516		0	FLA	4		1.574	0.098		
18:3 undifferentiatedg	0.069		0	FLA	4		0.210	0.013		
18:4g	0.000		0	FLA	4		0.000	0.000		
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0	FLA	4		0.000	0.000		
20:5 n-3g	0.000		0	FLA	4		0.000	0.000		
22:5 n-3g	0.000		0	FLA	4		0.000	0.000		
22:6 n-3g	0.000		0	FLA	4		0.000	0.000		
Fatty acids, total transg										
Cholesterolmg	0		0	FLA	4		0	0		
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0		
Caffeine mg										
Theobromine mg										
Carotenoids:										
Carotene, betamcg	26		0	A	1		78.202	4.872		
Carotene, alpha mcg	0		0	A	1		0.000	0.000		
Cryptoxanthin, betamcg	0		0	A	1		0.000	0.000		
Lycopene mcg										
Lutein + zeaxanthin mcg										

Common Measures:

Measure 1 = 305g: 1 cup Measure 2 = 19g: 1 tbsp

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u> :	mount in 100	<u>0 grams</u>	of edib	ole portio	<u>on</u>		edible portion	
			I	Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	89.98		1		1		4.23	1.08	
Energy	kcal	11		0	NC	4		1	0	
Energy	kj	46				4		2	1	
Protein (N x 6.25)	g	0.51		1		1		0.02	0.01	
Total lipid (fat)	g	0.37		1		1		0.02	0.00	
Ash	g	7.39		1		1		0.35	0.09	
Carbohydrate, by difference	g	1.75		0	NC	4		0.08	0.02	
Fiber, total dietary	g	0.3		0	FLA	4		0.0	0.0	
Sugars, total	g	1.26		0	FLA	4		0.06	0.02	
Starch	g									
Minorale.										
Minerals:	ma	8		1		1		0	0	
Calcium, Ca	-	8 0.48		1		1		0.02	0.01	
Magnesium, Mg	-	5		1		1		0.02	0.01	
Phosphorus, P		11		1		1		1	0	
Potassium, K	-	144		1		1		7	2	
Sodium. Na	-	2643		1		1		124	32	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.11		1		1		0.01	0.00	
Copper, Cu		0.028	1	1		1		0.001	0.000	
Manganese, Mn.		0.049		1		1		0.002	0.001	
Selenium, Se		0.0		0	z	7		0.0	0.0	
•										
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	-	74.8		1		1		3.5	0.9	
Thiamin	-	0.036		1		1		0.002	0.000	
Riboflavin		0.082		1		1		0.004	0.001	
Niacin		0.254		1		1		0.012	0.003	
Pantothenic acid	-	0.110		1		1		0.005	0.001	
Vitamin B-6	-	0.157	7	1		1		0.007	0.002	
Folate, total		6		1		1		0	0	
Folic acid		0		0	Z	7		0	0	
Folate, food		6		1		1		0	0	
Folate, DFE		6		0	NC	4		0	0	
Vitamin B-12		0.00		0		1		0.00	0.00	
Vitamin A, IU		162		0	FLA	4		8	2	
Vitamin A, RAE		8		0	FLA	4		0	0	
Retinol		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		0.12		0	FLA	4		0.01	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.		2.4		0	FLA			0.1	0.0	
Vitamin K (phylloquinone)	illeg	2.4		U	FLA	4		0.1	0.0	
<u> ipids:</u>										
Fatty acids, total saturated	g	0.052	2	0		1		0.002	0.001	
4:0										
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.001	L	1		1		0.000	0.000	
15:0	g									
16:0	g	0.044	l	1		1		0.002	0.001	
17:0	g									
18:0	g	0.007	7	1		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	q									

		<u>Aı</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion	
Notice to and	I I with a	Maan	Std. Error	Number of Data	Deriv	Source Code	Confidence Code		easures of food	
Nutrients and I	Units	Mean	Siu. Error	1 Ollits	Oout	Oode	Oode	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	tedg	0.030		0		1		0.001	0.000	
14:1 15:1										
16:1 undifferentiated		0.001		1		1		0.000	0.000	
18:1 undifferentiated	-	0.029		1		1		0.001	0.000	
22:1 undifferentiated	-									
Fatty acids, total polyunsaturate 18:2 undifferentiated		0.196 0.195		0 1		1 1		0.009 0.009	0.002 0.002	
18:3 undifferentiated	-	0.001		1		1		0.000	0.000	
20:2 n-6 c,c 20:3 undifferentiated	g									
20:4 undifferentiated	g									
22:5 n-3 22:6 n-3 Fatty acids, total trans	g									
CholesterolPhytosterols	mg	0		0		1		0	0	
Amino Acids:										
Tryptophan		0.007		0		1		0.000	0.000	
Threonine	-	0.019		0		1		0.001	0.000	
Isoleucine	g	0.017		0		1		0.001	0.000	
Leucine	g	0.027		0		1		0.001	0.000	
Lysine	g	0.023		0		1		0.001	0.000	
Methionine	g	0.006		0		1		0.000	0.000	
Cystine	g	0.010		0		1		0.000	0.000	
Phenylalanine		0.016		0		1		0.001	0.000	
Tyrosine		0.011		0		1		0.001	0.000	
Valine		0.022		0		1		0.001	0.000	
Arginine	-	0.025		0		1		0.001	0.000	
Histidine		0.010		0		1		0.000	0.000	
	-	0.021		0		1		0.001	0.000	
Alanine				0		1		0.001		
Aspartic acid		0.073				1			0.001	
Glutamic acid		0.067		0				0.003	0.001	
Glycine		0.019		0		1		0.001	0.000	
Proline	-	0.022		0		1		0.001	0.000	
Serine		0.021		0		1		0.001	0.000	
Hydroxyproline	g									
Carotenoids: Carotene, beta	mcg	91		0	FLA	4		4.278	1.092	
Carotene, alpha		6		0	FLA	4		0.286	0.073	
	mca	7		0	FLA	4		0.318	0.081	
Cryptoxanthin, beta Lycopene		7 0		0	FLA FLA	4 4		0.318 0.000	0.081 0.000	

Common Measures:

Measure 1 = 4.7g: 1 tsp Measure 2 = 1.2g: .25 tsp

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.57

NDB No. 06168 Sauce, ready-to-serve, pepper or hot

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u> 1	mount in 100) grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			I	Number	•			<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	95.17		1		1		4.47	1.14		
Energy	kcal	12		0	NC	4		1	0		
Energy	kj	50				4		2	1		
Protein (N x 6.25)	g	1.29		1		1		0.06	0.02		
Total lipid (fat)	g	0.76		1		1		0.04	0.01		
Ash	g	1.98		1		1		0.09	0.02		
Carbohydrate, by difference	g	0.80		0	NC	4		0.04	0.01		
Fiber, total dietary	g	0.6		1		1		0.0	0.0		
Sugars, total	g										
Starch	g										
K * 1											
Minerals:	ma	12		1		1		1	0		
Calcium, Ca	_	1.16		1		1		0.05	0.01		
Magnesium, Mg	-	1.16		1		1		1	0.01		
Phosphorus, P		23		1		1		1	0		
Potassium, K	-	128		1		1		6	2		
Sodium, Na	-	633		1		1		30	8		
Zinc, Zn	-	0.16		1		1		0.01	0.00		
Copper, Cu		0.075	5	1		1		0.004	0.001		
Manganese, Mn		0.107		1		1		0.005	0.001		
Selenium, Se											
7*4											
Vitamins:		4.5				1		0.2			
Vitamin C, total ascorbic acid	_	4.5	,	1 1		1			0.1		
ThiaminRiboflavin		0.032		1		1		0.002 0.004	0.000 0.001		
		0.084		1		1		0.004	0.001		
NiacinPantothenic acid		0.176		1		1		0.005	0.002		
Vitamin B-6		0.110		1		1		0.003	0.001		
Folate, total		1	•	1		1		0.007	0.002		
Folic acid		0		0	z	7		Ö	Ö		
Folate, food		1		1	_	1		0	0		
Folate, DFE		1		0	NC	4		0	0		
Vitamin B-12		0.00		0		1		0.00	0.00		
Vitamin A, IU		1640		1		1		77	20		
Vitamin A, RAE		82		0	NC	4		4	1		
Retinol		0		0	z	7		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
<u> Lipids:</u>											
Fatty acids, total saturated	g	0.106	5	0		1		0.005	0.001		
4:0											
6:0	g										
8:0	g										
10:0	g										
12:0	-										
13:0											
14:0	-	0.002	2	1		1		0.000	0.000		
15:0	-										
16:0		0.090)	1		1		0.004	0.001		
17:0			_								
18:0		0.014	1	1		1		0.001	0.000		
20:0	-										
22:0	g										

		<u>Ar</u>	nount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	i	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		0.061		0		1		0.003	0.001		
14:1	-										
15:1											
16:1 undifferentiated	-	0.002		1		1		0.000	0.000		
17:1											
18:1 undifferentiated	-	0.058		1		1		0.003	0.001		
20:1											
22:1 undifferentiated											
24:1 c											
Fatty acids, total polyunsaturated		0.401		0		1		0.019	0.005		
18:2 undifferentiated	g	0.398		1		1		0.019	0.005		
18:3 undifferentiated	g	0.003		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		0		1		0	0		
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.017		0		1		0.001	0.000		
Threonine	g	0.048		0		1		0.002	0.001		
Isoleucine	g	0.042		0		1		0.002	0.001		
Leucine	g	0.068		0		1		0.003	0.001		
Lysine	g	0.057		0		1		0.003	0.001		
Methionine	-	0.016		0		1		0.001	0.000		
Cystine	q	0.025		0		1		0.001	0.000		
Phenylalanine		0.040		0		1		0.002	0.000		
Tyrosine		0.027		0		1		0.001	0.000		
Valine	-	0.055		0		1		0.003	0.001		
Arginine		0.062		0		1		0.003	0.001		
Histidine		0.026		0		1		0.001	0.000		
Alanine	-	0.053		0		1		0.002	0.001		
Aspartic acid	-	0.185		0		1		0.002	0.002		
Glutamic acid		0.103		0		1		0.008	0.002		
Glycine	-	0.048		0		1		0.002	0.002		
Proline	-	0.046		0		1		0.002	0.001		
	_	0.056		0		1		0.003	0.001		
Serine	-	0.052		U		1		0.002	0.001		
Hydroxyproline	y										

Common Measures:

Measure 1 = 4.7g: 1 tsp Measure 2 = 1.2g: .25 tsp

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.57

		<u>Aı</u>	mount in 100 g	rams o	of edik	le portio	<u>n</u>	Amount in	edible portion	of common
			Nui	mber				m	easures of food	
				Data I	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	89.88	0.263	3	A	1		232.79	29.66	
Energy		27		0	NC	4		71	9	
Energy		115		0	NC	4		298	38	
Protein (N x 6.25)		1.54	0.064	3	A	1		3.99	0.51	
Total lipid (fat)		0.16	0.011	3	A	1		0.40	0.05	
Ash		2.17	0.102	3	A	1		5.62	0.72	
Carbohydrate, by difference		6.26		0	NC	4		16.20	2.06	
Fiber, total dietary		1.6	0.290	5	A	1		4.1	0.5	
Sugars, total		3.06		0	NC	4		7.93	1.01	
Starch	g	1.59	0.047	5	A	1		4.13	0.53	
Minerals:										
Calcium, Ca	mg	27	0.825	6	A	1		70	9	
Iron, Fe.	_	0.46	0.007	6	A	1		1.18	0.15	
Magnesium, Mg	_	15	0.369	6	A	1		38	5	
Phosphorus, P		31	0.703	6	A	1		79	10	
Potassium, K	•	297	6.215	6	A	1		769	98	
Sodium, Na		600	16.684	6	A	1		1554	198	
Zinc, Zn	mg	0.37	0.030	6	A	1		0.96	0.12	
Copper, Cu	mg	0.132	0.008	4	A	1		0.343	0.044	
Manganese, Mn		0.121		6	A	1		0.313	0.040	
Selenium, Se	mcg	0.9	0.100	3	A	1		2.4	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.9	0.871	4	A	1		4.9	0.6	
Thiamin		0.022		6	A	1		0.057	0.007	
Riboflavin	-	0.032		3	A	1		0.083	0.011	
Niacin		0.075	0.000	6	A	1		0.193	0.025	
Pantothenic acid	-	0.007	,	2	A	1		0.017	0.002	
Vitamin B-6		0.175	5	2	A	1		0.454	0.058	
Folate, total	_	4	0.401	6	A	1		11	1	
Folic acid		0		0	FLA	4		0	0	
Folate, food	mcg	4	0.401	6	A	1		11	1	
Folate, DFE		4		0	NC	4		11	1	
Vitamin B-12		0.00		0	FLA	4		0.00	0.00	
Vitamin A, IU		292		0	NC	4		757	96	
Vitamin A, RAE	mcg_RAE	15		0	NC	4		38	5	
Retinol		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	1.18		0	FLA	4		3.05	0.39	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D					_	_				
Vitamin K (phylloquinone)	mcg	4.5		2	A	1		11.7	1.5	
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.030)	0	FLA	4		0.078	0.010	
4:0		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	0.001	-	1	FLA	4		0.003	0.000	
15:0	g									
16:0	g	0.022	!	1	FLA	4		0.057	0.007	
17:0	g									
18:0	g	0.006	5	1	FLA	4		0.016	0.002	
20:0	g									
22:0	g									
24:0	g									

		<u>Am</u>	ount in 100) grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Un	ito	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Nutrients and Un	its	Wean	Sta. Error	romis	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	a	0.025		0	FLA	4		0.065	0.008	
14:1		0.023		·		-		0.003	0.000	
15:1	-									
16:1 undifferentiated		0.001		1	FLA	4		0.003	0.000	
17:1	• • • • • • • • • • • • • • • • • • • •			=	-	-				
18:1 undifferentiated.	_	0.025		1	FLA	4		0.065	0.008	
20:1	• • • • • • • • • • • • • • • • • • • •	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated		0.000		0	FLA	4		0.000	0.000	
24:1 c	_									
Fatty acids, total polyunsaturated	_	0.115		0	FLA	4		0.298	0.038	
18:2 undifferentiated		0.109		1	FLA	4		0.282	0.036	
18:3 undifferentiated	_	0.005		1	FLA	4		0.013	0.002	
18:4	q	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated		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		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		0		3	A	1		0	0	
Phytosterols	mg									
Others:						_				
Alcohol, ethyl	_	0.0		0	Z	7		0.0	0.0	
Caffeine		0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mcg	175	29.28	2 3	A	1		454.113	57.860	
Carotene, alpha		0	0.00	0 3	A	1		0.000	0.000	
Cryptoxanthin, beta	mcg	0	0.00	0 3	A	1		0.000	0.000	
Lycopene		10515	138.01	1 3	A	1		27233.850	3469.950	
Lutein + zeaxanthin		0	0.00	0 3	A	1		0.000	0.000	

Common Measures:

Measure 1 = 259g: 1 cup

Measure 2 = 33g: 2 tablespoon

Calories Factors: Protein 2.44 Fat 8.87 Carbohydrate 3.57

		<u> </u>	mount in 10	o granis	or ean	ne portio	<u>'11</u>	_	edible portion	
				Number	•			<u>m</u>	easures of food	<u>[</u>
Nutrients and Unit	s	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		59.66		2	A	1		8.89	61.45	
Energy	kcal	237		0	NC	4		35	244	
Energy	kj	992				4		148	1021	
Protein	g	12.80		2	A	1		1.91	13.18	
Total lipid (fat)	g	18.20		2	A	1		2.71	18.75	
Ash	g	3.88		2	A	1		0.58	4.00	
Carbohydrate, by difference	g	5.46		0	NC	4		0.81	5.62	
Fiber, total dietary	g	1.7		2	A	1		0.3	1.8	
Sugars, total	g									
Starch										
Minerals:										
Calcium, Ca	mg	20		2	A	1		3	21	
Iron, Fe.		0.94		2	A	1		0.14	0.97	
Magnesium, Mg		25		2	A	1		4	26	
Phosphorus, P		139		2	A	1		21	143	
Potassium, K	-	401		2	A	1		60	413	
Sodium, Na		1145		2	A	1		171	1179	
Zinc, Zn	mg	1.41		2	A	1		0.21	1.45	
Copper, Cu	mg	0.165	5	2	A	1		0.025	0.170	
Manganese, Mn	mg	0.191	=	1	A	1		0.028	0.197	
Selenium, Se	mcg									
/itamins:										
Vitamin C, total ascorbic acid	mg	20.4		2	A	1		3.0	21.0	
Thiamin	mg	0.284	Į	2	A	1		0.042	0.293	
Riboflavin	mg	0.212	?	2	A	1		0.032	0.218	
Niacin	mg	2.918	3	2	A	1		0.435	3.006	
Pantothenic acid		0.597	•	2	A	1		0.089	0.615	
Vitamin B-6	mg	0.364	Į	2	A	1		0.054	0.375	
Folate, total	mcg	43		2	A	1		6	44	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	43		2	A	1		6	44	
Folate, DFE		43		0	NC	4		6	44	
Vitamin B-12	mcg									
Vitamin A, IU	IU									
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									

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

Common Measures:

Measure 1 = 14.9g: 1 tbsp Measure 2 = 103g: .5 cup

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 100 g	<u>rams</u>	of edik	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.59	0.229	4		1		1.11	0.56	
Energy	kcal	512		0	NC	4		358	179	
Energy	kj	2142				4		1500	750	
Protein (N x 6.25)	g	15.70		3		1		10.99	5.50	
Total lipid (fat)	g	31.40		3		1		21.98	10.99	
Ash	g	3.00		2		1		2.10	1.05	
Carbohydrate, by difference	g	48.31		0	NC	4		33.82	16.91	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	363		2		1		254	127	
Iron, Fe	-	0.70		2		1		0.49	0.25	
Magnesium, Mg	-	21		0		1		15	7	
Phosphorus, P		118		0		4		83	41	
Potassium, K	-	515		6		1		361	180	
Sodium, Na		1260		2		1		882	441	
Zinc, Zn	mg	1.82	0.015	3		1		1.27	0.64	
Copper, Cu	mg	0.075	i	2		1		0.053	0.026	
Manganese, Mn	<u>mg</u>	0.200	1	0		4		0.140	0.070	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.4		0		4		0.3	0.1	
Thiamin	-	0.060		0		4		0.042	0.021	
Riboflavin	-	0.440		2		1		0.308	0.154	
Niacin	-	0.500		2		1		0.350	0.175	
Pantothenic acid	-	0.700		0		4		0.490	0.245	
Vitamin B-6	-	0.060		0		4		0.042	0.021	
Folate, total		4		0		4		3	1	
Folic acid		0		0	Z	7		0	0	
Folate, food		4		0		4		3	1	
Folate, DFE	mcg_DFE	4		0	NC	4		3	1	
Vitamin B-12		0.30		0		4		0.21	0.11	
Vitamin A, IU		241		0		4		169	84	
Vitamin A, RAE		72		0	NC	4		50	25	
Retinol	mcg	72		0	NC	4		50	25	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	15.650	ı	0		1		10.955	5.478	
4:0	g	0.680	1	0		1		0.476	0.238	
6:0	g	0.400	1	0		1		0.280	0.140	
8:0	g	0.230	1	0		1		0.161	0.081	
10:0	g	0.520	1	0		1		0.364	0.182	
12:0	_	0.590		0		1		0.413	0.207	
13:0	_									
14:0	-	2.150		0		1		1.505	0.753	
15:0										
16:0	_	6.990		0		1		4.893	2.447	
17:0		_		_						
18:0	_	3.650		0		1		2.555	1.278	
20:0										
22:0	~									

		<u>Am</u>	nount in 100 grams	s of edible portion	<u>on</u>	Amount in edible portion of common measures of food			
			0. 2	Deriv Source	Confidence			•	
Nutrients and Unit	S	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	10.710	0	1		7.497	3.749		
14:1	g								
16:1 undifferentiated	g	0.470	0	1		0.329	0.165		
17:1 18:1 undifferentiated		9.930	0	1		6.951	3.476		
20:1	_								
24:1 c	_								
Fatty acids, total polyunsaturated		3.510 3.040	0	1		2.457 2.128	1.229 1.064		
18:2 undifferentiated	_	0.470	0	1 1		0.329	0.165		
18:4									
20:2 n-6 c,c	_								
20:3 undifferentiated									
20:4 undifferentiated 20:5 n-3									
20:5 n-3									
22:6 n-3									
Fatty acids, total trans									
Cholesterol	_	80	0	1		56	28		
Phytosterols	_								

Common Measures:

Measure 1 = 70g: 1 cup (8 fl oz) Measure 2 = 35g: 1 packet

Calories Factors: Protein 3.8 Fat 8.4 Carbohydrate 3.9

Refuse: 0%

		<u>A</u>	mount in 100 gra	ns of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Numl	er			<u>m</u>	easures of food	<u> </u>	
			of Da	ta Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Poin	s Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	3.00	:	!	1		1.17	0.30		
Energy	_	304		NC NC	4		119	30		
Energy		1272			4		496	127		
Protein (N x 6.25)		10.00	;	!	1		3.90	1.00		
Total lipid (fat)		9.00	:	!	1		3.51	0.90		
Ash		29.00	:	!	1		11.31	2.90		
Carbohydrate, by difference		49.00		NC NC	4		19.11	4.90		
Fiber, total dietary										
Sugars, total										
Starch	_									
<u>Minerals:</u>										
Calcium, Ca	-	399	2		1		156	40		
Iron, Fe.	-	1.82	2		1		0.71	0.18		
Magnesium, Mg		36	(4		14	4		
Phosphorus, P	-	286	(4		112	29		
Potassium, K	-	411	1		1 1		160	41 942		
Sodium, Na		9420 1.50	2		4		3674 0.59	942 0.15		
Zinc, Zn		0.600			4		0.234	0.15		
Copper, Cu		0.100			4		0.039	0.010		
Selenium, Se		0.100	,		-		0.033	0.010		
Scientini, Sc	9									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		2.0	(4		0.8	0.2		
Thiamin		0.150) (4		0.059	0.015		
Riboflavin		0.476	5		1		0.186	0.048		
Niacin		1.710			1		0.667	0.171		
Pantothenic acid		2.800			4		1.092	0.280		
Vitamin B-6	-	0.200			4		0.078	0.020		
Folate, total		28	(4		11	3		
Folic acid		0	(7		0	0		
Folate, food	mcg	28	(4		11	3		
Folate, DFE		28	(4		11	3		
Vitamin B-12		0.40	(4		0.16	0.04		
Vitamin A, IU		163	(4		64	16		
Vitamin A, RAE		17 10	(4 4		6 4	2		
Retinol		10	(NC	4		4	1		
Vitamin E (alpha-tocopherol)	_									
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	···········									
<u>Lipids:</u>										
Fatty acids, total saturated		5.730			1		2.235	0.573		
4:0		0.290			1		0.113	0.029		
6:0		0.140			1		0.055	0.014		
8:0	-	0.080			1		0.031	0.008		
10:0	_	0.160			1		0.062	0.016		
12:0	-	0.150) (1		0.059	0.015		
13:0	_	0 000	,		4		0.051	0 000		
14:0	_	0.900) (1		0.351	0.090		
15:0	-	0.66	,		4		1 027	0.066		
16:0	-	2.660) (1		1.037	0.266		
17:0	-	1 000) (-		0 405	0 100		
18:0	_	1.090	,		1		0.425	0.109		
20:0	_									
22:0										

		<u>Am</u>	ount in 100 grams	s of edible portion	<u>on</u>	Amount in edible portion of common measures of food		
			Number of Data		Confidence	<u>m</u>	easures of food	•
Nutrients and Unit	s	Mean S	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
Fatty saids total managements	a	2.550	0	1		0.995	0.255	
Fatty acids, total monounsaturated		2.550	· ·	_		0.995	0.255	
15:1	-							
16:1 undifferentiated		0.270	0	1		0.105	0.027	
17:1	g							
18:1 undifferentiated	g	2.150	0	1		0.839	0.215	
20:1	g							
22:1 undifferentiated	g							
24:1 c	g							
Fatty acids, total polyunsaturated		0.260	0	1		0.101	0.026	
18:2 undifferentiated	g	0.160	0	1		0.062	0.016	
18:3 undifferentiated	g	0.100	0	1		0.039	0.010	
18:4	g							
20:2 n-6 c,c	g							
20:3 undifferentiated	g							
20:4 undifferentiated								
20:5 n-3								
22:5 n-3								
22:6 n-3								
Fatty acids, total trans	-							
Cholesterol	_	28	0	1		11	3	
Phytosterols	mg							

Common Measures:

Measure 1 = 39g: 1 packet Measure 2 = 10.0g: 1 serving

Calories Factors: Protein 3.6 Fat 8.5 Carbohydrate 3.9

		<u>Aı</u>	nount in 100 gr	ams of ed	ble portion	<u>on</u>	Amount in edible portion of common		
			Nun	nber			<u>m</u>	easures of food	<u> </u>
			of E	ata Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	3.75	1.305	4	1		1.58	0.38	
Energy	kcal	281		0 NC	4		118	28	
Energy	kj	1176			4		494	118	
Protein (N x 6.25)	g	6.00		2	1		2.52	0.60	
Total lipid (fat)	g	1.00		2	1		0.42	0.10	
Ash	g	25.00		2	1		10.50	2.50	
Carbohydrate, by difference	g	64.26		0 NC	4		26.99	6.43	
Fiber, total dietary	g	3.0		0	4		1.3	0.3	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	ma	172		2	1		72	17	
Iron, Fe	-	2.67		2	1		1.12	0.27	
Magnesium, Mg	-	42		0	4		18	4	
Phosphorus, P		185		0	4		78	19	
Potassium, K	-	840		1	1		353	84	
Sodium, Na		8480		2	1		3562	848	
Zinc, Zn	mg	0.23	0.008	3	1		0.10	0.02	
Copper, Cu	mg	0.906	0.031	3	1		0.381	0.091	
Manganese, Mn		0.100		0	4		0.042	0.010	
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	ma	2.0		0	4		0.8	0.2	
Thiamin	-	0.100		0	4		0.042	0.010	
Riboflavin	-	0.573		2	1		0.241	0.057	
Niacin	=	2.320		2	1		0.974	0.232	
Pantothenic acid	-	0.900		0	4		0.378	0.090	
Vitamin B-6	mg	0.600		0	4		0.252	0.060	
Folate, total	mcg	30		0	4		13	3	
Folic acid		0		0 z	7		0	0	
Folate, food	mcg	30		0	4		13	3	
Folate, DFE	mcg_DFE	30		0 NC	4		13	3	
Vitamin B-12		0.50		0	4		0.21	0.05	
Vitamin A, IU		6		0	4		3	1	
Vitamin A, RAE		1		0 NC	4		0	0	
Retinol		1		0 NC	4		0	0	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
vitamin K (phynoquinone)	niog								
<u>Lipids:</u>									
Fatty acids, total saturated	g	0.640		0	1		0.269	0.064	
4:0		0.060		0	1		0.025	0.006	
6:0	_	0.010		0	1		0.004	0.001	
8:0		0.010		0	1		0.004	0.001	
10:0	-	0.020		0	1		0.008	0.002	
12:0	_	0.010		0	1		0.004	0.001	
13:0	_			•	_				
14:0	-	0.090		0	1		0.038	0.009	
15:0		2 212		0			0 100	0.001	
16:0	_	0.310		0	1		0.130	0.031	
17:0		0.090		0	1		0.030	0.009	
18:0	-	0.090		v	1		0.038	0.009	
20:0									
22:0 24:0	_								

	<u>Am</u>	ount in 100 grams of edi	ble portion		edible portion o	
		Number			easures of food	
Nutrients and Units	Mean :	of Data Deriv Std. Error Points Code		Measure 1	Measure 2	Measure 3
Form with total management of the	0.280	0	1	0.118	0.028	
Fatty acids, total monounsaturated9	0.280	U	1	0.118	0.028	
15:1						
16:1 undifferentiated	0.030	0	1	0.013	0.003	
17:1g						
18:1 undifferentiatedg	0.230	0	1	0.097	0.023	
20:1g						
22:1 undifferentiatedg						
24:1 cg			_			
Fatty acids, total polyunsaturated	0.030	0	1	0.013	0.003	
18:2 undifferentiatedg	0.020 0.010	0	1 1	0.008	0.002	
18:3 undifferentiated	0.010	Ü	1	0.004	0.001	
20:2 n-6 c.cg						
20:3 undifferentiated						
20:4 undifferentiated						
20:5 n-3						
22:5 n-3g						
22:6 n-3g						
Fatty acids, total transg						
Cholesterolmg	0	0	1	0	0	
Phytosterolsmg						

Common Measures:

Measure 1 = 42g: 1 packet Measure 2 = 10.0g: 1 serving

Calories Factors: Protein 3.6 Fat 8.5 Carbohydrate 3.9

		<u>Aı</u>	mount in 100	0 grams	of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number				m	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
roximates:						_				
Water	_	75.40				1		188.50		
Energy		109				1		273		
Energy		456				1		1140		
Protein	-	1.80				1		4.50		
Total lipid (fat)		4.80				1		12.00		
Ash		2.10		0	NR	4		5.25		
Carbohydrate, by difference		15.90			NC	4		39.75		
Fiber, total dietary		3.0				4		7.5		
Sugars, total		11.57		0	FLA	4		28.93		
Starch	g									
<u> Iinerals:</u>										
Calcium, Ca	mg	28				1		70		
Iron, Fe	_	0.65				1		1.63		
Magnesium, Mg		24				1		60		
Phosphorus, P	•	36				1		90		
Potassium, K	mg	384				1		960		
Sodium, Na		30				1		75		
Zinc, Zn		0.21				1		0.53		
Copper, Cu		0.114	l			1		0.285		
Manganese, Mn										
Selenium, Se	mcg	1.1		0	BFZN	4		2.8		
itamins:										
Vitamin C, total ascorbic acid		11.2				1		28.0		
Thiamin		0.060				1		0.150		
Riboflavin		0.060				1		0.150		
Niacin		1.500)			1		3.750		
Pantothenic acid										
Vitamin B-6		0.350)	_		4		0.875		
Folate, total		13		0	FLA	4		31		
Folic acid		0		0	FLA	4		0		
Folate, food		13		0	FLA	4		31		
Folate, DFE	IIICG_DFE	13		0	NC	4 7		31		
Vitamin B-12		0.00		•		-		0.00		
Vitamin A, IU		614 31		0	FLA	4		1536 77		
Vitamin A, RAE		0		-	FLA	4				
Retinol		2.17		0	FLA FLA	4 4		0 5.43		
Vitamin E (alpha-tocopherol)		2.17		U	FLA	4		5.43		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		27.7		0	FLA	4		69.2		
ipids:	-									
Fatty acids, total saturated	g	0.647	1			4		1.618		
4:0		0.000				4		0.000		
6:0	-	0.000				4		0.000		
8:0	-	0.000)			4		0.000		
10:0	-	0.000				4		0.000		
12:0		0.000				4		0.000		
13:0	-									
14:0		0.001	L			4		0.003		
15:0	-									
16:0	g	0.524	1			4		1.310		
17:0										
18:0		0.109	•			4		0.273		
20:0	g									
22:0	g									
24:0	a									

	<u>Ar</u>	nount in 10	00 grams	of edib	ole portio	<u>n</u>	Amount in	edible portion of	of common
						Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	3.307				4		8.268		
14:1g	3.33.				-		0.200		
15:1 q									
16:1 undifferentiated	0.036				4		0.090		
17:1g									
18:1 undifferentiatedg	3.254				4		8.135		
20:1g	0.013				4		0.033		
22:1 undifferentiatedg	0.000				4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated9	0.518				4		1.295		
18:2 undifferentiated	0.488				4		1.220		
18:3 undifferentiated	0.035				4		0.088		
18:4g	0.000				4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4		0.000		
20:5 n-3g	0.000				4		0.000		
22:5 n-3g	0.000				4		0.000		
22:6 n-3g	0.000				4		0.000		
Fatty acids, total transg									
Cholesterol mg	0				7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0		
Caffeinemg	0		0	FLA	4		0		
Theobrominemg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta mcg	356		0	FLA	4		889.758		
Carotene, alphamcg	25		0	FLA	4		62.169		
Cryptoxanthin, betamcg	1		0	FLA	4		1.317		
Lycopenemcg	18647		0	FLA	4		46617.777		
Lutein + zeaxanthin mcg	96		0	FLA	4		240.417		

Common Measures:

Measure 1 = 250g: 1 cup

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	4.56		5		1		2.55	2.10	
Energy	kcal	351		0	NC	4		197	161	
Energy	kj	1469				4		822	676	
Protein (N x 6.25)	g	12.10		3		1		6.78	5.57	
Total lipid (fat)	g	9.53		3		1		5.34	4.38	
Ash	g	16.15		3		1		9.04	7.43	
Carbohydrate, by difference	g	57.66		0	NC	4		32.29	26.52	
Fiber, total dietary	g	1.1		0		4		0.6	0.5	
Sugars, total	g									
Starch	g									
Minorale.										
<u>Minerals:</u> Calcium. Ca	ma	667		2		1		374	307	
Iron, Fe		2.89		2		1		1.62	1.33	
Magnesium, Mg	-	42		0		4		24	1.33	
Phosphorus, P		273		1		1		153	126	
Potassium, K	-	866		6		1		485	398	
Sodium, Na	-	4050		2		1		2268	1863	
Zinc, Zn	-	2.40		2		1		1.34	1.10	
Copper, Cu		0.152	2	2		1		0.085	0.070	
Manganese, Mn		0.400)	0		4		0.224	0.184	
Selenium, Se	mcg									
7*4										
<u>Vitamins:</u>				•				0.4		
Vitamin C, total ascorbic acid	_	0.8		0 2		4 1		0.4	0.4	
Thiamin		1.830		2		1		1.025 0.588	0.842	
Riboflavin						1			0.483	
Niacin		1.380		2 0		4		0.773 0.728	0.635 0.598	
Pantothenic acid Vitamin B-6		0.100		0		4		0.728	0.598	
Folate, total	-	8	,	0		4		4	4	
Folic acid		0		0	z	7		0	0	
Folate, food		8		0	2	4		4	4	
Folate, DFE		8		0	NC	4		4	4	
Vitamin B-12		0.60		0	110	4		0.34	0.28	
Vitamin A, IU		482		0		4		270	222	
Vitamin A, RAE		24		0	NC	4		13	11	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)									-	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
inida										
ipids:	a	6.190	`	0		1		3.466	2.847	
Fatty acids, total saturated		0.130		0		1		0.123	0.101	
6:0		0.120		0		1		0.123	0.055	
8:0		0.080		0		1		0.045	0.033	
10:0		0.200		0		1		0.043	0.037	
12:0		0.160		0		1		0.090	0.074	
13:0	-	3.100	-	·		-		2.000	5.072	
14:0	-	1.090)	0		1		0.610	0.501	
15:0	-			-		_		3.020	0.001	
16:0		3.040)	0		1		1.702	1.398	
17:0				-						
18:0		1.070)	0		1		0.599	0.492	
20:0										
22:0	-									
24:0	-									

		<u>An</u>	Amount in 100 grams of edible portion Amount in edible portion of contract the second								
				Deriv Source		<u>m</u> .	easures of food	<u>[</u>			
Nutrients and Units		Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3			
Father and the desired and the second and the secon	a	2.580	0	1		1.445	1.187				
Fatty acids, total monounsaturated		2.560	U	1		1.445	1.187				
15:1	_										
16:1 undifferentiated		0.270	0	1		0.151	0.124				
17:1	g										
18:1 undifferentiated	g	2.200	0	1		1.232	1.012				
20:1	g										
22:1 undifferentiated	g										
24:1 c	g										
Fatty acids, total polyunsaturated	g	0.270	0	1		0.151	0.124				
18:2 undifferentiated	g	0.180	0	1		0.101	0.083				
18:3 undifferentiated	g	0.090	0	1		0.050	0.041				
18:4	g										
20:2 n-6 c,c	g										
20:3 undifferentiated											
20:4 undifferentiated	g										
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3											
Fatty acids, total trans											
Cholesterol	-	25	0	1		14	12				
Phytosterols	mg										

Common Measures:

Measure 1 = 56g: 1 cup (8 fl oz) Measure 2 = 46g: 1 packet

Calories Factors: Protein 3.8 Fat 8.4 Carbohydrate 3.9

		<u>Aı</u>	mount in 100 g	grams	of edil	ole portio	<u>n</u>	Amount in edible porti								
			Nu	ımber	•			<u>m</u>	easures of food	_						
			of	Data	Deriv	Source	Confidence									
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure						
Proximates:																
Water	g	0.57	0.267	4		1		0.43	0.32							
Energy	kcal	389		0	NC	4		296	222							
Energy	kj	1628				4		1237	928							
Protein (N x 6.25)	g	1.00		2		1		0.76	0.57							
Total lipid (fat)	g	0.10		2		1		0.08	0.06							
Ash	g	2.20		2		1		1.67	1.25							
Carbohydrate, by difference	g	96.13		0	NC	4		73.06	54.79							
Fiber, total dietary	g	1.9		0		4		1.4	1.1							
Sugars, total	g															
Starch	g															
Minerals:																
viinerais: Calcium, Ca	ma	54		2		1		41	31							
Iron, Fe	-	2.14		2		1		1.63	1.22							
Magnesium, Mg	-	12		0		4		9	7							
Phosphorus, P		60		0		4		46	34							
Potassium, K	•	87		6		1		66	50							
Sodium, Na	-	1030		2		1		783	587							
Zinc, Zn	-	0.12	0.001	3		1		0.09	0.07							
Copper, Cu		0.037	0.003	3		1		0.028	0.021							
Manganese, Mn	mg	0.000	1	0		4		0.000	0.000							
Selenium, Se	mcg															
vitamins:																
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0							
Thiamin	-	0.020		0		4		0.015	0.011							
Riboflavin		0.020		2		1		0.013	0.072							
Niacin		1.100		0		4		0.836	0.627							
Pantothenic acid		0.900		0		4		0.684	0.513							
Vitamin B-6		0.500		0		4		0.380	0.285							
Folate, total		3		0		4		2	2							
Folic acid		0		0	z	7		0	0							
Folate, food		3		0		4		2	2							
Folate, DFE		3		0	NC	4		2	2							
Vitamin B-12		0.00		0		1		0.00	0.00							
Vitamin A, IU		0		0		4		0	0							
Vitamin A, 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																
Tocopherol, delta																
Vitamin D																
Vitamin K (phylloquinone)	mcg															
<u> Lipids:</u>																
Fatty acids, total saturated	g	0.010	ı	0		1		0.008	0.006							
4:0																
6:0	g															
8:0	g															
10:0	g															
12:0		0.000		0		1		0.000	0.000							
13:0																
14:0		0.000		0		1		0.000	0.000							
15:0																
16:0		0.010		0		1		0.008	0.006							
17:0	_					_		_								
18:0	_	0.000		0		1		0.000	0.000							
20:0	_															
22:0	a															

		<u>Ar</u>	nount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common					
				lumber			0 " 1	measures of food					
Nutrients and Un	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3			
Fatty acids, total monounsaturated		0.020		0		1		0.015	0.011				
14:1													
15:1						_							
16:1 undifferentiated		0.000		0		1		0.000	0.000				
17:1													
18:1 undifferentiated	-	0.020		0		1		0.015	0.011				
20:1		0.000		0		1		0.000	0.000				
22:1 undifferentiated	•												
24:1 c	•												
Fatty acids, total polyunsaturated	-	0.060		0		1		0.046	0.034				
18:2 undifferentiated	-	0.050		0		1		0.038	0.029				
18:3 undifferentiated	g	0.010		0		1		0.008	0.006				
18:4													
20:2 n-6 c,c	-												
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •												
20:4 undifferentiated	g												
20:5 n-3	g												
22:5 n-3	-												
22:6 n-3	g												
Fatty acids, total trans	g												
Cholesterol	mg	0		0	Z	7		0	0				
Phytosterols	mg												
Others:													
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0				
Caffeine	mg												
Theobromine													

Common Measures:

Measure 1 = 76g: 1 cup (8 fl oz) Measure 2 = 57g: 1 packet

Calories Factors: Protein 3.8 Fat 8.4 Carbohydrate 3.9

		<u>Aı</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	1.00		2		1		0.46		
Energy	kcal	283		0	NC	4		130		
Energy	kj	1184				4		545		
Protein (N x 6.25)	g	9.00		2		1		4.14		
Total lipid (fat)	g	2.00		2		1		0.92		
Ash	g	28.00		2		1		12.88		
Carbohydrate, by difference	g	60.00		0	NC	4		27.60		
Fiber, total dietary	g	1.9		0		4		0.9		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	243		2		1		112		
Iron, Fe	-	6.06		2		1		2.79		
Magnesium, Mg	-	180		0		4		83		
Phosphorus, P		462		0		4		213		
Potassium, K	_	468		6		1		215		
Sodium, Na	_	10400		2		1		4784		
Zinc, Zn	mg	0.30		0		4		0.14		
Copper, Cu	mg	0.300)	0		4		0.138		
Manganese, Mn	mg	0.000)	0		4		0.000		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0		
Thiamin	-	0.090	1	0		4		0.041		
Riboflavin		0.200		0		4		0.092		
Niacin		2.820		2		1		1.297		
Pantothenic acid		0.600		0		4		0.276		
Vitamin B-6		0.300		0		4		0.138		
Folate, total		60		0		4		28		
Folic acid		0		0	z	7		0		
Folate, food		60		0		4		28		
Folate, DFE		60		0	NC	4		28		
Vitamin B-12		0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	rncg									
Lipids:										
Fatty acids, total saturated	g	0.290)	0		1		0.133		
4:0										
6:0	g									
8:0	g									
10:0	g									
12:0										
13:0	_									
14:0	_	0.000)	0		1		0.000		
15:0										
16:0		0.210)	0		1		0.097		
17:0										
18:0		0.080)	0		1		0.037		
20:0	-									
22:0	g									

	<u>Aı</u>	nount in 10	00 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Number				measures of food			
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.470		0		1		0.216			
15:1	0.000		0		1		0.000			
18:1 undifferentiatedg	0.460		0		1		0.212			
20:1g 22:1 undifferentiatedg 24:1 cg	0.000		0		1		0.000			
Fatty acids, total polyunsaturatedg	1.160		0		1		0.534			
18:2 undifferentiatedg	1.020		0		1		0.469			
18:3 undifferentiated	0.140		0		1		0.064			
20:4 undifferentiated										
Fatty acids, total trans	0		0		1		0			
Phytosterolsmg										

Common Measures:

Measure 1 = 46g: 1 packet

Calories Factors: Protein 3.6 Fat 8.5 Carbohydrate 3.9

		<u>A</u> :	mount in 100	0 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	_	
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure :	
Proximates: Water	a	67.69		1		1		194.95	12.18	24.37	
Energy		84		0	NC	4		242	15	30	
Energy		351				4		1012	63	127	
Protein (N x 6.25)		5.93		1		1		17.08	1.07	2.13	
Total lipid (fat)		0.00		1		1		0.00	0.00	0.00	
Ash		10.43		1		1		30.04	1.88	3.75	
Carbohydrate, by difference		15.95		0	NC	4		45.94	2.87	5.74	
Fiber, total dietary		0.1		0		4		0.3	0.0	0.0	
Sugars, total		9.81		0	FLA	4		28.25	1.77	3.53	
Starch											
Minerals:	ma	25		1		1		72	5	9	
Calcium, Ca		25 1.70		1		1		4.90	5 0.31	9 0.61	
Iron, Fe		61		1		1		4.90 176	11	22	
Phosphorus, P		154		1		1		444	28	55	
Potassium, K	_	225		1		1		648	41	81	
Sodium, Na		3833		1		1		11039	690	1380	
Zinc, Zn	-	0.10		1		1		0.29	0.02	0.04	
Copper, Cu	-	0.100)	1		1		0.288	0.018	0.03	
Manganese, Mn		0.000)	1		1		0.000	0.000	0.00	
Selenium, Se		1.1		0	BFSN	4		3.2	0.2	0.4	
Vitamina											
Vitamins:		0.0		•				0.0			
Vitamin C, total ascorbic acid	-	0.0	,	0 1		1 1		0.0 0.086	0.0 0.005	0.0 0.01	
ThiaminRiboflavin	_	0.030		1		1		0.086	0.005	0.01	
Niacin		1.270		1		1		3.658	0.013	0.02	
Pantothenic acid	_	0.200		1		1		0.576	0.036	0.43	
Vitamin B-6		0.100		1		1		0.288	0.018	0.03	
Folate, total	-	20	•	1		1		58	4	7	
Folic acid		0		0	z	7		0	0	0	
Folate, food		20		1		1		58	4	7	
Folate, DFE		20		0	NC	4		58	4	7	
Vitamin B-12		0.00		0	FLA	4		0.01	0.00	0.00	
Vitamin A, IU		0		0	FLA	4		0	0	0	
Vitamin A, RAE		0		0	FLA	4		0	0	0	
Retinol		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											
Tocopherol, delta											
Vitamin D				_							
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0	0.0	0.0	
Lipids:											
Fatty acids, total saturated	g	0.000)	0		1		0.000	0.000	0.00	
4:0		0.000)	0		4		0.000	0.000	0.00	
6:0		0.000)	0		4		0.000	0.000	0.00	
8:0	g	0.000)	0		4		0.000	0.000	0.00	
10:0	g	0.000)	0		4		0.000	0.000	0.00	
12:0	g	0.000)	0		4		0.000	0.000	0.0	
13:0	-										
14:0	g	0.000	ס	0		4		0.000	0.000	0.0	
15:0	g										
16:0	g	0.000)	0		1		0.000	0.000	0.00	
17:0	-										
18:0	-	0.000)	0		1		0.000	0.000	0.0	
20:0	g										
22:0											

	<u>An</u>	nount in 100 gran	s of edi	ble portio	<u>n</u>	Amount in edible portion of common			
		Numb of Da		Source	Confidence	<u>m</u>	easures of food		
Nutrients and Units	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.000	0		1		0.000	0.000	0.000	
14:1g									
15:1g									
16:1 undifferentiatedg	0.000	0		4		0.000	0.000	0.000	
17:1g									
18:1 undifferentiatedg	0.000	0		1		0.000	0.000	0.000	
20:1g	0.000	0		4		0.000	0.000	0.000	
22:1 undifferentiatedg	0.000	0		4		0.000	0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	0.000	0		1		0.000	0.000	0.000	
18:2 undifferentiatedg	0.000	0		1		0.000	0.000	0.000	
18:3 undifferentiatedg	0.000	0		4		0.000	0.000	0.000	
18:4g	0.000	0		4		0.000	0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg		_							
20:4 undifferentiatedg	0.000	0		4		0.000	0.000	0.000	
20:5 n-3g	0.000	0		4		0.000	0.000	0.000	
22:5 n-3g	0.000	0		4		0.000	0.000	0.000	
22:6 n-3g	0.000	0		4		0.000	0.000	0.000	
Fatty acids, total transg	•	•		_		•	•	•	
Cholesterolmg Phytosterolsmg	0	0		1		0	0	0	
rilytosterois									
Others:									
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0	
Caffeinemg	0	0	FLA	4		0	0	0	
Theobromine mg	0	0	FLA	4		0	0	0	
Carotenoids:									
Carotene, betamcg	0	0	FLA	4		0.000	0.000	0.000	
Carotene, alphamcg	0	0	FLA	4		0.000	0.000	0.000	
Cryptoxanthin, betamcg	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	

Common Measures:

Measure 1 = 288g: 1 cup Measure 2 = 18g: 1 tbsp Measure 3 = 36.0g: 1 fl oz

Calories Factors: Protein 3.6 Fat 8.5 Carbohydrate 3.9

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u> :	easures of food	<u>.</u>	
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	69.70				4					
Energy	-	84				4					
Energy		351				4					
		5.93				4					
Protein	-					4					
Total lipid (fat)		0.00				4					
Ash		8.40				4					
Carbohydrate, by difference		15.90				4					
Fiber, total dietary	g	0.1				4					
Sugars, total	g	0.53		0	FLA	4					
Starch	g										
1 :											
Minerals:	ma	25				4					
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	25 1.70				4					
Iron, Fe.						4					
Magnesium, Mg		61				4					
Phosphorus, P	_	154				4					
Potassium, K	_	225				4					
Sodium, Na	-	1778			LC	8					
Zinc, Zn		0.10				4					
Copper, Cu		0.100				4					
Manganese, Mn											
Selenium, Se	mcg	0.8		0	BFSN	4					
Vitamins:											
Vitamin C, total ascorbic acid	mα	0.0				4					
Thiamin	_	0.030				4					
Riboflavin	-	0.070				4					
Niacin		1.270				4					
Pantothenic acid	_	1.270				-					
Vitamin B-6	-	0.100	ı			1					
		13		0	FLA	4					
Folate, total		0		0		4					
Folic acid					FLA	=					
Folate, food		13		0	FLA	4					
Folate, DFE		13		0	NC	4					
Vitamin B-12		0.00		_		4					
Vitamin A, IU		0		0	NC	4					
Vitamin A, RAE		0		0	FLA	4					
Retinol		0		0	FLA	4					
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4					
ipids:											
	0	0.000				4					
Fatty acids, total saturated						4					
4:0		0.000				4					
6:0	-	0.000				4					
8:0		0.000				4					
10:0	-	0.000				4					
12:0		0.000				4					
13:0											
14:0		0.000				4					
15:0											
16:0	g	0.000	1			4					
17:0	g										
18:0	g	0.000	ı			4					
20:0	g										
22:0	g										
24:0	a										

	<u>An</u>	nount in 10	00 grams	of edik	Amount in edible portion of common				
			Number				<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000				4				
14:1g	0.000				-				
15:1									
16:1 undifferentiated	0.000				4				
17:1g									
18:1 undifferentiatedg	0.000				4				
20:1g	0.000				4				
22:1 undifferentiatedg	0.000				4				
24:1 cg									
Fatty acids, total polyunsaturated9	0.000				4				
18:2 undifferentiated	0.000				4				
18:3 undifferentiated	0.000				4				
18:4g	0.000				4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiated	0.000				4				
20:5 n-3g	0.000				4				
22:5 n-3g	0.000				4				
22:6 n-3g	0.000				4				
Fatty acids, total transg									
Cholesterolmg	0				4				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				4				
Caffeinemg	0		0	FLA	4				
Theobrominemg	0		0	FLA	4				
Carotenoids:									
Carotene, betamcg	0		0	FLA	4				
Carotene, alphamcg	0		0	FLA	4				
Cryptoxanthin, beta mcg	0		0	FLA	4				
Lycopene mcg	0		0	FLA	4				
Lutein + zeaxanthinmcg	0		0	FLA	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100 gran	ns of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	
			of Da	a Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	68.00			1		185.64	11.56	
Energy	kcal	104			1		284	18	
Energy		435			1		1188	74	
Protein		2.50			1		6.83	0.43	
Total lipid (fat)	g	0.30			1		0.82	0.05	
Ash		0.48	0	NR	4		1.30	0.08	
Carbohydrate, by difference		28.73	0	NR	4		78.42	4.88	
Fiber, total dietary	g	0.5	0	FLA	4		1.3	0.1	
Sugars, total	g	23.83	0	FLA	4		65.06	4.05	
Starch									
Minerals:	ma	20			4		EF	3	
Calcium, Ca	-	20 0.80			1 1		55 2.18	3 0.14	
Iron, Fe		12			1		33	0.14	
Phosphorus, P		52			1		142	9	
Potassium, K	-	370			1		1010	63	
Sodium, Na		20			1		55	3	
Zine, Zn		0.16			1		0.44	0.03	
Copper, Cu		0.130)		1		0.355	0.022	
Manganese, Mn									
Selenium, Se		1.1	0	BFSN	4		3.0	0.2	
¥7*4 *									
Vitamins:					_		40.5		
Vitamin C, total ascorbic acid		16.0			1		43.7	2.7	
Thiamin		0.090			1 1		0.246 0.191	0.015	
Riboflavin		1.600			1		4.368	0.012 0.272	
Niacin Pantothenic acid	-	1.600	,		1		4.300	0.272	
Vitamin B-6		0.160	1		4		0.437	0.027	
Folate, total		10	0	FLA	4		28	2	
Folic acid		0	0	FLA	4		0	0	
Folate, food	-	10	0	FLA	4		28	2	
Folate, DFE	mca DFE	10	0	NC	4		28	2	
Vitamin B-12		0.00			7		0.00	0.00	
Vitamin A, IU		199	0	FLA	4		542	34	
Vitamin A, RAE	mcg RAE	10	0	FLA	4		27	2	
Retinol		0	0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		0.25	0	FLA	4		0.69	0.04	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D	IU								
Vitamin K (phylloquinone)	mcg	1.2	0	FLA	4		3.3	0.2	
Lipids:									
Fatty acids, total saturated	а	0.044	l.		4		0.120	0.007	
4:0		0.000			4		0.000	0.000	
6:0	-	0.000			4		0.000	0.000	
8:0		0.000			4		0.000	0.000	
10:0	-	0.000			4		0.000	0.000	
12:0	-	0.001			4		0.003	0.000	
13:0	-				•				
14:0	-	0.003	3		4		0.008	0.001	
15:0	-				•				
16:0	-	0.029)		4		0.079	0.005	
17:0	-						,,,,,		
18:0		0.010)		4		0.027	0.002	
20:0								- · · · -	
22:0	-								
	g								

	<u>Ar</u>	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.042				4		0.115	0.007	
14:1g	0.042				•		0.115	0.007	
15:1									
16:1 undifferentiated	0.001				4		0.003	0.000	
17:1g	0.001				•		0.005	0.000	
18:1 undifferentiated 9	0.040				4		0.109	0.007	
20:1g	0.000				4		0.000	0.000	
22:1 undifferentiated q	0.000				4		0.000	0.000	
24:1 cg	0.000				-		0.000	0.000	
Fatty acids, total polyunsaturated9	0.137				4		0.374	0.023	
18:2 undifferentiatedg	0.129				4		0.352	0.022	
18:3 undifferentiated	0.008				4		0.022	0.001	
18:4g	0.000				4		0.000	0.000	
20:2 n-6 c.cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4		0.000	0.000	
20:5 n-3g	0.000				4		0.000	0.000	
22:5 n-3g	0.000				4		0.000	0.000	
22:6 n-3g	0.000				4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0				1		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	
Caffeinemg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, betamcg	119		0	FLA	4		325.434	20.265	
Carotene, alphamcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta mcg	0		0	FLA	4		0.000	0.000	
Lycopene mcg	1103		0	FLA	4		3012.316	187.580	
Lutein + zeaxanthin mcg	33		0	FLA	4		89.393	5.567	

Common Measures:

Measure 1 = 273g: 1 cup Measure 2 = 17g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 10	<u>0 grams</u>	of edib	le portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.00				1		185.64	4.08	
Energy	kcal	104				1		284	6	
Energy	kj	435				1		1188	26	
Protein	g	2.50				1		6.83	0.15	
Total lipid (fat)	g	0.30				1		0.82	0.02	
Ash	g	9.47		0	FLA	4		25.86	0.57	
Carbohydrate, by difference	g	19.79		0	FLA	4		54.03	1.19	
Fiber, total dietary	g	5.9				4		16.1	0.4	
Sugars, total	g	13.33		0	FLA	4		36.39	0.80	
Starch	g									
Minopole										
Minerals: Calcium. Ca	ma	20				1		55	1	
Iron. Fe.		0.80				1		2.18	0.05	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	12				1		33	1	
Phosphorus, P		52				1		142	3	
Potassium, K	_	370				1		1010	22	
Sodium, Na		1338				1		3653	80	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.16				1		0.44	0.01	
Copper, Cu		0.130)			1		0.355	0.008	
Manganese, Mn		0.200				_		0.000	0.000	
Selenium, Se		1.1		0	BFSN	4		3.0	0.1	
ŕ										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	16.0				1		43.7	1.0	
Thiamin	_	0.090				1		0.246	0.005	
Riboflavin	mg	0.070				1		0.191	0.004	
Niacin	_	1.600)			1		4.368	0.096	
Pantothenic acid	_									
Vitamin B-6	-	0.160)			4		0.437	0.010	
Folate, total		9		0	FLA	4		25	1	
Folic acid	_	0		0	FLA	4		0	0	
Folate, food	mcg	9		0	FLA	4		25	1	
Folate, DFE		9		0	NC	4		25	1	
Vitamin B-12		0.00				7		0.00	0.00	
Vitamin A, IU		680		0	FLA	4		1856	41	
Vitamin A, RAE		34		0	FLA	4		93	2	
Retinol		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		1.92		0	FLA	4		5.24	0.12	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		5.2		•				14.1	0.2	
Vitamin K (phylloquinone)	Ilicy	5.2		0	FLA	4		14.1	0.3	
Lipids:										
Fatty acids, total saturated	g	0.045	i			4		0.123	0.003	
4:0	g	0.000)			4		0.000	0.000	
6:0	g	0.000)			4		0.000	0.000	
8:0	g	0.000)			4		0.000	0.000	
10:0	g	0.000)			4		0.000	0.000	
12:0	g	0.002	!			4		0.005	0.000	
13:0	g									
14:0	g	0.006	5			4		0.016	0.000	
15:0	g									
16:0	g	0.027	,			4		0.074	0.002	
17:0	g									
18:0		0.009)			4		0.025	0.001	
20:0	g									
22:0	g									
24:0	a									

	<u>Ar</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.038				4		0.104	0.002	
14:1g	0.000				-		0.101	0.002	
15:1									
16:1 undifferentiated	0.002				4		0.005	0.000	
17:1g									
18:1 undifferentiatedg	0.036				4		0.098	0.002	
20:1g	0.000				4		0.000	0.000	
22:1 undifferentiatedg	0.000				4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	0.154				4		0.420	0.009	
18:2 undifferentiatedg	0.142				4		0.388	0.009	
18:3 undifferentiatedg	0.012				4		0.033	0.001	
18:4g	0.000				4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4		0.000	0.000	
20:5 n-3g	0.000				4		0.000	0.000	
22:5 n-3g	0.000				4		0.000	0.000	
22:6 n-3g	0.000				4		0.000	0.000	
Fatty acids, total trans9									
Cholesterolmg	0				1		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, betamcg	402		0	FLA	4		1096.439	24.098	
Carotene, alphamcg	13		0	FLA	4		34.763	0.764	
Cryptoxanthin, betamcg	0		0	FLA	4		0.000	0.000	
Lycopene mcg	12819		0	FLA	4		34996.993	769.165	
Lutein + zeaxanthinmcg	1		0	FLA	4		2.293	0.050	

Common Measures:

Measure 1 = 273g: 1 cup Measure 2 = 6.0g: 1 packet

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			I	Number	•			<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	1.50		1		1		0.30	0.75		
Energy	kcal	463		0	NC	4		93	232		
Energy	kj	1937				4		387	969		
Protein (N x 6.25)	g	10.94		1		1		2.19	5.47		
Total lipid (fat)	g	26.70		1		1		5.34	13.35		
Ash	g	10.30		1		1		2.06	5.15		
Carbohydrate, by difference	g	50.56		0	NC	4		10.11	25.28		
Fiber, total dietary	g	2.8		0		4		0.6	1.4		
Sugars, total	g										
Starch	g										
Minopole											
Minerals:	ma	674		1		1		135	337		
Calcium, Ca	-	0.50		0		4		0.10	0.25		
Magnesium, Mg	-	39		0		4		8	20		
Phosphorus, P		245		0		4		8 49	123		
Potassium, K	_	370		1		1		74	185		
Sodium, Na	_	3410		1		1		682	1705		
Zinc, Zn	-	1.10		0		4		0.22	0.55		
Copper, Cu		0.080)	0		4		0.016	0.040		
Manganese, Mn		0.060		Ö		4		0.012	0.030		
Selenium, Se		17.0		0	BFSN	4		3.4	8.5		
·	···········										
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid	-	3.0		0		4		0.6	1.5		
Thiamin		0.200		0		4		0.040	0.100		
Riboflavin		0.400		0		4		0.080	0.200		
Niacin		0.700		0		4		0.140	0.350		
Pantothenic acid		0.800		0		4		0.160	0.400		
Vitamin B-6	_	0.100)	0		4		0.020	0.050		
Folate, total		34		0	BFSN	4		7	17		
Folic acid		20		0	NC	4		4	10		
Folate, food		14		0		4		3	7		
Folate, DFE		48		0	NC	4		10	24		
Vitamin B-12		0.80		0		4		0.16	0.40		
Vitamin A, IU		7		0		4		1	4		
Vitamin A, RAE		2		0	NC	4		0	1		
Retinol		2		0	NC	4		0	1		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
vitamini K (phynoquinone)	9										
<u> Lipids:</u>											
Fatty acids, total saturated		6.680)	0		1		1.336	3.340		
4:0											
6:0											
8:0	-										
10:0											
12:0	-										
14:0		0.110	1	0		1		0.022	0.055		
	_	0.110	,	U		1		0.022	0.055		
15:0	_	3.760	1	0		1		0.750	1 000		
16:0		3.760	,	J		1		0.752	1.880		
17:0	_	2 020	1	0		1		0 566	1 415		
18:0	_	2.830	,	U		1		0.566	1.415		
20:0	_										
22:0	g g										

	<u>Ar</u>	nount in 100 gram	s of edible portion	<u>on</u>	Amount in edible portion of common		
		Numbe			m	easures of food	
Nutrients and Units	Mean	of Data Std. Error Points	a Deriv Source Code Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	11.880	0	1		2.376	5.940	
14:1g							
15:1	0.000	0	1		0.000	0.000	
18:1 undifferentiated	11.880	0	1		2.376	5.940	
20:1 9 22:1 undifferentiated 9 24:1 c 9							
Fatty acids, total polyunsaturatedg		0	1		1.394	3.485	
18:2 undifferentiatedg		0	1		1.308	3.270	
18:3 undifferentiated	0.430	0	1		0.086	0.215	
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg							
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total transg							
Cholesteroln Phytosterolsn	•	0	1		0	1	
Others:							
Alcohol, ethylg	0.0	0	z 7		0.0	0.0	
Caffeine mg Theobromine mg							

Common Measures:

Measure 1 = 20g: 1 cup (8 fl oz) Measure 2 = 50g: 1 packet

Calories Factors: Protein 3.8 Fat 8.4 Carbohydrate 3.9

		<u>Aı</u>	mount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	78.54		0	FLA	4		215.97	13.35		
Energy	kcal	67				1		184	11		
Energy	kj	280				1		771	48		
Protein	g	0.00				1		0.00	0.00		
Total lipid (fat)	g	0.00				4		0.00	0.00		
Ash	g	2.00		0	NR	4		5.50	0.34		
Carbohydrate, by difference	g	19.46		0	NR	4		53.53	3.31		
Fiber, total dietary	g	0.0				4		0.0	0.0		
Sugars, total	g	10.03		0	FLA	4		27.57	1.70		
Starch	g										
Minorale.											
Minerals: Calcium, Ca	ma	107				1		294	18		
Iron, Fe	-	5.30				1		14.58	0.90		
Magnesium, Mg	-	13				1		36	2		
Phosphorus, P		60				1		165	10		
Potassium, K	-	800				1		2200	136		
Sodium, Na		980				1		2695	167		
Zinc, Zn	-	0.19				1		0.52	0.03		
Copper, Cu		0.200)			1		0.550	0.034		
Manganese, Mn	mg										
Selenium, Se	mcg	0.5		0	RA	4		1.4	0.1		
/itamins:											
	ma	13.0				1		35.8	2.2		
Vitamin C, total ascorbic acid Thiamin	-	0.070				1		0.193	0.012		
Riboflavin	-	0.070				1		0.358	0.022		
Niacin	=	0.700				1		1.925	0.119		
Pantothenic acid	-	000				_		2.525	0.110		
Vitamin B-6	-	0.000)			1		0.000	0.000		
Folate, total		8		0	FLA	4		23	1		
Folic acid		0		0	FLA	4		0	0		
Folate, food		8		0	FLA	4		23	1		
Folate, DFE	mcg_DFE	8		0	NC	4		23	1		
Vitamin B-12		0.00				7		0.00	0.00		
Vitamin A, IU	IU	79		0	NC	4		217	13		
Vitamin A, RAE		5		0	NC	4		13	1		
Retinol	mcg	1		0	FLA	4		3	0		
Vitamin E (alpha-tocopherol)	mg	0.08		0	FLA	4		0.22	0.01		
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	1.0		0	FLA	4		2.8	0.2		
<u>ipids:</u>											
Fatty acids, total saturated	g	0.000)			4		0.000	0.000		
4:0		0.000		0		4		0.000	0.000		
6:0	-	0.000		0		4		0.000	0.000		
8:0		0.000		0		4		0.000	0.000		
10:0	_	0.000		0		4		0.000	0.000		
12:0	_	0.000)	0		4		0.000	0.000		
13:0	-										
14:0		0.000)	0		4		0.000	0.000		
15:0											
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										

		<u>Ar</u>	nount in 10	00 grams Number	Amount in edible portion of common measures of food					
Nutrients and	Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura		0.000				4		0.000	0.000	
14:1	g									
15:1										
16:1 undifferentiated	-	0.000		0		4		0.000	0.000	
17:1										
18:1 undifferentiated		0.000		0		4		0.000	0.000	
20:1	-	0.000		0		4		0.000	0.000	
22:1 undifferentiated	•	0.000		0		4		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturat		0.000				4		0.000	0.000	
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		4		0.000	0.000	
18:3 undifferentiated	-	0.000		0		4		0.000	0.000	
18:4	-	0.000		0		4		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •									
20:4 undifferentiated	g	0.000		0		4		0.000	0.000	
20:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0		4		0.000	0.000	
22:5 n-3	-	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									
Others:										
Alcohol, ethyl	g	0.0				7		0.0	0.0	
Caffeine	mg	0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mcg	43		0	FLA	4		118.351	7.316	
Carotene, alpha		1		0	FLA	4		3.970	0.245	
Cryptoxanthin, beta	mcg	3		0	FLA	4		8.783	0.543	
Lycopene	mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin		48		0	FLA	4		132.494	8.191	

Common Measures:

Measure 1 = 275g: 1 cup Measure 2 = 17g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 10	0 grams	of edib	ole portio	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	86.90		0	MA	12		265.05		
Energy	kcal	51		0	MC	9		156		
Energy	kj	213				9		651		
Protein	g	2.60		0	MA	12		7.93		
Total lipid (fat)	g	1.50		0	MA	12		4.58		
Ash	g	2.10		0	MA	12		6.41		
Carbohydrate, by difference	g	6.90		0	MC	9		21.05		
Fiber, total dietary	g	0.6		0	MA	12		1.8		
Sugars, total	g									
Starch	g									
Minerals:										
Vimerais: Calcium, Ca	ma	11		0	MA	12		34		
Iron, Fe	_	0.60		0	MA	12		1.83		
Magnesium, Mg	_	6		0	FLM	4		18		
Phosphorus, P		38		0	FLM	4		116		
Potassium, K	•	45		0	MA	12		137		
Sodium, Na	-	751		0	MA	12		2291		
Zinc, Zn	mg	0.22		0	FLM	4		0.67		
Copper, Cu	mg	0.051		0	FLM	4		0.156		
Manganese, Mn	mg	0.102	?	0	FLM	4		0.311		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	MA	12		0.0		
Thiamin	_	0.062	•	0	FLM	4		0.189		
Riboflavin		0.045		0	FLM	4		0.137		
Niacin		1.199		0	FLM	4		3.657		
Pantothenic acid		0.073		0	FLM	4		0.223		
Vitamin B-6	-	0.040		0	FLM	4		0.122		
Folate, total		14		0	FLM	4		43		
Folic acid		10		0	NC	4		31		
Folate, food		4		0		4		12		
Folate, DFE		21		0	NC	4		64		
Vitamin B-12		0.07		0	FLM	4		0.21		
Vitamin A, IU		223		0	MA	12		680		
Vitamin A, RAE										
Retinol	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.500)	0	MA	12		1.525		
4:0		0.000		0	FLM	4		0.000		
6:0	-	0.000		0	FLM	4		0.000		
8:0	g	0.000)	0	FLM	4		0.000		
10:0	g	0.000)	0	FLM	4		0.000		
12:0		0.001	=	0	FLM	4		0.003		
13:0	-									
14:0	g	0.014	Į.	0	FLM	4		0.043		
15:0	g									
16:0	g	0.302	<u>!</u>	0	FLM	4		0.921		
17:0	g									
18:0	g	0.082	?	0	FLM	4		0.250		
20:0	g									
22:0										

	<u>Aı</u>	mount in 100 gran	ns of edi	ble portic	<u>on</u>	Amount in edible portion of common		
			a Deriv		Confidence	<u>m</u>	easures of food	<u>[</u>
Nutrients and Units	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g 0.601	0	FLM	4		1.833		
14:1	•	·		-		1.055		
15:1	•							
16:1 undifferentiated		0	FLM	4		0.223		
17:1	=	•		_		***		
18:1 undifferentiated		0	FLM	4		1.546		
20:1	•	0	FLM	4		0.043		
22:1 undifferentiated		0	FLM	4		0.000		
24:1 c	•							
Fatty acids, total polyunsaturated		0	MA	12		0.915		
18:2 undifferentiated		0	FLM	4		0.927		
18:3 undifferentiated	g 0.018	0	FLM	4		0.055		
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 0.005	0	FLM	4		0.015		
20:5 n-3	g 0.000	0	FLM	4		0.000		
22:5 n-3	g 0.001	0	FLM	4		0.003		
22:6 n-3		0	FLM	4		0.003		
Fatty acids, total trans	g							
Cholesterol	mg 9	0	MA	12		27		
Phytosterols	mg							
Others:								
Alcohol, ethyl	0.0	0	Z	7		0.0		
Caffeine m	ng							
Theobromine m	ng							

Common Measures:

Measure 1 = 305g: 1 can (10.75 oz)

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
				Number	•			m	easures of food	<u> </u>	
				of Data		Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Nathento and on		Moun	Ota. Error					mousure r	Micasare 2	measure	
Proximates:											
Water	g	85.80			MA	12					
Energy	kcal	58			MC	9					
Energy	kj	243				9					
Protein	g	1.80			MC	9					
Total lipid (fat)	g	1.30			MA	12					
Ash	g	1.50			MA	12					
Carbohydrate, by difference	g	9.50			MC	9					
Fiber, total dietary	g	0.4			MA	12					
Sugars, total	g	0.75		0	FLA	4					
Starch	g										
M:											
Minerals:	ma	11			MΆ	12					
Calcium, Ca		0.20			MA MA	12					
Magnesium, Mg		2			FLM	4					
Phosphorus, P		23			FLM	4					
Potassium, K	-	272			MA	12					
Sodium, Na		357			MA	12					
Zinc, Zn	_	0.13			FLM	4					
Copper, Cu		0.034	l		FLM	4					
Manganese, Mn	mg	0.055	5		FLM	4					
Selenium, Se	mcg	6.3		0	BFZN	4					
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0			MA	12					
Thiamin	mg	0.005	5		FLM	4					
Riboflavin	mg	0.022	2		FLM	4					
Niacin	<u>mg</u>	0.637	7		FLM	4					
Pantothenic acid	mg	0.040)		FLM	4					
Vitamin B-6	mg	0.012	2		FLM	4					
Folate, total		2		0	FLA	4					
Folic acid		0		0	FLA	4					
Folate, food		2		0	FLA	4					
Folate, DFE		2		0	NC	4					
Vitamin B-12		0.05			FLM	4					
Vitamin A, IU		43		0	NC	4					
Vitamin A, RAE		10		0	FLA	4					
Retinol		10		0	FLA	4					
Vitamin E (alpha-tocopherol)		0.13		U	FLA	4					
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		1.0		0	FLA	4					
Lipids:	-										
Fatty acids, total saturated	g	0.500)		MA	12					
4:0		0.015			FLM	4					
6:0		0.009			FLM	4					
8:0	-	0.005			FLM	4					
10:0		0.011			FLM	4					
12:0	g	0.013	3		FLM	4					
13:0	g										
14:0	g	0.051	L		FLM	4					
15:0	g										
16:0		0.267	1		FLM	4					
17:0	g										
18:0	g	0.115	5		FLM	4					
20:0	g										
22:0	g										
24:0	g										

	<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Deriv		Confidence		easures of food		
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg 14:1g	0.400				4					
14:19 15:1										
16:1 undifferentiatedg	0.028			FLM	4					
17:1g	0.020			2 1114	•					
18:1 undifferentiatedg	0.369			FLM	4					
20:1g	0.002			FLM	4					
22:1 undifferentiatedg	0.000			FLM	4					
24:1 cg										
Fatty acids, total polyunsaturated	0.400			MA	12					
18:2 undifferentiatedg	0.232			FLM	4					
18:3 undifferentiatedg	0.017			FLM	4					
18:4g	0.000			FLM	4					
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.006			FLM	4					
20:5 n-3g	0.000			FLM	4					
22:5 n-3g	0.001			FLM	4					
22:6 n-3g	0.002			FLM	4					
Fatty acids, total transg										
Cholesterolmg	6			MA	12					
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0			z	7					
Caffeine mg	0		0	FLA	4					
Theobrominemg	0		0	FLA	4					
Carotenoids:										
Carotene, beta mcg	6		0	FLA	4					
Carotene, alphamcg	0		0	FLA	4					
Cryptoxanthin, betamcg	0		0	FLA	4					
Lycopene mcg	0		0	FLA	4					
Lutein + zeaxanthin mcg	0		0	FLA	4					

Common Measures:

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 10	0 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure	
Proximates:											
Water	g	88.40		0	MA	12					
Energy	kcal	49		0	MC	9					
Energy	kj	205				9					
Protein		2.00		0	MA	12					
Total lipid (fat)	-	1.60		0	MA	12					
Ash		1.30		0	MA	12					
Carbohydrate, by difference		6.80		0	MC	9					
Fiber, total dietary		0.6		0	MA	12					
Sugars, total		0.39		0	FLA	4					
Starch		0.00		•		-					
Starcii	9										
Minerals:											
Calcium, Ca	mg	11		0	MA	12					
Iron, Fe		0.20		0	MA	12					
Magnesium, Mg	mg	5		0	FLM	4					
Phosphorus, P	mg	46		0	FLM	4					
Potassium, K	mg	169		0	MA	12					
Sodium, Na	mg	338		0	MA	12					
Zinc, Zn		0.24		0	FLM	4					
Copper, Cu		0.063	3	0	FLM	4					
Manganese, Mn		0.153	3	0	FLM	4					
Selenium, Se		3.9		0	BFSN	4					
· ·											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	27.0		0	MA	12					
Thiamin		0.040		0	FLM	4					
Riboflavin		0.040		0	FLM	4					
Niacin		1.732		0	FLM	4					
Pantothenic acid	-	0.136		0	FLM	4					
Vitamin B-6	-	0.054	Į	0	FLM	4					
Folate, total		28		0	FLA	4					
Folic acid	mcg	23		0	FLA	4					
Folate, food		5		0	FLA	4					
Folate, DFE	mcg_DFE	44		0	NC	4					
Vitamin B-12		0.09		0	FLM	4					
Vitamin A, IU		960		0	NC	4					
Vitamin A, RAE	mcg_RAE	49		0	NC	4					
Retinol	mcg	1		0	FLA	4					
Vitamin E (alpha-tocopherol)	mg	0.10		0	FLA	4					
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg	1.2		0	FLA	4					
1.11.											
Lipids:	~			^		10					
Fatty acids, total saturated	-	0.500		0	MA	12					
4:0		0.000		0	FLM	4					
6:0	_	0.000		0	FLM	4					
8:0		0.000		0	FLM	4					
10:0	_	0.000		0	FLM	4					
12:0	-	0.002	•	0	FLM	4					
13:0				_							
14:0		0.017	•	0	FLM	4					
15:0			_	_	_	_					
16:0		0.327	1	0	FLM	4					
17:0	_										
	~	0.092)	0	FLM	4					
18:0	_	0.032	•	·							
18:0	g	0.032	=	Ů							

	<u>Ar</u>	nount in 10	00 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.649		0	FLM	4				
14:1g									
15:1			•						
16:1 undifferentiatedg	0.083		0	FLM	4				
17:1g	0.541		•						
18:1 undifferentiated	0.541		0	FLM	4				
20:1g	0.018		0	FLM	4				
22:1 undifferentiatedg	0.000		0	FLM	4				
24:1 cg	0.200		•		10				
Fatty acids, total polyunsaturated9	0.300		0	MA	12 4				
18:2 undifferentiatedg	0.299		0	FLM	_				
18:3 undifferentiated	0.020		0	FLM	4 4				
18:4g	0.000		0	FLM	4				
20:2 n-6 c,cg 20:3 undifferentiated									
	0.011		0	FLM	4				
20:4 undifferentiatedg			0	FLM	4				
20:5 n-3g	0.001		-		_				
22:5 n-3g	0.002 0.004		0	FLM FLM	4 4				
22:6 n-3	0.004		U	F TW	4				
Fatty acids, total trans	6		0	MA	12				
Cholesterolmg Phytosterolsmg	0		U	MA	12				
Others:									
Alcohol, ethylg	0.0		0	Z	7				
Caffeine mg	0		0	FLA	4				
Theobrominemg	0		0	FLA	4				
Carotenoids:									
Carotene, beta mcg	467		0	FLA	4				
Carotene, alphamcg	215		0	FLA	4				
Cryptoxanthin, betamcg	0		0	FLA	4				
Lycopene mcg	27		0	FLA	4				
Lutein + zeaxanthin mcg	21		0	FLA	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	<u> </u> Measure	
Proximates:	•	82.80			1 /0	0					
Water					MC	9					
Energy		68			MC	9					
Energy		285				9					
Protein		4.00			MC	9					
Total lipid (fat)	g	0.70			MC	9					
Ash	g	1.00			MC	9					
Carbohydrate, by difference	g	11.40			MC	9					
Fiber, total dietary	g	1.9			MC	9					
Sugars, total	g	0.13		0	FLA	4					
Starch	g										
<u>Minerals:</u>											
Calcium, Ca		16			MC	9					
Iron, Fe	_	0.70			MC	9					
Magnesium, Mg		14			FLM	4					
Phosphorus, P	mg	54			FLM	4					
Potassium, K	mg	204			MC	9					
Sodium, Na	mg	196			MC	9					
Zinc, Zn	<u>mg</u>	0.49			FLM	4					
Copper, Cu	mg	0.100)		FLM	4					
Manganese, Mn	<u>mg</u>	0.198	3		FLM	4					
Selenium, Se	mcg	0.3		0	BFZN	4					
Vitamina											
Vitamins:		1.0				•					
Vitamin C, total ascorbic acid	-	1.0			MC	9					
Thiamin		0.083			FLM	4					
Riboflavin		0.038			FLM	4					
Niacin	_	0.695			FLM	4					
Pantothenic acid	_	0.250			FLM	4					
Vitamin B-6	-	0.048	3		FLM	4					
Folate, total		28		0	FLA	4					
Folic acid	mcg	0		0	FLA	4					
Folate, food		28		0	FLA	4					
Folate, DFE	mcg_DFE	28		0	NC	4					
Vitamin B-12	mcg	0.03			FLM	4					
Vitamin A, IU	IU	596		0	NC	4					
Vitamin A, RAE	mcg_RAE	30		0	NC	4					
Retinol	mcg	0		0	FLA	4					
Vitamin E (alpha-tocopherol)	mg	0.06		0	FLA	4					
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)		0.5		0	FLA	4					
<u>Lipids:</u>											
Fatty acids, total saturated		0.200			MC	9					
4:0		0.000			FLM	4					
6:0	g	0.000)		FLM	4					
8:0	-	0.000)		FLM	4					
10:0	g	0.000)		FLM	4					
12:0	g	0.100)		FLM	4					
13:0	g										
14:0		0.008	3		FLM	4					
15:0											
16:0		0.129	•		FLM	4					
17:0											
18:0	-	0.057	,		FLM	4					
20:0	-										
22:0	-										
24:0	-										

		<u>An</u>	nount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
Nutrients and Units	;	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	0.282			FLM	4					
14:1	g										
15:1	g										
16:1 undifferentiated	g	0.023			FLM	4					
17:1	g										
18:1 undifferentiated	g	0.257			FLM	4					
20:1	g	0.002			FLM	4					
22:1 undifferentiated	g	0.000			FLM	4					
24:1 c	g										
Fatty acids, total polyunsaturated	g	0.135			FLM	4					
18:2 undifferentiated	g	0.115			FLM	4					
18:3 undifferentiated	g	0.019			FLM	4					
18:4	g	0.000			FLM	4					
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.000			FLM	4					
20:5 n-3	g	0.000			FLM	4					
22:5 n-3	g	0.000			FLM	4					
22:6 n-3	g	0.000			FLM	4					
Fatty acids, total trans	g										
Cholesterol	mg	3			MC	9					
Phytosterols	mg										
Others:											
Alcohol, ethyl	α.	0.0			z	7					
Caffeine	-	0.0		0	FLA	4					
Theobromine		0		0	FLA	4					
Carotenoids:	! <i>.</i> g	· ·		Ū	FLIA	•					
Carotene, beta	mca	290		0	FLA	4					
Carotene, alpha	-	135		0	FLA	4					
Cryptoxanthin, beta		0		0	FLA	4					
Lycopene		0		0	FLA	4					
Lutein + zeaxanthin		11		0	FLA	4					
Lutem + zeaxantnin	iiicg	11			гцА	4					

Common Measures:

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 10	o grams	ot edik	ole portic	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u> e	easures of food	<u>l</u>	
				of Data		Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	-	97.80			MA	12					
Energy		7			MC	9					
Energy		29				9					
Protein		1.00			MA	12					
Total lipid (fat)		0.10			MA	12					
Ash		0.70			MA	12					
Carbohydrate, by difference		0.40			MC	9					
Fiber, total dietary		0.4		_	MA	12					
Sugars, total		0.00		0	FLA	4					
Starch	g										
Minerals:											
Calcium, Ca	mg	6			MA	12					
Iron, Fe		0.20			MA	12					
Magnesium, Mg		1			FLM	4					
Phosphorus, P		13			FLM	4					
Potassium, K		80			FLM	4					
Sodium, Na	mg	158			FLM	4					
Zinc, Zn		0.07			FLM	4					
Copper, Cu		0.027			FLM	4					
Manganese, Mn	-	0.046	5		FLM	4					
Selenium, Se	mcg	0.0		0	BFZN	4					
Vitamins: Vitamin C, total ascorbic acid	ma	7.0			MA	12					
Thiamin		0.001			FLM	4					
Riboflavin		0.001			FLM	4					
Niacin		0.505			FLM	4					
Pantothenic acid		0.009			FLM	4					
Vitamin B-6		0.005			FLM	4					
Folate, total	-	0	,	0	FLA	4					
Folic acid		Ö		0	FLA	4					
Folate, food		0		0	FLA	4					
Folate, DFE		0		0	NC	4					
Vitamin B-12		0.04			FLM	4					
Vitamin A, IU		0		0	NC	4					
Vitamin A, RAE		0		0	NC	4					
Retinol		0		0	FLA	4					
Vitamin E (alpha-tocopherol)		0.00		0	FLA	4					
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4					
<u>Lipids:</u>											
Fatty acids, total saturated		0.029			FLC	4					
4:0		0.000			FLC	4					
6:0	-	0.000			FLC	4					
8:0	-	0.000			FLC	4					
10:0		0.000			FLC	4					
12:0	-	0.000	J		FLC	4					
13:0		0 001			ET ~	4					
14:0		0.001	L		FLC	4					
15:0		0.000	,		mr ~						
16:0		0.022	1		FLC	4					
17:0	-	0.000	-		ET ~	4					
18:0	-	0.006)		FLC	4					
20:0	-										
22:0 24:0	-										

	Amount in 100 grams of e					<u>n</u>	Amount in edible portion of common			
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	me Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.045			FLC	4					
14:1g										
15:1g										
16:1 undifferentiatedg	0.006			FLC	4					
17:1g										
18:1 undifferentiatedg	0.037			FLC	4					
20:1g	0.001			FLC	4					
22:1 undifferentiatedg	0.000			FLC	4					
24:1 cg										
Fatty acids, total polyunsaturated	0.021			FLC	4					
18:2 undifferentiatedg	0.019			FLC	4					
18:3 undifferentiatedg	0.001			FLC	4					
18:4g	0.000			FLC	4					
20:2 n-6 c,cg 20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000			FLC	4					
20:5 n-3g	0.000			FLC	4					
20.5 n-3g	0.000			FLC	4					
22:6 n-3g	0.000			FLC	4					
Fatty acids, total trans9	0.000				-					
Cholesterol mg	0			MA	12					
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0			MA	12					
Caffeine mg	0		0	FLA	4					
Theobromine mg	0		0	FLA	4					
Carotenoids:	·		·		-					
Carotene, betamcg	0		0	FLA	4					
Carotene, alphamcg	0		0	FLA	4					
Cryptoxanthin, beta mcg	0		0	FLA	4					
Lycopene mcg	0		0	FLA	4					
Lutein + zeaxanthin mcg	0		ō	FLA	4					

Common Measures:

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 10	00 grams	of edib	le portic	<u>on</u>	Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	<u>.</u>
Nutrients and Unit	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		0.64		
Energy	kcal	418		0	MC	9		67		
Energy	kj	1749				9		280		
Protein	g	11.35		0	MC	9		1.82		
Total lipid (fat)	g	18.30		0	MC	9		2.93		
Ash	g	10.71		0	CAZN	4		1.71		
Carbohydrate, by difference		55.64		0	MC	9		8.90		
Fiber, total dietary		4.5		0	MC	9		0.7		
Sugars, total		13.43		0	MC	9		2.15		
Starch		20.10		•		-				
	3									
Minerals:										
Calcium, Ca	mg	290		0	MC	9		46		
Iron, Fe	mg	0.98		0	MC	9		0.16		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	-									
Sodium, Na	mg	3408		0	MC	9		545		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	18.8		0	MC	9		3.0		
Thiamin	mg	0.028	1	0	MC	9		0.004		
Riboflavin	mg	0.053	1	0	MC	9		0.008		
Niacin	<u>mg</u>	0.372	!	0	MC	9		0.060		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	23		0	MC	9		4		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	23		0	MC	9		4		
Folate, DFE	mcg_DFE	23		0	NC	4		4		
Vitamin B-12										
Vitamin A, IU	IU	295		0	MC	9		47		
Vitamin A, RAE	mcg_RAE									
Retinol										
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.974	ŀ	0	MC	9		0.796		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		18		0	MC	9		3		
Phytosterols										

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

Common Measures:

Measure 1 = 16g: 1 serving

NDB No. 06286

Soup, LIPTON, CUP-A-SOUP BROCCOLI & CHEESE, Mix, Dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u>	mount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in edible portion of common			
				Number					easures of food		
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure :	
Proximates:											
Water		4.00		0	CAZN	4		0.56			
Energy	kcal	374		0	MC	9		52			
Energy	kj	1565				9		219			
Protein	g	9.87		0	MC	9		1.38			
Total lipid (fat)	g	7.40		0	MC	9		1.04			
Ash	g	9.88		0	CAZN	4		1.38			
Carbohydrate, by difference	g	68.85		0	MC	9		9.64			
Fiber, total dietary		2.1		0	MC	9		0.3			
Sugars, total		2.84		0	MC	9		0.40			
Starch											
<u>Minerals:</u>											
Calcium, Ca		42		0	MC	9		6			
Iron, Fe		2.82		0	MC	9		0.39			
Magnesium, Mg											
Phosphorus, P											
Potassium, K	-	0000				•					
Sodium, Na		3703		0	MC	9		518			
Zinc, Zn	_										
Copper, Cu	-										
Manganese, Mn	•										
Selenium, Se	mcg										
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	3.5		0	MC	9		0.5			
Thiamin	mg	0.549)	0	MC	9		0.077			
Riboflavin	mg	0.221	L	0	MC	9		0.031			
Niacin	<u>mg</u>	3.888	3	0	MC	9		0.544			
Pantothenic acid	mg										
Vitamin B-6	mg										
Folate, total	mcg	95		0	MC	9		13			
Folic acid	mcg										
Folate, food											
Folate, DFE											
Vitamin B-12											
Vitamin A, IU		14450		0	MC	9		2023			
Vitamin A, RAE											
Retinol											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:	_			_		_					
Fatty acids, total saturated		2.551	L	0	MC	9		0.357			
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans				_		_					
Cholesterol		69		0	MC	9		10			
Phytosterols	ma										

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

Common Measures:

Measure 1 = 14.0g: 1 serving

NDB No. 06291

Soup, LIPTON, CUP-A-SOUP CHICKEN FLAVOR VEGETABLE

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u>	mount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in edible portion of common			
				Number	,				easures of food		
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		4.00		0	CAZN	4		4.00			
Energy	kcal	381		0	MC	9		381			
Energy	kj	1594				9		1594			
Protein	g	15.76		0	MC	9		15.76			
Total lipid (fat)	g	8.02		0	MC	9		8.02			
Ash	g	10.37		0	CAZN	4		10.37			
Carbohydrate, by difference	g	61.85		0	MC	9		61.85			
Fiber, total dietary	g	2.3		0	MC	9		2.3			
Sugars, total	g	1.58		0	MC	9		1.58			
Starch											
Minorola											
Minerals: Calcium, Ca	ma	44		0	MC	9		44			
Iron, Fe		3.09		0	MC	9		3.09			
Magnesium, Mg		3.03		·	110	,		3.03			
Phosphorus, P											
Potassium, K											
Sodium, Na	-	4177		0	MC	9		4177			
Zinc, Zn	-										
Copper, Cu	•										
Manganese, Mn	mg										
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	1.5		0	MC	9		1.5			
Thiamin	-	0.765	;	0	MC	9		0.765			
Riboflavin		0.407		0	MC	9		0.407			
Niacin	_	7.647		0	MC	9		7.647			
Pantothenic acid											
Vitamin B-6											
Folate, total		98		0	MC	9		98			
Folic acid											
Folate, food	mcg										
Folate, DFE											
Vitamin B-12											
Vitamin A, IU	IU	777		0	MC	9		777			
Vitamin A, RAE	mcg_RAE										
Retinol											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	ıncy										
Lipids:											
Fatty acids, total saturated		2.917	1	0	MC	9		2.917			
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans				_		_					
Cholesterol		88		0	MC	9		88			
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 = 100g: 1 serving

NDB No. 06289

Soup, LIPTON, CUP-A-SOUP CHICKEN NOODLE WITH MEAT

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u>	mount in 10	00 grams	Amount in edible portion of common						
				Number				measures of food			
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		4.00		0	CAZN	4		0.68			
Energy	kcal	401		0	MC	9		68			
Energy	kj	1678				9		285			
Protein	g	4.52		0	MC	9		0.77			
Total lipid (fat)	g	12.80		0	MC	9		2.18			
Ash	g	10.01		0	CAZN	4		1.70			
Carbohydrate, by difference		68.67		0	MC	9		11.67			
Fiber, total dietary		3.0		0	MC	9		0.5			
Sugars, total		11.98		0	MC	9		2.04			
Starch											
Minerals:											
Calcium, Ca		111		0	MC	9		19			
Iron, Fe		0.39		0	MC	9		0.07			
Magnesium, Mg											
Phosphorus, P											
Potassium, K											
Sodium, Na		3739		0	MC	9		636			
Zinc, Zn	•										
Copper, Cu	_										
Manganese, Mn	_										
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.8		0	MC	9		0.1			
Thiamin	mg	0.337	,	0	MC	9		0.057			
Riboflavin	mg	0.313	3	0	MC	9		0.053			
Niacin	mg	3.505	i	0	MC	9		0.596			
Pantothenic acid	mg										
Vitamin B-6	mg										
Folate, total	mcg	0		0	Z	7		0			
Folic acid	mcg	0		0	Z	7		0			
Folate, food		0		0	Z	7		0			
Folate, DFE	mcg_DFE	0		0	NC	4		0			
Vitamin B-12											
Vitamin A, IU	IU	145		0	MC	9		25			
Vitamin A, RAE											
Retinol											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:	_		_	_		_					
Fatty acids, total saturated		1.916	•	0	MC	9		0.326			
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans		_		_		_		_			
Cholesterol	_	3		0	MC	9		1			
Phytosterols	mg										

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

Common Measures:

Measure 1 = 17g: 1 envelope

NDB No. 06290

Soup, LIPTON, CUP-A-SOUP CREAM OF CHICKEN, Mix, Dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

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

Refuse: 0%

		<u>A</u>	mount in 10	Amount in edible portion of common							
				Number	•			measures of food			
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	4.00		0	CAZN	4		0.60			
Energy	kcal	399		0	MC	9		60			
Energy	kj	1669				9		250			
Protein	g	5.15		0	MC	9		0.77			
Total lipid (fat)	g	14.09		0	MC	9		2.11			
Ash	g	11.53		0	CAZN	4		1.73			
Carbohydrate, by difference		65.23		0	MC	9		9.78			
Fiber, total dietary		3.3		0	MC	9		0.5			
Sugars, total		9.58		0	MC	9		1.44			
Starch		2.20		•		-					
Minerals:											
Calcium, Ca	mg	114		0	MC	9		17			
Iron, Fe	<u>mg</u>	0.58		0	MC	9		0.09			
Magnesium, Mg	mg										
Phosphorus, P	mg										
Potassium, K	mg										
Sodium, Na	mg	4051		0	MC	9		608			
Zinc, Zn	mg										
Copper, Cu	mg										
Manganese, Mn	<u>mg</u>										
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.8		0	MC	9		0.1			
Thiamin	mg	0.077	7	0	MC	9		0.012			
Riboflavin	mg	0.150)	0	MC	9		0.023			
Niacin	mg	1.495	5	0	MC	9		0.224			
Pantothenic acid	mg										
Vitamin B-6	mg										
Folate, total	mcg	0		0	Z	7		0			
Folic acid	mcg	0		0	Z	7		0			
Folate, food	mcg	0		0	Z	7		0			
Folate, DFE	mcg_DFE	0		0	NC	4		0			
Vitamin B-12											
Vitamin A, IU	IU	6		0	MC	9		1			
Vitamin A, RAE	mcg_RAE										
Retinol											
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	2.083	3	0	MC	9		0.312			
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol		4		0	MC	9		1			
Phytosterols											

Common Measures:

Measure 1 = 15.0g: 1 serving

NDB No. 06295

Soup, LIPTON, CUP-A-SOUP CREAM OF MUSHROOM, Mix, Dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u>	mount in 10	00 grams	Amount in edible portion of common								
				Number						measures of food			
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3			
Proximates:													
Water		4.00		0	CAZN	4		0.84					
Energy	kcal	358		0	MC	9		75					
Energy	kj	1498				9		315					
Protein	g	21.20		0	MC	9		4.45					
Total lipid (fat)	g	5.40		0	MC	9		1.13					
Ash	g	10.79		0	CAZN	4		2.27					
Carbohydrate, by difference		58.61		0	MC	9		12.31					
Fiber, total dietary		14.9		0	MC	9		3.1					
Sugars, total		4.18		0	MC	9		0.88					
Starch				-		-							
Starch	9												
Minerals:													
Calcium, Ca	mg	3		0	MC	9		1					
Iron, Fe	mg	3.03		0	MC	9		0.64					
Magnesium, Mg	mg												
Phosphorus, P	mg												
Potassium, K	mg												
Sodium, Na	mg	2476		0	MC	9		520					
Zinc, Zn	<u>mg</u>												
Copper, Cu	mg												
Manganese, Mn	<u>mg</u>												
Selenium, Se	mcg												
Vitamins:													
	ma	0.0		•	.	•		0 0					
Vitamin C, total ascorbic acid	-	0.2 0.047	,	0	MC MC	9 9		0.0 0.010					
Thiamin	-			-									
Riboflavin	-	0.103 1.005		0	MC MC	9 9		0.022 0.211					
Niacin	-	1.005)	U	МС	9		0.211					
Pantothenic acid	-												
Vitamin B-6		0		0	z	7		0					
Foliate, total		0		0	Z	7		0					
Folic acid		0			Z	7		0					
Folate, food		0		0	NC	4		0					
Folate, DFE		U		U	NC	4		U					
Vitamin B-12		•		•	_	_		•					
Vitamin A, IU	IU	0		0	Z	7		0					
Vitamin A, RAE													
Retinol													
Vitamin E (alpha-tocopherol)													
Tocopherol, beta													
Tocopherol, gamma													
Tocopherol, delta													
Vitamin D Vitamin K (phylloquinone)													
v namni K (pnynoquinone)	nicg												
<u>Lipids:</u>													
Fatty acids, total saturated	g	0.862	2	0	MC	9		0.181					
Fatty acids, total monounsaturated													
Fatty acids, total polyunsaturated													
Fatty acids, total trans													
Cholesterol		0		0	z	7		0					
Phytosterols													

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Common Measures:

Measure 1 = 21g: 1 serving

NDB No. 06294

Soup, LIPTON, CUP-A-SOUP GREEN PEA, Mix, Dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u>	mount in 10	00 grams	Amount in	edible portion	of common				
				Number				measures of food			
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		4.00		0	CAZN	4		0.64			
Energy	kcal	384		0	MC	9		61			
Energy	kj	1607				9		257			
Protein	g	16.07		0	MC	9		2.57			
Total lipid (fat)	g	7.29		0	MC	9		1.17			
Ash	g	9.11		0	CAZN	4		1.46			
Carbohydrate, by difference		63.53		0	MC	9		10.16			
Fiber, total dietary		1.9		0	MC	9		0.3			
Sugars, total		1.20		0	MC	9		0.19			
Starch											
<u>Minerals:</u>											
Calcium, Ca		37		0	MC	9		6			
Iron, Fe		3.07		0	MC	9		0.49			
Magnesium, Mg											
Phosphorus, P											
Potassium, K											
Sodium, Na		3696		0	MC	9		591			
Zinc, Zn	•										
Copper, Cu	-										
Manganese, Mn	-										
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.8		0	MC	9		0.1			
Thiamin	mg	0.771	L	0	MC	9		0.123			
Riboflavin	mg	0.395	5	0	MC	9		0.063			
Niacin	mg	7.878	3	0	MC	9		1.260			
Pantothenic acid	mg										
Vitamin B-6	mg										
Folate, total	mcg	106		0	MC	9		17			
Folic acid											
Folate, food											
Folate, DFE	mcg_DFE										
Vitamin B-12	mcg										
Vitamin A, IU		257		0	MC	9		41			
Vitamin A, RAE	mcg_RAE										
Retinol	mcg										
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:			_					_			
Fatty acids, total saturated		2.667	7	0	MC	9		0.427			
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol		89		0	MC	9		14			
Phytosterols	mg										

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Common Measures:

Measure 1 = 16g: 1 envelope

NDB No. 06288

Soup, LIPTON, CUP-A-SOUP HEARTY CHICKEN NOODLE, Mix, Dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

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

		Amount in 100 grams of edible portion							Amount in edible portion of common			
				Number	•			measures of food				
Nutrients and Unit	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Proximates:												
Water	g	4.00		0	CAZN	4		0.84				
Energy	kcal	429		0	MC	9		90				
Energy	kj	1795				9		377				
Protein	g	5.02		0	MC	9		1.05				
Total lipid (fat)	g	17.86		0	MC	9		3.75				
Ash	g	8.25		0	CAZN	4		1.73				
Carbohydrate, by difference		64.87		0	MC	9		13.62				
Fiber, total dietary		3.1		0	MC	9		0.7				
Sugars, total		9.68		0	MC	9		2.03				
Starch		2.50		•		-						
Sui Cii	g											
Minerals:												
Calcium, Ca	mg	109		0	MC	9		23				
Iron, Fe	mg	0.89		0	MC	9		0.19				
Magnesium, Mg	mg											
Phosphorus, P	mg											
Potassium, K	mg											
Sodium, Na	mg	3023		0	MC	9		635				
Zinc, Zn	<u>mg</u>											
Copper, Cu	mg											
Manganese, Mn	mg											
Selenium, Se	mcg											
Vitamins:												
Vitamin C, total ascorbic acid	mg	0.6		0	MC	9		0.1				
Thiamin	mg	0.272	?	0	MC	9		0.057				
Riboflavin	mg	0.253	3	0	MC	9		0.053				
Niacin	mg	2.834	<u>L</u>	0	MC	9		0.595				
Pantothenic acid	mg											
Vitamin B-6												
Folate, total		0		0	MC	9		0				
Folic acid		0		0	Z	7		0				
Folate, food		0		0	MC	9		0				
Folate, DFE		0		0	NC	4		0				
Vitamin B-12												
Vitamin A, IU		118		0	MC	9		25				
Vitamin A, RAE	mcq RAE											
Retinol												
Vitamin E (alpha-tocopherol)												
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D												
Vitamin K (phylloquinone)												
Lipids:												
Fatty acids, total saturated	g	6.623	3	0	MC	9		1.391				
Fatty acids, total monounsaturated												
Fatty acids, total polyunsaturated												
Fatty acids, total polyulisaturated												
Cholesterol		3		0	MC	9		1				
Phytosterols		=		-		-		•				

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Common Measures:

Measure 1 = 21g: 1 serving

Soup, LIPTON, CUP-A-SOUP HEARTY CHICKEN SUPREME, Mix, Dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in	edible portion	of common
				Number	•				easures of food	
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		4.00		0	CAZN	4		0.56		
Energy	kcal	381		0	MC	9		53		
Energy	kj	1594				9		223		
Protein	g	11.09		0	MC	9		1.55		
Total lipid (fat)	g	7.92		0	MC	9		1.11		
Ash	g	10.31		0	CAZN	4		1.44		
Carbohydrate, by difference		66.68		0	MC	9		9.34		
Fiber, total dietary		1.5		0	MC	9		0.2		
Sugars, total		1.27		0	MC	9		0.18		
Starch										
<u>Minerals:</u>										
Calcium, Ca		30		0	MC	9		4		
Iron, Fe		3.13		0	MC	9		0.44		
Magnesium, Mg										
Phosphorus, P										
Potassium, K	-									
Sodium, Na		3976		0	MC	9		557		
Zinc, Zn	•									
Copper, Cu	-									
Manganese, Mn	-									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		0	MC	9		0.2		
Thiamin	mg	0.774	l	0	MC	9		0.108		
Riboflavin	mg	0.351	L	0	MC	9		0.049		
Niacin	<u>mg</u>	5.760)	0	MC	9		0.806		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	120		0	MC	9		17		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU		13290		0	MC	9		1861		
Vitamin A, RAE	mcg_RAE									
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:				_		_		<u>.</u>		
Fatty acids, total saturated		2.722	2	0	MC	9		0.381		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		83		0	MC	9		12		
Phytosterols	mq									

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Common Measures:

Measure 1 = 14.0g: 1 serving

Soup, LIPTON, CUP-A-SOUP RING NOODLE, Mix, Dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		4.00		0	CAZN	4		0.52		
Energy	kcal	361		0	MC	9		47		
Energy	kj	1510				9		196		
Protein	g	13.26		0	MC	9		1.72		
Total lipid (fat)	g	7.58		0	MC	9		0.99		
Ash	g	11.84		0	CAZN	4		1.54		
Carbohydrate, by difference		63.32		0	MC	9		8.23		
Fiber, total dietary		5.0		0	MC	9		0.7		
Sugars, total		9.40		0	MC	9		1.22		
Starch										
<u>Minerals:</u>										
Calcium, Ca	mg	29		0	MC	9		4		
Iron, Fe		2.98		0	MC	9		0.39		
Magnesium, Mg										
Phosphorus, P										
Potassium, K	-					_				
Sodium, Na	-	3820		0	MC	9		497		
Zinc, Zn	•									
Copper, Cu	-									
Manganese, Mn	•									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.8		0	MC	9		0.6		
Thiamin	mg	0.633	3	0	MC	9		0.082		
Riboflavin	mg	0.313	3	0	MC	9		0.041		
Niacin	mg	4.767	7	0	MC	9		0.620		
Pantothenic acid										
Vitamin B-6										
Folate, total		104		0	MC	9		14		
Folic acid										
Folate, food										
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU	IU	13580		0	MC	9		1765		
Vitamin A, RAE	mcg_RAE									
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>ipids:</u>										
Fatty acids, total saturated		1.632	2	0	MC	9		0.212		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		60		0	MC	9		8		
Phytosterols	ma									

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Common Measures:

Measure 1 = 13.0g: 1 envelope

Soup, LIPTON, CUP-A-SOUP SPRING VEGETABLE, Mix, Dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10			le portic	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		1.04		
Energy	kcal	366		0	MC	9		95		
Energy	kj	1531				9		398		
Protein	g	8.84		0	MC	9		2.30		
Total lipid (fat)	g	3.45		0	MC	9		0.90		
Ash		6.92		0	CAZN	4		1.80		
Carbohydrate, by difference		76.79		0	MC	9		19.97		
Fiber, total dietary		2.2		0	MC	9		0.6		
Sugars, total		53.74		0	MC	9		13.97		
		33.74		U	PIC	J		13.31		
Starch	9									
Minerals:										
Calcium, Ca	mg	350		0	MC	9		91		
Iron, Fe.		1.25		0	MC	9		0.33		
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na		1948		0	MC	9		506		
Zinc, Zn						-				
Copper, Cu	•									
Manganese, Mn	_									
Selenium, Se	-									
Scientum, Sc	nog									
Vitamins:										
Vitamin C, total ascorbic acid	mg	14.9		0	MC	9		3.9		
Thiamin	mg	0.640)	0	MC	9		0.166		
Riboflavin	mg	1.307	,	0	MC	9		0.340		
Niacin	mg	3.688	3	0	MC	9		0.959		
Pantothenic acid	_									
Vitamin B-6	-									
Folate, total		22		0	MC	9		6		
Folic acid		0		0	z	7		0		
Folate, food		22		0	MC	9		6		
Folate, DFE	mca DFF	22		0	NC	4		6		
Vitamin B-12				•	2.0	-		·		
Vitamin A, IU		779		0	MC	9		203		
Vitamin A, RAE		,,,		· ·	мс			203		
Retinol										
Vitamin E (alpha-tocopherol)										
• • •										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta	 ma									
Vitamin D Vitamin K (phylloquinone)										
Lipids:										
	a	1 600		0	мс	9		0 404		
Fatty acids, total saturated		1.629	•	U	MC	9		0.424		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		_		_		_		_		
Cholesterol		9		0	MC	9		2		
Phytosterols	mg									

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Common Measures:

Measure 1 = 26g: 1 envelope

Soup, LIPTON, CUP-A-SOUP TOMATO, Mix, Dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u> 1	mount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in	edible portion	of common
				Number	•				easures of food	
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure :
Proximates:										
Water		4.00		0	CAZN	4		0.24		
Energy	kcal	307		0	MC	9		18		
Energy	kj	1284				9		77		
Protein	g	20.10		0	MC	9		1.21		
Total lipid (fat)	g	2.28		0	MC	9		0.14		
Ash	g	19.60		0	CAZN	4		1.18		
Carbohydrate, by difference		54.02		0	MC	9		3.24		
Fiber, total dietary		0.1		0	MC	9		0.0		
Sugars, total		3.77		0	MC	9		0.23		
Starch										
Minerals:										
Calcium, Ca		32		0	MC	9		2		
Iron, Fe		1.52		0	MC	9		0.09		
Magnesium, Mg										
Phosphorus, P	_									
Potassium, K										
Sodium, Na		7359		0	MC	9		442		
Zinc, Zn	_									
Copper, Cu	_									
Manganese, Mn	_									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	MC	9		0.0		
Thiamin	_	0.008	3	0	MC	9		0.000		
Riboflavin	mg	0.054	Į.	0	MC	9		0.003		
Niacin	mg	2.794	Į	0	MC	9		0.168		
Pantothenic acid										
Vitamin B-6										
Folate, total		0		0	Z	7		0		
Folic acid		0		0	z	7		0		
Folate, food		0		0	z	7		0		
Folate, DFE		0		0	NC	4		0		
Vitamin B-12										
Vitamin A, IU	IU -	11		0	MC	9		1		
Vitamin A, RAE	mcg_RAE									
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated		0.427	,	0	MC	9		0.026		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol		1		0	MC	9		0		
Phytosterols	ma									

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Common Measures:

Measure 1 = 6.0g: 1 serving

Soup, LIPTON, FAT FREE CUP-A-SOUP CHICKEN BROTH, Mix, Dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		4.00		0	CAZN	4		0.52		
Energy	kcal	340		0	MC	9		44		
Energy	kj	1423				9		185		
Protein	g	16.30		0	MC	9		2.12		
Total lipid (fat)	g	2.60		0	MC	9		0.34		
Ash	g	13.10		0	CAZN	4		1.70		
Carbohydrate, by difference		64.00		0	MC	9		8.32		
Fiber, total dietary		1.2		0	MC	9		0.2		
Sugars, total		1.40		0	MC	9		0.18		
Starch										
<u>Minerals:</u>										
Calcium, Ca		22		0	MC	9		3		
Iron, Fe		2.93		0	MC	9		0.38		
Magnesium, Mg										
Phosphorus, P										
Potassium, K				_		_				
Sodium, Na		3457		0	MC	9		449		
Zinc, Zn	-									
Copper, Cu	-									
Manganese, Mn	•									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0	MC	9		0.1		
Thiamin	mg	0.608	3	0	MC	9		0.079		
Riboflavin	mg	0.247	7	0	MC	9		0.032		
Niacin	mg	5.288	3	0	MC	9		0.687		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	108		0	MC	9		14		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU		8317		0	MC	9		1081		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated		0.363	3	0	MC	9		0.047		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mq									

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Common Measures:

Measure 1 = 13.0g: 1 serving

Soup, LIPTON, FAT FREE CUP-A-SOUP CHICKEN/PASTA, Mix, Dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

Refuse: 0%

		<u>A</u>	mount in 100	grams	of edib	le portic	<u>on</u>	Amount in	edible portion	of common
			N	Number				<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		1.20		
Energy	kcal	353		0	MC	9		106		
Energy		1477				9		443		
Protein		15.57		0	MC	9		4.67		
Total lipid (fat)	_	4.29		0	MC	9		1.29		
Ash		11.43		0	CAZN	4		3.43		
Carbohydrate, by difference		64.71		0	MC	9		19.41		
Fiber, total dietary		8.6		0	MC	9		2.6		
Sugars, total		4.69		0	MC	9		1.41		
Starch		4.09		Ū	FIC	,		1.71		
Starcii	9									
Minerals:										
Calcium, Ca	mg	125		0	MC	9		38		
Iron, Fe	mg	3.65		0	MC	9		1.10		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	2329		0	MC	9		699		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.6		0	MC	9		1.7		
Thiamin	mg	0.683	3	0	MC	9		0.205		
Riboflavin	mg	0.461	L	0	MC	9		0.138		
Niacin	mg	5.264	1	0	MC	9		1.579		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	98		0	MC	9		29		
Folic acid	mcg									
Folate, food										
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU		1551		0	MC	9		465		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated		0.924	1	0	MC	9		0.277		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		19		0	MC	9		6		
Phytosterols	mg									

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Common Measures:

Measure 1 = 30g: 1 serving

Soup, LIPTON, KETTLE CREATIONS CHICKEN WITH PASTA & BEAN, Mix, Dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	00 grams	of edib	le portic	<u>on</u>		edible portion	
				Number	•			<u>m</u> e	easures of food	<u>l</u>
Nutrients and Unit	S	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		1.44		
Energy	kcal	354		0	MC	9		127		
Energy	kj	1481				9		533		
Protein	g	20.71		0	MC	9		7.46		
Total lipid (fat)	g	3.29		0	MC	9		1.18		
Ash	g	9.51		0	CAZN	4		3.42		
Carbohydrate, by difference		62.49		0	MC	9		22.50		
Fiber, total dietary		14.6		0	MC	9		5.3		
Sugars, total		3.25		0	MC	9		1.17		
Starch		3.23		·		•				
Starch	9									
Minerals:										
Calcium, Ca	mg	22		0	MC	9		8		
Iron, Fe	_. mg	5.05		0	MC	9		1.82		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	2092		0	MC	9		753		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.2		0	MC	9		1.2		
Thiamin	mg	0.094	l	0	MC	9		0.034		
Riboflavin	mg	0.056	5	0	MC	9		0.020		
Niacin	mg	0.551	L	0	MC	9		0.198		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total		80		0	MC	9		29		
Folic acid										
Folate, food										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		1297		0	MC	9		467		
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	q	0.384	ı	0	MC	9		0.138		
Fatty acids, total monounsaturated				-		-				
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	z	7		0		
Phytosterols	-	-		-	_	•		-		

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Common Measures:

Measure 1 = 36g: 1 serving

Soup, LIPTON, KETTLE CREATIONS HOMESTYLE LENTIL, Mix, Dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure :
Proximates:										
Water		4.00		0	CAZN	4		1.40		
Energy	kcal	358		0	MC	9		125		
Energy	kj	1498				9		524		
Protein	g	16.34		0	MC	9		5.72		
Total lipid (fat)	g	3.86		0	MC	9		1.35		
Ash	g	10.50		0	CAZN	4		3.68		
Carbohydrate, by difference	g	65.30		0	MC	9		22.86		
Fiber, total dietary	g	12.5		0	MC	9		4.4		
Sugars, total	g	5.16		0	MC	9		1.81		
Starch										
Minerals:				•	•	_		46		
Calcium, Ca		114		0	MC	9		40		
Iron, Fe		3.89		0	MC	9		1.36		
Magnesium, Mg										
Phosphorus, P										
Potassium, K		1001		0		9		600		
Sodium, Na		1981		U	MC	9		693		
Zinc, Zn	-									
Copper, Cu	_									
Manganese, Mn	•									
Selenium, Se	Thog									
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	5.0		0	MC	9		1.8		
Thiamin	mg	0.495	5	0	MC	9		0.173		
Riboflavin	mg	0.238	3	0	MC	9		0.083		
Niacin	mg	2.988	3	0	MC	9		1.046		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	132		0	MC	9		46		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		1185		0	MC	9		415		
Vitamin A, RAE	mcg_RAE									
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated		0.923	3	0	MC	9		0.323		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans	g									
Cholesterol	mg	0		0	FLA	4		0		
Phytosterols	ma									

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Common Measures:

Measure 1 = 35g: 1 serving

Soup, LIPTON, KETTLE CREATIONS PASTA & BEAN, Mix, Dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in	edible portion	of common
				Number	•				easures of food	
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		4.00		0	CAZN	4		0.44		
Energy	kcal	298		0	MC	9		33		
Energy	kj	1247				9		137		
Protein	g	7.76		0	MC	9		0.85		
Total lipid (fat)	g	3.43		0	MC	9		0.38		
Ash	g	24.59		0	CAZN	4		2.70		
Carbohydrate, by difference	g	60.22		0	MC	9		6.62		
Fiber, total dietary	g	1.0		0	MC	9		0.1		
Sugars, total	g	14.17		0	MC	9		1.56		
Starch										
Minerals:										
Calcium, Ca	ma	98		0	MC	9		11		
Iron, Fe		0.94		0	MC	9		0.10		
Magnesium, Mg	_	0.04		•		-		J.=V		
Phosphorus, P										
Potassium, K										
Sodium, Na		5865		0	MC	9		645		
Zinc, Zn	mg									
Copper, Cu	-									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.5		0	MC	9		0.2		
Thiamin	-	0.030)	0	MC	9		0.003		
Riboflavin		0.069		0	MC	9		0.008		
Niacin	_	0.685		0	MC	9		0.075		
Pantothenic acid										
Vitamin B-6										
Folate, total		0		0	z	7		0		
Folic acid		0		0	z	7		0		
Folate, food	mcg	0		0	Z	7		0		
Folate, DFE		0		0	NC	4		0		
Vitamin B-12										
Vitamin A, IU	IU	8		0	MC	9		1		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated		0.485	5	0	MC	9		0.053		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans								_		
Cholesterol	-	2		0	MC	9		0		
Phytosterols	mg									

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Common Measures:

Measure 1 = 11.0g: 1 serving

Soup, LIPTON, RECIPE SECRETS BEEFY MUSHROOM, Mix, Dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in	edible portion	of common
				Number	•				easures of food	
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		4.00		0	CAZN	4		0.32		
Energy	kcal	314		0	MC	9		25		
Energy	kj	1314				9		105		
Protein	g	6.47		0	MC	9		0.52		
Total lipid (fat)	g	7.93		0	MC	9		0.63		
Ash	g	23.07		0	CAZN	4		1.85		
Carbohydrate, by difference	g	58.53		0	MC	9		4.68		
Fiber, total dietary	g	4.4		0	MC	9		0.4		
Sugars, total	g	6.59		0	MC	9		0.53		
Starch										
Minerals:										
Calcium, Ca	ma	140		0	MC	9		11		
Iron, Fe		1.50		0	MC	9		0.12		
Magnesium, Mg		1.50		Ū	ис	,		0.12		
Phosphorus, P	_									
Potassium, K	_									
Sodium, Na		7582		0	MC	9		607		
Zinc, Zn	_									
Copper, Cu	_									
Manganese, Mn	-									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	8.2		0	MC	9		0.7		
Thiamin	-	0.186	;	0	MC	9		0.015		
Riboflavin		0.233		0	MC	9		0.019		
Niacin	_	1.508		0	MC	9		0.121		
Pantothenic acid										
Vitamin B-6										
Folate, total		0		0	z	7		0		
Folic acid		0		0	Z	7		0		
Folate, food		0		0	z	7		0		
Folate, DFE		0		0	NC	4		0		
Vitamin B-12										
Vitamin A, IU	IU	0		0	Z	7		0		
Vitamin A, RAE	mcg_RAE									
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated		1.801		0	MC	9		0.144		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0		0	Z	7		0		
Phytosterols	mg									

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Common Measures:

Measure 1 = 8.0g: 1 serving

Soup, LIPTON, RECIPE SECRETS BEEFY ONION, Mix, Dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in	edible portion	of common
				Number	,				easures of food	
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		4.00		0	CAZN	4		0.36		
Energy	kcal	322		0	MC	9		29		
Energy	kj	1347				9		121		
Protein	g	10.66		0	MC	9		0.96		
Total lipid (fat)	g	3.77		0	MC	9		0.34		
Ash	g	17.13		0	CAZN	4		1.54		
Carbohydrate, by difference	g	64.44		0	MC	9		5.80		
Fiber, total dietary	g	4.6		0	MC	9		0.4		
Sugars, total	g	7.46		0	MC	9		0.67		
Starch										
Minerals:										
Calcium, Ca	ma	106		0	MC	9		10		
Iron, Fe		3.62		0	MC	9		0.33		
Magnesium, Mg										
Phosphorus, P										
Potassium, K	mg									
Sodium, Na	mg	6210		0	MC	9		559		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	16.8		0	MC	9		1.5		
Thiamin	mg	0.397	,	0	MC	9		0.036		
Riboflavin	mg	0.463	1	0	MC	9		0.042		
Niacin	<u>mg</u>	3.259)	0	MC	9		0.293		
Pantothenic acid										
Vitamin B-6										
Folate, total		23		0	MC	9		2		
Folic acid		0		0	Z	7		0		
Folate, food		23		0	MC	9		2		
Folate, DFE		23		0	NC	4		2		
Vitamin B-12						_				
Vitamin A, IU	IU	1659		0	MC	9		149		
Vitamin A, RAE										
Retinol	-									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	0.637	•	0	MC	9		0.057		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		15		0	MC	9		1		
Phytosterols	ma									

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Common Measures:

Measure 1 = 9.0g: 1 serving

Soup, LIPTON, RECIPE SECRETS FIESTA HERB WITH RED, Mix, Dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

Refuse: 0%

		<u>A</u> 1	mount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in	edible portion	of common
				Number	,				easures of food	
Nutrients and Units	s	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		4.00		0	CAZN	4		0.40		
Energy	kcal	322		0	MC	9		32		
Energy	kj	1347				9		135		
Protein	g	8.42		0	MC	9		0.84		
Total lipid (fat)	g	7.86		0	MC	9		0.79		
Ash	g	22.26		0	CAZN	4		2.23		
Carbohydrate, by difference		57.45		0	MC	9		5.75		
Fiber, total dietary		3.2		0	MC	9		0.3		
Sugars, total		0.58		0	MC	9		0.06		
9		0.36		U	PIC	9		0.00		
Starch	9									
Minerals:										
Calcium, Ca	mg	101		0	MC	9		10		
Iron, Fe		1.24		0	MC	9		0.12		
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na		6257		0	MC	9		626		
Zinc, Zn								020		
Copper, Cu	-									
Manganese, Mn	-									
Selenium, Se	•									
Scientifi, Sci	9									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	5.2		0	MC	9		0.5		
Thiamin	_. mg	2.053	;	0	MC	9		0.205		
Riboflavin	mg	0.214		0	MC	9		0.021		
Niacin	<u>.</u> mg	3.029	1	0	MC	9		0.303		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	0		0	Z	7		0		
Folic acid		0		0	Z	7		0		
Folate, food	mcg	0		0	Z	7		0		
Folate, DFE		0		0	NC	4		0		
Vitamin B-12										
Vitamin A, IU		0		0	z	7		0		
Vitamin A, RAE	mca RAE									
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.069)	0	MC	9		0.107		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol		0		0	Z	7		0		
Phytosterols	mg									

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Common Measures:

Measure 1 = 10.0g: 1 serving

NDB No. 06302 Soup, LIPTON, RECIPE SECRETS ONION MUSHROOM, Mix, Dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u> 1	mount in 10			le portic	<u>on</u>	Amount in edible portion of common			
				Number	·			measures of food			
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	4.00		0	CAZN	4		0.28			
Energy	kcal	263		0	MC	9		18			
Energy	kj	1100				9		77			
Protein	g	6.58		0	MC	9		0.46			
Total lipid (fat)	g	1.90		0	MC	9		0.13			
Ash	g	25.97		0	CAZN	4		1.82			
Carbohydrate, by difference		61.55		0	MC	9		4.31			
Fiber, total dietary		5.9		0	MC	9		0.4			
Sugars, total		4.61		0	MC	9		0.32			
Starch				•		-					
Suron	<i>3</i>										
Minerals:											
Calcium, Ca	mg	207		0	MC	9		14			
Iron, Fe	mg	1.74		0	MC	9		0.12			
Magnesium, Mg	mg										
Phosphorus, P	mg										
Potassium, K	mg										
Sodium, Na	mg	8711		0	MC	9		610			
Zinc, Zn	mg										
Copper, Cu	mg										
Manganese, Mn	mg										
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	11.6		0	MC	9		0.8			
Thiamin	-	0.200)	0	MC	9		0.014			
Riboflavin	_	0.300		0	MC	9		0.021			
Niacin	• • • • • • • • • • • • • • • • • • • •	0.550		0	MC	9		0.039			
Pantothenic acid	_										
Vitamin B-6											
Folate, total		0		0	z	7		0			
Folic acid		0		0	z	7		0			
Folate, food		0		0	z	7		0			
Folate, DFE		0		0	NC	4		0			
Vitamin B-12		ŭ		v	110	•		v			
Vitamin A, IU	• • • • • • • • • • • • • • • • • • • •	0		0	z	7		0			
Vitamin A, RAE	mca RAF	ŭ		·	-	•		v			
Retinol											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	_										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	q	0.340)	0	MC	9		0.024			
Fatty acids, total monounsaturated				-		-					
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol		0		0	z	7		0			
Phytosterols		•		•	_	•		-			

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Common Measures:

Measure 1 = 7.0g: 1 serving

Soup, LIPTON, RECIPE SECRETS ONION, Mix, Dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	00 grams	Amount in edible portion of common						
				Number	•			measures of food			
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure :	
Proximates:											
Water		4.00		0	CAZN	4		0.36			
Energy	kcal	343		0	MC	9		31			
Energy	kj	1435				9		129			
Protein	g	10.54		0	MC	9		0.95			
Total lipid (fat)	g	4.42		0	MC	9		0.40			
Ash	g	13.95		0	CAZN	4		1.26			
Carbohydrate, by difference	g	67.09		0	MC	9		6.04			
Fiber, total dietary	g	3.2		0	MC	9		0.3			
Sugars, total	g	6.12		0	MC	9		0.55			
Starch											
Minerals:											
Villierais: Calcium, Ca	ma	77		0	MC	9		7			
Iron, Fe		1.98		0	MC	9		0.18			
Magnesium, Mg		1.50		·	110	,		0.10			
Phosphorus, P											
Potassium, K											
Sodium, Na		5299		0	MC	9		477			
Zinc, Zn											
Copper, Cu	-										
Manganese, Mn	-										
Selenium, Se	-										
Vitaming											
Vitamins: Vitamin C, total ascorbic acid	ma	18.4		0	MC	9		1.7			
Thiamin	-	0.300	,	0	MC	9		0.027			
Riboflavin	-	0.350		0	MC	9		0.032			
Niacin	-	3.360		0	MC	9		0.302			
Pantothenic acid.		3.300	•	·	110	,		0.302			
Vitamin B-6											
Folate, total		0		0	z	7		0			
Folic acid		0		0	z	7		0			
Folate, food		0		0	z	7		0			
Folate, DFE		0		0	NC	4		0			
Vitamin B-12											
Vitamin A, IU		493		0	MC	9		44			
Vitamin A, RAE	mcg_RAE										
Retinol											
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
<u>Lipids:</u>											
Fatty acids, total saturated		1.060)	0	MC	9		0.095			
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol	-	16		0	MC	9		1			
Phytosterols	ma										

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Common Measures:

Measure 1 = 9.0g: 1 serving

NDB No. 06305 Soup, LIPTON, RECIPE SECRETS SAVORY HERB WITH GARLIC, Mix, Dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

Refuse: 0%

		<u>A</u>	mount in 10	00 grams	of edib	le portic	<u>on</u>	Amount in edible portion of common			
				Number	ř			measures of food			
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	4.00		0	CAZN	4		0.40			
Energy	kcal	276		0	MC	9		28			
Energy	kj	1155				9		115			
Protein	g	8.11		0	MC	9		0.81			
Total lipid (fat)	g	2.32		0	MC	9		0.23			
Ash	g	20.86		0	CAZN	4		2.09			
Carbohydrate, by difference		64.71		0	MC	9		6.47			
Fiber, total dietary		10.2		0	MC	9		1.0			
Sugars, total		19.92		0	MC	9		1.99			
Starch				-		-					
S. W. Cit.											
Minerals:											
Calcium, Ca	mg	196		0	MC	9		20			
Iron, Fe	mg	3.24		0	MC	9		0.32			
Magnesium, Mg	mg										
Phosphorus, P	mg										
Potassium, K	mg										
Sodium, Na	mg	6028		0	MC	9		603			
Zinc, Zn	<u>.</u> mg										
Copper, Cu	mg										
Manganese, Mn	<u>.</u> mg										
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	83.6		0	MC	9		8.4			
Thiamin	mg	0.163	3	0	MC	9		0.016			
Riboflavin	mg	0.189)	0	MC	9		0.019			
Niacin	mg	1.332	2	0	MC	9		0.133			
Pantothenic acid	mg										
Vitamin B-6	-										
Folate, total		0		0	Z	7		0			
Folic acid		0		0	Z	7		0			
Folate, food		0		0	Z	7		0			
Folate, DFE		0		0	NC	4		0			
Vitamin B-12											
Vitamin A, IU		202		0	MC	9		20			
Vitamin A, RAE											
Retinol											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	g	0.395	i	0	MC	9		0.040			
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol		0		0	Z	7		0			
Phytosterols											

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Common Measures:

Measure 1 = 10.0g: 1 serving

NDB No. 06301 Soup, LIPTON, RECIPE SECRETS VEGETABLE, Mix, Dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u> 1	mount in 10	00 grams	Amount in edible portion of common					
				Number					easures of food	
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		4.00		0	CAZN	4		0.80		
Energy	kcal	385		0	MC	9		77		
Energy	kj	1611				9		322		
Protein	g	17.31		0	MC	9		3.46		
Total lipid (fat)	g	9.91		0	MC	9		1.98		
Ash		12.26		0	CAZN	4		2.45		
Carbohydrate, by difference		56.52		0	MC	9		11.30		
Fiber, total dietary		2.0		0	MC	9		0.4		
Sugars, total		7.99		0	MC	9		1.60		
~ ,		,.,,		Ū	FIC	,		1.00		
Starch	9									
Minerals:										
Calcium, Ca	mg	48		0	MC	9		10		
Iron, Fe		3.41		0	MC	9		0.68		
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na		3452		0	MC	9		690		
Zinc, Zn										
Copper, Cu	-									
Manganese, Mn	_									
Selenium, Se	•									
·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.3		0	MC	9		0.1		
Thiamin	-	1.192		0	MC	9		0.238		
Riboflavin	mg	0.423		0	MC	9		0.085		
Niacin		8.108	3	0	MC	9		1.622		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	0		0	MC	9		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food		0		0	MC	9		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12										
Vitamin A, IU	IU	115		0	MC	9		23		
Vitamin A, RAE	mcg_RAE									
Retinol										
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.936	5	0	MC	9		0.587		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		75		0	MC	9		15		
Phytosterols	-									

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Common Measures:

Measure 1 = 20g: 1 serving

NDB No. 06281 Soup, LIPTON, SOUP SECRETS CHICKEN NOODLE, Mix, Dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	00 grams	Amount in edible portion of common						
				Number	•			measures of food			
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		4.26		0	MC	9		0.98			
Energy	kcal	374		0	MC	9		86			
Energy	kj	1565				9		360			
Protein	g	14.06		0	MC	9		3.23			
Total lipid (fat)	g	6.77		0	MC	9		1.56			
Ash	g	9.79		0	CAZN	4		2.25			
Carbohydrate, by difference	g	65.10		0	MC	9		14.97			
Fiber, total dietary	g	2.5		0	MC	9		0.6			
Sugars, total	g	6.52		0	MC	9		1.50			
Starch											
Minerals:											
Calcium, Ca	ma	15		0	MC	9		3			
Iron, Fe		3.72		0	MC	9		0.86			
Magnesium, Mg		3.72		•		•		0.00			
Phosphorus, P											
Potassium, K											
Sodium, Na	_	2961		0	MC	9		681			
Zinc, Zn	_										
Copper, Cu	mg										
Manganese, Mn	mg										
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.2		0	MC	9		0.0			
Thiamin	-	1.486	5	0	MC	9		0.342			
Riboflavin		0.603	3	0	MC	9		0.139			
Niacin	mg	7.666	5	0	MC	9		1.763			
Pantothenic acid	mg										
Vitamin B-6	mg										
Folate, total	mcg	147		0	MC	9		34			
Folic acid	mcg										
Folate, food											
Folate, DFE											
Vitamin B-12											
Vitamin A, IU	IU	73		0	MC	9		17			
Vitamin A, RAE											
Retinol											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma	IIIg										
Tocopherol, deltaVitamin D											
Vitamin D Vitamin K (phylloquinone)											
4 7 1 /	·········· - J										
Lipids:	a	2.479	1	0	MC	9		0.570			
Fatty acids, total saturated Fatty acids, total monounsaturated		2.4/3	•	U	AC	J		0.570			
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol		101		0	MC	9		23			
Phytosterols		-		-	-	-					

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Common Measures:

Measure 1 = 23g: 1 serving

Soup, LIPTON, SOUP SECRETS EXTRA NOODLE, Mix, Dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	00 grams	Amount in edible portion of common					
				Number					easures of food	
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		3.89		0	MC	9		0.74		
Energy	kcal	387		0	MC	9		74		
Energy	kj	1619				9		308		
Protein	g	13.28		0	MC	9		2.52		
Total lipid (fat)	g	11.19		0	MC	9		2.13		
Ash	g	11.30		0	CAZN	4		2.15		
Carbohydrate, by difference	g	60.34		0	MC	9		11.46		
Fiber, total dietary	g	2.2		0	MC	9		0.4		
Sugars, total	g	6.87		0	MC	9		1.31		
Starch										
Minorale.										
<u>Minerals:</u> Calcium, Ca	ma	19		0	MC	9		4		
Iron, Fe		3.44		0	MC	9		0.65		
Magnesium, Mg		3.44		U	мс	9		0.65		
Phosphorus, P										
Potassium, K										
Sodium, Na		3874		0	MC	9		736		
Zinc, Zn		55.1		•		•		750		
Copper, Cu	_									
Manganese, Mn	_									
Selenium, Se	_									
17:4										
Vitamins:	ma	0.3		0		9		0.1		
Vitamin C, total ascorbic acid Thiamin	_	1.361		0	MC MC	9		0.1		
Riboflavin	_	0.515		0	MC	9		0.098		
Niacin	_	6.799		0	MC	9		1.292		
Pantothenic acid		0.793	•	U	мс	9		1.292		
Vitamin B-6										
Folate, total		133		0	MC	9		25		
Folic acid		133		·	110			23		
Folate, food										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		99		0	MC	9		19		
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:			_							
Fatty acids, total saturated		3.624	1	0	MC	9		0.689		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		94		0	MC	9		18		
Phytosterols	ma									

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Common Measures:

Measure 1 = 19g: 1 serving

NDB No. 06283

Soup, LIPTON, SOUP SECRETS GIGGLE NOODLE, Mix, Dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

NDB No. 06284 Soup, LIPTON, SOUP SECRETS NOODLE WITH REAL CHICKEN BROTH, Mix, Dry

Refuse: 0%

		<u>A</u>	mount in 10			le portic	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>.</u>
Nutrients and Units	s	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.62		0	MC	9		0.58		
Energy	kcal	388		0	MC	9		62		
Energy	kj	1623				9		260		
Protein	g	12.83		0	MC	9		2.05		
Total lipid (fat)		12.04		0	MC	9		1.93		
Ash		14.14		0	CAZN	4		2.26		
Carbohydrate, by difference		57.37		0	MC	9		9.18		
Fiber, total dietary		2.1		0	MC	9		0.3		
		7.52		0	MC	9		1.20		
Sugars, total		7.52		U	MC	9		1.20		
Starch	9									
Minerals:										
Calcium, Ca	ma	21		0	MC	9		3		
Iron, Fe	-	3.29		0	MC	9		0.53		
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na		4524		0	MC	9		724		
Zine, Zn				_		_				
Copper, Cu	_									
Manganese, Mn	-									
Selenium, Se	•									
Scientin, Sc										
Vitamins:										
Vitamin C, total ascorbic acid	<u>mg</u>	0.4		0	MC	9		0.1		
Thiamin	_{mg}	1.337	7	0	MC	9		0.214		
Riboflavin	mg	0.498	3	0	MC	9		0.080		
Niacin	<u>mg</u>	6.537	7	0	MC	9		1.046		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	124		0	MC	9		20		
Folic acid										
Folate, food										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		114		0	MC	9		18		
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		3.878	3	0	MC	9		0.620		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	90		0	MC	9		14		
Phytosterols	mg									

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Common Measures:

Measure 1 = 16g: 1 serving

NDB No. 06284 Soup, LIPTON, SOUP SECRETS NOODLE WITH REAL CHICKEN BROTH, Mix, Dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		4.00		0	CAZN	4		0.68		
Energy	kcal	388		0	MC	9		66		
Energy	kj	1623				9		276		
Protein	g	12.96		0	MC	9		2.20		
Total lipid (fat)	g	11.65		0	MC	9		1.98		
Ash	g	13.11		0	CAZN	4		2.23		
Carbohydrate, by difference		58.28		0	MC	9		9.91		
Fiber, total dietary		2.1		0	MC	9		0.4		
Sugars, total		7.23		0	MC	9		1.23		
Starch										
Minerals:										
Calcium, Ca	-	20		0	MC	9		3		
Iron, Fe		3.32		0	MC	9		0.56		
Magnesium, Mg										
Phosphorus, P										
Potassium, K	_									
Sodium, Na		4259		0	MC	9		724		
Zinc, Zn	•									
Copper, Cu	-									
Manganese, Mn	-									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	MC	9		0.1		
Thiamin	mg	1.332	2	0	MC	9		0.226		
Riboflavin	mg	0.500)	0	MC	9		0.085		
Niacin	mg	6.594	l	0	MC	9		1.121		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	128		0	MC	9		22		
Folic acid	mcg									
Folate, food	mcg									
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		105		0	MC	9		18		
Vitamin A, RAE	mcg_RAE									
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:	_			_		_				
Fatty acids, total saturated		3.761	<u> </u>	0	MC	9		0.639		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans				_		_				
Cholesterol		92		0	MC	9		16		
Phytosterols	mg									

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Common Measures:

Measure 1 = 17g: 1 serving

NDB No. 06282 Soup, LIPTON, SOUP SECRETS RING-O-NOODLE

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		4.00		0	CAZN	4		0.72		
Energy	kcal	353		0	MC	9		64		
Energy	kj	1477				9		266		
Protein	g	12.22		0	MC	9		2.20		
Total lipid (fat)	g	4.88		0	MC	9		0.88		
Ash	g	15.27		0	CAZN	4		2.75		
Carbohydrate, by difference		63.63		0	MC	9		11.45		
Fiber, total dietary		2.3		0	MC	9		0.4		
Sugars, total		8.63		0	MC	9		1.55		
Starch										
<u>Minerals:</u>										
Calcium, Ca		30		0	MC	9		5		
Iron, Fe		2.38		0	MC	9		0.43		
Magnesium, Mg										
Phosphorus, P										
Potassium, K		0.554		•		•				
Sodium, Na		3651		0	MC	9		657		
Zinc, Zn	•									
Copper, Cu	-									
Manganese, Mn	-									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0	MC	9		0.1		
Thiamin	mg	1.289)	0	MC	9		0.232		
Riboflavin	mg	0.492	<u>!</u>	0	MC	9		0.089		
Niacin	mg	6.553	3	0	MC	9		1.180		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	136		0	MC	9		24		
Folic acid	mcg									
Folate, food										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		94		0	MC	9		17		
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u> Lipids:</u>				_		_				
Fatty acids, total saturated		1.600)	0	MC	9		0.288		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans				_		_		_		
Cholesterol		10		0	MC	9		2		
Phytosterols	ma									

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

Common Measures:

Measure 1 = 18g: 1 serving

NDB No. 06280

Soup, LIPTON, SOUP SECRETS SPIRAL PASTA SOUP, Mix, Dry

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
Nutrients and U	nits	Mean	Std. Error		Deriv	Source Code	Confidence Code		easures of food Measure 2	
Proximates:										
Water	-	5.90		1	A	1		3.78		
Energy	kcal	463		0	MC	9		296		
Energy	kj	1936				9		1239		
Protein	g	8.70		1	A	1		5.57		
Total lipid (fat)	g	22.00		1	A	1		14.08		
Ash		5.90		1	A	1		3.78		
Carbohydrate, by difference		57.50		0	MC	9		36.80		
Fiber, total dietary										
Sugars, total										
Starch	-									
Ainerals:										
Calcium, Ca	ma									
Iron, Fe	_	3.41		1	A	1		2.18		
Magnesium, Mg	_	3.41		-		-		2.10		
Phosphorus, P										
Potassium, K										
Sodium, Na		2240		1	A	1		1434		
Zinc, Zn	_	2240		-	-	-		1434		
Copper, Cu	_									
Manganese, Mn	-									
Selenium, Se										
•	Tilog									
<u> ipids:</u>										
Fatty acids, total saturated		9.770)	1	A	1		6.253		
Fatty acids, total monounsaturated	-									
Fatty acids, total polyunsaturated.										
Fatty acids, total trans	-									
Cholesterol	• • • • • • • • • • • • • • • • • • • •									
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mcg	330		1	A	1		211.200		
Carotene, alpha	mcg	90		1	A	1		57.600		
Cryptoxanthin, beta										
Lycopene										
Lutein + zeaxanthin	_									

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

Common Measures:

Measure 1 = 64g: 1 container, individual

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 100	grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
			_	of Data		Source	Confidence			
Nutrients and Units	;	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	4.70		1	A	1		1.97		
Energy	kcal	453		0	MC	9		190		
Energy	kj	1896				9		796		
Protein		9.30		1	A	1		3.91		
Total lipid (fat)		17.10		1	A	1		7.18		
Ash		3.40		1	A	1		1.43		
Carbohydrate, by difference		65.50		0	MC	9		27.51		
Fiber, total dietary										
Sugars, total										
Starch	9									
Ainerals:										
Calcium, Ca	mg									
Iron, Fe	mg	4.27		1	A	1		1.79		
Magnesium, Mg										
Phosphorus, P										
Potassium, K				_	_	_				
Sodium, Na		1160		1	A	1		487		
Zinc, Zn	-									
Copper, Cu										
Selenium, Se	-									
Selelliulii, Se	11109									
<u> </u>										
Fatty acids, total saturated	g	7.630	1	1	A	1		3.205		
4:0										
6:0										
8:0		0.009		1	A	1		0.004		
10:0		0.009		1	A	1		0.004		
12:0	-	0.075	•	1	A	1		0.032		
13:0	_	0.171		1	A	1		0.072		
14:0 15:0	_	0.010		1	A	1		0.072		
16:0	-	6.556		1	A	1		2.754		
17:0	-	0.010		1	A	1		0.004		
18:0	•	0.766		1	A	1		0.322		
20:0	_	0.058		1	A	1		0.024		
22:0	-	0.010		1	A	1		0.004		
24:0										
Fatty acids, total monounsaturated		6.450	1	1	A	1		2.709		
14:1		0.009)	1	A	1		0.004		
15:1										
16:1 undifferentiated		0.029		1	A	1		0.012		
17:1	-	0.010		1	A	1		0.004		
18:1 undifferentiated		6.383		1	A	1		2.681		
20:1		0.038	1	1	A	1		0.016		
22:1 undifferentiated										
24:1 c		1 004		-1	•	4		0.400		
Fatty acids, total polyunsaturated		1.024 0.976		1 1	A A	1 1		0.430		
18:2 undifferentiated		0.976		1	A A	1		0.410 0.016		
18:4	•	0.038	•	1	A	_		0.016		
20:2 n-6 c.c.										
20:3 undifferentiated	-	0.010	1	1	A	1		0.004		
20:4 undifferentiated		0.010		1	A	1		0.004		
20:5 n-3		2.320		=		=				
22:5 n-3										
22:6 n-3										
Fatty acids, total trans										
Cholesterol	ma									

NDB No. 06581

Soup, NISSIN, OODLES OF NOODLES TOP RAMEN Ramen Noodle, Oriental flavor, dry form

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code Measur

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 = 42g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

NDB No. 06747 Soup, PROGRESSO CHICKEN & WILD RICE WITH VEGETABLES

Refuse: 0%

	<u>A</u>	mount in 10	0 grams		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Waterg	90.50		1	A	1		486.89	216.30	
Energykcal	39		0	NC	4		210	93	
Energykj	163				4		878	390	
Proteing	2.50		1	A	1		13.45	5.98	
Total lipid (fat)g	0.90		1	A	1		4.84	2.15	
Ash9	1.00		1	A	1		5.38	2.39	
Carbohydrate, by differenceg	5.00		0	NC	4		26.90	11.95	
Fiber, total dietary									
Sugars, totalg									
Starchg									
Minerals:									
Calcium, Camg									
Iron, Femg									
Magnesium, Mgmg									
Phosphorus, Pmg									
Potassium, Kmg									
Sodium, Namg	328		1	A	1		1765	784	
Zinc, Znmg									
Copper, Cumg									
Manganese, Mnmg									
Selenium, Semcg									
Lipids:									
Fatty acids, total saturated	0.250)	1	A	1		1.345	0.598	
Fatty acids, total monounsaturated9	0.411		1	A	1		2.211	0.982	
Fatty acids, total polyunsaturatedg	0.211		1	A	1		1.135	0.504	
Fatty acids, total trans9									
Cholesterol mg	6		1	A	1		32	14	
Phytosterolsmg									
Carotenoids:									
Carotene, betamcg	330		1	A	1		1775.400	788.700	
Carotene, alpha mcg			=		_				
Cryptoxanthin, beta mcg									
Lycopene mcg									
Lutein + zeaxanthin mcg									

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

Common Measures:

Measure 1 = 538g: 1 package yields

Measure 2 = 239g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

NDB No. 06748 Soup, PROGRESSO HEALTHY CLASSICS BEEF BARLEY, 99% FAT FREE

Refuse: 0%

		<u>An</u>	nount in 10	00 grams Numbei		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.10		1	A	1		390.03	207.50	
Energy	kcal	57		0	NC	4		258	137	
Energy	kj	238				4		1078	574	
Protein	g	5.10		1	A	1		23.10	12.29	
Total lipid (fat)	g	0.68		1	A	1		3.08	1.64	
Ash	g	0.80		1	A	1		3.62	1.93	
Carbohydrate, by difference		7.10		0	NC	4		32.16	17.11	
Fiber, total dietary		1.5		1	A	1		6.8	3.6	
Sugars, total										
Starch	-									
Minerals:	-									
Calcium, Ca	ma									
Iron, Fe	-	0.65		1	A	1		2.94	1.57	
Magnesium, Mg		0.03		-		-		2.54	1.57	
Phosphorus, P										
Potassium, K										
Sodium, Na	-	219		1	A	1		992	528	
Zinc, Zn	-									
Copper, Cu	-									
Manganese, Mn										
Selenium, Se										
Lipids:										
Fatty acids, total saturated	g	0.290		1	A	1		1.314	0.699	
Fatty acids, total monounsaturated.	g	0.300		1	A	1		1.359	0.723	
Fatty acids, total polyunsaturated	g	0.090		1	A	1		0.408	0.217	
Fatty acids, total trans										
Cholesterol	mg	8		1	A	1		38	20	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mca	500		1	A	1		2265.000	1205.000	
Carotene, alpha				-		_				
Cryptoxanthin, beta										
Lycopene										
Lutein + zeaxanthin										
	٠									

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

Common Measures:

Measure 1 = 453g: 1 package yields

Measure 2 = 241g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u> :	mount in 10	00 grams	of edib	le portio	<u>on</u>		edible portion	
				Number	•			<u>m</u> :	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		85.00		0	FLM	4		204.85		
Energy		59		0	MC	9		142		
Energy	kj	247				9		595		
Protein	-	4.70		0	MA	12		11.33		
Total lipid (fat)		0.80		0	MA	12		1.93		
Ash		0.93		0	FLM	4		2.24		
Carbohydrate, by difference		8.30		0	MC	9		20.00		
Fiber, total dietary		1.3		0	MA	12		3.1		
Sugars, total	-									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0	MA	12		29		
Iron, Fe	_	0.77		0	MA	12		1.86		
Magnesium, Mg	_	13		0	FLM	4		31		
Phosphorus, P		49		0	FLM	4		118		
Potassium, K	mg	152		0	FLM	4		366		
Sodium, Na	mg	195		0	MA	12		470		
Zinc, Zn	mg	0.64		0	FLM	4		1.54		
Copper, Cu	mg	0.063	3	0	FLM	4		0.152		
Manganese, Mn		0.152	2	0	FLM	4		0.366		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.5		0	MA	12		3.6		
Thiamin	_	0.053	3	0	FLM	4		0.128		
Riboflavin		0.052		0	FLM	4		0.125		
Niacin		1.211	_	0	FLM	4		2.919		
Pantothenic acid		0.122	!	0	FLM	4		0.294		
Vitamin B-6	-	0.077	,	0	FLM	4		0.186		
Folate, total	mcg	10		0	FLM	4		24		
Folic acid		0		0	z	7		0		
Folate, food	mcg	10		0	FLM	4		24		
Folate, DFE		10		0	NC	4		24		
Vitamin B-12		0.15		0	FLM	4		0.36		
Vitamin A, IU		970		0	MA	12		2338		
Vitamin A, RAE	mcg_RAE									
Retinol	-									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	IIICY									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.310)	0	MA	12		0.747		
4:0		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	0.001		0	FLM	4		0.002		
13:0	g									
14:0	g	0.021	-	0	FLM	4		0.051		
15:0	g									
16:0		0.176	i	0	FLM	4		0.424		
17:0										
18:0	-	0.088	3	0	FLM	4		0.212		
20:0										
22:0	g									

NDB No. 06199 Soup, PROGRESSO HEALTHY CLASSICS BEEF BARLEY, canned, ready-to-serve

	<u>An</u>	ount in 10		edible portion					
			Number		_		<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg 14:1g	0.286		0	FLM	4		0.689		
15:1	0.024		0	FLM	4		0.058		
18:1 undifferentiatedg	0.260		0	FLM	4		0.627		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated9	0.104		0	FLM	4		0.251		
18:2 undifferentiatedg	0.093		0	FLM	4		0.224		
18:3 undifferentiatedg	0.008		0	FLM	4		0.019		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.002		0	FLM	4		0.005		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterol mg	8		0	MA	12		19		
Phytosterolsmg									

Common Measures:

Measure 1 = 241g: 1 cup

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in	edible portion	of common
				Number				<u>m</u>	easures of food	_
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.00		0	FLM	4				
Energy	kcal	64		0	MC	9				
Energy	kj	268				9				
Protein	g	4.18		0	MA	12				
Total lipid (fat)	g	0.64		0	MA	12				
Ash		0.98		0	FLM	4				
Carbohydrate, by difference	g	10.25		0	MC	9				
Fiber, total dietary	g	2.4		0	MA	12				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	6		0	MA	12				
Iron, Fe	-	0.74		0	MA	12				
Magnesium, Mg	-	13		0	FLM	4				
Phosphorus, P		41		0	FLM	4				
Potassium, K	-	251		0	FLM	4				
Sodium, Na		168		0	FLM	4				
Zinc, Zn	mg	0.53		0	FLM	4				
Copper, Cu	mg	0.103	1	0	FLM	4				
Manganese, Mn	<u>mg</u>	0.121		0	FLM	4				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.9		0	MA	12				
Thiamin	-	0.045		0	FLM	4				
Riboflavin	-	0.048		0	FLM	4				
Niacin		1.168		0	FLM	4				
Pantothenic acid		0.191		0	FLM	4				
Vitamin B-6		0.103		0	FLM	4				
Folate, total		10		0	FLM	4				
Folic acid		0		0	Z	7				
Folate, food		10		0	FLM	4				
Folate, DFE		10		0	NC	4				
Vitamin B-12	mcg	0.13		0	FLM	4				
Vitamin A, IU	IU	862		0	MA	12				
Vitamin A, RAE										
Retinol	mcg									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	IIICG									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.250)	0	FLM	4				
4:0		0.000)	0	FLM	4				
6:0	-	0.000)	0	FLM	4				
8:0	-	0.000		0	FLM	4				
10:0	-	0.000		0	FLM	4				
12:0		0.001		0	FLM	4				
13:0	-									
14:0		0.017		0	FLM	4				
15:0										
16:0		0.140	1	0	FLM	4				
17:0				_	_	_				
18:0	-	0.074		0	FLM	4				
20:0										
22:0	g									

	<u>Ar</u>	nount in 10	0 grams	of edil	le portio	<u>on</u>	Amount in	edible portion	of common
Nutrients and Units	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Estimated 0	0.236		0	FLM	4				
Fatty acids, total monounsaturatedg	0.236		U	E TWI	*				
14:1g									
15:1	0.020		0	FLM	4				
16:1 undifferentiated	0.020		U	FLIM	4				
18:1 undifferentiated	0.215		0	FLM	4				
20:1g	0.000		0	FLM	4				
20:1	0.000		0	FLM	4				
<u> </u>	0.000		U	FLM	4				
24:1 c	0.072		0	FLM	4				
Fatty acids, total polyunsaturatedg	0.072		0	FLM	4				
18:2 undifferentiated	0.063		0	FLM	4				
18:3 undifferentiated			•		4				
18:4g	0.000		0	FLM	4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiated	0.002		0	FLM	4				
20:5 n-3g	0.000		0	FLM	4				
22:5 n-3g	0.000		0	FLM	4				
22:6 n-3g	0.000		0	FLM	4				
Fatty acids, total transg									
Cholesterolmg	6		0	MA	12				
Phytosterols mg									
Others:									
Alcohol, ethylg	0.0		0	Z	7				
Caffeinemg									
Theobrominemg									

Common Measures:

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 10	0 grams	of edib	le portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	91.50		0	FLM	4		216.86		
Energy	kcal	32		0	MC	9		76		
Energy	kj	134				9		317		
Protein	g	2.42		0	MA	12		5.74		
Total lipid (fat)	g	0.69		0	MA	12		1.64		
Ash	g	0.80		0	FLM	4		1.90		
Carbohydrate, by difference	g	3.98		0	MC	9		9.43		
Fiber, total dietary	g	0.5		0	MA	12		1.2		
Sugars, total	g									
Starch	g									
Minerals:										
Vimerais: Calcium, Ca	ma	8		0	MA	12		19		
Iron, Fe	_	0.47		0	MA	12		1.11		
Magnesium, Mg	_	4		0	FLM	4		9		
Phosphorus, P		36		0	FLM	4		85		
Potassium, K	•	88		ō	FLM	4		209		
Sodium, Na	-	194		0	MA	12		460		
Zinc, Zn	mg	0.17		0	FLM	4		0.40		
Copper, Cu	mg	0.054	ļ	0	FLM	4		0.128		
Manganese, Mn	mg	0.107	•	0	FLM	4		0.254		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.3		0	MA	12		0.7		
Thiamin	_	0.047	,	0	FLM	4		0.111		
Riboflavin		0.047		0	FLM	4		0.111		
Niacin		1.453		0	FLM	4		3.444		
Pantothenic acid		0.087		0	FLM	4		0.206		
Vitamin B-6		0.022		0	FLM	4		0.052		
Folate, total		14		0	FLM	4		33		
Folic acid		11		0	NC	4		26		
Folate, food		3		0		4		7		
Folate, DFE		22		0	NC	4		51		
Vitamin B-12		0.09		0	FLM	4		0.21		
Vitamin A, IU		388		0	MA	12		920		
Vitamin A, RAE										
Retinol	mcg									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.176	i	0	MA	12		0.417		
4:0		0.000		0	FLM	4		0.000		
6:0	-	0.000		0	FLM	4		0.000		
8:0	-	0.000)	0	FLM	4		0.000		
10:0	g	0.000)	0	FLM	4		0.000		
12:0		0.000)	0	FLM	4		0.000		
13:0	g									
14:0	g	0.008	3	0	FLM	4		0.019		
15:0	g									
16:0	g	0.130)	0	FLM	4		0.308		
17:0	g									
18:0	g	0.033	3	0	FLM	4		0.078		
20:0	g									
22:0	a									

NDB No. 06200 Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve

	Amount	in 100 grams	of edit	ole portio	<u>n</u>	Amount in edible portion of common		
		Number		_		<u>m</u> .	easures of food	
Nutrients and Units	Mean Std. I	of Data Error Points			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.247	0	FLM	4		0.585		
14:1g 15:1g								
16:1 undifferentiatedg	0.029	0	FLM	4		0.069		
17:1g								
18:1 undifferentiatedg	0.209	0	FLM	4		0.495		
20:1g	0.003	0	FLM	4		0.007		
22:1 undifferentiatedg	0.001	0	FLM	4		0.002		
24:1 cg								
Fatty acids, total polyunsaturated9	0.161	0	FLM	4		0.382		
18:2 undifferentiatedg	0.133	0	FLM	4		0.315		
18:3 undifferentiatedg	0.010	0	FLM	4		0.024		
18:4g	0.000	0	FLM	4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiated								
20:4 undifferentiated	0.003	0	FLM	4		0.007		
20:5 n-3g	0.000	0	FLM	4		0.000		
22:5 n-3g	0.001	0	FLM	4		0.002		
22:6 n-3g	0.001	0	FLM	4		0.002		
Fatty acids, total transg								
Cholesterolmg	8	0	FLM	4		19		
Phytosterolsmg								

Common Measures:

Measure 1 = 237g: 1 cup

Calories Factors: Protein Fat Carbohydrate

NDB No. 06202 Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve

		<u>A</u> 1	mount in 10	00 grams	of edib	le portio	<u>n</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:	_							0.1 1.0		
Water	-	91.00		0	FLM	4		217.49		
Energy		37		0	MC	9		88		
Energy		155		•		9		370		
Protein	-	2.62		0	MA	12 12		6.26		
Total lipid (fat)		0.62 0.60		0	MA FLM	4		1.48 1.43		
Ash		5.23		0	MC	9		12.50		
Carbohydrate, by difference		0.3		0	MA	12		0.7		
Fiber, total dietary		0.3		U	PIP	12		0.7		
Sugars, total										
Starcii	9									
Minerals:										
Calcium, Ca	-	10		0	MA	12		24		
Iron, Fe		0.50		0	MA	12		1.20		
Magnesium, Mg		10		0	FLM	4		24		
Phosphorus, P		37		0	FLM	4		88		
Potassium, K		115		0	FLM	4		275		
Sodium, Na		192		0	MA	12 4		459		
Zinc, Zn		0.18 0.041		0 0	FLM FLM	4		0.43 0.098		
Copper, Cu	-	0.041		0	FLM	4		0.098		
Manganese, Mn Selenium, Se		0.093	•	U	FLM	4		0.237		
Selemum, Se										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.3		0	MA	12		0.7		
Thiamin	mg	0.052	?	0	FLM	4		0.124		
Riboflavin	mg	0.030)	0	FLM	4		0.072		
Niacin		1.084		0	FLM	4		2.591		
Pantothenic acid		0.211		0	FLM	4		0.504		
Vitamin B-6	-	0.030)	0	FLM	4		0.072		
Folate, total		15		0	FLM	4		36		
Folic acid		5		0	NC	4		12		
Folate, food	mcg	10		0		4		24		
Folate, DFE		19		0	NC	4		44		
Vitamin B-12		0.04		0 0	FLM	4		0.10		
Vitamin A, IU		688		U	MA	12		1644		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	α.	0 100		0	MA	12		0.430		
Fatty acids, total saturated4:0		0.180		0	MA FLM	4		0.430 0.000		
6:0		0.000		0	FLM	4		0.000		
8:0		0.000		0	FLM	4		0.000		
10:0		0.000		0	FLM	4		0.000		
12:0	-	0.001		0	FLM	4		0.002		
13:0	_			-		-				
14:0	_	0.005	i	0	FLM	4		0.012		
15:0	_									
16:0	_	0.108	3	0	FLM	4		0.258		
17:0	_									
18:0	g	0.022	?	0	FLM	4		0.053		
20:0	g									
22:0										
24:0	g									

NDB No. 06202 Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve

	<u>Am</u>	ount in 100	grams	of edib	o <u>n</u>	Amount in edible portion of common			
			lumber		_	0 51	<u>m</u>	easures of food	
Nutrients and Units	Mean \$	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.211		0	FLM	4		0.504		
14:1g 15:1g									
16:1 undifferentiated	0.017		0	FLM	4		0.041		
17:1g									
18:1 undifferentiatedg	0.189		0	FLM	4		0.452		
20:1g	0.004		0	FLM	4		0.010		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.201		0	FLM	4		0.480		
18:2 undifferentiatedg	0.185		0	FLM	4		0.442		
18:3 undifferentiated	0.009		0	FLM	4		0.022		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.004		0	FLM	4		0.010		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.001		0	FLM	4		0.002		
22:6 n-3g	0.001		0	FLM	4		0.002		
Fatty acids, total transg									
Cholesterolmg	7		0	MA	12		17		
Phytosterolsmg									

Common Measures:

Measure 1 = 239g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	u grams	ot edib	ie portic	<u>on</u>	Amount in	edible portion of	of common
				Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
roximates:										
Water	g	92.00		0	FLM	4		224.48		
Energy	kcal	36		0	MC	9		88		
Energy	kj	151				9		368		
Protein	g	0.97		0	MA	12		2.37		
Total lipid (fat)	g	1.15		0	MA	12		2.81		
Ash		0.63		0	FLM	4		1.54		
Carbohydrate, by difference		5.46		0	MC	9		13.32		
Fiber, total dietary		1.0		0	MA	12		2.4		
Sugars, total				•						
0 ,	_									
Starch	9									
Ainerals:										
Calcium, Ca	mg	17		0	MA	12		41		
Iron, Fe	-	0.50		0	MA	12		1.22		
Magnesium, Mg	-	6		0	FLM	4		15		
Phosphorus, P		16		0	FLM	4		39		
Potassium, K	-	66		0	FLM	4		161		
Sodium, Na	_	237		0	MA	12		578		
Zinc, Zn	-	0.11		0	FLM	4		0.27		
Copper, Cu		0.015	5	0	FLM	4		0.037		
Manganese, Mn		0.054		0	FLM	4		0.132		
Selenium, Se		0.034	-			•		0.132		
Scientini, Sc	9									
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	2.4		0	MA	12		5.9		
Thiamin	mg	0.012	2	0	FLM	4		0.029		
Riboflavin	mg	0.024	1	0	FLM	4		0.059		
Niacin		0.130)	0	FLM	4		0.317		
Pantothenic acid		0.111	L	0	FLM	4		0.271		
Vitamin B-6		0.030		0	FLM	4		0.073		
Folate, total	_	12		0	FLM	4		29		
Folic acid		0		0	Z	7		0		
Folate, food		12		0	FLM	4		29		
Folate, DFE	mca DFF	12		0	NC	4		29		
Vitamin B-12		0.00		0	FLM	4		0.00		
Vitamin A, IU		120		0	MA	12		293		
Vitamin A, RAE		120		· ·	m			233		
Retinol										
	• • • • • • • • • • • • • • • • • • • •									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Incg									
<u> Lipids:</u>										
Fatty acids, total saturated	g	0.270)	0	MA	12		0.659		
4:0		0.019		0	FLM	4		0.046		
6:0		0.011		0	FLM	4		0.027		
8:0	-	0.006		0	FLM	4		0.015		
10:0	_	0.014		0	FLM	4		0.013		
12:0		0.015		0	FLM	4		0.034		
13:0	_	0.013	-	U	I IIM	-		0.037		
14:0	-	0.061		0	FLM	4		0 140		
		0.061	-	U	ьтW	4		0.149		
15:0				_						
16:0	_	0.221	L	0	FLM	4		0.539		
17:0			_	_		_				
18:0		0.097	<i>'</i>	0	FLM	4		0.237		
20:0										
22:0	g									
24:0	g									

NDB No. 06203 Soup, PROGRESSO HEALTHY CLASSICS CREAM OF BROCCOLI, canned, ready-to-serve

	<u>Ar</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg 14:1g 15:1	0.377		0	FLM	4		0.920		
16:1 undifferentiated	0.017		0	FLM	4		0.041		
18:1 undifferentiatedg	0.351		0	FLM	4		0.856		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.235		0	FLM	4		0.573		
18:2 undifferentiatedg	0.183		0	FLM	4		0.447		
18:3 undifferentiatedg	0.052		0	FLM	4		0.127		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total trans									
Cholesterolmg	2		0	MA	12		5		
Phytosterolsmg									

Common Measures:

Measure 1 = 244g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Nutrients and Units Proximates: Water. Energy. Energy. Protein. Total lipid (fat)	kcal .kj .g .g .g .g .g .g	88.00 41 172 1.81 0.53 1.30 8.36 1.2 0.86	Std. Error		Deriv Code MC	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure
Proximates: Water	kcal .kj .g .g .g .g .g .g	88.00 41 172 1.81 0.53 1.30 8.36	Std. Error	Points 0 0 0 0 0 0 0 0	MC MA	Code 4 9		213.84	Measure 2	Measure
Proximates: Water	kcal .kj .g .g .g .g .g .g	88.00 41 172 1.81 0.53 1.30 8.36	Std. Error	0 0 0	MC MA	4 9	Code	213.84	Measure 2	Measure
Water	kcal .kj .g .g .g .g .g .g	41 172 1.81 0.53 1.30 8.36		0 0 0	MA	9				
Energy Energy Protein Total lipid (fat) Ash. Carbohydrate, by difference. Fiber, total dietary. Sugars, total Starch Minerals: Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K. Sodium, Na Zinc, Zn Copper, Cu Manganese, Mn. Selenium, Se Vitamins:	kcal .kj .g .g .g .g .g .g	41 172 1.81 0.53 1.30 8.36		0 0 0	MA	9				
Energy	.kj .g .g .g .g .g .g	172 1.81 0.53 1.30 8.36 1.2		0 0 0	MA					
Protein	.g .g .g .g .g .g	1.81 0.53 1.30 8.36 1.2		0 0		٥		100		
Protein	.g .g .g .g .g .g	0.53 1.30 8.36 1.2		0 0		9		417		
Ash	.g .g .g .g .g	1.30 8.36 1.2		0		12		4.40		
Ash	.g .g .g .g .g	8.36 1.2		•	MA	12		1.29		
Carbohydrate, by difference	.g .g .g .g	1.2		^		4		3.16		
Fiber, total dietary. Sugars, total. Starch. Iinerals: Calcium, Ca	.g .g .g	1.2		U	NR	4		20.31		
Sugars, total	.g .g .mg			0	MA	12		2.9		
Starch **Inerals:** Calcium, Ca	.g .mg	0.00		0	FLA	4		2.08		
Minerals: Calcium, Ca	.mg			·		-		2.00		
Calcium, Ca	-									
Iron, Fe	-									
Magnesium, Mg	mg	21		0	MA	12		50		
Phosphorus, P	-	0.36		0	MA	12		0.87		
Potassium, K	.mg	14		0	FLM	4		34		
Sodium, Na		36		0	FLM	4		87		
Zinc, Zn	mg	123		0	FLM	4		299		
Copper, Cu	.mg	185		0	MA	12		450		
Manganese, Mn	mg	0.23		0	FLM	4		0.56		
Selenium, Se	mg	0.039	ı	0	FLM	4		0.095		
Vitamins: Vitamin C, total ascorbic acid	mg	0.105	i	0	FLM	4		0.255		
Vitamin C, total ascorbic acid	mcg	4.1		0	FLM	4		10.0		
Vitamin C, total ascorbic acid										
Thiamin	-	0.0		0	MA	12		0.0		
	-	0.096		0	FLM	4		0.233		
Riboflavin		0.052		0	FLM	4		0.126		
Niacin		0.839		0	FLM	4		2.039		
Pantothenic acid	-	0.238		0	FLM	4		0.578		
Vitamin B-6	-	0.041		0	FLM	4		0.100		
Folate, total		26		0	FLM	4		63		
Folic acid	mcg	12		0	NC	4		29		
Folate, food		14		0		4		34		
Folate, DFE	.mcg_DFE	34		0	NC	4		84		
Vitamin B-12		0.00		0	FLM	4		0.00		
Vitamin A, IU		1270		0	FLA	4		3086		
Vitamin A, RAE	.mcg_RAE	64		0	FLA	4		154		
Retinol	mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.19		0	FLA	4		0.47		
Tocopherol, beta										
Tocopherol, gamma	.mg									
Tocopherol, delta	.mg									
Vitamin D	.IU									
Vitamin K (phylloquinone)	mcg	3.1		0	FLA	4		7.6		
<u> ipids:</u>										
Fatty acids, total saturated		0.130		0	MA	12		0.316		
4:0		0.002		0	FLM	4		0.005		
6:0		0.001		0	FLM	4		0.002		
8:0		0.001		0	FLM	4		0.002		
10:0	-	0.002		0	FLM	4		0.005		
12:0		0.002		0	FLM	4		0.005		
13:0		_				_				
14:0		0.008		0	FLM	4		0.019		
15:0										
16:0		0.091		0	FLM	4		0.221		
17:0	-									
18:0	-	0.019	1	0	FLM	4		0.046		
20:0	-									
22:0	a									

	<u>Ar</u>	nount in 10	0 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
	0.147		•							
Fatty acids, total monounsaturatedg	0.147		0	FLM	4		0.357			
14:1g 15:1g										
16:1 undifferentiated	0.007		0	FLM	4		0.017			
17:1g	0.007		U	FIM	-		0.017			
18:1 undifferentiatedg	0.137		0	FLM	4		0.333			
20:1g	0.001		0	FLM	4		0.002			
22:1 undifferentiated	0.000		0	FLM	4		0.002			
24:1 cg	0.000		·		-		0.000			
Fatty acids, total polyunsaturatedg	0.192		0	FLM	4		0.467			
18:2 undifferentiated	0.174		0	FLM	4		0.423			
18:3 undifferentiated	0.017		0	FLM	4		0.041			
18:4g	0.000		0	FLM	4		0.000			
20:2 n-6 c,cg										
20:3 undifferentiated										
20:4 undifferentiatedg	0.000		0	FLM	4		0.000			
20:5 n-3g	0.000		0	FLM	4		0.000			
22:5 n-3g	0.000		0	FLM	4		0.000			
22:6 n-3g	0.000		0	FLM	4		0.000			
Fatty acids, total transg										
Cholesterolmg	2		0	MA	12		5			
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	Z	7		0.0			
Caffeine mg	0		0	FLA	4		0			
Theobrominemg	0		0	FLA	4		0			
Carotenoids:										
Carotene, beta mcg	594		0	FLA	4		1443.211			
Carotene, alphamcg	214		0	FLA	4		519.847			
Cryptoxanthin, betamcg	122		0	FLA	4		296.450			
Lycopenemcg	0		0	FLA	4		0.249			
Lutein + zeaxanthin mcg	108		0	FLA	4		262.000			

Common Measures:

Measure 1 = 243g: 1 cup

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> :	mount in 10	0 grams	of edib	le portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	<u>[</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	88.02		0	FLM	4		213.01		
Energy	kcal	52		0	MC	9		126		
Energy	kj	218				9		527		
Protein	g	3.22		0	MA	12		7.79		
Total lipid (fat)	g	0.62		0	MA	12		1.50		
Ash	g	0.97		0	FLM	4		2.35		
Carbohydrate, by difference	g	8.39		0	MC	9		20.30		
Fiber, total dietary	g	2.3		0	MA	12		5.6		
Sugars, total	g									
Starch	g									
	_									
Minerals:										
Calcium, Ca	_	17		0	MA	12		41		
Iron, Fe.	_	1.10		0	MA	12		2.66		
Magnesium, Mg		17		0	FLM	4		41		
Phosphorus, P	-	53		0	FLM	4		128		
Potassium, K	-	139		0	FLM	4		336		
Sodium, Na	_	183		0	MA	12		443		
Zinc, Zn		0.43		0	FLM	4		1.04		
Copper, Cu		0.089		0	FLM	4		0.215		
Manganese, Mn		0.224	ŀ	0	FLM	4		0.542		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	MA	12		1.0		
Thiamin	_	0.045	i	0	FLM	4		0.109		
Riboflavin		0.036	5	0	FLM	4		0.087		
Niacin		0.291		0	FLM	4		0.704		
Pantothenic acid		0.226	5	0	FLM	4		0.547		
Vitamin B-6	-	0.067	,	0	FLM	4		0.162		
Folate, total		42		0	FLM	4		102		
Folic acid		0		0	Z	7		0		
Folate, food		42		0	FLM	4		102		
Folate, DFE		42		0	NC	4		102		
Vitamin B-12		0.00		0	FLM	4		0.00		
Vitamin A, IU		393		0	MA	12		951		
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
	a	0.110	1	0	MA	12		0.266		
Fatty acids, total saturated		0.000		0	FLM	4		0.200		
6:0		0.000		0	FLM	4		0.000		
8:0		0.000		0	FLM	4		0.000		
10:0	-	0.000		0	FLM	4		0.000		
12:0		0.000		0	FLM	4		0.000		
13:0		0.000		v		-		3.000		
14:0	-	0.001	_	0	FLM	4		0.002		
15:0	-	5.001		v		-		0.002		
16:0	-	0.065	5	0	FLM	4		0.157		
17:0		0.000		v		-		0.10,		
18:0	-	0.011	_	0	FLM	4		0.027		
20:0	-			•		-		0.02,		
22:0										
24:0	-									

	<u>Ar</u>	nount in 100 gra	ıms of edi	<u>on</u>	Amount in edible portion of common			
Nutrionto and Unite	Maan	Num of D Std. Error Poir	ata Deriv		Confidence		easures of food	
Nutrients and Units	Mean	Sta. Error Foli	its code	Code	Code	Measure 1	Measure 2	Measure 3
F	0.337		0 FLM	4		0.816		
Fatty acids, total monounsaturatedg	0.337		O FIM	4		0.816		
14:1g								
15:1g 16:1 undifferentiatedg	0.004		0 FLM	4		0.010		
16:1 undifferentiated	0.004		O P.TW	4		0.010		
18:1 undifferentiated	0.331		0 FLM	4		0.801		
20:1	0.002		0 FLM	4		0.005		
20:1 g 22:1 undifferentiated g	0.002		O FLM	4		0.005		
24:1 c	0.000		O FIM	4		0.000		
Fatty acids, total polyunsaturated9	0.100		0 FLM	4		0.242		
18:2 undifferentiated	0.080		0 FLM	4		0.194		
18:3 undifferentiated	0.020		O FLM	4		0.194		
18:4	0.000		0 FLM	4		0.048		
20:2 n-6 c.c	0.000		O FLM	4		0.000		
20:3 undifferentiated								
20:3 undifferentiated 9	0.000		0 FLM	4		0.000		
20:5 n-3	0.000		0 FLM	4		0.000		
20.5 n-3	0.000		0 FLM	-		0.000		
22:6 n-3	0.000		0 FLM	4		0.000		
Fatty acids, total trans	0.000		·	-		3.000		
Cholesterolg	0		0 MA	12		0		
Phytosterols mg						·		
Others:								
Alcohol, ethylg	0.0		0 z	7		0.0		
Caffeine mg								
Theobrominemg								

Common Measures:

Measure 1 = 242g: 1 cup

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> :	mount in 10	00 grams	of edib	le portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		86.67		0	FLM	4		208.87		
Energy		51		0	MC	9		123		
Energy	kj	213				9		514		
Protein	-	1.98		0	MA	12		4.77		
Total lipid (fat)		1.05		0	MA	12		2.53		
Ash		0.89		0	FLM	4		2.14		
Carbohydrate, by difference	g	8.44		0	MC	9		20.34		
Fiber, total dietary	g	0.5		0	MA	12		1.2		
Sugars, total	g									
Starch	g									
Minerals:										
Villierais: Calcium, Ca	ma	16		0	MA	12		39		
Iron. Fe.	_	0.70		0	MA	12		1.69		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	13		0	FLM	4		31		
Phosphorus, P		36		0	FLM	4		87		
Potassium, K	_	127		0	FLM	4		306		
Sodium, Na	_	195		0	FLM	4		470		
Zinc, Zn	mg	0.27		0	FLM	4		0.65		
Copper, Cu	mg	0.072	2	0	FLM	4		0.174		
Manganese, Mn	mg	0.152	?	0	FLM	4		0.366		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.3		0	MA	12		0.7		
Thiamin	-	0.062	•	0	FLM	4		0.149		
Riboflavin	-	0.002		0	FLM	4		0.080		
Niacin		0.429		0	FLM	4		1.034		
Pantothenic acid		0.124		0	FLM	4		0.299		
Vitamin B-6	_	0.057		0	FLM	4		0.137		
Folate, total		25		0	FLM	4		60		
Folic acid		2		0	NC	4		5		
Folate, food		23		0		4		55		
Folate, DFE		26		0	NC	4		64		
Vitamin B-12		0.00		0	FLM	4		0.00		
Vitamin A, IU		563		0	MA	12		1357		
Vitamin A, RAE										
Retinol	mcg									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.170)	0	MA	12		0.410		
4:0		0.000		0	FLM	4		0.000		
6:0	_	0.000		0	FLM	4		0.000		
8:0	g	0.000)	0	FLM	4		0.000		
10:0	_	0.000)	0	FLM	4		0.000		
12:0		0.000)	0	FLM	4		0.000		
13:0	_									
14:0	g	0.001		0	FLM	4		0.002		
15:0	g									
16:0	g	0.107	,	0	FLM	4		0.258		
17:0	g									
18:0	g	0.044	ļ	0	FLM	4		0.106		
20:0	g									
22:0	0									

	Ar	mount in 100	grams)	<u>on</u>	Amount in edible portion of common				
			Number		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.385		0	FLM	4		0.928		
14:1	0.505		Ů		•		0.520		
15:1g									
16:1 undifferentiated	0.004		0	FLM	4		0.010		
17:1g									
18:1 undifferentiated	0.380		0	FLM	4		0.916		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.409		0	FLM	4		0.986		
18:2 undifferentiatedg	0.000		0	FLM	4		0.000		
18:3 undifferentiatedg	0.364		0	FLM	4		0.877		
18:4g	0.038		0	FLM	4		0.092		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total trans9									
Cholesterolmg	0		0	MA	12		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg									
Theobrominemg									

Common Measures:

Measure 1 = 241g: 1 cup

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100	<u>grams</u>	of edib	ie portio	<u>on</u>	Amount in edible portion of common			
			1	Number				<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
roximates:											
Water	_	89.15		0	FLM	4		217.53			
Energy		48		0	MC	9		117			
Energy		201		_		9		490			
Protein	_	2.13		0	MA	12		5.20			
Total lipid (fat)		0.81		0	MA	12		1.98			
Ash		0.76		0	FLM	4		1.85			
Carbohydrate, by difference		8.11		0	MC	9		19.79			
Fiber, total dietary		0.5		0	MA	12		1.2			
Sugars, total	_										
Starch	g										
Ainerals:											
Calcium, Ca	mg	7		0	MA	12		17			
Iron, Fe	mg	0.37		0	MA	12		0.90			
Magnesium, Mg	mg	5		0	FLM	4		12			
Phosphorus, P		24		0	FLM	4		59			
Potassium, K	-	116		0	FLM	4		283			
Sodium, Na	-	217		0	MA	12		529			
Zinc, Zn		0.17		0	FLM	4		0.41			
Copper, Cu		0.071		0	FLM	4		0.173			
Manganese, Mn		0.067	1	0	FLM	4		0.163			
Selenium, Se	mcg										
<u>itamins:</u>											
Vitamin C, total ascorbic acid		2.1		0 0	MA	12		5.1			
Thiamin	-	0.022		0	FLM FLM	4 4		0.054 0.088			
Riboflavin		0.036		0	FLM	4		0.861			
Pantothenic acid		0.333		0	FLM	4		0.249			
Vitamin B-6		0.102		0	FLM	4		0.085			
Folate, total	-	12	,	0	FLM	4		29			
Folic acid		0		0	Z	7		0			
Folate, food		12		0	FLM	4		29			
Folate, DFE	mca DFE	12		0	NC	4		29			
Vitamin B-12		2.53		0	FLM	4		6.17			
Vitamin A, IU		100		0	MA	12		244			
Vitamin A, RAE											
Retinol											
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
<u> ipids:</u>											
Fatty acids, total saturated		0.210		0	MA	12		0.512			
4:0		0.012		0	FLM	4		0.029			
6:0	-	0.007		0	FLM	4		0.017			
8:0	-	0.004		0	FLM	4		0.010			
10:0		0.009		0	FLM	4		0.022			
12:0	-	0.010)	0	FLM	4		0.024			
13:0	-	0 00-		^							
14:0		0.037	,	0	FLM	4		0.090			
15:0		0.10		^				0 00=			
16:0	-	0.138	5	0	FLM	4		0.337			
17:0		0.00	,	^	ET 34	4		0 154			
18:0		0.063	•	0	FLM	4		0.154			
20:0											
22:0	g										

NDB No. 06205 Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve

	<u>Aı</u>	nount in 100 g	rams of ed	Amount in edible portion of common					
			mber Data Deri	v Source	e Confidence	measures of food			
Nutrients and Units	Mean	Std. Error Po				Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.274		0 FL	м 4		0.669			
14:1	V		•			0.003			
15:1									
16:1 undifferentiated	0.016		0 FL	м 4		0.039			
17:1g									
18:1 undifferentiatedg	0.251		0 FL	M 4		0.612			
20:1g	0.001		0 FL	M 4		0.002			
22:1 undifferentiatedg	0.000		0 FL	M. 4		0.000			
24:1 cg									
Fatty acids, total polyunsaturated	0.174		0 FL	M 4		0.425			
18:2 undifferentiatedg	0.142		0 FL	M 4		0.346			
18:3 undifferentiatedg	0.016		0 FL	M. 4		0.039			
18:4g	0.001		0 FL	M. 4		0.002			
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.002		0 FL			0.005			
20:5 n-3g	0.004		0 FL			0.010			
22:5 n-3g	0.003		0 FL			0.007			
22:6 n-3g	0.004		0 FL	M 4		0.010			
Fatty acids, total trans9									
Cholesterol mg	2		0 M2	. 12		5			
Phytosterols mg									
Others:									
Alcohol, ethylg	0.0		0 z	7		0.0			
Caffeine mg									
Theobrominemg									

Common Measures:

Measure 1 = 244g: 1 cup

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> :	mount in 10	0 grams		edible portion				
				Number	•			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	82.40		0		4		208.47		
Energy	kcal	71		0	MC	9		180		
Energy	kj	297				9		752		
Protein		3.85		0	MC	9		9.74		
Total lipid (fat)	g	0.92		0	MA	12		2.33		
Ash		1.00		0		4		2.53		
Carbohydrate, by difference		11.83		0	MC	9		29.93		
Fiber, total dietary		1.9		0	MA	12		4.9		
Sugars, total		3.49		0	FLA	4		8.83		
Starch		0.15		•		-		0.00		
Starcii	9									
<u> Minerals:</u>										
Calcium, Ca	mg	17		0	MA	12		43		
Iron, Fe	mg	0.77		0	MA	12		1.95		
Magnesium, Mg	mg	14		0	FLM	4		35		
Phosphorus, P	mg	54		0	FLM	4		137		
Potassium, K	mg	183		0	FLM	4		463		
Sodium, Na		166		0	MA	12		420		
Zinc, Zn	-	0.40		0	FLM	4		1.01		
Copper, Cu		0.110)	0	FLM	4		0.278		
Manganese, Mn		0.200)	0	FLM	4		0.506		
Selenium, Se		0.3		0	BFZN	4		0.8		
•	_									
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	MA	12		0.0		
Thiamin	-	0.070		0	FLM	4		0.177		
Riboflavin	mg	0.029		0	FLM	4		0.073		
Niacin	mg	0.457		0	FLM	4		1.156		
Pantothenic acid	-	0.237		0	FLM	4		0.600		
Vitamin B-6	mg	0.073	3	0	FLM	4		0.185		
Folate, total	mcg	20		0	FLM	4		51		
Folic acid	mcg	0		0	Z	7		0		
Folate, food		20		0	FLM	4		51		
Folate, DFE	mcg_DFE	20		0	NC	4		51		
Vitamin B-12	mcg	0.01		0	FLM	4		0.03		
Vitamin A, IU	IU	553		0	FLA	4		1398		
Vitamin A, RAE		28		0	FLA	4		70		
Retinol		0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.20		0	FLA	4		0.50		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	36.1		0	FLA	4		91.2		
<u> Lipids:</u>										
Fatty acids, total saturated		0.300		0	MA	12		0.759		
4:0		0.000		0	FLM	4		0.000		
6:0		0.000		0	FLM	4		0.000		
8:0	-	0.000		0	FLM	4		0.000		
10:0	-	0.003		0	FLM	4		0.008		
12:0		0.003	3	0	FLM	4		0.008		
13:0										
14:0	g	0.012	2	0	FLM	4		0.030		
15:0										
16:0	g	0.191	=	0	FLM	4		0.483		
17:0	g									
18:0	g	0.090)	0	FLM	4		0.228		
20:0	g									
22:0	g									
24:0	g									

	<u>Ar</u>	mount in 10	00 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9	0.370		0	FLM	4		0.936		
14:1g	0.570		Ū	ЕШИ	-		0.930		
15:1g									
16:1 undifferentiated	0.024		0	FLM	4		0.061		
17:1g									
18:1 undifferentiated	0.345		0	FLM	4		0.873		
20:1g	0.001		0	FLM	4		0.003		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.168		0	FLM	4		0.425		
18:2 undifferentiatedg	0.147		0	FLM	4		0.372		
18:3 undifferentiatedg	0.021		0	FLM	4		0.053		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterol mg	2		0	MA	12		5		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobrominemg	0		0	FLA	4		0		
Carotenoids:									
Carotene, betamcg	314		0	FLA	4		793.167		
Carotene, alphamcg	35		0	FLA	4		88.117		
Cryptoxanthin, betamcg	1		0	FLA	4		1.325		
Lycopenemcg	7		0	FLA	4		17.356		
Lutein + zeaxanthin mcg	1287		0	FLA	4		3254.877		

Common Measures:

Measure 1 = 253g: 1 cup

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> :	mount in 10	0 grams		edible portion				
				Number	measures of food					
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	88.00		0		4		215.60		
Energy	kcal	40		0	MC	9		99		
Energy	kj	169				9		414		
Protein	g	1.42		0	MA	12		3.48		
Total lipid (fat)	g	0.40		0	MA	12		0.98		
Ash	g	1.30		0		4		3.19		
Carbohydrate, by difference		8.88		0	NR	4		21.76		
Fiber, total dietary		1.6		0	MA	12		4.0		
Sugars, total		2.14		0	FLA	4		5.24		
Starch		2.11		·		•		3.24		
Starcii	9									
Minerals:										
Calcium, Ca	mg	23		0	MA	12		56		
Iron, Fe	-	0.67		0	MA	12		1.64		
Magnesium, Mg	-	12		0	FLM	4		29		
Phosphorus, P		27		0	FLM	4		66		
Potassium, K	_	124		0	FLM	4		304		
Sodium, Na	_	196		0	MA	12		480		
Zinc, Zn	-	0.19		0	FLM	4		0.47		
Copper, Cu		0.051	L	0	FLM	4		0.125		
Manganese, Mn		0.091		0	FLM	4		0.223		
Selenium, Se		1.8		0	BFZN	4		4.4		
, secondari, secondari										
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	1.8		0	MA	12		4.4		
Thiamin	-	0.070)	0	FLM	4		0.172		
Riboflavin	mg	0.039	•	0	FLM	4		0.096		
Niacin	mg	0.650)	0	FLM	4		1.593		
Pantothenic acid	mg	0.187	7	0	FLM	4		0.458		
Vitamin B-6	mg	0.045	5	0	FLM	4		0.110		
Folate, total	mcg	10		0	FLM	4		25		
Folic acid		0		0	Z	7		0		
Folate, food		10		0	FLM	4		25		
Folate, DFE		10		0	NC	4		25		
Vitamin B-12		0.00		0	FLM	4		0.00		
Vitamin A, IU		550		0	FLA	4		1348		
Vitamin A, RAE		28		0	FLA	4		67		
Retinol		0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)		0.72		0	FLA	4		1.77		
Tocopherol, beta		0.72		v		-		2.,,		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		4.7		0	FLA	4		11.5		
vitanini K (phynoquinone)	nog	4.,		Ū	LIIA	-		11.5		
<u> ipids:</u>										
Fatty acids, total saturated	g	0.070)	0	MA	12		0.172		
4:0		0.000)	0	FLM	4		0.000		
6:0		0.000		0	FLM	4		0.000		
8:0		0.000		0	FLM	4		0.000		
10:0	_	0.000		0	FLM	4		0.000		
12:0	-	0.000		0	FLM	4		0.000		
13:0				-	·	-				
14:0		0.000)	0	FLM	4		0.000		
15:0		2.000		ŭ		-		0.000		
16:0		0.061		0	FLM	4		0.149		
17:0		0.001	-	Ū	2 114	-		J.143		
18:0	_	0.008	2	0	FLM	4		0.020		
20:0	_	0.006	•	U	r mil	-		0.020		
	_									
22:0 24:0	_									

	<u>Ar</u>	nount in 10	0 grams	Amount in edible portion of common					
Nutrients and Units	Mean :	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.206		0	FLM	4		0.505		
14:1g									
15:1g									
16:1 undifferentiatedg	0.002		0	FLM	4		0.005		
17:1g									
18:1 undifferentiatedg	0.204		0	FLM	4		0.500		
20:1g	0.001		0	FLM	4		0.002		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated9	0.147		0	FLM	4		0.360		
18:2 undifferentiatedg	0.139		0	FLM	4		0.341		
18:3 undifferentiatedg	0.008		0	FLM	4		0.020		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	FLM	4		0.000		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterol mg	0		0	MA	12		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobrominemg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta mcg	303		0	FLA	4		742.391		
Carotene, alphamcg	49		0	FLA	4		120.768		
Cryptoxanthin, beta mcg	5		0	FLA	4		11.627		
Lycopene mcg	4016		0	FLA	4		9840.130		
Lutein + zeaxanthinmcg	396		0	FLA	4		970.315		

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 10	00 grams		edible portion				
		Number						<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	91.00		0	FLM	4		216.58		
Energy	kcal	34		0	MC	9		81		
Energy	kj	142				9		339		
Protein	g	1.76		0	MA	12		4.19		
Total lipid (fat)	g	0.54		0	MA	12		1.29		
Ash	g	0.63		0	FLM	4		1.50		
Carbohydrate, by difference	g	5.56		0	MC	9		13.23		
Fiber, total dietary	g	0.6		0	MA	12		1.4		
Sugars, total	g									
Starch	g									
Minerals:										
Vimerais: Calcium, Ca	ma	13		0	MA	12		31		
Iron, Fe	_	0.64		0	MA	12		1.52		
Magnesium, Mg	_	9		0	FLM	4		21		
Phosphorus, P		31		0	FLM	4		74		
Potassium, K	-	122		0	FLM	4		290		
Sodium, Na	-	196		0	MA	12		466		
Zinc, Zn	mg	0.16		0	FLM	4		0.38		
Copper, Cu	mg	0.052	2	0	FLM	4		0.124		
Manganese, Mn	mg	0.124	Į.	0	FLM	4		0.295		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.6		0	MA	12		1.4		
Thiamin	_	0.033	1	0	FLM	4		0.079		
Riboflavin		0.033		0	FLM	4		0.069		
Niacin		0.767		0	FLM	4		1.825		
Pantothenic acid		0.104		0	FLM	4		0.248		
Vitamin B-6	-	0.031		0	FLM	4		0.074		
Folate, total		12		0	FLM	4		29		
Folic acid		0		0	z	7		0		
Folate, food		12		0	FLM	4		29		
Folate, DFE		12		0	NC	4		29		
Vitamin B-12		0.03		0	FLM	4		0.07		
Vitamin A, IU		1343		0	MA	12		3196		
Vitamin A, RAE										
Retinol	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.140)	0	MA	12		0.333		
4:0		0.000		0	FLM	4		0.000		
6:0	-	0.000		0	FLM	4		0.000		
8:0		0.000		0	FLM	4		0.000		
10:0	g	0.000)	0	FLM	4		0.000		
12:0	g	0.000)	0	FLM	4		0.000		
13:0	-									
14:0	g	0.007	,	0	FLM	4		0.017		
15:0	g									
16:0	g	0.104	ļ	0	FLM	4		0.248		
17:0	g									
18:0	g	0.024	ļ	0	FLM	4		0.057		
20:0	g									
22:0										

	<u>Ar</u>	mount in 100 gr	ams of edi	Amount in edible portion of common				
			nber	measures of food				
Nutrients and Units	Mean	Std. Error Poi			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.187		0 FLM	4		0.445		
14:19	0.107		0 1111	•		0.445		
15:19								
16:1 undifferentiated 9	0.021		0 FLM	4		0.050		
17:1g								
18:1 undifferentiatedg	0.159		0 FLM	4		0.378		
20:1g	0.007		0 FLM	4		0.017		
22:1 undifferentiatedg	0.000		0 FLM	4		0.000		
24:1 cg								
Fatty acids, total polyunsaturated	0.147		0 FLM	4		0.350		
18:2 undifferentiatedg	0.129		0 FLM	4		0.307		
18:3 undifferentiatedg	0.017		0 FLM	4		0.040		
18:4g	0.000		0 FLM	4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000		0 FLM	4		0.000		
20:5 n-3g	0.000		0 FLM	4		0.000		
22:5 n-3g	0.000		0 FLM	4		0.000		
22:6 n-3g	0.000		0 FLM	4		0.000		
Fatty acids, total transg								
Cholesterol mg	2		0 MA	12		5		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0		0 z	7		0.0		
Caffeinemg								
Theobromine mg								

Common Measures:

Measure 1 = 238g: 1 cup

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>		edible portion	_
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	98.10		1	A	1		117.72		
Energy	kcal	4		0	NC	4		5		
Energy		18		0	NC	4		21		
Protein (N x 6.25)	-	0.54		1	A	1		0.65		
Total lipid (fat)		0.17		1	A	1		0.21		
Ash		1.05		1	A	1		1.26		
Carbohydrate, by difference		0.14		0	NC	4		0.16		
Fiber, total dietary		0.0		1	A	1		0.0		
Sugars, total		0.15		1	A	1		0.18		
Sucrose		0.00		1	A	1		0.00		
Glucose (dextrose)	g	0.15		1	A	1		0.18		
Fructose	g	0.00		1	A	1		0.00		
Lactose	g	0.00		1	A	1		0.00		
Maltose		0.00		1	A	1		0.00		
Galactose		0.00		1	A	1		0.00		
Starch	g	0.00		1	A	1		0.00		
Minerals: Calcium, Ca	ma	4		1	A	1		5		
Iron, Fe		0.14		1	A	1		0.16		
Magnesium, Mg		1		1	A	1		2		
Phosphorus, P		11		1	A	1		13		
Potassium, K		30		1	A	1		36		
Sodium, Na		409		1	A	1		491		
Zinc, Zn		0.02		1	A	1		0.03		
Copper, Cu		0.019	9	1	A	1		0.022		
Manganese, Mn	mg	0.011	L	1	A	1		0.013		
Selenium, Se	mcg	2.2		1	A	1		2.7		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin		0.007		1	A	1		0.009		
Riboflavin	-	0.021		1	A	1		0.025		
Niacin	-	0.558		1	A	1		0.670		
Pantothenic acid		0.120		1	A	1		0.144		
Vitamin B-6	-	0.014	1	1	A	1		0.017		
Folate, total		1		1	A	1		1		
Folic acid				_	_			-		
Folate, food		1		1	A	1		1		
Folate, DFE		0.20		1	A	1		0.24		
Vitamin B-12 Vitamin A, IU		0.20		1	A	1		0.24		
Vitamin A, IUVitamin A, RAE	mca RAF									
Retinol										
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		1	A	1		0.0		
Lipids:										
Fatty acids, total saturated	g	0.000)	0	NC	4		0.000		
4:0										
6:0										
8:0	g	0.000)	1	A	1		0.000		
10:0		0.000)	1	A	1		0.000		
12:0	g	0.000)	1	A	1		0.000		
13:0										
14:0	g	0.000)	1	A	1		0.000		
15:0	g	0.000)	1	A	1		0.000		

		<u>Aı</u>	mount in 100	0 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion o	f common
			I	Number	•			<u>me</u>	easures of food	
Nutrients and Unit	s	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	a	0.000		1	A	1		0.000		
17:0	_	0.000		1	A	1		0.000		
18:0	-	0.000		1	A	1		0.000		
20:0		0.000		1	A	1		0.000		
22:0	-	0.000		1	A	1		0.000		
24:0		0.000		-		-		0.000		
Fatty acids, total monounsaturated		0.000)	0	NC	4		0.000		
14:1		0.000		1	A	1		0.000		
15:1		0.000		1	A	1		0.000		
16:1 undifferentiated		0.000		1	A	1		0.000		
17:1	_	0.000		1	A	1		0.000		
18:1 undifferentiated	_	0.000		1	A	1		0.000		
20:1	-	0.000		1	A	1		0.000		
22:1 undifferentiated	-	0.000		-		-		0.000		
24:1 c										
Fatty acids, total polyunsaturated		0.000)	0	NC	4		0.000		
18:2 undifferentiated		0.000		1	A	1		0.000		
18:3 undifferentiated		0.000		0	A	1		0.000		
18:3 n-6 c,c,c	-	0.000		1	A	1		0.000		
18:3i		0.000		_		_		0.000		
18:4										
20:2 n-6 c,c		0.000)	1	A	1		0.000		
20:3 undifferentiated		0.000		1	A	1		0.000		
20:3 n-3	_	0.000		-		_		0.000		
20:3 n-6										
20:4 undifferentiated		0.000)	1	A	1		0.000		
20:4 n-3	-									
20:4 n-6										
20:5 n-3										
22:5 n-3										
22:6 n-3										
Fatty acids, total trans										
Cholesterol		0		1	A	1		0		
Phytosterols										
Amino Acids:										
Tryptophan	g									
Threonine										
Isoleucine										
Leucine										
Lysine										
Methionine										
Cystine										
Phenylalanine										
Tyrosine										
Valine										
Arginine										
Histidine	g									
Alanine										
Aspartic acid	_									
Glutamic acid										
Glycine										
Proline										
Serine	g									
Hydroxyproline	g									
· -										

Common Measures:

Measure 1 = 120g: 1 cup

NDB No. 06984

Soup, SWANSON Chicken Broth 99% Fat Free

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 10	00 grams	of edib	le portio	<u>n</u>		edible portion	
				Number	•			<u>me</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	79.91				4				
Energy	kcal	74			MC	9				
Energy	kj	310				9				
Protein	g	4.19			MC	9				
Total lipid (fat)	g	1.03			MC	9				
Ash	g	1.21			FLM	4				
Carbohydrate, by difference	g	13.66			MC	9				
Fiber, total dietary	g	4.0			MC	9				
Sugars, total	g	0.84		0	FLA	4				
Starch										
<u>Minerals:</u>						_				
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	38			MC	9				
Iron, Fe	•	1.02			MC	9				
Magnesium, Mg		19			FLM	4				
Phosphorus, P	•	13			MC	9				
Potassium, K	_	158			MC	9				
Sodium, Na	-	187			MC	9				
Zinc, Zn		0.53			FLM	4				
Copper, Cu		0.082			FLM	4				
Manganese, Mn		0.228	3	_	FLM	4				
Selenium, Se	mcg	4.3		0	BFSN	4				
itamins:										
Vitamin C, total ascorbic acid	mg	1.1			MC	9				
Thiamin	-	0.056	5		FLM	4				
Riboflavin	-	0.029			FLM	4				
Niacin		0.324			FLM	4				
Pantothenic acid	-	0.128			FLM	4				
Vitamin B-6	_	0.046			FLM	4				
Folate, total	_	29		0	FLA	4				
Folic acid		0		0	FLA	4				
Folate, food		29		0	FLA	4				
Folate, DFE		29		0	NC	4				
Vitamin B-12		0.03			FLM	4				
Vitamin A, IU		702		0	FLA	4				
Vitamin A, RAE		35		0	FLA	4				
Retinol		0		0	FLA	4				
Vitamin E (alpha-tocopherol)		0.39		0	FLA	4				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		5.1		0	FLA	4				
<u> ipids:</u>										
Fatty acids, total saturated		0.252			FLM	4				
4:0		0.000			FLM	4				
6:0	-	0.000			FLM	4				
8:0	-	0.000			FLM	4				
10:0	-	0.001			FLM	4				
12:0		0.001	-		FLM	4				
13:0	-	0 000	,		E7 34	4				
14:0		0.007	•		FLM	4				
15:0					F7.50					
16:0		0.166	•		FLM	4				
17:0	-	2 25-								
18:0	-	0.078	•		FLM	4				
20:0	g									
22:0	~									

	<u>Aı</u>	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	0.415			FLM	4				
14:1g									
15:1g									
16:1 undifferentiatedg	0.015			FLM	4				
17:1g					_				
18:1 undifferentiated	0.400			FLM	4				
20:1g	0.000			FLM	4				
22:1 undifferentiatedg	0.000			FLM	4				
24:1 cg					_				
Fatty acids, total polyunsaturatedg	0.269			FLM	4				
18:2 undifferentiated	0.229			FLM	4				
18:3 undifferentiatedg	0.040			FLM	4				
18:4g	0.000			FLM	4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000			FLM	4				
20:5 n-3g	0.000			FLM	4				
22:5 n-3g	0.000			FLM	4				
22:6 n-3g	0.000			FLM	4				
Fatty acids, total transg									
Cholesterolmg	2			FLM	4				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0			Z	7				
Caffeine mg	0		0	FLA	4				
Theobromine mg	0		0	FLA	4				
<u>Carotenoids:</u>									
Carotene, beta mcg	349		0	FLA	4				
Carotene, alpha mcg	145		0	FLA	4				
Cryptoxanthin, betamcg	0		0	FLA	4				
Lycopene mcg	915		0	FLA	4				
Lutein + zeaxanthin mcg	36		0	FLA	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion of	of common
				Number			0 51		easures of food	
Nutrients and U	nits	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.90		1	A	1		231.13	95.72	
Energy	kcal	117		0	NC	4		381	158	
Energy		490				4		1596	661	
Protein		6.50		1	A	1		21.19	8.78	
Total lipid (fat)		2.10		1	A	1		6.85	2.84	
Ash	_	2.50		1	A	1		8.15	3.38	
Carbohydrate, by difference	-	18.00		0	NC	4		58.68	24.30	
Fiber, total dietary		4.6		1	A	1		15.0	6.2	
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	1.37		1	A	1		4.47	1.85	
Magnesium, Mg	mg									
Phosphorus, P										
Potassium, K										
Sodium, Na	_	736		1	A	1		2399	994	
Zinc, Zn	_									
Copper, Cu	-									
Manganese, Mn										
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	0.601	-	1	A	1		1.959	0.811	
Fatty acids, total monounsaturate	dg	0.747	•	1	A	1		2.435	1.008	
Fatty acids, total polyunsaturated	g	0.446	5	1	A	1		1.454	0.602	
Fatty acids, total trans	g									
Cholesterol	mg	3		1	A	1		10	4	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mcg	110		1	A	1		358.600	148.500	
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Lycopene	mcg									
Lutein + zeaxanthin	mcg									

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

Common Measures:

Measure 1 = 326g: 1 package yields

Measure 2 = 135g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u> :	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			N	lumber				<u>m</u> e	easures of food	<u> </u>
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	4.00		1		1		1.12		
Energy	kcal	370		0	NC	4		104		
Energy	kj	1548				4		433		
Protein (N x 6.25)	g	19.38		1		1		5.43		
Total lipid (fat)	g	7.60		1		1		2.13		
Ash	g	11.30		1		1		3.16		
Carbohydrate, by difference	g	57.72		0	NC	4		16.16		
Fiber, total dietary	g	30.8		0		4		8.6		
Sugars, total	g									
Starch	g									
M:										
Minerals: Calcium, Ca	ma	193		0		4		54		
Iron, Fe	_	4.90		0		4		1.37		
Magnesium, Mg	-	106		0		4		30		
Phosphorus, P		315		0		4		88		
Potassium, K		1150		1		1		322		
Sodium, Na		3275		2		1		917		
Zine, Zn		2.48		0		4		0.69		
Copper, Cu		0.970)	0		4		0.272		
Manganese, Mn		1.600		0		4		0.448		
Selenium, Se										
·										
<u>Vitamins:</u>				_						
Vitamin C, total ascorbic acid	_	4.0		0		4		1.1		
Thiamin		0.200		0		4		0.056		
Riboflavin		0.100		0		4		0.028		
Niacin		1.400		0		4		0.392		
Pantothenic acid	-	0.200		0		4		0.056		
Vitamin B-6	-	0.100)	0		4		0.028		
Folate, total		30		0	_	4		8		
Folic acid		0		0	Z	7		0		
Folate, food	IIICG	30		0	***	4		8		
Folate, DFE		30		0	NC	4		8		
Vitamin B-12	mcg	0.10		0		4		0.03		
Vitamin A, IU		210		-	170	4		59		
Vitamin A, RAE		11 0		0	NC Z	4 7		3 0		
Retinol		U		U	Z	,		U		
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>		_		_		_				
Fatty acids, total saturated		3.380)	0		1		0.946		
4:0										
6:0										
8:0		0 000	,	^		1		0.000		
10:0		0.000		0		1		0.000		
12:0	-	0.040	,	0		1		0.011		
13:0		0 100	1	0		1		0.053		
14:0		0.190	,	U		1		0.053		
15:0	_	1.850	`	0		1		0 510		
16:0	_	1.850	,	U		1		0.518		
17:0	-	1 000	`	0		1		0.344		
18:0	_	1.230	,	U		1		0.344		
20:0	-									
22:0	g g									

		<u>Ar</u>	nount in 10	0 grams	of edil	<u>n</u>	Amount in	edible portion of	of common	
Nutrients and Units		Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturated	a	3.300		0		1		0.924		
14:1		3.300		U		_		0.924		
15:1										
16:1 undifferentiated		0.260		0		1		0.073		
17:1	_	0.260		U		_		0.073		
18:1 undifferentiated		2.930		0		1		0.820		
20:1	_	0.050		0		1		0.820		
22:1 undifferentiated		0.050		U		_		0.014		
24:1 c	•									
	_	0.580		0		1		0.162		
Fatty acids, total polyunsaturated	_	0.580		0		1				
18:2 undifferentiated	_			-		_		0.143		
18:3 undifferentiated		0.060		0		1		0.017		
18:4	_									
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3										
22:5 n-3										
22:6 n-3	_									
Fatty acids, total trans		11		•						
CholesterolPhytosterols		11		0		1		3		
•	5									
Others:										
Alcohol, ethyl	-	0.0		0	Z	7		0.0		
Caffeine										
Theobromine	mg									

Common Measures:

Measure 1 = 28g: 1 cup (8 fl oz)

Calories Factors: Protein 3.7 Fat 8.9 Carbohydrate 4

		<u>A</u> :	mount in 100	<u>0 grams</u>	of edib	le portio	<u>n</u>		edible portion	
			I	Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.73		0		1		237.78	29.70	
Energy	kcal	40		0	NC	4		106	13	
Energy	kj	167				4		444	55	
Protein (N x 6.25)	g	2.07		0		1		5.49	0.69	
Total lipid (fat)	g	0.81		0		1		2.15	0.27	
Ash	g	1.21		0		1		3.21	0.40	
Carbohydrate, by difference	g	6.18		0	NC	4		16.38	2.05	
Fiber, total dietary	g	3.4		0		4		9.0	1.1	
Sugars, total	g	0.23		0	FLA	4		0.61	0.08	
Starch	g									
Minopole										
Minerals:	ma	21		0		4		56	7	
Calcium, CaIron, Fe	-	0.50		0		4		1.33	, 0.17	
Magnesium, Mg	-	11		0		4		29	4	
Phosphorus, P		34		0		4		90	4 11	
Potassium, K	-	123		0		1		326	41	
Sodium, Na		350		0		1		928	116	
Zinc, Zn	-	0.26		0		4		0.69	0.09	
Copper, Cu		0.100)	0		4		0.265	0.033	
Manganese, Mn		0.200		0		4		0.530	0.066	
Selenium, Se		2.2		0	BFSN	4		5.8	0.7	
·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.4		0		4		1.1	0.1	
Thiamin	-	0.020		0		4		0.053	0.007	
Riboflavin	=	0.100		0		4		0.265	0.033	
Niacin	-	0.150		0		4		0.398	0.050	
Pantothenic acid	-	0.020		0		4		0.053	0.007	
Vitamin B-6	-	0.010)	0		4		0.027	0.003	
Folate, total		3		0		4		8	1	
Folic acid		0		0	Z	7		0	0	
Folate, food		3		0		4		8	1	
Folate, DFE		3		0	NC	4		8	1	
Vitamin B-12		0.01		0		4		0.03	0.00	
Vitamin A, IU		20		0	FLA	4		53	7	
Vitamin A, RAE		1 0		0	FLA	4		3	0	
Retinol		-		0	FLA	4 4		1	0	
Vitamin E (alpha-tocopherol)		0.21		U	FLA	4		0.55	0.07	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.6		0	FLA	4		1.6	0.2	
<u>Lipids:</u>										
Fatty acids, total saturated		0.360		0		1		0.954	0.119	
4:0		0.000		0		1		0.000	0.000	
6:0	-	0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0		0.000)	0		1		0.000	0.000	
13:0		0.00		^						
14:0		0.020	J	0		1		0.053	0.007	
15:0				_		_				
16:0		0.200	,	0		1		0.530	0.066	
17:0	-	0.10		^				A 245		
18:0	-	0.130	J	0		1		0.345	0.043	
20:0	-									
22:0	-									
24:0	g									

		<u>Ar</u>	nount in 10	0 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and l	Jnits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate	_	0.350		0		1		0.928	0.116		
14:1											
15:1	-										
16:1 undifferentiated	-	0.030		0		1		0.080	0.010		
17:1											
18:1 undifferentiated	-	0.310		0		1		0.822	0.103		
20:1	-	0.010		0		1		0.027	0.003		
22:1 undifferentiated	•	0.000		0		1		0.000	0.000		
24:1 c				_		_					
Fatty acids, total polyunsaturated		0.060		0		1		0.159	0.020		
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.050		0		1		0.133	0.017		
18:3 undifferentiated	_	0.010		0		1		0.027	0.003		
18:4	-	0.000		0		1		0.000	0.000		
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •										
20:3 undifferentiated				_		_					
20:4 undifferentiated	_	0.000		0		1		0.000	0.000		
20:5 n-3		0.000		0		1		0.000	0.000		
22:5 n-3	-	0.000		0		1		0.000	0.000		
22:6 n-3		0.000		0		1		0.000	0.000		
Fatty acids, total trans								_	_		
Cholesterol		1		0		1		3	0		
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0	0.0		
Caffeine	mg	0		0	FLA	4		0	0		
Theobromine	mg	0		0	FLA	4		0	0		
Carotenoids:											
Carotene, beta	mcg	11		0	FLA	4		30.226	3.775		
Carotene, alpha		0		0	FLA	4		1.017	0.127		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0.000	0.000		
Lycopene	mcg	752		0	FLA	4		1992.860	248.920		
Lutein + zeaxanthin		0		0	FLA	4		0.078	0.010		

Common Measures:

Measure 1 = 265g: 1 cup (8 fl oz) Measure 2 = 33.1g: 1 fl oz

Calories Factors: Protein 3.7 Fat 8.9 Carbohydrate 4

		<u>Aı</u>	mount in 100 g	rams o	of edik	le portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				m	easures of food	_
				Data I	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	67.70	0.516	10		1		178.05	215.96	
Energy	_	142	0.510	0	NC	4		373	453	
63		594		U	NC	4		1563	453 1895	
Energy.	=		0 100	10		-				
Protein (N x 6.25)		7.60	0.132	10		1		19.99	24.24	
Total lipid (fat)		5.31	0.198	10		1		13.97	16.94	
Ash		2.64	0.086	10		1		6.94	8.42	
Carbohydrate, by difference		16.75		0	NC	4		44.05	53.43	
Fiber, total dietary	g	4.6		0		4		12.1	14.7	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium. Ca	ma	66	3.678	10		1		174	211	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.78	0.080	10		1		4.68	5.68	
Magnesium, Mg	-	37	2.000	1		1		97	118	
Phosphorus, P		126		1		1		331	402	
Potassium, K	-	363		1		1		955	1158	
Sodium, Na		831	8.124	5		1		2186	2651	
Zinc, Zn		0.90	0.124	1		1		2.37	2.87	
Copper, Cu		0.300		1		1		0.789	0.957	
Manganese, Mn.		0.600		1		1		1.578	1.914	
Selenium, Se		6.9		0	BFSN	4		18.1	22.0	
·	9	0.5		•		-		2012		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.7	0.167	9		1		1.8	2.2	
Thiamin		0.083		10		1		0.218	0.265	
Riboflavin	mg	0.049	0.002	10		1		0.129	0.156	
Niacin	-	0.780		10		1		2.051	2.488	
Pantothenic acid	mg	0.070		0		4		0.184	0.223	
Vitamin B-6	mg	0.100		1		1		0.263	0.319	
Folate, total	mcg	24		0		4		63	77	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	24		0		4		63	77	
Folate, DFE	mcg_DFE	24		0	NC	4		63	77	
Vitamin B-12		0.06		0		4		0.16	0.19	
Vitamin A, IU	IU	662	47.898	10		1		1741	2112	
Vitamin A, RAE	mcg_RAE	33		0	NC	4		87	106	
Retinol		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:										
	~	1.610		0		1		4.234	5.136	
Fatty acids, total saturated		1.610		U		1		4.234	5.136	
4:0										
6:0	-									
8:0										
10:0										
12:0										
13:0	-	0.050		-		1		0 100	0 100	
14:0		0.050		1		1		0.132	0.160	
15:0		1 050		1						
16:0		1.070		1		1		2.814	3.413	
17:0	_			_		_				
18:0	g	0.450		1		1		1.184	1.436	
	-									
20:0 22:0.	_									

		<u>Ar</u>	nount in 100		of edib	<u>n</u>	Amount in edible portion of common measures of food			
				Number of Data	Deriv	Source	Confidence	<u></u>		
Nutrients and Units	:	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	2.080		0		1		5.470	6.635	
14:1	_									
15:1										
16:1 undifferentiated	-	0.110		1		1		0.289	0.351	
17:1										
18:1 undifferentiated		1.930		1		1		5.076	6.157	
20:1										
22:1 undifferentiated	-									
24:1 c										
Fatty acids, total polyunsaturated		1.250		0		1		3.288	3.988	
18:2 undifferentiated	•	0.950		1		1		2.499	3.031	
18:3 undifferentiated	-	0.270		1		1		0.710	0.861	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	-									
20:5 n-3										
22:5 n-3	-									
22:6 n-3	-									
Fatty acids, total trans		•		•		_			••	
Cholesterol	_	9		0		1		24	29	
Phytosterols	rng									
Amino Acids:										
Tryptophan	g	0.080		0		1		0.210	0.255	
Threonine		0.314		0		1		0.826	1.002	
Isoleucine		0.371		0		1		0.976	1.183	
Leucine	g	0.626		0		1		1.646	1.997	
Lysine	_	0.518		0		1		1.362	1.652	
Methionine	-	0.096		0		1		0.252	0.306	
Cystine	g	0.084		0		1		0.221	0.268	
Phenylalanine		0.424		0		1		1.115	1.353	
Tyrosine		0.227		0		1		0.597	0.724	
Valine		0.418		0		1		1.099	1.333	
Arginine		0.399		0		1		1.049	1.273	
Histidine		0.198		0		1		0.521	0.632	
Alanine	_	0.379		0		1		0.997	1.209	
Aspartic acid	_	0.851		0		1		2.238	2.715	
Glutamic acid		1.401		0		1		3.685	4.469	
Glycine	-	0.367		0		1		0.965	1.171	
Proline		0.343		0		1		0.902	1.094	
Serine	-	0.376		0		1		0.989	1.199	
Hydroxyproline	-			-						
,, prome	5									

Common Measures:

Measure 1 = 263g: 1 cup (8 fl oz) Measure 2 = 319g: 1 can (11.25 oz)

Calories Factors: Protein 3.7 Fat 8.9 Carbohydrate 4

NDB No. 06406 Soup, bean with frankfurters, canned, prepared with equal volume water, commercial

		<u>A</u>	mount in 100 gra	ıms of edi	pie portic	<u>on</u>	Amount in	edible portion	of common
			Num	ber			<u>m</u>	easures of food	<u>l</u>
			of D	ata Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poir	its Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	83.03		0	1		207.58	503.99	
Energy	-	75		0 NC	4		188	455	
Energy		314			4		785	1905	
Protein (N x 6.25)	=	3.99		0	1		9.98	24.22	
Total lipid (fat)		2.79		0	1		6.98	16.94	
Ash		1.39		0	1		3.48	8.44	
Carbohydrate, by difference		8.80		0 NC	4		22.00	53.42	
Fiber, total dietary									
Sugars, total									
Starch	-								
Minerals:				_					
Calcium, Ca	_	35		0	1		88	212	
Iron, Fe		0.94		0	1		2.35	5.71	
Magnesium, Mg		19		0	1		48	115	
Phosphorus, P	•	66		0	1		165	401	
Potassium, K	_	191		0 0	1 1		478 1093	1159	
Sodium, Na		437 0.47		0	1		1.18	2653 2.87	
Zinc, Zn		0.47	.	0	1		0.395	0.959	
Copper, Cu Manganese, Mn		0.136		0	1		0.788	1.912	
Selenium, Se		3.4		0 RA	4		8.5	20.6	
Scientini, Sc	9	3.4			•		0.5	20.0	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		0.4		0	1		1.0	2.4	
Thiamin		0.044	l	0	1		0.110	0.267	
Riboflavin		0.026	5	0	1		0.065	0.158	
Niacin		0.410		0	1		1.025	2.489	
Pantothenic acid		0.040		0	4		0.100	0.243	
Vitamin B-6	-	0.053	3	0	1		0.133	0.322	
Folate, total		12		0	4		30	73	
Folic acid		0		0 z	7		0	0	
Folate, food	mcg	12		0	4		30	73	
Folate, DFE		12		0 NC	4		30	73	
Vitamin B-12		0.03		0	4		0.08	0.18	
Vitamin A, IU		348		0	1		870	2112	
Vitamin A, RAE		17 0		0 NC 0 Z	4 7		44 0	106	
Retinol		U		0 <u>Z</u>	,		U	0	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
• • • •									
<u>Lipids:</u>									
Fatty acids, total saturated		0.850)	0	1		2.125	5.160	
4:0									
6:0									
8:0									
10:0									
12:0									
13:0 14:0		0.030)	0	1		0.075	0.182	
		0.030	•	U	_		0.075	0.182	
15:0 16:0		0.560)	0	1		1.400	3.399	
17:0		0.560	•	•	1		1.400	3.399	
18:0	-	0.240)	0	1		0.600	1.457	
20:0	-	0.240	•	•	1		0.000	1.45/	
22:0	-								
44.V	g								

	<u>Aı</u>	mount in 10		of edik	ole portion	<u>n</u>	Amount in edible portion of common measures of food			
			Number				<u>me</u>	easures of food		
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	1.090	1	0		1		2.725	6.616		
14:1g										
15:1g										
16:1 undifferentiated	0.060	1	0		1		0.150	0.364		
17:1g										
18:1 undifferentiatedg	1.010)	0		1		2.525	6.131		
20:1g										
22:1 undifferentiatedg										
24:1 cg										
Fatty acids, total polyunsaturatedg	0.660)	0		1		1.650	4.006		
18:2 undifferentiatedg	0.500	1	0		1		1.250	3.035		
18:3 undifferentiated	0.140)	0		1		0.350	0.850		
18:4g										
20:2 n-6 c.cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg										
20:5 n-3g										
22:5 n-3g										
22:6 n-3g										
Fatty acids, total transg										
Cholesterol mg	5		0		1		13	30		
Phytosterolsmg										
Amino Acids:										
Tryptophang	0.042		0		1		0.105	0.255		
Threonineg	0.165	i	0		1		0.413	1.002		
Isoleucineg	0.195	i	0		1		0.488	1.184		
Leucineg	0.329)	0		1		0.823	1.997		
Lysineg	0.272		0		1		0.680	1.651		
Methionineg	0.050	1	0		1		0.125	0.304		
Cystineg	0.044		0		1		0.110	0.267		
Phenylalanine9	0.223	1	0		1		0.558	1.354		
Tyrosineg	0.119)	0		1		0.298	0.722		
Valineg	0.220)	0		1		0.550	1.335		
Arginineg	0.210)	0		1		0.525	1.275		
Histidineg	0.104		0		1		0.260	0.631		
Alanineg	0.199)	0		1		0.498	1.208		
Aspartic acidg	0.447		0		1		1.118	2.713		
Glutamic acidg	0.736	i	0		1		1.840	4.468		
Glycineg	0.193	1	0		1		0.483	1.172		
Prolineg	0.180)	0		1		0.450	1.093		
Serineg	0.198		0		1		0.495	1.202		
Hydroxyproline										

Common Measures:

Measure 1 = 250g: 1 cup (8 fl oz)

Measure 2 = 607g: 1 can (11.25 oz), prepared

Calories Factors: Protein 3.7 Fat 8.9 Carbohydrate 4

		<u>Aı</u>	mount in 100 g	rams	of edit	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	78.63	0.209	10		1		191.07	429.32		
Energy	kcal	95		0	NC	4		231	519		
Energy	kj	397				4		966	2170		
Protein (N x 6.25)	g	5.19	0.116	10		1		12.61	28.34		
Total lipid (fat)	g	3.50	0.070	10		1		8.51	19.11		
Ash	g	1.52	0.033	10		1		3.69	8.30		
Carbohydrate, by difference	g	11.16		0	NC	4		27.12	60.93		
Fiber, total dietary	g	4.6		0		4		11.2	25.1		
Sugars, total	g										
Starch	g										
Minorala.											
Minerals: Calcium. Ca	ma	32	0.897	10		1		78	175		
Iron. Fe.		1.33	0.897	10		1		78 3.23	7.26		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	1.33	0.000	0		4		3.23 46	104		
Phosphorus, P		59		0		4		143	322		
Potassium, K	•	175		0		1		425	956		
Sodium, Na	-	400		10		1		972	2184		
Zinc, Zn	-	0.44		0		4		1.07	2.40		
Copper, Cu		0.160	1	0		4		0.389	0.874		
Manganese, Mn.		0.290		0		4		0.705	1.583		
Selenium, Se		6.9		0	BFSN	4		16.8	37.7		
7*.											
Vitamins:						_					
Vitamin C, total ascorbic acid	_	1.8	0.200	10		1		4.4	9.8		
Thiamin		0.060		10		1		0.146	0.328		
Riboflavin		0.060		10		1		0.146	0.328		
Niacin		0.700		10		1		1.701	3.822		
Pantothenic acid		0.040		0		4		0.097	0.218		
Vitamin B-6	-	0.050		0		4		0.122	0.273		
Folate, total		12		0	_	4		29	66		
Folic acid		0 12		0	Z	7		0 29	0		
Folate, food		12		0	NC	4 4		29 29	66		
Folate, DFE		0.03		0	NC	4		0.07	66 0.16		
Vitamin B-12 Vitamin A, IU		1626	168.364	10		1		3951	8878		
Vitamin A, RAE		81	100.304	0	NC	4		198	444		
Retinol		0		0	NC Z	7		0	0		
Vitamin E (alpha-tocopherol)		v		U		,		Ü	· ·		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
	•										
<u> ipids:</u>				_							
Fatty acids, total saturated		1.370		0		1		3.329	7.480		
4:0											
6:0	-										
8:0		0 000		0		1		0.000	0.000		
10:0		0.000 0.010		0		1		0.000	0.000		
12:0		0.010		U		1		0.024	0.055		
13:0	-	0.050	ı	0		1		0.122	0.273		
14:0	-	0.050		U		1		0.122	0.2/3		
15:0 16:0	-	0.830	ı	0		1		2.017	4.532		
17:0	-	0.630		J		1		2.01/	4.332		
18:0	-	0.470		0		1		1.142	2.566		
20:0	-	0.470		J		1		1.142	2.500		
22:0	-										
24:0											

		An	nount in 100 grams	s of edible portion	<u>on</u>		edible portion	
				Deriv Source	Confidence	<u>m</u>	easures of food	
Nutrients and Unit	s	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
F-44id44-1	a	1.580	0	1		3.839	8.627	
Fatty acids, total monounsaturated		1.560	0	1		3.839	8.627	
15:1								
16:1 undifferentiated		0.090	0	1		0.219	0.491	
17:1								
18:1 undifferentiated	g	1.440	0	1		3.499	7.862	
20:1	g	0.040	0	1		0.097	0.218	
22:1 undifferentiated	g							
24:1 c	g							
Fatty acids, total polyunsaturated	g	0.390	0	1		0.948	2.129	
18:2 undifferentiated	g	0.360	0	1		0.875	1.966	
18:3 undifferentiated	g	0.040	0	1		0.097	0.218	
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	0	1		22	49	
Phytosterols	mg							

Common Measures:

Measure 1 = 243g: 1 cup (8 fl oz)

Measure 2 = 546g: 1 can (19.25 oz), ready -to-serve

Calories Factors: Protein 3.7 Fat 8.9 Carbohydrate 4

		<u>Aı</u>	mount in 100 g	rams	of edit	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımbeı	r			<u>m</u>	easures of food	•	
						Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	а	70.17	0.447	16		1		188.76	228.75		
Energy	_	129		0	NC	4		347	421		
Energy		540		·		4		1452	1760		
Protein (N x 6.25)	=	5.88	0.104	13		1		15.82	19.17		
Total lipid (fat)		4.42	0.124	13		1		11.89	14.41		
Ash		2.57	0.040	13		1		6.91	8.38		
Carbohydrate, by difference		16.97	0.010	0	NC	4		45.65	55.32		
Fiber, total dietary		5.9		0	2.0	1		15.9	19.2		
Sugars, total		2.64		0	FLA	4		7.11	8.61		
Starch		2.04		Ū	LIIA	-		7.11	0.01		
Staten	9										
Minerals:											
Calcium, Ca	-	60	2.051	13		1		161	196		
Iron, Fe		1.53	0.059	13		1		4.12	4.99		
Magnesium, Mg		33		1		1		89	108		
Phosphorus, P	_	98		1		1		264	319		
Potassium, K		300		1		1		807	978		
Sodium, Na		709	22.959	13		1		1907	2311		
Zinc, Zn		0.77		4		1		2.07	2.51		
Copper, Cu		0.300		1		1		0.807	0.978		
Manganese, Mn		0.500		1	_	1		1.345	1.630		
Selenium, Se	rricg	6.4		2	A	1		17.2	20.9		
Vitamins:											
Vitamin C, total ascorbic acid	mg	1.2	0.134	13		1		3.2	3.9		
Thiamin	mg	0.065	0.004	13		1		0.175	0.212		
Riboflavin	mg	0.025	0.002	13		1		0.067	0.082		
Niacin	mg	0.421	0.012	13		1		1.132	1.372		
Pantothenic acid	mg	0.070		0		4		0.188	0.228		
Vitamin B-6	mg	0.031		2		1		0.083	0.101		
Folate, total	mcg	24	1.200	3		1		64	77		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	24	1.200	3		1		64	77		
Folate, DFE	mcg_DFE	24		0	NC	4		64	77		
Vitamin B-12	mcg	0.03		0		4		0.08	0.10		
Vitamin A, IU		662		0	FLA	4		1781	2158		
Vitamin A, RAE		34		0	FLA	4		92	111		
Retinol		1		0	FLA	4		3	4		
Vitamin E (alpha-tocopherol)	mg	0.87		0	FLA	4		2.34	2.83		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		2.4		0	FLA	4		6.4	7.0		
Vitamin K (phylloquinone)	illeg	2.4		U	FLA	4		6.4	7.8		
Lipids:											
Fatty acids, total saturated	g	1.140		0		1		3.067	3.716		
4:0		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	0.020		1		1		0.054	0.065		
12:0	g	0.010		1		1		0.027	0.033		
13:0	g										
14:0	g	0.050		1		1		0.135	0.163		
15:0	g										
16:0	g	0.700		1		1		1.883	2.282		
17:0	g										
18:0	g	0.280		1		1		0.753	0.913		
20:0	g										
22:0	g										
24:0	g										

	<u>Aı</u>	mount in 100 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common measures of food		
		Number	r			<u>m</u>	easures of food	
			Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.620	0		1		4.358	5.281	
15:1	0.070	1		1		0.188	0.228	
18:1 undifferentiatedg	1.520	1		1		4.089	4.955	
20:1g	0.000	0		1		0.000	0.000	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	
24:1 c	1 260	0		1		2 (50	4 424	
Fatty acids, total polyunsaturated9	1.360			1 1		3.658 2.744	4.434 3.325	
18:2 undifferentiated	1.020 0.330			1				
18:3 undifferentiated				1		0.888	1.076	
18:4g	0.000	U		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiated	0.000	0		1		0.000	0.000	
20:4 undifferentiatedg	0.000			1		0.000	0.000	
20:5 n-3g				1		0.000	0.000	
22:5 n-3g	0.000			1		0.000	0.000	
22:6 n-3	0.000	U		1		0.000	0.000	
Fatty acids, total trans	2	0		1		5	7	
Cholesterolmg	2	U		1		5	,	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.062	0		1		0.167	0.202	
Threonineg	0.243	0		1		0.654	0.792	
Isoleucineg	0.287	0		1		0.772	0.936	
Leucineg	0.484	0		1		1.302	1.578	
Lysineg	0.400	0		1		1.076	1.304	
Methionineg	0.074	0		1		0.199	0.241	
Cystineg	0.065	0		1		0.175	0.212	
Phenylalanineg	0.328	0		1		0.882	1.069	
Tyrosineg	0.176	0		1		0.473	0.574	
Valineg	0.323	0		1		0.869	1.053	
Arginineg	0.308	0		1		0.829	1.004	
Histidineg	0.153	0		1		0.412	0.499	
Alanineg	0.293	0		1		0.788	0.955	
Aspartic acidg	0.658	0		1		1.770	2.145	
Glutamic acidg	1.083	0		1		2.913	3.531	
Glycine	0.284	0		1		0.764	0.926	
Prolineg	0.265	0		1		0.713	0.864	
Serine	0.290	0		1		0.780	0.945	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeineg	0	0	FLA	4		0	0.0	
Theobromine mg	0	0	FLA	4		0	0	
Carotenoids:	·	v		-		· ·	J	
Carotene, beta mcg	336	0	FLA	4		903.840	1095.361	
Carotene, alphamcg	118	0	FLA	4		316.809	383.940	
Cryptoxanthin, beta mcg	0	0	FLA	4		0.000	0.000	
Lycopene mcg	5946	0	FLA	4		15994.828	19384.067	
Lutein + zeaxanthin mcg	9	0	FLA	4		24.275	29.419	

Common Measures:

Measure 1 = 269g: 1 cup (8 fl oz) Measure 2 = 326g: 1 can (11.5 oz) NDB No. 06004

Soup, bean with pork, canned, condensed, commercial

Calories Factors: Protein 3.7 Fat 8.9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

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

NDB No. 06404 Soup, bean with pork, canned, prepared with equal volume water, commercial

		<u>A</u> :	mount in 100	<u>grams</u>	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			ļ	Number				<u>me</u>	easures of food	•	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	84.16		0		1		212.92	26.59	516.74	
Energy	kcal	68		0	NC	4		172	21	418	
Energy	kj	285				4		720	90	1747	
Protein (N x 6.25)	g	3.12		0		1		7.89	0.99	19.16	
Total lipid (fat)	g	2.35		0		1		5.95	0.74	14.43	
Ash	g	1.36		0		1		3.44	0.43	8.35	
Carbohydrate, by difference	g	9.01		0	NC	4		22.80	2.85	55.32	
Fiber, total dietary	g	3.4		0		4		8.6	1.1	20.9	
Sugars, total	g	1.09		0	FLA	4		2.76	0.35	6.71	
Starch	g										
Minerals:											
Calcium. Ca	ma	32		0		1		81	10	196	
Iron, Fe		0.81		0		1		2.05	0.26	4.9	
Magnesium, Mg	_	18		0		1		46	6	111	
Phosphorus, P		52		0		1		132	16	319	
Potassium, K	•	159		0		1		402	50	976	
Sodium. Na		376		0		1		951	119	2309	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.41		0		1		1.03	0.13	2.5	
Copper, Cu		0.159)	0		1		0.402	0.050	0.9	
Manganese, Mn		0.265		0		1		0.670	0.084	1.6	
Selenium, Se		3.2		0	RA	4		8.1	1.0	19.6	
<u>'itamins:</u>											
Vitamin C, total ascorbic acid	_	0.6		0		1		1.5	0.2	3.7	
Thiamin	_	0.035		0		1		0.089	0.011	0.2	
Riboflavin		0.013		0		1		0.033	0.004	0.0	
Niacin	_	0.224		0		1		0.567	0.071	1.3	
Pantothenic acid	-	0.040		0		4		0.101	0.013	0.2	
Vitamin B-6	-	0.016	5	0		1		0.040	0.005	0.0	
Folate, total		13		0	_	1		32	4	77	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		13		0		1		32	4	77	
Folate, DFE		13		0	NC	4		32	4	77	
Vitamin B-12		0.02		0		4		0.05	0.01	0.1	
Vitamin A, IU		351		0	FLA	4		888	111	2155	
Vitamin A, RAE		18		0	FLA	4		45	6	109	
Retinol		0		0	FLA	4		1	0	1	
Vitamin E (alpha-tocopherol)		0.30		0	FLA	4		0.75	0.09	1.8	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)		1.2		0	FLA	4		3.0	0.4	7.4	
vitanini K (phynodumone)	9			·		-		3.0	0.1	,	
<u> ipids:</u>											
Fatty acids, total saturated	g	0.600		0		1		1.518	0.190	3.6	
4:0		0.000		0		1		0.000	0.000	0.0	
6:0		0.000		0		1		0.000	0.000	0.0	
8:0		0.000		0		1		0.000	0.000	0.0	
10:0	-	0.010		0		1		0.025	0.003	0.0	
12:0		0.010)	0		1		0.025	0.003	0.0	
13:0				-		_			_		
14:0		0.030)	0		1		0.076	0.009	0.1	
15:0				_		_		_		_	
16:0	-	0.370)	0		1		0.936	0.117	2.2	
17:0	-			_		_				_	
18:0	-	0.150)	0		1		0.380	0.047	0.9	
20:0	-										
22:0	q										

		<u>A</u>	mount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common measures of food			
				Number of Data	Deriv	Source	Confidence	<u>m</u> .	easures of food		
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatura	atedg	0.860	1	0		1		2.176	0.272	5.280	
14:1	_										
15:1 16:1 undifferentiated	_	0.040	1	0		1		0.101	0.013	0.246	
17:1	_	0.040	•	·		-		0.101	0.015	0.240	
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.810	1	0		1		2.049	0.256	4.973	
20:1	_	0.000	1	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 polyunsaturat	tedg	0.720)	0		1		1.822	0.228	4.421	
18:2 undifferentiated		0.540		0		1		1.366	0.171	3.316	
18:3 undifferentiated		0.170		0		1		0.430	0.054	1.044	
18:4	_	0.000	1	0		1		0.000	0.000	0.000	
20:2 n-6 c,c	_										
20:3 undifferentiated	_	0.000		0		1		0.000	0.000	0.000	
20:4 undifferentiated 20:5 n-3	_	0.000		0		1		0.000 0.000	0.000 0.000	0.000	
20:5 n-3	_	0.000		0		1		0.000	0.000	0.000	
22:6 n-3	-	0.000		0		1		0.000	0.000	0.000	
Fatty acids, total trans	_	0.000	•	·		-		0.000	0.000	0.000	
Cholesterol		1		0		1		3	0	6	
Phytosterols	_										
-	_										
Amino Acids:	_					_					
Tryptophan		0.033		0		1 1		0.083	0.010	0.203	
Threonine	=	0.129		0		1		0.326	0.041	0.792	
Isoleucine	-	0.152 0.257		0 0		1		0.385 0.650	0.048	0.933 1.578	
Leucine	-	0.237		0		1		0.536	0.081 0.067	1.302	
Methionine		0.039		0		1		0.099	0.012	0.239	
Cystine		0.035		0		1		0.089	0.011	0.215	
Phenylalanine		0.174		0		1		0.440	0.055	1.068	
Tyrosine		0.093		0		1		0.235	0.029	0.571	
Valine	-	0.172		0		1		0.435	0.054	1.056	
Arginine	-	0.164		0		1		0.415	0.052	1.007	
Histidine	g	0.081		0		1		0.205	0.026	0.497	
Alanine	-	0.156	i	0		1		0.395	0.049	0.958	
Aspartic acid		0.349)	0		1		0.883	0.110	2.143	
Glutamic acid	g	0.575	i	0		1		1.455	0.182	3.531	
Glycine	g	0.151		0		1		0.382	0.048	0.927	
Proline	g	0.141		0		1		0.357	0.045	0.866	
Serine	g	0.154	ŀ	0		1		0.390	0.049	0.946	
Hydroxyproline	g										
Others:											
Alcohol, ethyl	а	0.0		0		7		0.0	0.0	0.0	
Caffeine		0		0	FLA	4		0.0	0.0	0.0	
Theobromine		0		0	FLA	4		0	0	0	
Carotenoids:	J	-		-	_			-	•	-	
<u></u>	ma	1.50		•				404 550	F.4. 080	1054 555	
Carotene, beta	_	172		0	FLA	4		434.572	54.279	1054.653	
Carotene, alpha		77 0		0 0	FLA	4 4		194.116	24.245	471.096	
Cryptoxanthin, beta	=			0	FLA FLA	4		0.000	0.000	0.000	
Lycopene		525 6		0	FLA FLA	4		1328.706 14.874	165.957 1.858	3224.607 36.097	
Lutein + zeaxanthin	<u>iii</u> icy	ō		U	ъпА	4		14.0/4	1.000	30.097	

Common Measures:

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

Measure 2 = 31.6g: 1 fl oz

Measure 3 = 614g: 1 can (11.5 oz), prepared

NDB No. 06404

Soup, bean with pork, canned, prepared with equal volume water, commercial

Calories Factors: Protein 3.7 Fat 8.9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>Aı</u>	mount in 10	0 grams	of edib	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	83.30				4		209.08		
Energy	kcal	69				1		173		
Energy	kj	289				1		725		
Protein	g	4.30				1		10.79		
Total lipid (fat)	g	2.30				1		5.77		
Ash	g	0.52		0	NR	4		1.30		
Carbohydrate, by difference	g	9.58		0	NR	4		24.05		
Fiber, total dietary	g	0.2				4		0.5		
Sugars, total	g	0.84		0	FLA	4		2.11		
Starch	g									
Minorals										
Minerals: Calcium, Ca	ma	13				1		33		
Iron, Fe	_	0.97				4		2.43		
Magnesium, Mg	_	2				4		5		
Phosphorus, P		50				4		126		
Potassium, K	_	140				4		351		
Sodium, Na		25				1		63		
Zinc, Zn	mg	1.10				4		2.76		
Copper, Cu	mg	0.100)			4		0.251		
Manganese, Mn	mg									
Selenium, Se	mcg	2.2		0	BFZN	4		5.5		
Vitamins:										
Vitamin C, total ascorbic acid	ma	3.0				1		7.5		
Thiamin	_	0.040	1			1		0.100		
Riboflavin	-	0.110				1		0.276		
Niacin	_	1.130				4		2.836		
Pantothenic acid	_	2.200				-		2.000		
Vitamin B-6	-	0.060)			4		0.151		
Folate, total		5		0	FLA	4		11		
Folic acid		0		0	FLA	4		0		
Folate, food		5		0	FLA	4		11		
Folate, DFE	mcg_DFE	5		0	NC	4		11		
Vitamin B-12		0.26				4		0.65		
Vitamin A, IU	IU	1967		0	FLA	4		4937		
Vitamin A, RAE		98		0	FLA	4		247		
Retinol	mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.22		0	FLA	4		0.56		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D				_						
Vitamin K (phylloquinone)	mcg	3.5		0	FLA	4		8.7		
Lipids:										
Fatty acids, total saturated	g	1.621				4		4.069		
4:0		0.000				4		0.000		
6:0		0.009				4		0.023		
8:0		0.116	5			4		0.291		
10:0	-	0.094				4		0.236		
12:0	-	0.692				4		1.737		
13:0	-									
14:0		0.281	-			4		0.705		
15:0										
16:0		0.295	i			4		0.740		
17:0										
18:0		0.132	?			4		0.331		
20:0										
22:0	-									
24:0	q									

	Ar	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.394				4		0.989		
14:1g									
15:1g									
16:1 undifferentiatedg	0.025				4		0.063		
17:1g									
18:1 undifferentiatedg	0.367				4		0.921		
20:1g	0.000				4		0.000		
22:1 undifferentiatedg	0.000				4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.068				4		0.171		
18:2 undifferentiatedg	0.062				4		0.156		
18:3 undifferentiatedg	0.004				4		0.010		
18:4g	0.000				4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.002				4		0.005		
20:5 n-3g	0.000				4		0.000		
22:5 n-3g	0.000				4		0.000		
22:6 n-3g	0.000				4		0.000		
Fatty acids, total transg									
Cholesterolmg	6				4		15		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobromine mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, betamcg	961		0	FLA	4		2412.247		
Carotene, alphamcg	438		0	FLA	4		1100.293		
Cryptoxanthin, betamcg	0		0	FLA	4		0.000		
Lycopenemcg	722		0	FLA	4		1811.127		
Lutein + zeaxanthinmcg	47		0	FLA	4		117.964		

Common Measures:

Measure 1 = 251g: 1 cup

Calories Factors: Protein Fat Carbohydrate

NDB No. 06032 Soup, beef broth bouillon and consomme, canned, condensed, commercial

		<u>Aı</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nι	ımbeı	•			<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	92.60	0.351	13		1		227.80	275.95		
Energy	kcal	24		0	NC	4		59	72		
Energy	kj	100				4		247	299		
Protein (N x 6.25)	g	4.37	0.234	10		1		10.75	13.02		
Total lipid (fat)	g	0.00	0.000	10		1		0.00	0.00		
Ash	g	1.59	0.031	10		1		3.91	4.74		
Carbohydrate, by difference	g	1.44		0	NC	4		3.54	4.29		
Fiber, total dietary	g	0.0		0		4		0.0	0.0		
Sugars, total	g	0.00		0	FLA	4		0.00	0.00		
Starch	g										
Minerals:											
Vimerais: Calcium, Ca	ma	7	0.458	10		1		17	21		
Iron, Fe	-	0.43	0.050	10		1		1.06	1.28		
Magnesium, Mg	-	0		1		1		0	0		
Phosphorus, P		26		1		1		64	77		
Potassium, K	•	125		1		1		308	373		
Sodium, Na	-	520	21.737	5		1		1279	1550		
Zinc, Zn	mg	0.30		1		1		0.74	0.89		
Copper, Cu	mg	0.200	1	1		1		0.492	0.596		
Manganese, Mn	mg	0.300	1	1		1		0.738	0.894		
Selenium, Se	mcg	2.1		0	BFSN	4		5.2	6.3		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.7	0.167	9		1		1.7	2.1		
Thiamin	-	0.017		10		1		0.042	0.051		
Riboflavin		0.017		10		1		0.057	0.069		
Niacin		0.580		10		1		1.427	1.728		
Pantothenic acid		0.040		0		4		0.098	0.119		
Vitamin B-6	-	0.020		1		1		0.049	0.060		
Folate, total	-	2	0.422	3		1		6	7		
Folic acid		0		0	z	7		0	0		
Folate, food		2	0.422	3		1		6	7		
Folate, DFE		2		0	NC	4		6	7		
Vitamin B-12		0.00		1		1		0.00	0.00		
Vitamin A, IU		0		0	FLA	4		0	0		
Vitamin A, RAE		0		0	FLA	4		0	0		
Retinol	mcg	0		0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)	mg	0.02		0	FLA	4		0.05	0.07		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0	0.0		
Lipids:											
Fatty acids, total saturated	a	0.000	ı	0		4		0.000	0.000		
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol		0		0		1		0	0		
Phytosterols											
Others:	~										
Alcohol, ethyl		0		^	PT 3			0	•		
Caffeine	-	0		0	FLA	4		0	0 0		
Theobromine	IIIIY	U		U	FLA	4		U	U		
Carotenoids:											
Carotene, beta	mcg	0		0	FLA	4		0.000	0.000		
Carotene, alpha	-	0		0	FLA	4		0.000	0.000		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0.000	0.000		

	<u>A</u>	mount in 100 gra	ms of edi	ble portic	Amount in edible portion of common			
		Num of D		Source	Confidence	measures of food		
Nutrients and Units	Mean	Std. Error Poir	its Code	Code	Code	Measure 1	Measure 2	Measure 3
Lycopene MCG	0		0 FLA	4		0.000	0.000	
Lycopene mcg Lutein + zeaxanthin mcg	ō		0 FLA	4		0.000	0.000	

Common Measures:

Measure 1 = 246g: 1 cup (8 fl oz) Measure 2 = 298g: 1 can (10.5 oz)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber	•			<u>m</u>	easures of food	<u>.</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		97.55	0.064	10		1		234.12	571.64	387.27	
Energy	kcal	7		0	NC	4		17	41	28	
Energy	kj	29				4		70	172	116	
Protein (N x 6.25)		1.14	0.016	10		1		2.74	6.68	4.53	
Total lipid (fat)		0.22	0.059	10		1		0.53	1.29	0.87	
Ash		1.05	0.017	10		1		2.52	6.15	4.17	
Carbohydrate, by difference		0.04		0	NC	4		0.10	0.23	0.16	
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0	
Sugars, total		0.00		0	FLA	4		0.00	0.00	0.00	
Starch	9										
Ainerals:											
Calcium, Ca	mg	6	0.327	10		1		14	35	24	
Iron, Fe	_	0.17	0.015	10		1		0.41	1.00	0.6	
Magnesium, Mg	_	2		0		4		5	12	8	
Phosphorus, P		13		1		1		31	76	52	
Potassium, K	_	54		1		4		130	316	214	
Sodium, Na		326		1		4		782	1910	1294	
Zine, Zn	mg	0.00		0		4		0.00	0.00	0.0	
Copper, Cu		0.000	1	0		4		0.000	0.000	0.0	
Manganese, Mn		0.010)	0		4		0.024	0.059	0.0	
Selenium, Se	mcg	0.7	0.257	12	A	1		1.7	4.1	2.8	
itamins:											
	ma	0.0	0.000	10		1		0.0	0.0	0.0	
Vitamin C, total ascorbic acid Thiamin	-	0.002		10		1		0.005	0.0	0.0	
Riboflavin		0.002		10		1		0.050	0.123	0.0	
		0.021		10		1		1.872	4.571	3.0	
Niacin Pantothenic acid	_	0.780		0		4		0.048	0.117	0.0	
Vitamin B-6	-	0.020		0		4		0.048	0.117	0.0	
	-	2		0		4		5	12	8	
Folic acid		0		0	z	7		0	0	0	
Folate, food.		2		0		4		5	12	8	
Folate, DFE		2		0	NC	4		5	12	8	
Vitamin B-12		0.07		0	NC	4		0.17	0.41	0.2	
Vitamin A, IU		0.07		0	FLA	4		0.17	0.41	0.2	
Vitamin A, RAE	mca RAF	0		0	FLA	4		0	0	0	
Retinol		0		0	FLA	4		0	0	0	
Vitamin E (alpha-tocopherol)		0.00		0	FLA	4		0.01	0.03	0.0	
Tocopherol, beta		0.00		·		•		0.01	0.03	0.0	
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0	0.0	0.0	
<u>ipids:</u>											
Fatty acids, total saturated		0.110		0		1		0.264	0.645	0.4	
4:0		0.000		0		1		0.000	0.000	0.0	
6:0		0.000		0		1		0.000	0.000	0.0	
8:0		0.000		0		1		0.000	0.000	0.0	
10:0	-	0.000		0		1		0.000	0.000	0.0	
12:0		0.000	1	0		1		0.000	0.000	0.0	
13:0		2 22 2		^							
14:0		0.010	•	0		1		0.024	0.059	0.0	
15:0		2 222		^		4				^ ^	
16:0	-	0.060	•	0		1		0.144	0.352	0.2	
17:0	-	0.000		^				0.000	2 224	• -	
18:0	-	0.040	1	0		1		0.096	0.234	0.1	
20:0	-										
22:0	g g										

	<u>Am</u>	ount in 100 grams Numbe	Amount in edible portion of common measures of food					
Nutrients and Units	Mean		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	0.090	0		1		0.216	0.527	0.357
14:1g								
15:1g								
16:1 undifferentiatedg	0.010	0		1		0.024	0.059	0.040
17:1g								
18:1 undifferentiatedg	0.080	0		1		0.192	0.469	0.318
20:1g	0.000	0		1		0.000	0.000	0.000
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
24:1 cg								
Fatty acids, total polyunsaturated	0.010	0		1		0.024	0.059	0.040
18:2 undifferentiatedg	0.010	0		1		0.024	0.059	0.040
18:3 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
18:4g	0.000	0		1		0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
20:5 n-3g	0.000	0		1		0.000	0.000	0.000
22:5 n-3g	0.000	0		1		0.000	0.000	0.000
22:6 n-3g	0.000	0		1		0.000	0.000	0.000
Fatty acids, total trans								
Cholesterolmg	0	0		1		0	0	0
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeine mg	0	0	FLA	4		0	0	0
Theobrominemg	0	0	FLA	4		0	0	0
Carotenoids:								
Carotene, beta mcg	0	0	FLA	4		0.000	0.000	0.000
Carotene, alphamcg	0	0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, betamcg	0	0	FLA	4		0.000	0.000	0.000
Lycopenemcg	0	0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthinmcg	0	0	FLA	4		0.000	0.000	0.000

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 586g: 1 can (10.5 oz), prepared Measure 3 = 397g: 1 can (14 oz), ready-to-serve

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 100) grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			ı	Number	•			measures of food			
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	3.27		3		1		0.26	0.12	0.20	
Energy	kcal	238		0	NC	4		19	9	14	
Energy	kj	996				4		80	36	60	
Protein (N x 6.25)	g	15.97		3		1		1.28	0.57	0.96	
Total lipid (fat)	g	8.89		3		1		0.71	0.32	0.53	
Ash	g	48.22		3		1		3.86	1.74	2.89	
Carbohydrate, by difference	g	23.65		0	NC	4		1.89	0.85	1.42	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0	
Sugars, total	g	0.38		0	FLA	4		0.03	0.01	0.02	
Starch	g										
X.C. 1											
Minerals:	ma	60		4		4		F	2		
Calcium, Ca	_	60 1.00		1		1 1		5 0.08	2 0.04	4 0.06	
Iron, Fe	_	1.00 51		0 2		1		0.08 4	0.04 2	3	
Magnesium, Mg		320		2		1		4 26	12	3 19	
Phosphorus, P	•	320 446		2		1		26 36	16	19 27	
Potassium, K				3		1		1359	611	1019	
Sodium, Na	•	16982 0.00		0		1		0.00	0.00	0.00	
Zinc, Zn		0.00		0		1		0.000	0.000	0.00	
Copper, Cu		0.459		3		1		0.000	0.000	0.00	
Manganese, Mn		27.6	•	0	BFSN	4		2.2	1.0	1.7	
Selenium, Se	Ilicg	27.6		U	DESN	4		2.2	1.0	1.7	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0	
Thiamin	mg	0.070)	1		1		0.006	0.003	0.00	
Riboflavin	mg	0.243	3	2		1		0.019	0.009	0.01	
Niacin	mg	4.467	1	2		1		0.357	0.161	0.26	
Pantothenic acid	mg	0.300)	0		1		0.024	0.011	0.01	
Vitamin B-6	mg	0.200)	0		1		0.016	0.007	0.01	
Folate, total	mcg	32		0		1		3	1	2	
Folic acid	mcg	0		0	Z	7		0	0	0	
Folate, food		32		0		1		3	1	2	
Folate, DFE	mcg_DFE	32		0	NC	4		3	1	2	
Vitamin B-12		1.00		0		1		0.08	0.04	0.06	
Vitamin A, IU		0		0	NC	4		0	0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0	
Retinol	mcg	0		0	FLA	4		0	0	0	
Vitamin E (alpha-tocopherol)	mg	2.17		0	FLA	4		0.17	0.08	0.13	
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	3.2		0	FLA	4		0.3	0.1	0.2	
Lipids:											
Fatty acids, total saturated	a	4.320)	0		1		0.346	0.156	0.25	
4:0		0.000		0		1		0.000	0.000	0.00	
6:0		0.000		0		1		0.000	0.000	0.00	
8:0	-	0.000		0		1		0.000	0.000	0.00	
10:0	-	0.000		0		1		0.000	0.000	0.00	
12:0	-	0.080		0		1		0.006	0.003	0.00	
13:0											
14:0		0.332	<u>!</u>	0		1		0.027	0.012	0.02	
15:0				-							
16:0		2.220)	0		1		0.178	0.080	0.13	
17:0	-			-							
18:0	-	1.688	3	0		1		0.135	0.061	0.10	
20:0	-			-		_				2.20.	
22:0	-										
24:0	-										

	Amo	ount in 100 grams Number	•		_	Amount in edible portion of common measures of food		
Nutrients and Units	Mean S	of Data td. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	3.616	0		1		0.289	0.130	0.217
14:1g	3.010	· ·		_		0.269	0.130	0.217
15:1g								
16:1 undifferentiated	0.372	0		1		0.030	0.013	0.022
17:1g								
18:1 undifferentiatedg	3.215	0		1		0.257	0.116	0.193
20:1g	0.030	0		1		0.002	0.001	0.002
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
24:1 cg								
Fatty acids, total polyunsaturated	0.332	0		1		0.027	0.012	0.020
18:2 undifferentiatedg	0.281	0		1		0.022	0.010	0.017
18:3 undifferentiatedg	0.050	0		1		0.004	0.002	0.003
18:4g	0.000	0		1		0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
20:5 n-3g	0.000	0		1		0.000	0.000	0.000
22:5 n-3g	0.000	0		1		0.000	0.000	0.000
22:6 n-3g	0.000	0		1		0.000	0.000	0.000
Fatty acids, total transg								
Cholesterolmg	10	0		1		1	0	1
Phytosterols mg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeine mg	0	0	FLA	4		0	0	0
Theobrominemg	0	0	FLA	4		0	0	0
Carotenoids:								
Carotene, betamcg	0	0	FLA	4		0.000	0.000	0.000
Carotene, alphamcg	0	0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, betamcg	0	0	FLA	4		0.000	0.000	0.000
Lycopene mcg	0	0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthinmcg	0	0	FLA	4		0.000	0.000	0.000

Common Measures:

Measure 1 = 8.0g: 1 cup (8 fl oz)

Measure 2 = 3.6g: 1 cube Measure 3 = 6.0g: 1 packet

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

NDB No. 06475 Soup, beef broth or bouillon, powder, prepared with water

		<u>A</u> :	mount in 100	0 grams	Amount in edible portion of common						
			1	Number	•			measures of food			
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	96.74		0		1		236.05	29.51	177.03	
Energy	kcal	8		0	NC	4		20	2	15	
Energy	kj	33				4		82	10	61	
Protein (N x 6.25)	g	0.52		0		1		1.27	0.16	0.95	
Total lipid (fat)	g	0.29		0		1		0.71	0.09	0.53	
Ash	g	1.67		0		1		4.07	0.51	3.06	
Carbohydrate, by difference	g	0.77		0	NC	4		1.88	0.23	1.41	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0	
Sugars, total	g	0.08		0	FLA	4		0.19	0.02	0.15	
Starch	g										
M:l											
Minerals:	ma	4		0		1		10	1	7	
Calcium, Ca Iron, Fe	-	0.01		0		1		0.02	0.00	0.02	
Magnesium, Mg	-	3		0		1		7	1	5	
Phosphorus, P		10		0		1		24	3	18	
•	-	15		0		1		37	5	27	
Potassium, K Sodium. Na		558		0		1		1362	170	1021	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.03		0		1		0.07	0.01	0.05	
Copper, Cu		0.006		0		1		0.015	0.002	0.03	
Manganese, Mn		0.006		0		1		0.013	0.002	0.02	
Selenium, Se		0.010	,	0	BFSN	4		1.7	0.003	1.3	
Selemum, Se		0.7		·	DESK	-		1.,	0.2	1.3	
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0	
Thiamin	mg	0.002	2	0		1		0.005	0.001	0.00	
Riboflavin	mg	0.008	3	0		1		0.020	0.002	0.01	
Niacin	<u>mg</u>	0.146	5	0		1		0.356	0.045	0.26	
Pantothenic acid	mg	0.000)	0		1		0.000	0.000	0.00	
Vitamin B-6	mg	0.000)	0		1		0.000	0.000	0.00	
Folate, total	mcg	0		0		1		0	0	0	
Folic acid	mcg	0		0	Z	7		0	0	0	
Folate, food		0		0		1		0	0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0	
Vitamin B-12		0.00		0		1		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	0.04		0	FLA	4		0.10	0.01	0.07	
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.1		0	FLA	4		0.2	0.0	0.1	
Lipids:											
Fatty acids, total saturated	a	0.141		0		1		0.344	0.043	0.25	
4:0		0.000		0		1		0.000	0.000	0.00	
6:0		0.000		0		1		0.000	0.000	0.00	
8:0	-	0.000		0		1		0.000	0.000	0.00	
10:0	-	0.000		0		1		0.000	0.000	0.00	
12:0	-	0.003		0		1		0.007	0.001	0.00	
13:0		0.000	-	·		-		3.00,	0.001	3.30	
14:0		0.011	L	0		1		0.027	0.003	0.02	
15:0		0.011	-	3		-		0.027	0.003	0.02	
16:0		0.073	1	0		1		0.178	0.022	0.13	
17:0	=	0.073	-	3		-		0.176	0.022	0.13	
18:0	-	0.055	,	0		1		0.134	0.017	0.10	
20:0	-	0.035	-	3		_		0.134	0.017	0.10	
22:0	-										
24:0	-										

	<u>Am</u>	ount in 100 grams Numbe	r		_	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9	0.118	0		1		0.288	0.036	0.216
14:1g	0.110	· ·		-		0.200	0.030	0.210
15:1g								
16:1 undifferentiatedg	0.012	0		1		0.029	0.004	0.022
17:1g								
18:1 undifferentiatedg	0.105	0		1		0.256	0.032	0.192
20:1g	0.001	0		1		0.002	0.000	0.002
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
24:1 cg								
Fatty acids, total polyunsaturated	0.011	0		1		0.027	0.003	0.020
18:2 undifferentiatedg	0.009	0		1		0.022	0.003	0.016
18:3 undifferentiatedg	0.002	0		1		0.005	0.001	0.004
18:4g	0.000	0		1		0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
20:5 n-3g	0.000	0		1		0.000	0.000	0.000
22:5 n-3g	0.000	0		1		0.000	0.000	0.000
22:6 n-3g	0.000	0		1		0.000	0.000	0.000
Fatty acids, total transg								
Cholesterol mg	0	0		1		0	0	0
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeine mg	0	0	FLA	4		0	0	0
Theobromine mg	0	0	FLA	4		0	0	0
Carotenoids:								
Carotene, betamcg	0	0	FLA	4		0.164	0.020	0.123
Carotene, alphamcg	0	0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, betamcg	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

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz) Measure 2 = 30.5g: 1 fl oz (prepared)

Measure 3 = 183g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

NDB No. 06432 Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial

		<u>A</u>	mount in 100 grai	ns of edi	Amount in 100 grams of edible portion						
			Numb	er			measures of food				
			of Da	ta Deriv	Source	Confidence					
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3		
Proximates:											
Water	g	96.24	(1		231.94	563.97			
Energy	kcal	12	(NC	4		29	70			
Energy	kj	50			4		121	294			
Protein (N x 6.25)	g	2.22	(1		5.35	13.01			
Total lipid (fat)	g	0.00	(1		0.00	0.00			
Ash	g	0.81	(1		1.95	4.75			
Carbohydrate, by difference	g	0.73	(NC	4		1.76	4.28			
Fiber, total dietary	g	0.0	(4		0.0	0.0			
Sugars, total	g										
Starch	g										
M:											
Minerals:	ma	4	C		1		10	23			
Calcium, Ca	_	0.22	0		1		0.53	1.29			
Magnesium, Mg		0.22	0		1		0.53	0			
Phosphorus, P		13	0		1		31	76			
Potassium, K	-	64	0		1		154	375			
Sodium, Na	-	264	C		1		636	1547			
Zinc, Zn		0.15	C		1		0.37	0.89			
Copper, Cu		0.102	2 0		1		0.246	0.598			
Manganese, Mn		0.152	2 0		1		0.366	0.891			
Selenium, Se											
¥7:4											
Vitamins:		0.4	,				1.0				
Vitamin C, total ascorbic acid		0.4	9 0		1 1		1.0 0.022	2.3			
Thiamin		0.009			1		0.022	0.053			
Riboflavin		0.012			1		0.029	0.070 1.729			
Pantothenic acid		0.020			4		0.711	0.117			
Vitamin B-6		0.020			1		0.048	0.117			
Folate, total	-	1	,		1		3	7			
Folic acid		0	C		7		0	0			
Folate, food		1	C		1		3	7			
Folate, DFE	mca DFF	1	C		4		3	7			
Vitamin B-12		0.00	C		1		0.00	0.00			
Vitamin A, IU		0	C		1		0	0			
Vitamin A, RAE		0	C		4		0	0			
Retinol		0	C		7		0	0			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	a	0.000) (1		0.000	0.000			
4:0		3.000			-		0.000	0.000			
6:0											
8:0											
10:0											
12:0											
13:0											
14:0		0.000) (1		0.000	0.000			
15:0											
16:0		0.000) (1		0.000	0.000			
17:0											
18:0		0.000) (1		0.000	0.000			
20:0	g										
22:0	g										
	g										

NDB No. 06432 Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial

	<u>Amo</u>	unt in 100 grams of	f edible portio	<u>n</u>	Amount in edible portion of common		
		Number of Data D	eriv Source	Confidence	measures of food		
Nutrients and Units	Mean St	d. Error Points C	ode Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000	0	1		0.000	0.000	
14:1	0.000	v	-		0.000	0.000	
15:1							
16:1 undifferentiatedg							
17:1g							
18:1 undifferentiatedg	0.000	0	1		0.000	0.000	
20:1g							
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturatedg	0.000	0	1		0.000	0.000	
18:2 undifferentiatedg	0.000	0	1		0.000	0.000	
18:3 undifferentiatedg							
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg							
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total transg							
Cholesterolmg	0	0	1		0	0	
Phytosterolsmg							

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 586g: 1 can (10.5 oz), prepared

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		Amount in 100 grams of edible portion Number of Data Deriy Source Confidence						Amount in edible portion of common measures of food		
Nutrients and U	nits	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	94.60	1	A	1		281.91	119.20		
Energy	kcal	18	0	NC	4		54	23		
Energy		75			4		224	95		
Protein		2.60	1	A	1		7.75	3.28		
Total lipid (fat)	g	1.00	1	A	1		2.98	1.26		
Ash	g	2.10	1	A	1		6.26	2.65		
Carbohydrate, by difference		0.00	0	NC	4		0.00	0.00		
Fiber, total dietary										
Sugars, total										
Starch	_									
Minanala										
Minerals:	ma									
Calcium, CaIron, Fe										
Magnesium, Mg	-									
Phosphorus, P										
Potassium, K	-									
Sodium, Na	-	769	1	A	1		2292	969		
Zine, Zn	-									
Copper, Cu										
Manganese, Mn										
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	a									
Fatty acids, total monounsaturate										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol	_	1	1	A	1		3	1		
Phytosterols										

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

Common Measures:

Measure 1 = 298g: 1 package yields

Measure 2 = 126g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>Aı</u>	mount in 10	0 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
				Number	•			measures of food		
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.30		1		1		0.16	0.12	
Energy	kcal	170		0	NC	4		8	6	
Energy	kj	711				4		34	26	
Protein (N x 6.25)	g	17.30		1		1		0.83	0.62	
Total lipid (fat)	g	4.00		1		1		0.19	0.14	
Ash	g	59.30		1		1		2.85	2.13	
Carbohydrate, by difference	g	16.10		0	NC	4		0.77	0.58	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	0.00		0	FLA	4		0.00	0.00	
Starch	g									
Min and a										
Minerals:	ma	60		0		4		3	2	
Calcium, CaIron, Fe	-	2.23		1		1		0.11	0.08	
Magnesium, Mg	-	50		2		1		2	2	
Phosphorus, P		225		1		1		11	8	
Potassium, K	•	403		1		1		19	15	
Sodium, Na		24000		1		1		1152	864	
Zinc, Zn		0.21		1		1		0.01	0.01	
Copper, Cu		0.000)	0		4		0.000	0.000	
Manganese, Mn		0.386		1		1		0.019	0.014	
Selenium, Se		27.6		0	BFSN	4		1.3	1.0	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0	0.0	
Thiamin	_	0.200		1		1		0.010	0.007	
Riboflavin	=	0.240		1		1		0.012	0.009	
Niacin	-	3.300		1		1		0.158	0.119	
Pantothenic acid	-	0.300		0		4		0.014	0.011	
Vitamin B-6	-	0.200)	0		4		0.010	0.007	
Folate, total		32		0		4		2	1	
Folic acid		0		0	Z	7		0	0	
Folate, food		32		0		4		2	1	
Folate, DFE		32		0	NC	4		2	1	
Vitamin B-12		1.00		0		4		0.05	0.04	
Vitamin A, IU		1		0	FLA	4		0	0	
Vitamin A, RAE		0		0	FLA	4		0	0	
Retinol		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0	0.0	
vitanini K (phynodunione)	9			·		-		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	1.990)	0		1		0.096	0.072	
4:0		0.000		0		1		0.000	0.000	
6:0	_	0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0		0.000		0		1		0.000	0.000	
12:0		0.040)	0		1		0.002	0.001	
13:0										
14:0		0.150)	0		1		0.007	0.005	
15:0										
16:0		1.000)	0		1		0.048	0.036	
17:0	_									
18:0	_	0.760)	0		1		0.036	0.027	
20:0	_									
22:0	_									
24:0	g									

	<u>Amo</u>	unt in 100 grams Number	•		_	Amount in edible portion of common measures of food		
Nutrients and Units	Mean St	of Data d. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
F	1.670	0		1		0.000	0.000	
Fatty acids, total monounsaturatedg 14:1g	1.670	U		1		0.080	0.060	
14:1g 15:1g								
16:1 undifferentiatedg	0.170	0		1		0.008	0.006	
17:1g	0.2.0	·		_		0.000	0.000	
18:1 undifferentiatedg	1.440	0		1		0.069	0.052	
20:1g	0.010	0		1		0.000	0.000	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturatedg	0.160	0		1		0.008	0.006	
18:2 undifferentiatedg	0.120	0		1		0.006	0.004	
18:3 undifferentiatedg	0.020	0		1		0.001	0.001	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	
20:5 n-3g	0.000	0		1		0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total transg								
Cholesterol mg	4	0		1		0	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeinemg	0	0	FLA	4		0	0	
Theobrominemg	0	0	FLA	4		0	0	
Carotenoids:								
Carotene, betamcg	0	0	FLA	4		0.000	0.000	
Carotene, alpha mcg	0	0	FLA	4		0.000	0.000	
Cryptoxanthin, betamcg	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	

Common Measures:

Measure 1 = 4.8g: 1 portion, amount of dry mix to make 8 fl oz prepared

Measure 2 = 3.6g: 1 cube (6 fl oz prepared)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u>	mount in 10	0 grams	<u>on</u>	Amount in edible portion of common				
				Number	•			<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	98.03		0		1		236.25	29.61	177.43
Energy		3		0	NC	4		7	1	5
Energy	kj	13				4		30	4	23
Protein (N x 6.25)		0.35		0		1		0.84	0.11	0.63
Total lipid (fat)	g	0.08		0		1		0.19	0.02	0.14
Ash		1.21		0		1		2.92	0.37	2.19
Carbohydrate, by difference	g	0.33		0	NC	4		0.80	0.10	0.60
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.07		0	FLA	4		0.18	0.02	0.13
Starch	g									
Minerals:										
Calcium, Ca	ma	1		0		4		2	0	2
Iron, Fe	-	0.05		0		1		0.12	0.02	0.09
Magnesium, Mg	-	1		0		1		2	0.02	2
Phosphorus, P		5		0		1		12	2	9
Potassium, K	-	8		0		1		19	2	14
Sodium. Na		480		0		1		1157	145	869
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.00		0		1		0.01	0.00	0.01
Copper, Cu		0.000)	0		4		0.000	0.000	0.00
Manganese, Mn		0.008		0		1		0.019	0.002	0.01
Selenium, Se		0.7		0	BFSN	4		1.7	0.2	1.3
	•									
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0	0.0	0.0
Thiamin	-	0.004		0		1		0.010	0.001	0.00
Riboflavin		0.005		0		1		0.012	0.002	0.009
Niacin	-	0.067		0		1		0.161	0.020	0.12
Pantothenic acid	-	0.010		0		4		0.024	0.003	0.018
Vitamin B-6	-	0.000)	0		4		0.000	0.000	0.000
Folate, total		1		0		4		2	0	2
Folic acid		0		0	Z	7		0	0	0
Folate, food		1		0		4		2	0	2
Folate, DFE		1		0	NC	4		2	0	2
Vitamin B-12		0.00		0		4		0.00	0.00	0.00
Vitamin A, IU		1		0	FLA	4		2	0	2
Vitamin A, RAE		0		0	FLA	4		0	0	0
Retinol		0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)		0.01		0	FLA	4		0.03	0.00	0.03
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D	IIIY									
Vitamin D Vitamin K (phylloquinone)		0.3		0	FLA	4		0.7	0.1	0.6
vitamin k (phynodumone)	9	0.5		ŭ		-		•••	0.1	0.0
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.040)	0		1		0.096	0.012	0.072
4:0		0.000		0		1		0.000	0.000	0.000
6:0	-	0.000		0		1		0.000	0.000	0.00
8:0		0.000		0		1		0.000	0.000	0.00
10:0	-	0.000		0		1		0.000	0.000	0.00
12:0		0.000)	0		1		0.000	0.000	0.00
13:0										
14:0		0.000)	0		1		0.000	0.000	0.00
15:0										
16:0	g	0.020)	0		1		0.048	0.006	0.03
17:0	_									
18:0	_	0.020)	0		1		0.048	0.006	0.03
20:0	_									
22:0	_									
24:0	g									

	<u>Am</u>	ount in 100 grams	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	0.030	0		1		0.072	0.009	0.054
14:1g								
15:1g								
16:1 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
17:1g								
18:1 undifferentiatedg	0.030	0		1		0.072	0.009	0.054
20:1g	0.000	0		1		0.000	0.000	0.000
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
24:1 cg								
Fatty acids, total polyunsaturated	0.000	0		1		0.000	0.000	0.000
18:2 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
18:3 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
18:4g	0.000	0		1		0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
20:5 n-3g	0.000	0		1		0.000	0.000	0.000
22:5 n-3g	0.000	0		1		0.000	0.000	0.000
22:6 n-3g	0.000	0		1		0.000	0.000	0.000
Fatty acids, total transg								
Cholesterolmg	0	0		1		0	0	0
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeine mg	0	0	FLA	4		0	0	0
Theobrominemg	0	0	FLA	4		0	0	0
Carotenoids:								
Carotene, beta mcg	1	0	FLA	4		1.421	0.178	1.067
Carotene, alphamcg	0	0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, betamcg	0	0	FLA	4		0.000	0.000	0.000
Lycopenemcg	0	0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin mcg	3	0	FLA	4		6.796	0.852	5.104

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 30.2g: 1 fl oz

Measure 3 = 181g: 1 cube (6 fl oz prepared)

Calories Factors: Protein 4 Fat 8.9 Carbohydrate 4

		<u>Aı</u>	mount in 100 gran	ns of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			Numb	er			<u>m</u>	easures of food	<u> </u>
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Point		Code	Code	Measure 1	Measure 2	Measure 3
D									
Proximates: Water	a	85.50	0		4		214.61	260.78	
Energy		61	0		4		153	186	
Energy		255			4		641	778	
Protein (N x 6.25)		4.60	0.069 5		1		11.55	14.03	
Total lipid (fat)		2.40	0.114 5		1		6.02	7.32	
Ash		2.30	0		4		5.77	7.02	
Carbohydrate, by difference		5.20	0		4		13.05	15.86	
Fiber, total dietary		0.2	0	BFSY	4		0.5	0.6	
Sugars, total									
Starch									
Minerals:			_						
Calcium, Ca	-	4	0.220 5		1		10	12	
Iron, Fe.		0.70	0.068 5		1		1.76	2.14	
Magnesium, Mg		7	0		4		18	21	
Phosphorus, P	•	29	0		4		73	88	
Potassium, K		126	0		4 4		316	384	
Sodium, Na		773 1.10	0		4		1940 2.76	2358 3.36	
Zinc, Zn		0.200			4		0.502	0.610	
Copper, Cu Manganese, Mn		0.200			4		0.753	0.915	
Selenium, Se		0.300	,		-		0.733	0.313	
·									
Vitamins:									
Vitamin C, total ascorbic acid		0.0	0.000 5		1		0.0	0.0	
Thiamin		0.020			1		0.050	0.061	
Riboflavin		0.060			1		0.151	0.183	
Niacin	_	0.900			1		2.259	2.745	
Pantothenic acid		0.190			4		0.477	0.580	
Vitamin B-6	_	0.040			4		0.100	0.122	
Folate, total		7 0	0	z	4 7		18 0	21 0	
Folic acid		7	0	Z	4		18	21	
Folate, food	med DEE	7	0	NC	4		18 18	21	
Folate, DFE		0.16	0	NC	4		0.40	0.49	
Vitamin B-12 Vitamin A, IU		0.16	0.000 5		1		0.40	0.49	
Vitamin A, RAE		0	0.000 3	NC	4		0	0	
Retinol		0	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		· ·	v	_	,		Ü	· ·	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
<u>Lipids:</u>		1 000					2 010	2 660	
Fatty acids, total saturated		1.200	0		1		3.012	3.660	
4:0 6:0									
8:0									
10:0									
12:0		0.020	0		1		0.050	0.061	
13:0			ŭ		-		0.000	3.001	
14:0		0.090	0		1		0.226	0.275	
15:0			·		=		, . <u>_</u> _		
16:0		0.600	0		1		1.506	1.830	
17:0									
18:0	-	0.450	0		1		1.130	1.373	
20:0	-						. == -	3	
22:0	-								
24:0	-								

		An	nount in 100 grams	s of edible portic	<u>on</u>	Amount in edible portion of common			
				Deriv Source		<u>m</u>	easures of food		
Nutrients and Unit	S	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3	
P		1.000	0	1		0.510	2.050		
Fatty acids, total monounsaturated		1.000	0	1		2.510	3.050		
15:1									
16:1 undifferentiated		0.100	0	1		0.251	0.305		
17:1									
18:1 undifferentiated	g	0.860	0	1		2.159	2.623		
20:1	g	0.010	0	1		0.025	0.031		
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturated	g	0.100	0	1		0.251	0.305		
18:2 undifferentiated	g	0.070	0	1		0.176	0.214		
18:3 undifferentiated	g	0.010	0	1		0.025	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	-								
Fatty acids, total trans									
Cholesterol	mg	5	0	1		13	15		
Phytosterols	mg								

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz) Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

NDB No. 06547 Soup, beef mushroom, canned, prepared with equal volume water, commercial

		<u>A</u>	mount in 100 grams	s of edi	ole portio	<u>n</u>	Amount in edible portion of common			
			Numbe	r			<u>m</u>	easures of food		
			of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	92.60	0		4		225.94	549.12		
Energy	kcal	30	0		4		73	178		
Energy	kj	126			4		306	744		
Protein (N x 6.25)	g	2.37	0		1		5.78	14.05		
Total lipid (fat)	g	1.23	0		1		3.00	7.29		
Ash	g	1.20	0		4		2.93	7.12		
Carbohydrate, by difference	g	2.60	0		4		6.34	15.42		
Fiber, total dietary	g	0.1	0		4		0.2	0.6		
Sugars, total	g									
Starch	g									
Minerals:	ma	•	^		4		-	10		
Calcium, Ca	-	2 0.36	0		1 1		5 0.88	12		
Iron, Fe		0.36 4	0		4		0.88 10	2.13 24		
Magnesium, Mg Phosphorus, P		14	0		4		10 34	24 83		
Potassium, K	•	63	0		4		154	374		
Sodium, Na	_	386	0		4		942	2289		
Zinc, Zn		0.60	0		4		1.46	3.56		
Copper, Cu		0.100			4		0.244	0.593		
Manganese, Mn		0.200			4		0.488	1.186		
Selenium, Se										
· ·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		1.9	0		1		4.6	11.3		
Thiamin		0.016			1		0.039	0.095		
Riboflavin		0.023			1		0.056	0.136		
Niacin		0.391			1		0.954	2.319		
Pantothenic acid		0.090			4		0.220	0.534		
Vitamin B-6	_	0.020			4		0.049	0.119		
Folate, total		4	0	_	4		10	24		
Folic acid		0 4	0	Z	7 4		0	0		
Folate, food	IIICY	4		NG			10	24		
Folate, DFE		=	0	NC	4		10	24		
Vitamin B-12		0.08	0		4 1		0.20 0	0.47		
Vitamin A, IU		0	0	NG	4		0	0		
Vitamin A, RAE		0	0	NC Z	7		0	0 0		
Retinol Vitamin E (alpha-tocopherol)		U	U	2	,		U	U		
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
* * * *	=									
<u>Lipids:</u>	~				_					
Fatty acids, total saturated		0.610	0		1		1.488	3.617		
4:0										
6:0 8:0										
10:0	-									
12:0		0.010	0		1		0.024	0.059		
13:0		0.010	. •		-		J. 024	0.039		
14:0	-	0.050	0		1		0.122	0.297		
15:0		0.050	. •		-		J.122	0.237		
16:0		0.310	0		1		0.756	1.838		
17:0		3.51	v		-		0.700	2.000		
18:0	_	0.230	0		1		0.561	1.364		
20:0	_	0.25	•		-		3.301	1.504		
22:0	-									
24:0	-									

NDB No. 06547 Soup, beef mushroom, canned, prepared with equal volume water, commercial

		An	nount in 100 grams	s of edible portion	<u>on</u>	Amount in edible portion of common			
Nutrients and Uni	ts	Mean	Numbe of Data Std. Error Points	Deriv Source	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	0.510	0	1		1.244	3.024		
14:1	g								
15:1	g								
16:1 undifferentiated	g	0.050	0	1		0.122	0.297		
17:1	_								
18:1 undifferentiated	g	0.440	0	1		1.074	2.609		
20:1	g	0.000	0	1		0.000	0.000		
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturated	g	0.050	0	1		0.122	0.297		
18:2 undifferentiated	g	0.040	0	1		0.098	0.237		
18:3 undifferentiated	g	0.010	0	1		0.024	0.059		
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated									
20:5 n-3	g								
22:5 n-3									
22:6 n-3									
Fatty acids, total trans	_								
Cholesterol	mg	3	0	1		7	18		
Phytosterols	mg								

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

		<u>A</u>	mount in 100 grams	s of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			Numbe	r			<u>m</u>	easures of food	•
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	4.97	6		1		0.71	0.46	
Energy	kcal	330	0	NC	4		47	30	
Energy		1381			4		196	127	
Protein (N x 6.25)	g	17.93	3		1		2.55	1.65	
Total lipid (fat)	g	6.39	3		1		0.91	0.59	
Ash	g	22.06	3		1		3.13	2.03	
Carbohydrate, by difference	g	48.64	0	NC	4		6.91	4.47	
Fiber, total dietary	g	2.7	0		4		0.4	0.2	
Sugars, total	g	2.32	0	FLA	4		0.33	0.21	
Starch	g								
Minorals									
Minerals: Calcium, Ca	ma	48	1		1		7	4	
Iron, Fe	_	2.68	2		1		0.38	0.25	
Magnesium, Mg		76	2		1		11	7	
Phosphorus, P		320	2		1		45	29	
Potassium, K	-	656	1		1		93	60	
Sodium, Na		8408	5		1		1194	774	
Zinc, Zn		0.81	1		1		0.11	0.07	
Copper, Cu		0.300	0		4		0.043	0.028	
Manganese, Mn		0.700	0		4		0.099	0.064	
Selenium, Se	mcg	36.0	0	BFSN	4		5.1	3.3	
Vitamins									
<u>Vitamins:</u>	ma	4.0	1		1		0.6	0.4	
Vitamin C, total ascorbic acid Thiamin		0.988			1		0.140	0. 4 0.091	
Riboflavin		0.494			1		0.140	0.045	
Niacin		5.574			1		0.792	0.513	
Pantothenic acid	-	0.020			4		0.003	0.002	
Vitamin B-6		0.275			1		0.039	0.025	
Folate, total	_	122	0	CASN	4		17	11	
Folic acid		109	0	NC	4		16	10	
Folate, food		13	0.757 3		1		2	1	
Folate, DFE	mcg_DFE	199	0	NC	4		28	18	
Vitamin B-12		0.02	0		4		0.00	0.00	
Vitamin A, IU		1984	0	FLA	4		282	183	
Vitamin A, RAE	mcg_RAE	103	0	FLA	4		15	10	
Retinol		5	0	FLA	4		1	0	
Vitamin E (alpha-tocopherol)	mg	0.60	0	FLA	4		0.09	0.06	
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D			_		_				
Vitamin K (phylloquinone)	mcg	137.2	0	FLA	4		19.5	12.6	
Lipids:									
Fatty acids, total saturated	g	2.070	0		1		0.294	0.190	
4:0		0.000	0		1		0.000	0.000	
6:0		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	0.030	0		1		0.004	0.003	
13:0	g								
14:0	g	0.120	0		1		0.017	0.011	
15:0	g								
16:0		1.110	0		1		0.158	0.102	
17:0	-								
18:0	-	0.760	0		1		0.108	0.070	
20:0	-								
22:0	_								
24:0	g								

	<u>Ar</u>	mount in 10	Number	i		_	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	2.710		0		1		0.385	0.249		
14:1g										
15:1	0.150		0		1		0.021	0.014		
16:1 undifferentiated	0.150		U		1		0.021	0.014		
17:1	2.510		0		1		0.356	0.231		
20:1g	0.010		0		1		0.356	0.231		
22:1 undifferentiated	0.010		0		1		0.001	0.001		
24:1 cg	0.000		Ū		-		0.000	0.000		
Fatty acids, total polyunsaturatedg	1.330		0		1		0.189	0.122		
18:2 undifferentiatedg	1.210		0		1		0.172	0.111		
18:3 undifferentiatedg	0.100		0		1		0.014	0.009		
18:4g	0.000		0		1		0.000	0.000		
20:2 n-6 c.c			-		_					
20:3 undifferentiated										
20:4 undifferentiated	0.000		0		1		0.000	0.000		
20:5 n-3g	0.000		0		1		0.000	0.000		
22:5 n-3g	0.000		0		1		0.000	0.000		
22:6 n-3g	0.000		0		1		0.000	0.000		
Fatty acids, total transg										
Cholesterolmg	13		0		1		2	1		
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0		7		0.0	0.0		
Caffeinemg	0		0	FLA	4		0	0		
Theobromine mg	0		0	FLA	4		0	0		
Carotenoids:										
Carotene, betamcg	1026		0	FLA	4		145.668	94.377		
Carotene, alphamcg	309		0	FLA	4		43.824	28.393		
Cryptoxanthin, betamcg	0		0	FLA	4		0.057	0.037		
Lycopenemcg	893		0	FLA	4		126.805	82.155		
Lutein + zeaxanthin mcg	537		0	FLA	4		76.312	49.441		

Common Measures:

Measure 1 = 14.2g: 1 cup (8 fl oz)

Measure 2 = 9.2g: 1 packet

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 100 g	grams	of edib	ole portion	Amount in edible portion of common			
			Nι	umber	•			<u>m</u>	easures of food	<u> </u>
			of	f Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	84.42	0.127	31		1		211.89	211.89	257.48
Energy	kcal	67		0	NC	4		168	168	204
Energy	kj	280				4		704	704	855
Protein (N x 6.25)	g	3.85	0.050	28		1		9.66	9.66	11.74
Total lipid (fat)	g	2.46	0.052	28		1		6.17	6.17	7.50
Ash	g	2.12	0.063	28		1		5.32	5.32	6.47
Carbohydrate, by difference	g	7.16		0	NC	4		17.97	17.97	21.84
Fiber, total dietary	g	0.6		0		4		1.5	1.5	1.8
Sugars, total	g	1.92		0	FLA	4		4.82	4.82	5.86
Starch	g									
Minerals:		10				_		20	22	
Calcium, Ca		12	0.560	28		1		30	30	37
Iron, Fe		0.88	0.039	28		1		2.21	2.21	2.6
Magnesium, Mg		5 37		2 2		1 1		13 93	13 93	15 113
Phosphorus, P										
Potassium, K		79 759		2 6		1 1		198 1905	198 1905	241 2315
Sodium, Na		1.23		6		1		3.08	3.08	2315
Zinc, Zn		0.110		4		1		0.276	0.276	0.3
Copper, Cu		0.110		2		1		0.276	0.276	0.3
Manganese, Mn		5.9		2	A	1		14.8	14.8	18.0
Selenium, Se	nicg	5.9		2	A	_		14.0	14.0	10.0
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	mg	0.3	0.099	28		1		0.8	0.8	0.9
Thiamin	mg	0.055	0.002	28		1		0.138	0.138	0.1
Riboflavin	mg	0.047	0.001	28		1		0.118	0.118	0.1
Niacin	mg	0.849	0.011	28		1		2.131	2.131	2.5
Pantothenic acid	mg	0.160	ı	0		4		0.402	0.402	0.4
Vitamin B-6	mg	0.030	0.000	4		1		0.075	0.075	0.0
Folate, total	mcg	15		0	FLA	4		38	38	46
Folic acid	mcg	12		0	NC	4		29	29	35
Folate, food		4	0.203	3		1		9	9	11
Folate, DFE	mcg_DFE	23		0	NC	4		58	58	70
Vitamin B-12	mcg	0.16		1		1		0.40	0.40	0.4
Vitamin A, IU	IU	202		0	FLA	4		506	506	615
Vitamin A, RAE	mcg_RAE	11		0	FLA	4		27	27	32
Retinol	mcg	1		0	FLA	4		1	1	2
Vitamin E (alpha-tocopherol)	mg	1.00		0	FLA	4		2.51	2.51	3.0
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	1.6		0	FLA	4		4.1	4.1	5.0
ipids:										
Fatty acids, total saturated	а	0.910	ı	0		1		2.284	2.284	2.7
4:0		0.000		0		1		0.000	0.000	0.0
6:0		0.000	ı	0		1		0.000	0.000	0.0
8:0	-	0.000		0		1		0.000	0.000	0.0
10:0	-	0.000		0		1		0.000	0.000	0.0
12:0		0.000		0		1		0.000	0.000	0.0
13:0				-						
14:0	-	0.050		2		1		0.126	0.126	0.1
15:0	_								- /	
16:0	-	0.500		2		1		1.255	1.255	1.5
17:0										
18:0	-	0.310	1	2		1		0.778	0.778	0.9
20:0	-								- · · · ·	
22:0	-									
24:0	-									

						ole portic	<u>on</u>	Amount in edible portion of common measures of food			
				of Data	Deriv		Confidence			•	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatura	atedg	0.990	ı	0		1		2.485	2.485	3.020	
14:1	_										
15:1	-					_		0.456			
16:1 undifferentiated	_	0.070		2		1		0.176	0.176	0.214	
17:1 18:1 undifferentiated	-	0.870		2		1		2.184	2.184	2.654	
20:1	_	0.000		0		1		0.000	0.000	0.000	
22:1 undifferentiated		0.000		0		1		0.000	0.000	0.000	
24:1 c	-	0.000		U		-		0.000	0.000	0.000	
Fatty acids, total polyunsaturat		0.390	ı	0		1		0.979	0.979	1.190	
18:2 undifferentiated		0.330		2		1		0.828	0.828	1.007	
18:3 undifferentiated		0.050		2		1		0.126	0.126	0.153	
18:4		0.000		0		1		0.000	0.000	0.000	
20:2 n-6 c.c	_										
20:3 undifferentiated	_										
20:4 undifferentiated	-	0.000	ı	0		1		0.000	0.000	0.000	
20:5 n-3	_	0.000		0		1		0.000	0.000	0.000	
22:5 n-3	_	0.000		0		1		0.000	0.000	0.000	
22:6 n-3	-	0.000	ı	0		1		0.000	0.000	0.000	
Fatty acids, total trans											
Cholesterol		4		0		1		10	10	12	
Phytosterols	mg										
A A											
Amino Acids:	~	0.00		•				0.000			
Tryptophan		0.037		0		1 1		0.093	0.093	0.113	
Threonine		0.123		0		1		0.309	0.309	0.375	
Isoleucine	_	0.149 0.251		0		1		0.374 0.630	0.374	0.454	
Leucine	_	0.251		0		1		0.630	0.630 0.525	0.766 0.637	
Lysine Methionine		0.209		0		1		0.181	0.323	0.837	
		0.046		0		1		0.115	0.115	0.220	
Cystine		0.155		0		1		0.389	0.115	0.140	
Phenylalanine Tyrosine		0.100		0		1		0.251	0.369	0.473	
Valine	_	0.166		0		1		0.417	0.417	0.506	
Arginine	_	0.158		0		1		0.417	0.397	0.482	
Histidine		0.089		0		1		0.223	0.223	0.482	
Alanine	• • • • • • • • • • • • • • • • • • • •	0.177		0		1		0.444	0.223	0.271	
Aspartic acid		0.282		0		1		0.708	0.708	0.860	
Glutamic acid		1.063		0		1		2.668	2.668	3.242	
Glycine		0.180		0		1		0.452	0.452	0.549	
Proline		0.248		0		1		0.622	0.622	0.756	
Serine	_	0.138		0		1		0.346	0.346	0.730	
Hydroxyproline		0.130		·		-		0.540	0.540	0.421	
Trydroxyprome	g										
Others:											
Alcohol, ethyl		0.0		0		7		0.0	0.0	0.0	
Caffeine		0		0	FLA	4		0	0	0	
Theobromine	mg	0		0	FLA	4		0	0	0	
Carotenoids:											
Carotene, beta	mcg	120		0	FLA	4		300.676	300.676	365.363	
Carotene, alpha		0		0	FLA	4		0.016	0.016	0.019	
Cryptoxanthin, beta	-	0		0	FLA	4		0.122	0.122	0.149	
Lycopene		8507		0	FLA	4		21351.614	21351.614	25945.188	
Lutein + zeaxanthin		4		0	FLA	4		9.581	9.581	11.642	

Common Measures:

Measure 1 = 251g: 1 cup

Measure 2 = 251g: 1 cup (8 fl oz) Measure 3 = 305g: 1 can (10.75 oz) NDB No. 06009

Soup, beef noodle, canned, condensed, commercial

Calories Factors: Protein 4.1 Fat 8.9 Carbohydrate 4.1

Food Group: 06 Soups, Sauces, and Gravies

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

NDB No. 06409 Soup, beef noodle, canned, prepared with equal volume water, commercial

Refuse: 0%

		<u>A</u>	mount in 100 grams	s of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Numbe	r			<u>m</u>	easures of food		
			of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	91.99	0		1		224.46	28.06	545.50	
Energy	-	34	0	NC	4		83	10	202	
Energy		142			4		347	43	844	
Protein (N x 6.25)	· -	1.98	0		1		4.83	0.60	11.74	
Total lipid (fat)		1.26	0		1		3.07	0.38	7.47	
Ash		1.09	0		1		2.66	0.33	6.46	
Carbohydrate, by difference		3.68	0	NC	4		8.98	1.12	21.82	
Fiber, total dietary		0.3	0		4		0.7	0.1	1.8	
Sugars, total		0.55	0	FLA	4		1.33	0.17	3.24	
Starch								V		
Startin										
<u>Minerals:</u>										
Calcium, Ca		6	0		1		15	2	36	
Iron, Fe	_	0.45	0		1		1.10	0.14	2.67	
Magnesium, Mg		2	0		1		5	1	12	
Phosphorus, P	mg	19	0		1		46	6	113	
Potassium, K	mg	41	0		1		100	13	243	
Sodium, Na	mg	390	0		1		952	119	2313	
Zinc, Zn	mg	0.63	0		1		1.54	0.19	3.74	
Copper, Cu	mg	0.057			1		0.139	0.017	0.33	
Manganese, Mn	<u>mg</u>	0.112			1		0.273	0.034	0.66	
Selenium, Se	mcg	3.0	0	RA	4		7.3	0.9	17.8	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.1	0		1		0.2	0.0	0.6	
Thiamin		0.028			1		0.068	0.009	0.16	
Riboflavin	_	0.024			1		0.059	0.007	0.14	
Niacin		0.43			1		1.066	0.133	2.59	
Pantothenic acid.	_	0.080			4		0.195	0.024	0.47	
Vitamin B-6		0.015			1		0.037	0.005	0.08	
Folate, total	-	8	0	BFSN	4		20	2	47	
Folic acid		6	0	NC	4		15	2	37	
Folate, food		2	0	МС	1		4	1	11	
Folate, DFE	mcg DFF	12	0	NC	4		30	4	73	
Vitamin B-12		0.08	0	МС	1		0.20	0.02	0.47	
Vitamin A, IU		50	0	FLA	4		123	15	298	
Vitamin A, RAE		3	0	FLA	4		7	1	18	
Retinol		1	0	FLA	4		1	0	3	
Vitamin E (alpha-tocopherol)		0.28	0	FLA	4		0.68	0.08	1.65	
Tocopherol, beta		0.28	· ·	FLIA	-		0.08	0.08	1.00	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.5	0	FLA	4		1.3	0.2	3.0	
viamim is (phynoquinone)			-		_			V	3.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.470			1		1.147	0.143	2.78	
4:0		0.000			1		0.000	0.000	0.00	
6:0	-	0.000			1		0.000	0.000	0.00	
8:0		0.000			1		0.000	0.000	0.00	
10:0		0.000			1		0.000	0.000	0.00	
12:0	-	0.000	0		1		0.000	0.000	0.00	
13:0	-									
14:0	-	0.020	0		1		0.049	0.006	0.13	
15:0	g									
16:0	g	0.260	0		1		0.634	0.079	1.54	
17:0	g									
18:0	g	0.160	0		1		0.390	0.049	0.94	
20:0	g									
22:0	g									
24:0	g									

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number of Data	Deriv		Confidence				
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatura	tedg	0.510		0		1		1.244	0.156	3.024	
14:1	-										
15:1 16:1 undifferentiated	-	0.040		0		1		0.098	0.012	0.237	
17:1	-	0.040		Ū		-		0.030	0.012	0.237	
18:1 undifferentiated	-	0.450		0		1		1.098	0.137	2.669	
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 polyunsaturate	edg	0.200		0		1		0.488	0.061	1.186	
18:2 undifferentiated		0.170		0		1		0.415	0.052	1.008	
18:3 undifferentiated		0.020		0		1		0.049	0.006	0.119	
18:4	-	0.000		0		1		0.000	0.000	0.000	
20:2 n-6 c,c	-										
20:3 undifferentiated	-	0.000		0		1		0.000	0.000	0.000	
20:4 undifferentiated 20:5 n-3	-	0.000		0		1		0.000 0.000	0.000	0.000	
20:5 n-3	-	0.000		0		1		0.000	0.000	0.000	
22:6 n-3	-	0.000		0		1		0.000	0.000	0.000	
Fatty acids, total trans		0.000		·		-		0.000	0.000	0.000	
Cholesterol		2		0		1		5	1	12	
Phytosterols	-										
-	_										
Amino Acids:	_					_					
Tryptophan		0.019 0.063		0 0		1 1		0.046 0.154	0.006	0.113	
Threonine	_	0.063		0		1		0.134	0.019 0.023	0.374 0.457	
Isoleucine	_	0.077		0		1		0.188	0.023	0.457	
Lysine	_	0.123		0		1		0.261	0.033	0.783	
Methionine		0.037		0		1		0.090	0.011	0.033	
Cystine		0.024		0		1		0.059	0.007	0.142	
Phenylalanine		0.080		0		1		0.195	0.024	0.474	
Tyrosine		0.051		0		1		0.124	0.016	0.302	
Valine	_	0.085		0		1		0.207	0.026	0.504	
Arginine	_	0.081		0		1		0.198	0.025	0.480	
Histidine		0.046		0		1		0.112	0.014	0.273	
Alanine	_	0.091		0		1		0.222	0.028	0.540	
Aspartic acid		0.145		0		1		0.354	0.044	0.860	
Glutamic acid	g	0.547		0		1		1.335	0.167	3.244	
Glycine	g	0.093		0		1		0.227	0.028	0.551	
Proline	g	0.128		0		1		0.312	0.039	0.759	
Serine	g	0.071		0		1		0.173	0.022	0.421	
Hydroxyproline	g										
Others:											
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	0.0	
Caffeine		0		0	FLA	4		0	0	0	
Theobromine	-	0		0	FLA	4		0	0	0	
Carotenoids:											
	mea	29		0	FLA	4		70.761	8.845	171.972	
Carotene, beta		0		0	FLA	4		0.015	0.002	0.036	
Cryptoxanthin, beta	-	0		0	FLA	4		0.015	0.002	0.036	
Lycopene		2056		0	FLA	4		5016.630	627.079	12192.056	
Lutein + zeaxanthin		4		0	FLA	4		8.802	1.100	21.392	

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 30.5g: 1 fl oz

Measure 3 = 593g: 1 can (10.75 oz), prepared

NDB No. 06409

Soup, beef noodle, canned, prepared with equal volume water, commercial

Calories Factors: Protein 4.1 Fat 8.9 Carbohydrate 4.1

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			N	Number				<u>m</u> e	easures of food	_	
Nutrients and Un	iits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	95.32		0		1		239.25	29.93	178.25	
Energy	kcal	16		0	NC	4		40	5	30	
Energy	kj	67				4		168	21	125	
Protein (N x 6.25)	g	0.88		0		1		2.21	0.28	1.65	
Total lipid (fat)	g	0.32		0		1		0.80	0.10	0.60	
Ash	g	1.09		0		1		2.74	0.34	2.04	
Carbohydrate, by difference	g	2.40		0	NC	4		6.02	0.75	4.49	
Fiber, total dietary	g	0.3		0		4		0.8	0.1	0.6	
Sugars, total	g										
Starch	g										
Minopole											
Minerals: Calcium, Ca	ma	2		0		1		5	1	4	
Iron, Fe	-	0.13		0		1		0.33	0.04	0.24	
Magnesium, Mg		4		0		1		10	1	7	
Phosphorus, P		16		0		1		40	5	30	
Potassium, K		32		0		1		80	10	60	
Sodium, Na		415		0		1		1042	130	776	
Zinc, Zn	-	0.04		0		1		0.10	0.01	0.07	
Copper, Cu	-	0.020)	0		1		0.050	0.006	0.03	
Manganese, Mn		0.040		0		1		0.100	0.013	0.07	
Selenium, Se		1.8		0	BFSN	4		4.5	0.6	3.4	
ŕ											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.2	_	0		1		0.5	0.1	0.4	
Thiamin		0.049		0		1		0.123	0.015	0.09	
Riboflavin		0.024		0		1		0.060	0.008	0.04	
Niacin		0.275		0		1		0.690	0.086	0.51	
Pantothenic acid	-	0.001		0		4		0.003	0.000	0.00	
Vitamin B-6	-	0.014	1	0		1		0.035	0.004	0.02	
Folate, total		6		0	BFSN	4		15	2	11	
Folic acid		5		0	NC	4		14 2	2	10	
Folate, food		1 10		0	***	1 4		2 25	0	1	
Folate, DFE					NC				3	18	
Vitamin B-12	nicg	0.00 3		0		1 1		0.00 8	0.00	0.00	
Vitamin A, IU		0		-	270	_		-	1	6	
Vitamin A, RAE		0		0	NC Z	4 7		0	0	0	
Retinol		U		U	Z	,		U	0	0	
Vitamin E (alpha-tocopherol) Tocopherol, beta	• • • • • • • • • • • • • • • • • • • •										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>			_	_		_				_	
Fatty acids, total saturated		0.100		0		1		0.251	0.031	0.18	
4:0		0.000		0		1		0.000	0.000	0.00	
6:0	-	0.000		0		1		0.000	0.000	0.00	
8:0	-	0.000		0		1		0.000	0.000	0.00	
10:0	-	0.000		0		1		0.000	0.000	0.00	
12:0	-	0.000	,	0		1		0.000	0.000	0.00	
13:0		0.010	1	0		1		0.005	0 000	2 22	
		0.010	,	U		1		0.025	0.003	0.03	
15:0	-	0.000	,	0		1		0 151	0 010	0.1	
16:0	-	0.060	,	U		1		0.151	0.019	0.1	
17:0		0.040	n	0		1		0 100	0.013	0.00	
18:0		0.040	,	U		1		0.100	0.013	0.0	
20:0											
22:0	g g										

	<u>Ar</u>	mount in 100 grams	of edible porti	<u>on</u>	Amount in edible portion of common			
		Numbe	r		<u>m</u>	easures of food	•	
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Source Code Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.140	0	1		0.351	0.044	0.262	
14:1g 15:1g								
16:1 undifferentiated	0.010	0	1		0.025	0.003	0.019	
18:1 undifferentiated	0.130	0	1		0.326	0.041	0.243	
20:1g	0.000	0	1		0.000	0.000	0.000	
22:1 undifferentiatedg	0.000	0	1		0.000	0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated9	0.070	0	1		0.176	0.022	0.131	
18:2 undifferentiatedg	0.060	0	1		0.151	0.019	0.112	
18:3 undifferentiatedg	0.010	0	1		0.025	0.003	0.019	
18:4g	0.000	0	1		0.000	0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiated	0.000	0	1		0.000	0.000	0.000	
20:5 n-3g	0.000	0	1		0.000	0.000	0.000	
22:5 n-3g	0.000	0	1		0.000	0.000	0.000	
22:6 n-3g	0.000	0	1		0.000	0.000	0.000	
Fatty acids, total trans9								
Cholesterolmg	1	0	1		3	0	2	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	7		0.0	0.0	0.0	
Caffeine mg								
Theobromine mg								

Common Measures:

Measure 1 = 251g: 1 cup Measure 2 = 31.4g: 1 fl oz

Measure 3 = 187g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 4.1 Fat 8.9 Carbohydrate 4.1

		<u>Aı</u>	mount in 10	00 grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	79.90				4		191.76		
Energy	kcal	98				1		235		
Energy	kj	410				1		984		
Protein	g	5.10				1		12.24		
Total lipid (fat)	g	4.60				1		11.04		
Ash	g	1.40		0	NR	4		3.36		
Carbohydrate, by difference	g	9.00			NC	4		21.60		
Fiber, total dietary	g	0.6				4		1.4		
Sugars, total	g	1.91		0	FLA	4		4.59		
Starch	g									
M:										
Minerals:	ma	20				1		48		
Calcium, Ca	_	0.88				1		48 2.11		
Magnesium, Mg	_	2				4		2.11 5		
Phosphorus, P		50				4		120		
Potassium, K	-	140				4		336		
Sodium, Na	-	435				1		1044		
Zinc, Zn	_	1.10				4		2.64		
Copper, Cu		0.100)			4		0.240		
Manganese, Mn	_	0.200				-		0.2.0		
Selenium, Se		7.6		0	BFSN	4		18.2		
·										
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0				1		0.0		
Thiamin	-	0.040				1		0.096		
Riboflavin	-	0.090				1		0.216		
Niacin	_	0.100	1			1		0.240		
Pantothenic acid	_									
Vitamin B-6		0.060	1			4		0.144		
Folate, total		67		0	FLA	4		160		
Folic acid		10		0	FLA	4		25		
Folate, food		56		0 0	FLA	4 4		135		
Folate, DFE		74 0.26		U	NC			178 0.62		
Vitamin B-12				•		4 4				
Vitamin A, IU		820 84		0	FLA FLA	4		1968 201		
Vitamin A, RAE				0		4				
Retinol		51 0.41		0	FLA FLA	4		123 0.99		
Vitamin E (alpha-tocopherol)		0.41		U	FLIA	-		0.99		
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		102.8		0	FLA	4		246.8		
				•		-				
<u>Lipids:</u>										
Fatty acids, total saturated		2.324				4		5.578		
4:0		0.082				4		0.197		
6:0		0.048				4		0.115		
8:0	-	0.028				4		0.067		
10:0		0.066				4		0.158		
12:0		0.073	;			4		0.175		
13:0			•							
14:0		0.307	,			4		0.737		
15:0			,							
16:0		1.123)			4		2.695		
17:0		0 =								
18:0	_	0.541	•			4		1.298		
20:0	q									
22:0	-									

	<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.556				4		3.734		
14:1g							0.701		
15:1 9									
16:1 undifferentiated	0.127				4		0.305		
17:1g									
18:1 undifferentiated	1.388				4		3.331		
20:1g	0.000				4		0.000		
22:1 undifferentiated	0.000				4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.246				4		0.590		
18:2 undifferentiatedg	0.193				4		0.463		
18:3 undifferentiatedg	0.047				4		0.113		
18:4g	0.000				4		0.000		
20:2 n-6 c.cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.006				4		0.014		
20:5 n-3g	0.000				4		0.000		
22:5 n-3g	0.000				4		0.000		
22:6 n-3g	0.000				4		0.000		
Fatty acids, total transg									
Cholesterol mg	21				4		50		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobromine mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, betamcg	365		0	FLA	4		875.335		
Carotene, alphamcg	49		0	FLA	4		117.298		
Cryptoxanthin, betamcg	1		0	FLA	4		2.699		
Lycopene mcg	14		0	FLA	4		32.557		
Lutein + zeaxanthinmcg	386		0	FLA	4		926.605		

Common Measures:

Measure 1 = 240g: 1 cup

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion of	of common
				Number					easures of food	
Nutrients and U	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.30		1	A	1		459.77	207.28	
Energy	kcal	63		0	NC	4		340	153	
Energy	kj	264				4		1421	641	
Protein	g	5.10		1	A	1		27.49	12.39	
Total lipid (fat)		1.80		1	A	1		9.70	4.37	
Ash	g	1.20		1	A	1		6.47	2.92	
Carbohydrate, by difference	g	6.60		0	NC	4		35.57	16.04	
Fiber, total dietary										
Sugars, total										
Starch	_									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	0.89		1	A	1		4.80	2.16	
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	357		1	A	1		1924	868	
Zinc, Zn	-									
Copper, Cu	-									
Manganese, Mn										
Selenium, Se	mcg									
<u> Lipids:</u>										
Fatty acids, total saturated		0.539		1	A	1		2.905	1.310	
Fatty acids, total monounsaturated		0.443		1	A	1		2.388	1.076	
Fatty acids, total polyunsaturated		0.511	=	1	A	1		2.754	1.242	
Fatty acids, total trans	_									
Cholesterol	_	10		1	A	1		54	24	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mcg	1080		1	A	1		5821.200	2624.400	
Carotene, alpha	-									
Cryptoxanthin, beta										
Lycopene										
Lutein + zeaxanthin	mcg									

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

Common Measures:

Measure 1 = 539g: 1 package yields

Measure 2 = 243g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
					Deriv	Source	Confidence	<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.60		1	A	1		263.95	107.44	
Energy	kcal	61		0	NC	4		190	77	
Energy	kj	255				4		796	324	
Protein	g	3.90		1	A	1		12.17	4.95	
Total lipid (fat)	g	1.40		1	A	1		4.37	1.78	
Ash	g	1.90		1	A	1		5.93	2.41	
Carbohydrate, by difference	g	8.20		0	NC	4		25.58	10.41	
Fiber, total dietary	g									
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	-									
Sodium, Na		707		1	A	1		2206	898	
Zinc, Zn										
Copper, Cu	-									
Manganese, Mn										
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated		0.480		1	A	1		1.498	0.610	
Fatty acids, total monounsaturated.		0.567		1	A	1		1.769	0.720	
Fatty acids, total polyunsaturated		0.098		1	A	1		0.306	0.124	
Fatty acids, total trans	_	_		_	_	_			_	
Cholesterol	-	6		1	A	1		19	8	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mcg	340		1	A	1		1060.800	431.800	
Carotene, alpha										
Cryptoxanthin, beta										
Lycopene										
Lutein + zeaxanthin	mcg									

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

Common Measures:

Measure 1 = 312g: 1 package yields

Measure 2 = 127g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food		
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	83.34		20		1		200.02	449.20		
Energy	kcal	71		0	NC	4		170	383		
Energy		297				4		713	1601		
Protein (N x 6.25)		4.89		30		1		11.74	26.36		
Total lipid (fat)		2.14		30		1		5.14	11.53		
Ash		1.49		20		1		3.58	8.03		
Carbohydrate, by difference	g	8.15		0	NC	4		19.56	43.93		
Fiber, total dietary	g	0.6		0		4		1.4	3.2		
Sugars, total	g	0.67		0	FLA	4		1.62	3.64		
Starch	g										
Mr. I											
Minerals:	ma	13	1.024	30		1		31	70		
Calcium, CaIron, Fe	-	0.97	1.024	30		1		2.33	70 5.23		
Magnesium, Mg		2		0		4		2.33 5	11		
Phosphorus, P		50		2		1		120	270		
Potassium, K	_	140		2		1		336	755		
Sodium, Na		361		20		1		866	1946		
Zinc, Zn		1.10		2		1		2.64	5.93		
Copper, Cu		0.100)	2		1		0.240	0.539		
Manganese, Mn		0.100	1	2		1		0.240	0.539		
Selenium, Se		2.5		0	RA	4		6.0	13.5		
Vitamina											
<u>Vitamins:</u>				20				7.0	45.6		
Vitamin C, total ascorbic acid		2.9 0.024		30 30		1 1		7.0 0.058	15.6 0.129		
ThiaminRiboflavin		0.024		30		1		0.058	0.129		
Niacin		1.127		30		1		2.705	6.075		
Pantothenic acid	_	0.180		0		4		0.432	0.970		
Vitamin B-6		0.055		2		1		0.132	0.296		
Folate, total	-	6	•	0		1		13	30		
Folic acid		0		0	z	7		0	0		
Folate, food		6		0	_	1		13	30		
Folate, DFE	mcg DFE	6		0	NC	4		13	30		
Vitamin B-12		0.26		2		1		0.62	1.40		
Vitamin A, IU		1088		0	NC	4		2610	5862		
Vitamin A, RAE		54		0	FLA	4		131	293		
Retinol		0		0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)		0.28		0	FLA	4		0.67	1.52		
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	3.1		0	FLA	4		7.4	16.7		
Lipids:											
Fatty acids, total saturated	а	1.060)	0		1		2.544	5.713		
4:0		0.000		0		1		0.000	0.000		
6:0		0.000		0		1		0.000	0.000		
8:0		0.000		0		1		0.000	0.000		
10:0	-	0.000		0		1		0.000	0.000		
12:0	-	0.020	1	0		1		0.048	0.108		
13:0	-										
14:0	g	0.080)	0		1		0.192	0.431		
15:0	-										
16:0	g	0.530)	0		1		1.272	2.857		
17:0	g										
18:0	g	0.400)	0		1		0.960	2.156		
20:0	g										
22:0	g										
24:0	q										

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portic	<u>on</u>		edible portion	
				Number of Data		Source	Confidence	<u>m</u> :	easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	0.890	1	0		1		2.136	4.797	
14:1	_									
15:1	_					_				
16:1 undifferentiated	_	0.090)	0		1		0.216	0.485	
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.770	,	0		1		1.848	4.150	
20:1	_	0.010		0		1		0.024	0.054	
22:1 undifferentiated		0.000		0		1		0.000	0.000	
24:1 c	•	0.000		·		-		0.000	0.000	
Fatty acids, total polyunsaturat		0.090)	0		1		0.216	0.485	
18:2 undifferentiated		0.070	1	0		1		0.168	0.377	
18:3 undifferentiated		0.010	1	0		1		0.024	0.054	
18:4		0.000)	0		1		0.000	0.000	
20:2 n-6 c,c	_									
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		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										
Cholesterol	• • • • • • • • • • • • • • • • • • • •	6		0		1		14	32	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.047	,	0		1		0.113	0.253	
Threonine	g	0.194	ŀ	0		1		0.466	1.046	
Isoleucine	g	0.247	,	0		1		0.593	1.331	
Leucine	g	0.374	l .	0		1		0.898	2.016	
Lysine	g	0.387	,	0		1		0.929	2.086	
Methionine	g	0.103	1	0		1		0.247	0.555	
Cystine	g	0.051	•	0		1		0.122	0.275	
Phenylalanine	g	0.201		0		1		0.482	1.083	
Tyrosine	g	0.147	'	0		1		0.353	0.792	
Valine	-	0.265		0		1		0.636	1.428	
Arginine	• • • • • • • • • • • • • • • • • • • •	0.254		0		1		0.610	1.369	
Histidine		0.115		0		1		0.276	0.620	
Alanine		0.302		0		1		0.725	1.628	
Aspartic acid		0.479		0		1		1.150	2.582	
Glutamic acid	=	0.875		0		1		2.100	4.716	
Glycine		0.285		0		1		0.684	1.536	
Proline	_	0.224		0		1		0.538	1.207	
Serine		0.170)	0		1		0.408	0.916	
Hydroxyproline	g									
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	
Caffeine		0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mcg	536		0	FLA	4		1285.874	2887.858	
Carotene, alpha	mcg	234		0	FLA	4		560.612	1259.041	
Cryptoxanthin, beta	mcg	0		0	FLA	4		0.005	0.011	
Lycopene	mcg	1325		0	FLA	4		3179.261	7140.090	
Lutein + zeaxanthin	mcg	36		0	FLA	4		86.983	195.349	

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 539g: 1 can (19 oz), ready-to-serve

NDB No. 06070

Soup, beef, canned, chunky, ready-to-serve

Calories Factors: Protein 4.1 Fat 9 Carbohydrate 3.9

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	•			<u>m</u>	easures of food		
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	75.33	0.486	10		1		193.60	235.03		
Energy	kcal	91		0	NC	4		234	284		
Energy		381				4		979	1188		
Protein (N x 6.25)	g	4.83	0.125	10		1		12.41	15.07		
Total lipid (fat)	g	1.32	0.033	10		1		3.39	4.12		
Ash	g	3.10	0.047	10		1		7.97	9.67		
Carbohydrate, by difference	g	15.42		0	NC	4		39.63	48.11		
Fiber, total dietary	g	6.8		0		4		17.5	21.2		
Sugars, total	g	0.25		0	FLA	4		0.63	0.77		
Starch	g										
Minerals:											
Calcium, Ca	mg	35	2.579	10		1		90	109		
Iron, Fe	_	1.50	0.097	10		1		3.86	4.68		
Magnesium, Mg		33		1		1		85	103		
Phosphorus, P		75		1		1		193	234		
Potassium, K	mg	250		1		1		643	780		
Sodium, Na		970	40.000	3		1		2493	3026		
Zinc, Zn		1.10		1		1		2.83	3.43		
Copper, Cu		0.300		1		1		0.771	0.936		
Manganese, Mn		0.500	1	1		1		1.285	1.560		
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.2	0.133	10		1		0.5	0.6		
Thiamin	mg	0.042	0.002	10		1		0.108	0.131		
Riboflavin	mg	0.039	0.003	10		1		0.100	0.122		
Niacin	-	0.410		10		1		1.054	1.279		
Pantothenic acid		0.160		0		4		0.411	0.499		
Vitamin B-6	-	0.070	1	1		1		0.180	0.218		
Folate, total		20		0	_	4		51	62		
Folic acid		0 20		0	Z	7 4		0 51	0 62		
Folate, food	med DEE	20		0	NC	4		51 51	62 62		
Vitamin B-12		0.00		1	NC	1		0.00	0.00		
Vitamin A, IU		442		0	NC	4		1137	1380		
Vitamin A, RAE		22		0	NC	4		57	69		
Retinol		0		0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)		0.36		0	FLA	4		0.94	1.14		
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	1.8		0	FLA	4		4.6	5.6		
Lipids:											
Fatty acids, total saturated	g	0.340)	0		1		0.874	1.061		
4:0											
6:0	g										
8:0											
10:0	-	0.010		0		1		0.026	0.031		
12:0	-	0.000	1	0		1		0.000	0.000		
13:0				_		_					
14:0	-	0.020	1	0		1		0.051	0.062		
15:0	-	0.210		0		1		0 540	0 655		
16:0 17:0	_	0.210	•	U		1		0.540	0.655		
18:0	_	0.080	1	0		1		0.206	0.250		
20:0	-	0.000		J		-		3.200	0.230		
22:0	-										
24:0	-										

		<u>A</u> 1	mount in 10			ole portic	o <u>n</u>	Amount in edible portion of common measures of food		
				Number		_	0 51	<u> </u>	easures of 1000	
Nutrients and Unit	ts	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.480	1	0		1		1.234	1.498	
15:1	g	0.020	ı	0		1		0.051	0.062	
17:1 18:1 undifferentiated	g	0.450	ı	0		1		1.157	1.404	
20:122:1 undifferentiated	g									
24:1 cFatty acids, total polyunsaturated		0.410		0		1		1.054	1.279	
18:2 undifferentiated		0.310	ı	0		1		0.797	0.967	
18:3 undifferentiated		0.100		0		1		0.257	0.312	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3										
22:6 n-3										
Fatty acids, total trans	-									
Cholesterol		0		0		1		0	0	
Phytosterols										
A A.:J										
Amino Acids:		0.055		0		1		0.141	0 170	
Tryptophan Threonine		0.033		0		1		0.547	0.172 0.665	
Isoleucine	-	0.215		0		1		0.632	0.768	
Leucine	_	0.361		0		1		0.928	1.126	
Lysine	_	0.355		0		1		0.912	1.108	
Methionine		0.054		0		1		0.139	0.168	
Cystine	-	0.050		0		1		0.129	0.156	
Phenylalanine		0.267		0		1		0.686	0.833	
Tyrosine		0.148		0		1		0.380	0.462	
Valine	g	0.244		0		1		0.627	0.761	
Arginine	g	0.283		0		1		0.727	0.883	
Histidine	g	0.141		0		1		0.362	0.440	
Alanine	g	0.198		0		1		0.509	0.618	
Aspartic acid	g	0.560	1	0		1		1.439	1.747	
Glutamic acid	_	0.966		0		1		2.483	3.014	
Glycine	_	0.188		0		1		0.483	0.587	
Proline		0.187		0		1		0.481	0.583	
Serine	_	0.266	i	0		1		0.684	0.830	
Hydroxyproline	9									
Others:										
Alcohol, ethyl		0.0		0	Z	7		0.0	0.0	
Caffeine		0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>										
Carotene, beta	mcg	220		0	FLA	4		565.253	686.221	
Carotene, alpha	mcg	83		0	FLA	4		213.644	259.365	
Cryptoxanthin, beta	mcg	8		0	FLA	4		20.362	24.720	
Lycopene		471		0	FLA	4		1211.593	1470.883	
Lutein + zeaxanthin	mcg	27		0	FLA	4		70.511	85.600	

Common Measures:

Measure 1 = 257g: 1 cup (8 fl oz)

Measure 2 = 312g: 1 can (11 oz), undiluted

NDB No. 06002

Soup, black bean, canned, condensed, commercial

Calories Factors: Protein 3.7 Fat 8.9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

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

NDB No. 06402 Soup, black bean, canned, prepared with equal volume water, commercial

		<u>A</u>	mount in 100 gran	is of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	
			of Dat	a Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	87.27	0		1		215.56	26.97	523.62
Energy	kcal	47	0	NC	4		116	15	282
Energy		197			4		486	61	1180
Protein (N x 6.25)	g	2.28	0		1		5.63	0.70	13.68
Total lipid (fat)	g	0.61	0		1		1.51	0.19	3.66
Ash		1.51	0		1		3.73	0.47	9.06
Carbohydrate, by difference	g	8.02	0	NC	4		19.81	2.48	48.12
Fiber, total dietary	g	1.8	0		4		4.4	0.6	10.8
Sugars, total	g	0.08	0	FLA	4		0.20	0.02	0.48
Starch	g								
Mr. I									
Minerals:	ma	10	^		4		4.6	•	100
Calcium, Ca	-	18 0.87	0		1 1		44 2.15	6 0.27	108 5.22
Iron, FeMagnesium, Mg	_	17	0		1		2.15 42	0.27 5	102
Phosphorus, P		43	0		1		106	13	258
Potassium, K	•	111	0		1		274	34	666
Sodium, Na		485	0		1		1198	150	2910
Zinc, Zn		0.57	0		1		1.41	0.18	3.43
Copper, Cu		0.156			1		0.385	0.048	0.93
Manganese, Mn		0.260			1		0.642	0.080	1.56
Selenium, Se		0.4	0	RA	4		1.0	0.1	2.4
•									
Vitamins:			•		_				
Vitamin C, total ascorbic acid		0.3	0		1		0.7	0.1	1.8
Thiamin	-	0.031			1 1		0.077 0.05 4	0.010	0.18
Riboflavin		0.022			1		0.034	0.007 0.067	0.13 1.29
Niacin Pantothenic acid	-	0.080			1		0.198	0.025	0.48
Vitamin B-6		0.038			1		0.198	0.023	0.48
Folate, total	-	10	, 0		1		25	3	60
Folic acid		0	0	z	7		0	0	0
Folate, food		10	0	-	1		25	3	60
Folate, DFE	mca DFE	10	0	NC	4		25	3	60
Vitamin B-12		0.01	0		1		0.02	0.00	0.06
Vitamin A, IU		193	0	NC	4		476	59	1155
Vitamin A, RAE		10	0	FLA	4		24	3	58
Retinol		0	0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)		0.10	0	FLA	4		0.24	0.03	0.58
Tocopherol, beta									
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Vitamin D									
Vitamin K (phylloquinone)	mcg	0.6	0	FLA	4		1.5	0.2	3.6
Lipids:									
Fatty acids, total saturated	a	0.160	0		1		0.395	0.049	0.96
4:0		0.000			1		0.000	0.000	0.00
6:0		0.000			1		0.000	0.000	0.00
8:0	-	0.000			1		0.000	0.000	0.00
10:0		0.000			1		0.000	0.000	0.00
12:0		0.000			1		0.000	0.000	0.00
13:0	-		v		•				
14:0		0.010	0		1		0.025	0.003	0.06
15:0	-								2.30
16:0	-	0.100	0		1		0.247	0.031	0.60
17:0							•	- · · · -	
18:0	-	0.040	0		1		0.099	0.012	0.24
20:0	-								
22:0	-								

		<u>A</u>	mount in 10		Amount in edible portion of common measures of food					
Noted-out-out	111-24-		Std. Error	of Data	Deriv	Source Code	Confidence Code			
Nutrients and	Units	Mean	Sta. Error	Politis	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	atedg	0.220)	0		1		0.543	0.068	1.320
14:1	g									
15:1	-									
16:1 undifferentiated	_	0.010)	0		1		0.025	0.003	0.060
17:1	-	0.010		0		1		0 510	0.065	1 260
18:1 undifferentiated	_	0.210		0		1		0.519 0.000	0.065 0.000	1.260 0.000
20:1 22:1 undifferentiated		0.000		0		1		0.000	0.000	0.000
24:1 c	-	0.000	•	U		_		0.000	0.000	0.000
Fatty acids, total polyunsatura		0.190)	0		1		0.469	0.059	1.140
18:2 undifferentiated		0.140		0		1		0.346	0.043	0.840
18:3 undifferentiated		0.040		0		1		0.099	0.012	0.240
18:4		0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c	_									
20:3 undifferentiated	_									
20:4 undifferentiated	-	0.000)	0		1		0.000	0.000	0.000
20:5 n-3	g	0.000)	0		1		0.000	0.000	0.000
22:5 n-3	g	0.000)	0		1		0.000	0.000	0.000
22:6 n-3	g	0.000)	0		1		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol	mg	0		0		1		0	0	0
Phytosterols	mg									
Amino Acids:										
	0	0.026		0		1		0.064	0.008	0.156
Tryptophan Threonine		0.101		0		1		0.249	0.008	0.136
Isoleucine		0.101		0		1		0.249	0.031	0.606
Leucine	_	0.171		0		1		0.422	0.053	1.026
Lysine	_	0.168		0		1		0.415	0.052	1.020
Methionine		0.025		0		1		0.062	0.008	0.150
Cystine		0.024		0		1		0.059	0.007	0.144
Phenylalanine		0.126		0		1		0.311	0.039	0.756
Tyrosine		0.020		0		1		0.049	0.006	0.120
Valine	_	0.115		0		1		0.284	0.036	0.690
Arginine	_	0.134		0		1		0.331	0.041	0.804
Histidine		0.066		0		1		0.163	0.020	0.396
Alanine	_	0.094		0		1		0.232	0.029	0.564
Aspartic acid		0.264		0		1		0.652	0.082	1.584
Glutamic acid		0.456	5	0		1		1.126	0.141	2.736
Glycine		0.089)	0		1		0.220	0.028	0.534
Proline		0.088	3	0		1		0.217	0.027	0.528
Serine	_	0.125		0		1		0.309	0.039	0.750
Hydroxyproline										
Othorse										
Others:	a	0.0		0		7		0.0	0.0	0.0
Alcohol, ethyl	=	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine		0		0	FLA	4		0	0	0
Theobromine	9	U		U	t TW	4		U	U	U
Carotenoids:										
Carotene, beta		96		0	FLA	4		237.642	29.729	577.268
Carotene, alpha		31		0	FLA	4		75.805	9.483	184.142
Cryptoxanthin, beta		8		0	FLA	4		19.570	2.448	47.540
Lycopene		0		0	FLA	4		0.037	0.005	0.090
Lutein + zeaxanthin	mcg	18		0	FLA	4		45.519	5.694	110.572

Common Measures:

Measure 1 = 247g: 1 cup Measure 2 = 30.9g: 1 fl oz

Measure 3 = 600g: 1 can (11 oz), prepared

NDB No. 06402

Soup, black bean, canned, prepared with equal volume water, commercial

Calories Factors: Protein 3.7 Fat 8.9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>Aı</u>	mount in 100 gram	Amount in edible portion of common					
			Numbe	measures of food					
				Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	2.30			4		0.06	0.08	
Energy	kcal	438	0	FLA	4		11	16	
Energy	kj	1832	0	FLA	4		48	66	
Protein	g	16.70			4		0.43	0.60	
Total lipid (fat)	g	13.89			4		0.36	0.50	
Ash	g	2.00	0	FLA	4		0.05	0.07	
Carbohydrate, by difference	g	64.88	0	FLA	4		1.69	2.34	
Fiber, total dietary	g	0.2			4		0.0	0.0	
Sugars, total	g	14.47	0	FLA	4		0.38	0.52	
Starch	g								
W:									
<u>Minerals:</u> Calcium. Ca	ma	187			4		5	7	
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	1.03			4		0.03	, 0.04	
Magnesium, Mg		56			4		1	2	
Phosphorus, P		166			4		4	6	
Potassium, K	•	309			4		8	11	
Sodium, Na	-	1067			4		28	38	
Zinc, Zn		0.09			4		0.00	0.00	
Copper, Cu		0.000)		4		0.000	0.000	
Manganese, Mn									
Selenium, Se		27.6	0	BFZN	4		0.7	1.0	
/itaming.									
<u>Vitamins:</u>	ma m						0.0		
Vitamin C, total ascorbic acid		1.1 0.100			4 4		0.0 0.003	0.0	
Thiamin		0.100			4		0.003	0.004	
Riboflavin		2.460			4		0.011	0.015 0.089	
Pantothenic acid		2.460			4		0.064	0.069	
Vitamin B-6		0.100	1		4		0.003	0.004	
Folate, total		21	0	FLA	4		1	1	
Folic acid		0	0	FLA	4		0	0	
Folate, food		21	0	FLA	4		1	1	
Folate, DFE		21	0	NC	4		1	1	
Vitamin B-12	mca =	0.30	-		4		0.01	0.01	
Vitamin A, IU		500	0	FLA	4		13	18	
Vitamin A, RAE		25	0	FLA	4		1	1	
Retinol		0	0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		0.72	0	FLA	4		0.02	0.03	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta	mg								
Vitamin D									
Vitamin K (phylloquinone)	mcg	66.9	0	FLA	4		1.7	2.4	
<u>lipids:</u>									
Fatty acids, total saturated	a	3.433	1		4		0.089	0.124	
4:0		0.000			4		0.009	0.124	
6:0		0.000			4		0.000	0.000	
8:0	_	0.000			4		0.000	0.000	
10:0	-	0.000			4		0.000	0.000	
12:0	-	0.000			4		0.000	0.000	
13:0	_				=		3.000	0.000	
14:0	-	0.010)		4		0.000	0.000	
15:0	-								
16:0	-	2.563	;		4		0.067	0.092	
17:0	-								
18:0		0.661			4		0.017	0.024	
20:0	_								
22:0	_								

	<u>Aı</u>	mount in 10	00 grams	Amount in edible portion of common					
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturated9	5.365				4		0.139	0.193	
14:1g									
15:1g	0.561				4		0.015	0.020	
16:1 undifferentiated	0.561				4		0.015	0.020	
17:19 18:1 undifferentiated	4.645				4		0.121	0.167	
20:1g	0.110				4		0.121	0.107	
20:1	0.110				4		0.003	0.004	
22:1 undifferentiated	0.000				4		0.000	0.000	
Fatty acids, total polyunsaturatedg	4.485				4		0.117	0.161	
18:2 undifferentiatedg	4.324				4		0.117	0.156	
18:3 undifferentiated	0.130				4		0.003	0.005	
18:4g	0.000				4		0.000	0.000	
20:2 n-6 c.cg	0.000				-		0.000	0.000	
20:3 undifferentiated									
20:4 undifferentiated 9	0.010				4		0.000	0.000	
20:5 n-3g	0.000				4		0.000	0.000	
22:5 n-3g	0.000				4		0.000	0.000	
22:6 n-3	0.000				4		0.000	0.000	
Fatty acids, total trans									
Cholesterolmg	13				4		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobrominemg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, betamcg	264		0	FLA	4		6.868	9.510	
Carotene, alphamcg	70		0	FLA	4		1.826	2.528	
Cryptoxanthin, betamcg	1		0	FLA	4		0.039	0.054	
Lycopenemcg	19		0	FLA	4		0.507	0.702	
Lutein + zeaxanthin mcg	272		0	FLA	4		7.060	9.775	

Common Measures:

Measure 1 = 2.6g: 1 tsp Measure 2 = 3.6g: 1 cube

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 10	0 grams		edible portion					
				Number	•			measures of food			
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	82.70		0	MA	12		252.24			
Energy	kcal	87		0	MC	9		265			
Energy	kj	364				9		1110			
Protein	g	2.10		0	MA	12		6.41			
Total lipid (fat)	g	5.30		0	MA	12		16.17			
Ash	g	2.30		0	MA	12		7.02			
Carbohydrate, by difference	g	7.70		0	MC	9		23.49			
Fiber, total dietary	g	1.8		0	MA	12		5.5			
Sugars, total	g	0.59		0	FLA	4		1.81			
Starch	g										
Minerals:	ma	41		^	143	10		105			
Calcium, Ca	-	41 0.30		0 0	MA FLA	12 4		125 0.92			
Iron, Fe		13		0	FLA	4		0.92 40			
Magnesium, Mg Phosphorus, P		42		0	FLA	4		40 128			
Potassium, K	-	207		0	MA	12		631			
Sodium, Na	-	683		0	MA	12		2083			
Zinc, Zn	_	0.26		0	FLA	4		0.79			
Copper, Cu		0.030)	0	FLA	4		0.092			
Manganese, Mn	-	0.030	•	·		•		0.032			
Selenium, Se		1.5		0	FLA	4		4.6			
·				•		_					
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid	-	2.0		0	MA	12		6.1			
Thiamin	-	0.020		0	MA	12		0.061			
Riboflavin	-	0.040		0	MA	12		0.122			
Niacin	-	0.248	3	0	MA	12		0.756			
Pantothenic acid	_			•							
Vitamin B-6		0.064	ŀ	0	MA	12		0.195			
Folate, total		4 0 0		0 0	FLA FLA	4 4		123			
Folic acid		40		0	FLA	4		0 123			
Folate, DFE		40		0	NC	4		123			
Vitamin B-12		0.02		0	MA	12		0.06			
Vitamin A, IU		825		0	NC	4		2516			
Vitamin A, RAE		66		0	FLA	4		202			
Retinol		30		0	FLA	4		92			
Vitamin E (alpha-tocopherol)	-	0.72		0	FLA	4		2.19			
Tocopherol, beta		0.72		Ū	гши	-		2.13			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		51.8		0	FLA	4		158.1			
Lipids:	_	2 -		_							
Fatty acids, total saturated		1.600		0	MA	12		4.880			
4:0		0.016		0	MA	12		0.049			
6:0		0.007		0	MA	12		0.021			
8:0	_	0.004		0	MA	12		0.012			
10:0	_	0.008		0	MA	12		0.024			
12:0	-	0.010	ı	0	MA	12		0.031			
13:0		0.000	,	^	143	10		0 103			
14:0		0.060	,	0	MA	12		0.183			
15:0		0.075	•	0	143	10		0.074			
16:0		0.975	,	U	MA	12		2.974			
17:0		0 510	,	0	MA	12		1 556			
18:0		0.510	,	U	MA	12		1.556			
20:0	_										
22:0	g g										

	<u>Ar</u>	mount in 10	0 grams	Amount in edible portion of common					
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.000		0	MA	12		6.100		
14:1g									
15:1g									
16:1 undifferentiatedg	0.017		0	MA	12		0.052		
17:1g									
18:1 undifferentiatedg	1.979		0	MA	12		6.036		
20:1g	0.000		0	MA	12		0.000		
22:1 undifferentiatedg	0.000		0	MA	12		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	1.700		0	MA	12		5.185		
18:2 undifferentiatedg	1.535		0	MA	12		4.682		
18:3 undifferentiatedg	0.165		0	MA	12		0.503		
18:4g	0.000		0	MA	12		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	MA	12		0.000		
20:5 n-3g	0.000		0	MA	12		0.000		
22:5 n-3g	0.000		0	MA	12		0.000		
22:6 n-3g	0.000		0	MA	12		0.000		
Fatty acids, total transg									
Cholesterol mg	4		0	MA	12		12		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobromine mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, betamcg	435		0	FLA	4		1325.822		
Carotene, alphamcg	0		0	FLA	4		0.006		
Cryptoxanthin, betamcg	0		0	FLA	4		0.009		
Lycopene mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin mcg	540		0	FLA	4		1645.976		

Common Measures:

Measure 1 = 305g: 1 can (10.75 oz)

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> :	mount in 10	Amount in edible portion of common								
		Number						measures of food				
				of Data	Deriv	Source	Confidence					
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure		
Proximates:												
Water	g	4.40		1		1		0.84				
Energy	kcal	360		0	NC	4		68				
Energy	kj	1506				4		286				
Protein (N x 6.25)	g	15.31		1		1		2.91				
Total lipid (fat)	g	9.10		1		1		1.73				
Ash	g	14.60		1		1		2.77				
Carbohydrate, by difference	g	56.59		0	NC	4		10.75				
Fiber, total dietary	g											
Sugars, total	g											
Starch												
	_											
<u>Minerals:</u>								_				
Calcium, Ca	_	47		0		4		9				
Iron, Fe.	_	2.10		0		4		0.40				
Magnesium, Mg		12		0		4		2				
Phosphorus, P	-	267		0		4		51				
Potassium, K	-	555		0		4		105				
Sodium, Na	_	4450		1		1		846				
Zinc, Zn		1.30		0		4		0.25				
Copper, Cu		0.200		0		4		0.038				
Manganese, Mn		0.300	,	0		4		0.057				
Selenium, Se	Ilicy											
Vitamins:												
Vitamin C, total ascorbic acid	mg	20.0		0		4		3.8				
Thiamin	mg	0.360)	0		4		0.068				
Riboflavin	mg	0.440)	0		4		0.084				
Niacin		2.400)	0		4		0.456				
Pantothenic acid	mg	0.500)	0		4		0.095				
Vitamin B-6	mg	0.100)	0		4		0.019				
Folate, total	mcg	17		0		4		3				
Folic acid	mcg	0		0	Z	7		0				
Folate, food		17		0		4		3				
Folate, DFE	mcg_DFE	17		0	NC	4		3				
Vitamin B-12		1.00		0		4		0.19				
Vitamin A, IU		30		0		4		6				
Vitamin A, RAE	mcg_RAE	2		0	NC	4		0				
Retinol	mcg	0		0	Z	7		0				
Vitamin E (alpha-tocopherol)	mg											
Tocopherol, beta	mg											
Tocopherol, gamma												
Tocopherol, delta												
Vitamin D												
Vitamin K (phylloquinone)	mcg											
Lipids:												
Fatty acids, total saturated	q	1.360)	0		1		0.258				
4:0												
6:0												
8:0	g											
10:0												
12:0												
13:0	g											
14:0	-	0.010)	0		1		0.002				
15:0	g											
16:0		0.890)	0		1		0.169				
17:0	g											
18:0	g	0.460)	0		1		0.087				
20:0	g											
22:0	g											
24:0	a											

		<u>Am</u>	ount in 100 grams	Amount in edible portion of common				
Nutrients and Units	S	Mean S	Number of Data Std. Error Points	Deriv Source	Confidence Code	<u>me</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturated		3.910	0	1		0.743		
14:1								
15:1		0.040	0	1		0.008		
17:1		0.040	0	1		0.008		
18:1 undifferentiated		3.870	0	1		0.735		
20:1			•	_		055		
22:1 undifferentiated.								
24:1 c	g							
Fatty acids, total polyunsaturated	g	3.420	0	1		0.650		
18:2 undifferentiated	g	3.180	0	1		0.604		
18:3 undifferentiated	g	0.240	0	1		0.046		
18:4	g							
20:2 n-6 c,c	g							
20:3 undifferentiated	g							
20:4 undifferentiated	g							
20:5 n-3	g							
22:5 n-3	g							
22:6 n-3	g							
Fatty acids, total trans	g							
Cholesterol	mg	2	0	1		0		
Phytosterols	mg							

Common Measures:

Measure 1 = 19g: 1 cup (8 fl oz)

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 3.9

		<u>A</u>	mount in 100	<u>0 grams</u>	of edil	ole portio	<u>n</u>		edible portion	
			ļ	Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	92.93		0		1		237.90		
Energy	kcal	27		0	NC	4		69		
Energy	kj	113				4		289		
Protein (N x 6.25)	g	1.13		0		1		2.89		
Total lipid (fat)	g	0.67		0		1		1.72		
Ash	g	1.08		0		1		2.76		
Carbohydrate, by difference	g	4.19		0	NC	4		10.73		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
of: 1										
Minerals:	ma	4		^		4		10		
Calcium, Ca	_	4 0.20		0		4		10 0.51		
Iron, Fe	•	1		0		4		3		
Phosphorus, P		20		0		4		3 51		
Potassium, K	_	41		0		4		105		
Sodium, Na		329		0		1		842		
Zinc, Zn	-	0.10		0		4		0.26		
Copper, Cu		0.010)	0		4		0.026		
Manganese, Mn		0.020		0		4		0.051		
Selenium, Se										
· ·										
<u>Vitamins:</u>				_						
Vitamin C, total ascorbic acid	-	1.0		0		4		2.6		
Thiamin		0.030		0		4		0.077		
Riboflavin		0.030		0		4		0.077		
Niacin		0.200		0		4		0.512		
Pantothenic acid		0.040		0		-		0.102		
Vitamin B-6		0.010)	0		4		0.026		
Folate, total		1 0		0		4 7		3		
Folic acid		1		0	Z	4		0 3		
Folate, DFE		1		0	NC	4		3		
Vitamin B-12		0.07		0	NC	4		0.18		
Vitamin A, IU		2		0		4		5		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		· ·		·	_	•		· ·		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.										
Vitamin K (phylloquinone)										
inide										
Lipids:	0	0.100	1	0		1		0.256		
Fatty acids, total saturated		0.100	,	U		_		0.230		
6:0	-									
8:0	_									
10:0										
12:0										
13:0										
14:0		0.000)	0		1		0.000		
15:0	-									
16:0		0.070)	0		1		0.179		
17:0										
18:0		0.030)	0		1		0.077		
20:0										
22:0	_									
24:0	q									

	Amount in	100 grams of ed		Amount in edible portion of common			
		Number of Data Deriv	Source Confide		easures of food		
Nutrients and Units	Mean Std. Er	ror Points Code	Code Code	e Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.290	0	1	0.742			
14:1g							
15:1	0.000	0	1	0.000			
18:1 undifferentiatedg	0.290	0	1	0.742			
20:1g							
22:1 undifferentiatedg							
24:1 cg		_					
Fatty acids, total polyunsaturated	0.250	0	1	0.640			
18:2 undifferentiatedg	0.230	0	1	0.589			
18:3 undifferentiatedg	0.020	0	1	0.051			
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg 20:4 undifferentiatedg							
20:5 n-3							
20.5 n-3							
22:6 n-3g							
Fatty acids, total trans							
Cholesterolmg	0	0	1	0			
Phytosterolsmg							

Common Measures:

Measure 1 = 256g: 1 cup (8 fl oz)

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 3.9

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	•			<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	77.15	0.477	10		1		198.28	240.71		
Energy	kcal	121		0	NC	4		311	378		
Energy	kj	506				4		1301	1580		
Protein (N x 6.25)	g	4.22	0.197	10		1		10.85	13.17		
Total lipid (fat)	g	8.15	0.154	10		1		20.95	25.43		
Ash	g	2.29	0.041	10		1		5.89	7.14		
Carbohydrate, by difference	g	8.19		0	NC	4		21.05	25.55		
Fiber, total dietary	g	0.8		0		4		2.1	2.5		
Sugars, total	g	0.72		0	FLA	4		1.85	2.25		
Starch	g										
M:											
Minerals:	ma	111	8.256	10		1		285	346		
Calcium, Ca Iron, Fe	-	0.58	0.095	10		1		285 1.49	1.81		
Magnesium, Mg	-	3	0.093	1		1		1.49 8	9		
Phosphorus, P		106		1		1		272	331		
Potassium, K	-	120		1		1		308	374		
Sodium. Na.		747	31.843	5		1		1920	2331		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.50	31.043	1		1		1.29	1.56		
Copper, Cu		0.100	1	1		1		0.257	0.312		
Manganese, Mn		0.200		1		1		0.514	0.624		
Selenium, Se	-	3.6		0	RA	4		9.3	11.2		
Vitamins:											
Vitamin C, total ascorbic acid	-	0.0		0		1		0.0	0.0		
Thiamin	-	0.013		10		1		0.033	0.041		
Riboflavin	=	0.105		10		1		0.270	0.328		
Niacin	-	0.310		10		1		0.797	0.967		
Pantothenic acid	=	0.070		0		4		0.180	0.218		
Vitamin B-6	-	0.020	1	1		1		0.051	0.062		
Folate, total		3		0	_	4		8	9		
Folic acid		0 3		0	Z	7		0 8	0 9		
Folate, food		3		0	NC	4 4		8 8	9		
Folate, DFE		0.00		1	NC	1		0.00	0.00		
Vitamin B-12 Vitamin A, IU		297		0	FLA	4		763			
Vitamin A, IU		73		0	FLA	4		187	926 226		
Retinol		69		0	FLA	4		178	216		
Vitamin E (alpha-tocopherol)		0.56		0	FLA	4		1.44	1.75		
Tocopherol, beta		0.50		•		•		2.44	1.75		
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	4.7		0	FLA	4		12.2	14.8		
<u>Lipids:</u>	_					_		10.000	16.100		
Fatty acids, total saturated		5.190		0		1		13.338	16.193		
4:0 6:0		0.260		0		1 1		0.668	0.811		
		0.130		-				0.334	0.406		
8:0	_	0.070 0.150		0		1 1		0.180	0.218		
10:0 12:0	-	0.130		0		1		0.386 0.334	0.468 0.406		
13:0		0.130	•	J		1		0.334	0.406		
14:0		0.820	1	0		1		2.107	2.558		
15:0	-	0.820	•	J		1		2.107	2.558		
16:0		2.410	1	0		1		6.194	7.519		
17:0	-	2.410		•		-		J. 134	7.519		
18:0	_	0.990	1	0		1		2.544	3.089		
20:0	_	0.550		•		-			3.003		
22:0	_										
24:0	_										

		<u>Ar</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number of Data		Source	Confidence	<u></u>	easures or roou	<u> </u>	
Nutrients and U	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate	dg	2.310		0		1		5.937	7.207		
14:1	_										
15:1 16:1 undifferentiated		0.250		0		1		0.643	0.780		
17:1	_										
18:1 undifferentiated		1.940		0		1		4.986	6.053		
20:1	_	0.000		0		1		0.000	0.000		
22:1 undifferentiated 24:1 c	•	0.000		0		1		0.000	0.000		
Fatty acids, total polyunsaturated		0.230		0		1		0.591	0.718		
18:2 undifferentiated		0.140		0		1		0.360	0.437		
18:3 undifferentiated		0.090		0		1		0.231	0.281		
18:4	_	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	_	0.000		0		1		0.000	0.000		
22:5 n-3		0.000		0		1		0.000	0.000		
22:6 n-3		0.000		0		1		0.000	0.000		
Fatty acids, total trans		00		•				F.0	70		
CholesterolPhytosterols		23		0		1		59	72		
Phytosterois	ing										
Amino Acids:											
Tryptophan	g	0.056		0		1		0.144	0.175		
Threonine	_	0.148		0		1		0.380	0.462		
Isoleucine		0.251		0		1		0.645	0.783		
Leucine	_	0.399		0		1 1		1.025	1.245		
Lysine Methionine		0.296 0.091		0		1		0.761 0.234	0.924 0.284		
Cystine	_	0.031		0		1		0.234	0.109		
Phenylalanine		0.033		0		1		0.558	0.677		
Tyrosine		0.194		0		1		0.499	0.605		
Valine	_	0.296		0		1		0.761	0.924		
Arginine		0.126		0		1		0.324	0.393		
Histidine	g	0.114		0		1		0.293	0.356		
Alanine	g	0.137		0		1		0.352	0.427		
Aspartic acid	g	0.296		0		1		0.761	0.924		
Glutamic acid	-	1.300		0		1		3.341	4.056		
Glycine		0.091		0		1		0.234	0.284		
Proline		0.445		0		1		1.144	1.388		
Serine	-	0.194		0		1		0.499	0.605		
Hydroxyproline	g										
Others:											
Alcohol, ethyl		0.0		0		7		0.0	0.0		
Caffeine		0		0	FLA	4		0	0		
Theobromine	<u>m</u> g	0		0	FLA	4		0	0		
Carotenoids:											
Carotene, beta		39		0	FLA	4		101.368	123.061		
Carotene, alpha		0		0	FLA	4		0.008	0.010		
Cryptoxanthin, beta		0		0	FLA	4		0.012	0.015		
Lycopene		0		0	FLA	4		0.000	0.000		
Lutein + zeaxanthin	mcg	1		0	FLA	4		2.178	2.644		

Common Measures:

Measure 1 = 257g: 1 cup

Measure 2 = 312g: 1 can (11 oz), undiluted

NDB No. 06011

Soup, cheese, canned, condensed, commercial

Calories Factors: Protein 4.1 Fat 8.8 Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

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

NDB No. 06211 Soup, cheese, canned, prepared with equal volume milk, commercial

		<u>A</u>	mount in 100	grams	of edik	ole portio	<u>n</u>	Amount in	edible portion o	f common
			N	umber				<u>m</u>	easures of food	
			0	f Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.44		0		1		206.92	502.06	
Energy	kcal	92		0	NC	4		231	560	
Energy	kj	385				4		966	2344	
Protein (N x 6.25)	g	3.77		0		1		9.46	22.96	
Total lipid (fat)	g	5.80		0		1		14.56	35.32	
Ash	g	1.52		0		1		3.82	9.26	
Carbohydrate, by difference	g	6.47		0	NC	4		16.24	39.40	
Fiber, total dietary	g	0.4		0		4		1.0	2.4	
Sugars, total	g									
Starch	g									
M. 1										
Minerals: Calcium. Ca	ma	115		0		1		289	700	
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	0.32		0		1		0.80	1.95	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	8		0		1		20	49	
Phosphorus, P		100		0		1		251	609	
Potassium, K	-	136		0		1		341	828	
Sodium, Na	-	406		0		1		1019	2473	
Zinc, Zn	-	0.27		0		1		0.69	1.67	
Copper, Cu		0.056	6	0		1		0.141	0.341	
Manganese, Mn	mg	0.103	3	0		1		0.259	0.627	
Selenium, Se	mcg	2.8		0	RA	4		7.0	17.1	
Vitamins:										
	ma	0.5		0		1		1.3	3.0	
Vitamin C, total ascorbic acid Thiamin		0.025	=	0		1		0.063	0.152	
Riboflavin		0.023		0		1		0.334	0.810	
Niacin	-	0.200		0		1		0.502	1.218	
Pantothenic acid		0.190		0		4		0.477	1.157	
Vitamin B-6		0.031		0		1		0.078	0.189	
Folate, total	-	4		0		4		10	24	
Folic acid		0		0	z	7		0	0	
Folate, food		4		0		4		10	24	
Folate, DFE		4		0	NC	4		10	24	
Vitamin B-12		0.17		0		1		0.43	1.04	
Vitamin A, IU	IU	495		0		1		1242	3015	
Vitamin A, RAE	mcg_RAE	143		0	NC	4		359	871	
Retinol	-	142		0	NC	4		356	865	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
vitamin K (phynoquinone)	Illog									
<u>Lipids:</u>										
Fatty acids, total saturated	g	3.630)	0		1		9.111	22.107	
4:0		0.180)	0		1		0.452	1.096	
6:0	-	0.100		0		1		0.251	0.609	
8:0	-	0.050		0		1		0.126	0.305	
10:0	-	0.110		0		1		0.276	0.670	
12:0	-	0.110	ט	0		1		0.276	0.670	
13:0	-	0 -00	,	^						
14:0	-	0.580	J	0		1		1.456	3.532	
15:0		1 654	,	^		4		4 140	10 040	
16:0		1.650	,	0		1		4.142	10.049	
17:0		0.690	n	0		1		1.732	4.202	
18:0 20:0		0.690	,	U		1		1.732	4.202	
22:0										
24:0										
4T.U										

		<u>An</u>	nount in 100 gra	ıms of edi	ble portio	<u>n</u>	Amount in edible portion of common measures of food			
			Num	ber			<u>m</u> e	easures of food		
Nutrients and Units	S	Mean	of D Std. Error Poi	ata Deriv nts Code		Confidence Code	Measure 1	Measure 2	Measure 3	
PW 11 and a second		1 620		0	1		4 001	0.007		
Fatty acids, total monounsaturated 14:1	g	1.630		U	1		4.091	9.927		
16:1 undifferentiated	g	0.160		0	1		0.402	0.974		
18:1 undifferentiated		1.390		0	1		3.489	8.465		
20:1		0.000		0	1		0.000	0.000		
22:1 undifferentiated	g	0.000		0	1		0.000	0.000		
24:1 c	•									
Fatty acids, total polyunsaturated		0.180		0	1		0.452	1.096		
18:2 undifferentiated		0.110		0	1		0.276	0.670		
18:3 undifferentiated		0.070		0	1		0.176	0.426		
18:4	g	0.000		0	1		0.000	0.000		
20:2 n-6 c,c										
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	19		0	1		48	116		
Phytosterols	mg									
Amino Acids:										
Tryptophan		0.051		0	1		0.128	0.311		
Threonine		0.148		0	1		0.371	0.901		
Isoleucine	-	0.226		0	1		0.567	1.376		
Leucine	-	0.361		0	1		0.906	2.198		
Lysine		0.279		0	1		0.700	1.699		
Methionine	-	0.087		0	1		0.218	0.530		
Cystine		0.033		0	1		0.083	0.201		
Phenylalanine		0.189		0	1		0.474	1.151		
Tyrosine		0.177		0	1		0.444	1.078		
Valine		0.259		0	1		0.650	1.577		
Arginine		0.123		0	1		0.309	0.749		
Histidine	-	0.102		0	1		0.256	0.621		
Alanine		0.125 0.274		0	1 1		0.314	0.761		
Aspartic acid				0			0.688	1.669		
Glutamic acid		1.002		0	1 1		2.515	6.102		
Glycine		0.081		•	1		0.203	0.493		
Proline		0.383		0	1		0.961 0.469	2.332 1.139		
Serine		0.187		U	1		0.409	1.139		
Others:										
Alcohol, ethyl	g	0.0		0	7		0.0	0.0		
Caffeine	-									
Theobromine	_									

Common Measures:

Measure 1 = 251g: 1 cup

Measure 2 = 609g: 1 can (11 oz), prepared

Calories Factors: Protein 4.1 Fat 8.8 Carbohydrate 3.9

NDB No. 06411 Soup, cheese, canned, prepared with equal volume water, commercial

Nutrients and Units Proximates: Water	cal j	Mean 88.12 63 264 2.19		Number of Data Points	Deriv	Source Code	Confidence Code	me Measure 1	easures of food Measure 2	-"
Proximates: Water	cal j	88.12 63 264						Measure 1	Massura 2	Macaura
Proximates: 9 Energy. k Energy. k Protein (N x 6.25). 9 Total lipid (fat). 9 Ash. 9 Carbohydrate, by difference. 9 Fiber, total dietary. 9 Sugars, total. 9 Starch. 9 Minerals: Calcium, Ca. n Iron, Fe. n Magnesium, Mg. n Phosphorus, P. n Potassium, K. n Sodium, Na. n Zinc, Zn. n Copper, Cu. n Manganese, Mn. n Selenium, Se. n Vitamins: n Vitaminon. n Riboflavin. n Niacin. n Pantothenic acid. n Vitamin B-6. n	cal j	88.12 63 264	Std. Error	Points	Code	Code	Code	Measure 1	Massura 2	Macaura
Water 9 Energy k Energy k Protein (N x 6.25) 9 Total lipid (fat) 9 Ash 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals: Calcium, Ca. Calcium, Ca. m Iron, Fe. m Magnesium, Mg. m Phosphorus, P. m Potassium, K. m Sodium, Na. m Zinc, Zn. m Copper, Cu. m Manganese, Mn. m Selenium, Se. m Vitamins: m Vitaminon. m Riboflavin. m Niacin. m Pantothenic acid. m Vitamin B-6. m	cal j	63 264							wicasuit 4	Measure
Water	cal j	63 264								
Energy	cal j	63 264		0		1		217.66	528.72	
Energy	j	264		0	NC	4		156	378	
Protein (N x 6.25)				·	2.0	4		651	1582	
Total lipid (fat)				0		1		5.41	13.14	
Ash		4.24		0		1		10.47	25.44	
Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Starch 9 Minerals: Calcium, Ca m Iron, Fe m Magnesium, Mg m Phosphorus, P m Potassium, K m Sodium, Na m Zinc, Zn m Copper, Cu m Manganese, Mn m Selenium, Se m Vitamin C, total ascorbic acid m Niacin m Pantothenic acid m Vitamin B-6		1.19		0		1		2.94	7.14	
Fiber, total dietary		4.26		0	NC	4		10.52	25.56	
Sugars, total		0.4		0	2.0	4		1.0	2.4	
Starch		0.4		ŭ		-		1.0	2.4	
Alinerals: Calcium, Ca										
Calcium, Ca										
Iron, Fe										
Magnesium, Mg	ng	57		0		1		141	342	
Phosphorus, P	_	0.30		0		1		0.74	1.80	
Potassium, K. m Sodium, Na m Zinc, Zn m Copper, Cu m Manganese, Mn m Selenium, Se m Vitamins: m Vitamin C, total ascorbic acid m Thiamin m Riboflavin m Niacin m Pantothenic acid m Vitamin B-6 m		2		0		1		5	12	
Sodium, Na m Zinc, Zn m Copper, Cu m Manganese, Mn m Selenium, Se m Vitamins: m Vitamin C, total ascorbic acid m Thiamin m Riboflavin m Niacin m Pantothenic acid m Vitamin B-6 m	•	55		0		1		136	330	
Zinc, Zn	ng	62		0		1		153	372	
Copper, Cu. m Manganese, Mn. m Selenium, Se. m Vitamins: Vitamin C, total ascorbic acid. m Thiamin. m Riboflavin. m Niacin. m Pantothenic acid. m Vitamin B-6. m		388		0		1		958	2328	
Manganese, Mn		0.26		0		1		0.64	1.56	
Selenium, Se		0.052		0		1		0.128	0.312	
Vitamins: Vitamin C, total ascorbic acid	ng	0.104	l	0		1		0.257	0.624	
Vitamin C, total ascorbic acid m Thiamin m Riboflavin m Niacin m Pantothenic acid m Vitamin B-6 m	ncg	1.8		0	RA	4		4.4	10.8	
Vitamin C, total ascorbic acid m Thiamin m Riboflavin m Niacin m Pantothenic acid m Vitamin B-6 m										
Thiamin m Riboflavin m Niacin m Pantothenic acid m Vitamin B-6 m	na	0.0		0		1		0.0	0.0	
Riboflavin		0.007	,	0		1		0.017	0.042	
Niacin		0.055		0		1		0.136	0.330	
Pantothenic acid		0.161		0		1		0.398	0.966	
Vitamin B-6m		0.101		0		4		0.099	0.240	
		0.010		0		1		0.025	0.060	
rotate, total	-	2	,	0		4		5	12	
		0		0	z	7		0	0	
Folic acid m		2		0	4	4		5	12	
Folate, food	ncg DEE	2		0	NC	4		5 5		
Folate, DFE					NC				12	
Vitamin B-12m		0.00		0		1 1		0.00	0.00	
Vitamin A, IU		440		0	***			1087	2640	
Vitamin A, RAEn		120		0	NC	4		295	717	
Retinolm		117		0	NC	4		289	702	
Vitamin E (alpha-tocopherol)m										
Tocopherol, beta										
Tocopherol, gammam										
Tocopherol, deltam										
Vitamin D										
Vitamin K (phylloquinone)m	icg									
<u> </u>										
Fatty acids, total saturated		2.700)	0		1		6.669	16.200	
4:0g		0.130)	0		1		0.321	0.780	
6:0g		0.070)	0		1		0.173	0.420	
8:0g		0.040)	0		1		0.099	0.240	
10:0g		0.080)	0		1		0.198	0.480	
12:0g		0.070)	0		1		0.173	0.420	
13:0g										
14:0g		0.430)	0		1		1.062	2.580	
15:0										
16:0		1.250)	0		1		3.088	7.500	
17:0				-		-				
18:0		0.510)	0		1		1.260	3.060	
20:0g				-		-			2.000	
22:0g										

	<u>Aı</u>	mount in 10			<u>n</u>	Amount in edible portion of common measures of food			
			Number	•			<u>me</u>	easures of food	
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.200	ı	0		1		2.964	7.200	
14:1g									
15:1g									
16:1 undifferentiatedg	0.130)	0		1		0.321	0.780	
17:1g			_						
18:1 undifferentiatedg	1.010)	0		1		2.495	6.060	
20:1g									
22:1 undifferentiatedg									
24:1 cg	0 100		0		1		0.006	0.700	
Fatty acids, total polyunsaturatedg	0.120 0.070		0		1		0.296 0.173	0.720 0.420	
18:2 undifferentiatedg 18:3 undifferentiated	0.070		0		1		0.173	0.420	
18:4g	0.050		U		1		0.124	0.300	
20:2 n-6 c,cg									
20:3 undifferentiated									
20:4 undifferentiatedg									
20:5 n-3									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total transg									
Cholesterol mg	12		0		1		30	72	
Phytosterolsmg									
Amino Acids:	0.000		•		1		0.072	0 174	
Tryptophang	0.029 0.077		0 0		1		0.072	0.174 0.462	
Threonine	0.077		0		1		0.190	0.462	
Leucineg	0.130		0		1		0.321	1.242	
_	0.207		0		1		0.380	0.924	
Lysine	0.134		0		1		0.380	0.924	
Cystine	0.018		0		1		0.044	0.108	
Phenylalanine	0.010		0		1		0.279	0.678	
Tyrosine	0.113		0		1		0.249	0.606	
Valineg	0.154		0		1		0.380	0.924	
Arginine	0.066		0		1		0.163	0.396	
Histidine	0.059		0		1		0.146	0.354	
Alanine	0.071		0		1		0.175	0.426	
Aspartic acid	0.154		0		1		0.380	0.924	
Glutamic acid	0.676		0		1		1.670	4.056	
Glycine	0.047		0		1		0.116	0.282	
Proline 9	0.231		0		1		0.571	1.386	
Serine	0.101		0		1		0.249	0.606	
Hydroxyproline									

Common Measures:

Measure 1 = 247g: 1 cup (8 fl oz)

Measure 2 = 600g: 1 can (11 oz), prepared

Calories Factors: Protein 4.1 Fat 8.8 Carbohydrate 3.9

		<u>A</u> :	mount in 10	0 grams	of edib	ole portio	<u>on</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		1		1		0.16	0.12	
Energy	kcal	198		0	NC	4		13	10	
Energy	kj	828				4		53	40	
Protein (N x 6.25)	g	14.60		1		1		0.93	0.70	
Total lipid (fat)	g	4.70		1		1		0.30	0.23	
Ash	g	54.70		1		1		3.50	2.63	
Carbohydrate, by difference	g	23.50		0	NC	4		1.50	1.13	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	0.00		0	FLA	4		0.00	0.00	
Starch	g									
Mr. I										
Minerals:	ma	190		0		4		12	9	
Calcium, Ca Iron, Fe	_	1.87		1		4 1		0.12	0.09	
Magnesium, Mg	_	56		2		1		4	3	
Phosphorus, P		191		1		1		12	9	
Potassium, K	•	374		1		1		24	18	
Sodium, Na		24000		1		1		1536	1152	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.20		1		1		0.01	0.01	
Copper, Cu		0.000)	0		4		0.000	0.000	
Manganese, Mn		0.377		1		1		0.024	0.018	
Selenium, Se		27.9		0	BFSN	4		1.8	1.3	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	1.0		0		4		0.1	0.0	
Thiamin	-	0.190		1		1		0.012	0.009	
Riboflavin	-	0.380		1		1		0.024	0.018	
Niacin	_	3.900		1		1		0.250	0.187	
Pantothenic acid	-	0.600		0		4		0.038	0.029	
Vitamin B-6	-	0.100)	0		4		0.006	0.005	
Folate, total		32 0		0	Z	4 7		2 0	2	
Folic acid		32		0	z			2	0 2	
Folate, food		32		0 0	NC	4 4		2	2	
Folate, DFE		0.30		0	NC	4		0.02	0.01	
Vitamin B-12 Vitamin A, IU		2		0	FLA	4		0.02	0.01	
Vitamin A, IU		0		0	FLA	4		0	0	
Retinol		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		0.09		0	FLA	4		0.01	0.00	
Tocopherol, beta		0.09		U	FLIA	-		0.01	0.00	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated		1.250)	0		1		0.080	0.060	
4:0										
6:0	·····									
8:0										
10:0		0.000	,	0		1		0 000	0 000	
12:0 13:0		0.000	•	U		_		0.000	0.000	
14:0	-	0.030	1	0		1		0.002	0.001	
15:0		0.030	•	U		1		0.002	0.001	
16:0	-	0.930	1	0		1		0.060	0.045	
17:0	-	0.550	•	Ū		_		3.000	0.043	
18:0	-	0.240)	0		1		0.015	0.012	
20:0	_	J.240		Ū		-		0.013	0.012	
22:0										
22.0	g									

		Amount in 1	00 grams	Amount in edible portion of common					
			Number				<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g 1.	950	0		1		0.125	0.094	
14:1	_								
15:1 16:1 undifferentiated		200	0		1		0.013	0.010	
17:1	-	200	U		-		0.013	0.010	
18:1 undifferentiated		580	0		1		0.108	0.081	
20:1	. •	040	0		1		0.003	0.002	
22:1 undifferentiated								****	
24:1 c	•								
Fatty acids, total polyunsaturated		530	0		1		0.104	0.078	
18:2 undifferentiated		570	0		1		0.100	0.075	
18:3 undifferentiated	.g 0.	050	0		1		0.003	0.002	
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									
Cholesterol	-		0		1		1	1	
Phytosterols	. _. mg								
Carotenoids:									
Carotene, beta	mcg 0		0	FLA	4		0.000	0.000	
Carotene, alpha	ncg 0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta	ncg 0		0	FLA	4		0.000	0.000	
Lycopene	ncg 0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin	ncg 0		0	FLA	4		0.000	0.000	

Common Measures:

Measure 1 = 6.4g: 1 cup (8 fl oz)

Measure 2 = 4.8g: 1 cube

Calories Factors: Protein 4.2 Fat 9 Carbohydrate 4

		<u>A</u> 1	mount in 10	<u>0 grams</u>	of edil	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>.</u>
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	97.43		0		1		236.75	177.32	
Energy		5		0	NC	4		12	9	
Energy	kj	21				4		51	38	
Protein (N x 6.25)		0.39		0		1		0.95	0.71	
Total lipid (fat)		0.12		0		1		0.29	0.22	
Ash		1.44		0		1		3.50	2.62	
Carbohydrate, by difference		0.62		0	NC	4		1.51	1.13	
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0		4		12	9	
Iron, Fe	-	0.05		0		1		0.12	0.09	
Magnesium, Mg	-	1		0		1		2	2	
Phosphorus, P		5		0		1		12	9	
Potassium, K	-	10		0		1		24	18	
Sodium, Na	-	326		0		1		792	593	
Zinc, Zn	mg	0.01		0		1		0.01	0.01	
Copper, Cu	mg	0.000)	0		4		0.000	0.000	
Manganese, Mn	mg	0.010)	0		1		0.024	0.018	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0	
Thiamin	-	0.005	5	0		1		0.012	0.009	
Riboflavin		0.010		0		1		0.024	0.018	
Niacin		0.103		0		1		0.250	0.187	
Pantothenic acid		0.020		0		4		0.049	0.036	
Vitamin B-6		0.000		0		4		0.000	0.000	
Folate, total	-	1		0		4		2	2	
Folic acid		0		0	Z	7		0	0	
Folate, food		1		0		4		2	2	
Folate, DFE		1		0	NC	4		2	2	
Vitamin B-12		0.01		0		4		0.02	0.02	
Vitamin A, IU	IU	7		0		4		17	13	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		2	2	
Retinol	mcg	1		0	NC	4		2	2	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.030)	0		1		0.073	0.055	
4:0										
6:0	g									
8:0	-									
10:0	-									
12:0		0.000)	0		1		0.000	0.000	
13:0			_					_		
14:0		0.000)	0		1		0.000	0.000	
15:0				_		_		_		
16:0		0.020)	0		1		0.049	0.036	
17:0	-			_		_		_		
18:0	-	0.010)	0		1		0.024	0.018	
20:0	-									
22:0	a									

NDB No. 06481 Soup, chicken broth cubes, dehydrated, prepared with water

	<u>Ar</u>	nount in 100 grams	s of edible portion	<u>on</u>	Amount in edible portion of common			
		Numbe of Data	='	Confidence	<u>m</u>	easures of food		
Nutrients and Units	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.050	0	1		0.122	0.091		
14:1g								
15:1g								
16:1 undifferentiatedg	0.010	0	1		0.024	0.018		
17:1g								
18:1 undifferentiatedg	0.040	0	1		0.097	0.073		
20:1g	0.000	0	1		0.000	0.000		
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturatedg	0.040	0	1		0.097	0.073		
18:2 undifferentiatedg	0.040	0	1		0.097	0.073		
18:3 undifferentiatedg	0.000	0	1		0.000	0.000		
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg	0.000	0	-		0.000	0.000		
20:4 undifferentiatedg	0.000	U	1		0.000	0.000		
20:5 n-3								
22:5 n-3								
Fatty acids, total trans								
Cholesterolg	0	0	1		0	0		
Phytosterolsmg	U	O .	_		J	U		
T HytosteroisIng								

Common Measures:

Measure 1 = 243g: 1 cup (8 fl oz)

Measure 2 = 182g: 1 cube (6 fl oz prepared)

Calories Factors: Protein 4.2 Fat 9 Carbohydrate 4

		<u>A</u> :	mount in 100	0 grams	of edik	le portio	<u>on</u>	Amount in edible portion of common		
			1	Number				<u>m</u>	easures of food	<u>[</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.27		4		1		0.18	0.05	0.09
Energy	kcal	267		0	NC	4		21	5	11
Energy	kj	1117				4		89	22	45
Protein (N x 6.25)	g	16.66		4		1		1.33	0.33	0.67
Total lipid (fat)	g	13.88		4		1		1.11	0.28	0.56
Ash	g	49.18		4		1		3.93	0.98	1.97
Carbohydrate, by difference	g	18.01		0	NC	4		1.44	0.36	0.72
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	FLA	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium. Ca	ma	187		1		1		15	4	7
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.03		1		1		0.08	0.02	0.04
Magnesium, Mg	-	56		2		1		4	1	2
Phosphorus, P		166		2		1		13	3	7
Potassium, K	-	309		1		1		25	6	12
Sodium. Na		18586		3		1		1487	372	743
Zinc, Zn		0.09		1		1		0.01	0.00	0.00
Copper, Cu		0.000)	0		4		0.000	0.000	0.000
Manganese, Mn		0.150		0		4		0.012	0.003	0.000
Selenium, Se		28.0		0	BFSN	4		2.2	0.6	1.1
	•									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	1.1		1		1		0.1	0.0	0.0
Thiamin	_	0.100		1		1		0.008	0.002	0.004
Riboflavin		0.430		2		1		0.034	0.009	0.01
Niacin	-	2.460		2		1		0.197	0.049	0.098
Pantothenic acid	-	0.600		0		4		0.048	0.012	0.024
Vitamin B-6	-	0.100)	0		4		0.008	0.002	0.004
Folate, total		32		0	_	4		3	1	1
Folic acid		0		0	Z	7		0	0	0
Folate, food		32		0		4		3	1	1
Folate, DFE		32		0	NC	4		3	1	1
Vitamin B-12		0.30		0		4		0.02	0.01	0.01
Vitamin A, IU		2		0	FLA	4		0	0	0
Vitamin A, RAE		0		0	FLA	4		0	0	0
Retinol		0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)		0.46		0	FLA	4		0.04	0.01	0.02
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D	IIIG									
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0	0.0	0.0
vitamini k (phynodumone)	9	0.0		·		-		0.0	0.0	0.0
<u>Lipids:</u>										
Fatty acids, total saturated	g	3.430		0		1		0.274	0.069	0.13
4:0		0.000		0		1		0.000	0.000	0.000
6:0		0.000		0		1		0.000	0.000	0.000
8:0		0.000		0		1		0.000	0.000	0.000
10:0	-	0.000		0		1		0.000	0.000	0.000
12:0		0.010)	0		1		0.001	0.000	0.000
13:0										
14:0		0.010)	0		1		0.001	0.000	0.00
15:0										
16:0	-	2.560)	0		1		0.205	0.051	0.10
17:0	_									
18:0	_	0.660)	0		1		0.053	0.013	0.02
20:0	_									
22:0	_									
24:0	g									

	<u>An</u>	nount in 100 gram Numbe		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	5.360	0		1		0.429	0.107	0.214
14:1g								
15:1g								
16:1 undifferentiatedg	0.600	0		1		0.048	0.012	0.024
17:1g								
18:1 undifferentiatedg	4.640	0		1		0.371	0.093	0.186
20:1g	0.120	0		1		0.010	0.002	0.005
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
24:1 cg								
Fatty acids, total polyunsaturated	4.480	0		1		0.358	0.090	0.179
18:2 undifferentiatedg	4.320	0		1		0.346	0.086	0.173
18:3 undifferentiatedg	0.130	0		1		0.010	0.003	0.005
18:4g	0.000	0		1		0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.010	0		1		0.001	0.000	0.000
20:5 n-3g	0.000	0		1		0.000	0.000	0.000
22:5 n-3g	0.000	0		1		0.000	0.000	0.000
22:6 n-3g	0.000	0		1		0.000	0.000	0.000
Fatty acids, total trans								
Cholesterolmg	13	0		1		1	0	1
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeine mg	0	0	Z	7		0	0	0
Theobromine mg	0	0	Z	7		0	0	0
Carotenoids:								
Carotene, beta mcg	0	0	FLA	4		0.000	0.000	0.000
Carotene, alphamcg	0	0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, betamcg	0	0	FLA	4		0.000	0.000	0.000
Lycopene mcg	0	0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthinmcg	0	0	FLA	4		0.000	0.000	0.000

Common Measures:

Measure 1 = 8.0g: 1 cup (8 fl oz)

Measure 2 = 2.0g: 1 tsp Measure 3 = 4.0g: 1 cube

Calories Factors: Protein 4.2 Fat 9 Carbohydrate 4

NDB No. 06480 Soup, chicken broth or bouillon, dehydrated, prepared with water

Water			<u>A</u>	mount in 100	grams	of edib	ole portio	<u>n</u>		edible portion	
Nutrients and Units				N	umber				<u>m</u>	easures of food	_
Presimates: Water				o	f Data	Deriv	Source	Confidence			
Water	Nutrients and Un	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Faregry	Proximates:										
Facegy		-									177.14
Protein (N × 0.25)					0	NC	4				
Total Input (figh. 9 0.45 0 1 3.30 0.46 0.16 3.39 0.49 2.2: Ash 9 1.61 0 1 3.39 0.49 2.2: Carbohydrair, by difference 9 0.59 0.0 NC 4 0.0 0.0 0.0 0.0 Sugars, total 9 0.31 0 FLA 4 0.76 0.09 0.1 Sugars, total 9 0.31 0 FLA 4 0.76 0.09 0.1 Sugars, total 9 0.31 0 FLA 4 0.76 0.09 0.1 Sugars, total 9 0.31 0 FLA 4 0.76 0.09 0.1 Sugars, total 9 0.31 0 FLA 4 0.76 0.09 0.1 Sugars, total 9 0.31 0 FLA 4 0.76 0.09 0.1 Sugars, total 9 0.03 0 I 1 0.07 0.01 0.1 Inn Fe mg 0.03 0 I 1 0.07 0.01 1 1 0.07 Sugars, total 9 0.03 0 I 1 0.07 0.01 0.0 Sugars, total 9 0.03 0 I 1 0.07 0.01 0.0 Sugars, total 9 0.03 0 I 1 0.07 0.01 0.0 Sugars, total 9 0.03 0 I 1 0.07 0.01 0.0 Sugars, total 9 0.00 0 I 1 0.07 0.01 0.0 Sugars, total 9 0.00 0 I 1 0.07 0.01 0.0 Sugars, total 9 0.00 0 I 1 0.07 0.01 0.0 Sugars, total 9 0.00 0 I 1 0.07 0.00 0.0 Sugars, total 9 0.00 0 I 1 0.07 0.00 0.0 Sugars, total 9 0.00 0 I 1 0.00 0.00 0.00 0.00 Sugars, total 9 0.00 0 I 1 0.00 0.00 0.00 0.00 Sugars, total 9 0.00 0 I 1 0.00 0.00 0.00 0.00 Sugars, total 9 0.00 0 I 1 0.00 0.00 0.00 0.00 Sugars, total 9 0.00 0 I 1 0.00 0.00 0.00 0.00 0.00 Sugars, total 9 0.00 0 I 1 0.00 0.00 0.00 0.00 0.00 0.0	Energy	kj	38				4		92	11	69
Ash. 9 1 1.61 0 1 1 3.93 0.49 2. Catholydrane, by difference. 9 0.59 0.82 4 0.0 0.00 0.0 0.0 0.5 Pike to differary. 9 0.01 0 1 4 0.076 0.09 0.5 Sarch. 9 0.31 0 FIA 4 0.0.76 0.09 0.5 Sarch. 9 0.31 0 FIA 4 0.0.76 0.09 0.5 Sarch. 9 0 0.31 0 FIA 4 0.0.76 0.09 0.5 Sarch. 9 0 0.00 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			0.55							0.17	1.01
Carbohydae, by difference	Total lipid (fat)	g									0.82
Fibr. total dictury					-						2.95
Sugars, cotal.	Carbohydrate, by difference	g				NC	_				1.08
Starch.			0.0				4		0.0	0.0	0.0
Minerals:	Sugars, total	g	0.31		0	FLA	4		0.76	0.09	0.57
Calcium, Ca.	Starch	g									
Tablemin Ca	Minerals:										
Ton, F.C.		ma	6		O		1		15	2	11
Magnesium Mg	· · · · · · · · · · · · · · · · · · ·	-									0.05
Phesphans, P.	· · · · · · · · · · · · · · · · · · ·	-									
Potassim K											
Sodium Na.	• .	-									
Zinc, Zinc,											
Copper, Cu. mg 0.000 0 4 0.000 0.00 0 Mangansee, Min. mg 0.000 0 4 0.000 0.000 0 Vitamiss: Vitamiss. Vitamiss. <td>, , , , , , , , , , , , , , , , , , , ,</td> <td>• • • • • • • • • • • • • • • • • • • •</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>0.01</td>	, , , , , , , , , , , , , , , , , , , ,	• • • • • • • • • • • • • • • • • • • •									0.01
Manganese, Mn. mg 0.000 0 4 0.000 0.000 0 Selenium, Se. m0g 0.0 1 A 1 0.0 0.0 0.0 Vitamins: Vitamins C, total ascorbic acid. mg 0.003 0 1 0.007 0.01 0 Ribotlavin. mg 0.003 0 1 0.034 0.001 0 Niacin. mg 0.080 0 1 0.034 0.004 0 Niacin. mg 0.080 0 1 0.935 0.024 0 Pataothenic acid. mg 0.020 0 4 0.049 0.006 0 Vitamin B-G. mg 0.000 0 4 0.000 0.000 0 Folate, food. mg 0 0 2 7 0 0 0 2 Folate, food. mg 0 0 2 7 0 0 0 2 <td></td> <td></td> <td></td> <td>)</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>0.000</td>)							0.000
Selenium, Se. meg 0.0 1	• •										0.00
Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0 1 0.0 0.0 0.0 1 Thiamin. mg 0.003 0 1 0.007 0.001 0. Riboflavin. mg 0.014 0 1 0.034 0.004 0. Niacin. mg 0.020 0 4 0.049 0.066 0. Pantothenic acid. mg 0.020 0 4 0.049 0.006 0. Vitatini B-G. mg 0.000 0 4 0.049 0.000 0. 2 Folate, fold. mg 1 0 4 2 0 2 2 0 2 2 0 2 2 0 2 2 0 2 2 0 2 2 0 2 2 0 2 2 0 2 2 0 2 2 0 2 2 0 <td< td=""><td></td><td></td><td></td><td></td><td></td><td>A</td><td>1</td><td></td><td></td><td></td><td>0.0</td></td<>						A	1				0.0
Vitamin C, total ascorbic acid.		•••••									
Thiamin											
Riboflavin		-									0.0
Niacin		-									0.005
Pantothenic acid											0.026
Vitamin B-6		-			-		_				0.14
Folate, total		-			-		_				0.03
Folic acid.		-)			_				0.000
Folate, food											
Folate, DFE.						Z					
Vitamin B-12. mcg 0.01 0 4 0.02 0.00 0 Vitamin A, IU. IU 16 0 NC 4 38 5 29 Vitamin A, RAE mcg REtinol mcg 0 0 FLA 4 2 0 1 Retinol mcg 0 0 FLA 4 0 0 0 0 Vitamin E (alpha-tocopherol) mg 0 0.33 0 FLA 4 0 0 0 0 Tocopherol, beta mg 0 0 FLA 4 0 0.01 0											
Vitamin A, IU. IU 16 0 NC 4 38 5 29 Vitamin A, RAE mcg RAE 1 0 FLA 4 2 0 1 Retinol. mcg 0 0 FLA 4 0 0 0 0 Vitamin E (alpha-tocopherol). mg 0.03 0 FLA 4 0.07 0.01 0 Tocopherol, beta. mg 0 FLA 4 0.07 0.01 0 Tocopherol, delta. mg 0 FLA 4 5.9 0.7 4 Vitamin D. IU Vitamin K (phylloquinone). mcg 2.4 0 FLA 4 5.9 0.7 4 Lipids: Eating acids, total saturated. 9 0.110 0 1 0.268 0.034 0 8:0. 9 0.000 0 1 0.000 0.000 0 8:0. 9 0.000 0 </td <td></td> <td></td> <td></td> <td></td> <td></td> <td>NC</td> <td></td> <td></td> <td></td> <td></td> <td></td>						NC					
Vitamin A, RAE mcg_RAE 1 0 FLA 4 2 0 1 Retinol. mcg 0 0 FLA 4 0 0 0 0 Vitamin E (alpha-tocopherol). mg 0.03 0 FLA 4 0.07 0.01 0 Tocopherol, beta. mg 7 0.00 0 FLA 4 0.07 0.01 0 Tocopherol, gamma. mg 0 FLA 4 5.9 0.7 4 Vitamin E (phylloquinone). mcg 2.4 0 FLA 4 5.9 0.7 4 Lipids: Eatly acids, total saturated. g 0.110 0 1 0.06 0.000							_				0.02
Retinol mcg 0 0 FLA 4 0 0 0 Vitamin E (alpha-tocopherol) mg 0.03 0 FLA 4 0.07 0.01 0 Tocopherol, beta mg Tocopherol, gamma mg Vitamin D UI UVitamin K (phylloquinone) mcg 2.4 0 FLA 4 5.9 0.7 4 Liptids: Eatty acids, total saturated. g 0.110 0 FLA 4 5.9 0.7 4 Liptids: Eatty acids, total saturated. g 0.110 0 1 0.268 0.034 0 4:0. g 0.000 0 1 0.000 0.000 0 6:0. g 0.000 0 1 0.000 0.000 0 8:0. g 0.000 0 1 0.000 0.000 0 10:0. g 0.000					-		_				
Vitamin E (alpha-tocopherol) mg 0.03 0 FLA 4 0.07 0.01 0.7 Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D											
Tocopherol, beta									•		-
Tocopherol, gamma			0.03		0	FLA	4		0.07	0.01	0.05
Tocopherol, delta	• .										
Vitamin D. IU Vitamin K (phylloquinone) mcg 2.4 0 FLA 4 5.9 0.7 4. Lipids: Fatty acids, total saturated. g 0.110 0 1 0.268 0.034 0. 4:0. g 0.000 0 1 0.000 0.000 0. 6:0. g 0.000 0 1 0.000 0.000 0. 8:0. g 0.000 0 1 0.000 0.000 0. 8:0. g 0.000 0 1 0.000 0.000 0. 8:0. g 0.000 0 1 0.000 0.000 0. 10:0. g 0.000 0 1 0.000 0.000 0. 13:0. g 0.000 0 1 0.000 0.000 0. 15:0. g 0.080 0 1 0.049 0.006											
Vitamin K (phylloquinone) mcg 2.4 0 FLA 4 5.9 0.7 4. Lipids: Fatty acids, total saturated g 0.110 0 1 0.268 0.034 0. 4:0 g 0.000 0 1 0.000 0.000 0. 6:0 g 0.000 0 1 0.000 0.000 0. 8:0 g 0.000 0 1 0.000 0.000 0. 10:0 g 0.000 0 1 0.000 0.000 0. 13:0 g 0.000 0 1 0.000 0.000 0. 15:0 g 0.000 0 1 0.195 0.024 0. 17:0 g 0.020 0 1 0.049 0.006 0. 20:0 g 0.020 0 1 0.049 0.006 0.	Vitamin D										
Lipids: Fatty acids, total saturated 9 0.110 0 1 0.268 0.034 0.40 4:0 9 0.000 0 1 0.000 0.000 0 6:0 9 0.000 0 1 0.000 0.000 0 8:0 9 0.000 0 1 0.000 0.000 0 10:0 9 0.000 0 1 0.000 0.000 0 12:0 9 0.000 0 1 0.000 0.000 0 13:0 9 0.000 0 1 0.000 0.000 0 15:0 9 0.080 0 1 0.195 0.024 0 17:0 9 18:0 9 0.020 0 1 0.049 0.006 0 20:0 9			2.4		0	FLA	4		5.9	0.7	4.4
Fatty acids, total saturated 9 0.110 0 1 0.268 0.034 0.40 4:0 9 0.000 0 1 0.000 0.000 0.000 6:0 9 0.000 0 1 0.000 0.000 0.000 8:0 9 0.000 0 1 0.000 0.000 0.000 10:0 9 0.000 0 1 0.000 0.000 0.000 13:0 9 0.000 0 1 0.000 0.000 0.000 15:0 9 0.080 0 1 0.000 0.000 0.000 17:0 9 0.080 0 1 0.195 0.024 0.000 18:0 9 0.020 0 1 0.049 0.006 0.000 20:0 9 0.020 0 1 0.049 0.006 0.000	vitamini k (phynodumone)	g			·		-		0.5	0.7	
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	<u>Lipids:</u>										
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	Fatty acids, total saturated	g									0.201
$\begin{array}{c ccccccccccccccccccccccccccccccccccc$											0.000
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$		-			-		_				0.000
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$											0.00
13:0.		-			-						0.00
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$			0.000)	0		1		0.000	0.000	0.000
15:0											
$\begin{array}{cccccccccccccccccccccccccccccccccccc$			0.000)	0		1		0.000	0.000	0.00
17:0											
18:0g 0.020 0 1 0.049 0.006 0. 20:0g	16:0	g	0.080)	0		1		0.195	0.024	0.14
20:0g		-									
		-	0.020)	0		1		0.049	0.006	0.03
22:0g		-									
	22:0	g									

	<u>Am</u>	ount in 100 gram	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.170	0		1		0.415	0.052	0.311	
14:1g									
15:1g									
16:1 undifferentiatedg	0.020	0		1		0.049	0.006	0.037	
17:1g									
18:1 undifferentiatedg	0.150	0		1		0.366	0.046	0.275	
20:1g	0.000	0		1		0.000	0.000	0.000	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	0.150	0		1		0.366	0.046	0.275	
18:2 undifferentiatedg	0.140	0		1		0.342	0.043	0.256	
18:3 undifferentiatedg	0.000	0		1		0.000	0.000	0.000	
18:4g	0.000	0		1		0.000	0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	0.000	
20:5 n-3g	0.000	0		1		0.000	0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0	0		1		0	0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0	
Caffeine mg	0	0	FLA	4		0	0	0	
Theobrominemg	0	0	FLA	4		0	0	0	
<u>Carotenoids:</u>									
Carotene, beta mcg	8	0	FLA	4		20.343	2.543	15.257	
Carotene, alpha mcg	2	0	FLA	4		4.641	0.580	3.480	
Cryptoxanthin, beta mcg	0	0	FLA	4		0.098	0.012	0.074	
Lycopenemcg	1	0	FLA	4		1.288	0.161	0.966	
Lutein + zeaxanthin mcg	13	0	FLA	4		31.706	3.963	23.780	

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 30.5g: 1 fl oz

Measure 3 = 183g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 4.2 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>		edible portion	
			Nu	ımber	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	91.96	0.293	10		1		230.82	28.88	280.48
Energy	kcal	31		0	NC	4		78	10	95
Energy	kj	130				4		326	41	396
Protein (N x 6.25)	g	4.42	0.085	10		1		11.09	1.39	13.48
Total lipid (fat)	g	1.04	0.175	10		1		2.61	0.33	3.17
Ash		1.83	0.030	10		1		4.59	0.57	5.58
Carbohydrate, by difference	g	0.75		0	NC	4		1.88	0.24	2.29
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	FLA	4		0.00	0.00	0.00
Starch	g									
Ainerals:										
Tinerais: Calcium, Ca	ma	6	0.804	10		1		15	2	18
Iron, Fe	-	0.41	0.804	10		1		1.03	0.13	1.2
Magnesium, Mg	-	2	0.076	1		1		5	1	6
Phosphorus, P		60		1		1		151	19	183
Potassium, K	-	170		1		1		427	53	519
Sodium, Na		626	13.267	5		1		1571	197	1909
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.20	13.207	1		1		0.50	0.06	0.6
Copper, Cu		0.100	1	1		1		0.251	0.031	0.3
Manganese, Mn		0.200		1		1		0.502	0.063	0.6
Selenium, Se		2.3		0	BFSN	4		5.8	0.7	7.0
Scientini, Sc	9			·	22 021	-		0.0	• • • • • • • • • • • • • • • • • • • •	
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	-	0.0	0.000	10		1		0.0	0.0	0.0
Thiamin	-	0.006		10		1		0.015	0.002	0.0
Riboflavin		0.046		10		1		0.115	0.014	0.1
Niacin	-	2.230		10		1		5.597	0.700	6.8
Pantothenic acid	-	0.040		0		4		0.100	0.013	0.1
Vitamin B-6	-	0.020)	1		1		0.050	0.006	0.0
Folate, total		4		0		4		10	1	12
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food		4		0		4		10	1	12
Folate, DFE		4		0	NC	4		10	1	12
Vitamin B-12		0.20		1		1		0.50	0.06	0.6
Vitamin A, IU	IU	0		0	NC	4		0	0	0
Vitamin A, RAE		0		0	NC	4		0	0	0
Retinol		0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.01		0	FLA	4		0.03	0.00	0.0
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0	0.0	0.0
ipids:										
Fatty acids, total saturated	а	0.310)	0		1		0.778	0.097	0.9
4:0		0.000		0		1		0.000	0.000	0.0
6:0		0.000)	0		1		0.000	0.000	0.0
8:0		0.000		0		1		0.000	0.000	0.0
10:0		0.000		0		1		0.000	0.000	0.0
12:0	-	0.000		0		1		0.000	0.000	0.0
13:0										
14:0		0.010)	0		1		0.025	0.003	0.0
15:0				-						
16:0		0.230)	0		1		0.577	0.072	0.7
17:0	_			-		-		2.2		
18:0	-	0.060	1	0		1		0.151	0.019	0.1
20:0	-	2.200		•		_		2.101	0.023	
22:0	-									
24:0	-									

	<u>Am</u>	ount in 100 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
		Number		Sauraa	Confidence		easures of food		
Nutrients and Units	Mean S	Std. Error Points		Code	Confidence	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.470	0		1		1.180	0.148	1.434	
14:1g	0.1.0	•		-		1.100	0.140	2.101	
15:1g									
16:1 undifferentiated	0.060	0		1		0.151	0.019	0.183	
17:1g									
18:1 undifferentiatedg	0.390	0		1		0.979	0.122	1.190	
20:1g	0.010	0		1		0.025	0.003	0.031	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	0.220	0		1		0.552	0.069	0.671	
18:2 undifferentiatedg	0.200	0		1		0.502	0.063	0.610	
18:3 undifferentiatedg	0.010	0		1		0.025	0.003	0.031	
18:4g	0.000	0		1		0.000	0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	0.000	
20:5 n-3g	0.000	0		1		0.000	0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	0.000	
Fatty acids, total trans									
Cholesterolmg	1	0		1		3	0	3	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0	
Caffeine mg	0	0	FLA	4		0	0	0	
Theobrominemg	0	0	FLA	4		0	0	0	
Carotenoids:									
Carotene, betamcg	0	0	FLA	4		0.000	0.000	0.000	
Carotene, alphamcg	0	0	FLA	4		0.000	0.000	0.000	
Cryptoxanthin, betamcg	0	0	FLA	4		0.000	0.000	0.000	
Lycopene mcg	0	0	FLA	4		0.000	0.000	0.000	
Lutein + zeaxanthinmcg	0	0	FLA	4		0.000	0.000	0.000	

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz)

Measure 2 = 31.4g: 1 fl oz

Measure 3 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 4.2 Fat 9 Carbohydrate 4

		<u>A</u>	mount in 100	grams	of edit	ole portio	<u>n</u>	Amount in edible portion of common			
			1	Number				<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	97.32			MC	9		233.57			
Energy	kcal	7			NC	4		17			
Energy	kj	30				4		73			
Protein	-	1.36			MC	9		3.26			
Total lipid (fat)		0.00			MC	9		0.00			
Ash		0.89			MC	9		2.14			
Carbohydrate, by difference		0.38			NC	4		0.91			
Fiber, total dietary		0.0			MC	9		0.0			
Sugars, total		0.00		0	FLA	4		0.00			
Starch	g										
Minerals:											
Calcium, Ca	mg	8			FLM	4		19			
Iron, Fe	-	0.26			MC	9		0.62			
Magnesium, Mg		1			FLM	4		2			
Phosphorus, P		18			FLM	4		43			
Potassium, K		85			MC	9		204			
Sodium, Na		231			MC	9		554			
Zinc, Zn		0.08			FLM	4		0.19			
Copper, Cu		0.035			FLM	4		0.084			
Manganese, Mn		0.062 0.0	2	0	FLM BFSN	4 4		0.149 0.0			
Selenium, Se	nicg	0.0		U	DFSN	4		0.0			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.4			MC	9		1.0			
Thiamin	-	0.002	2		FLM	4		0.005			
Riboflavin		0.014			FLM	4		0.034			
Niacin		0.686			FLM	4		1.646			
Pantothenic acid		0.012			FLM	4		0.029			
Vitamin B-6	-	0.006	5		FLM	4		0.014			
Folate, total		3		0	FLA	4		6			
Folic acid		0		0	FLA	4		0 6			
Folate, food		3 3		0 0	FLA NC	4 4		6			
Folate, DFE		0.06		U	FLM	4		0.14			
Vitamin B-12 Vitamin A, IU		0.06		0	NC	4		0.14			
Vitamin A, RAE		0		0	NC	4		0			
Retinol		Ö		0	FLA	4		Ö			
Vitamin E (alpha-tocopherol)		0.01		0	FLA	4		0.02			
Tocopherol, beta	mg			ū		-		3. 3-			
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0			
Lipids:											
Fatty acids, total saturated	а	0.000)		MC	9		0.000			
4:0		0.000			MC	9		0.000			
6:0		0.000			MC	9		0.000			
8:0	_	0.000			MC	9		0.000			
10:0	_	0.000			MC	9		0.000			
12:0		0.000			MC	9		0.000			
13:0											
14:0		0.000)		MC	9		0.000			
15:0	g										
16:0	g	0.000)		MC	9		0.000			
17:0	g										
18:0	_	0.000)		MC	9		0.000			
20:0 22:0	_										
	~										

	<u>Ar</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000			MC	9		0.000		
14:1g									
15:1g									
16:1 undifferentiatedg	0.000			MC	9		0.000		
17:1g									
18:1 undifferentiatedg	0.000			MC	9		0.000		
20:1g	0.000			MC	9		0.000		
22:1 undifferentiatedg	0.000			MC	9		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.000			MC	9		0.000		
18:2 undifferentiatedg	0.000			MC	9		0.000		
18:3 undifferentiatedg	0.000			MC	9		0.000		
18:4g	0.000			MC	9		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000			MC	9		0.000		
20:5 n-3g	0.000			MC	9		0.000		
22:5 n-3g	0.000			MC	9		0.000		
22:6 n-3g	0.000			MC	9		0.000		
Fatty acids, total transg									
Cholesterolmg	0			MC	9		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0			Z	7		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobrominemg	0		0	FLA	4		0		
Carotenoids:									
Carotene, betamcg	0		0	FLA	4		0.000		
Carotene, alphamcg	0		0	FLA	4		0.000		
Cryptoxanthin, betamcg	0		0	FLA	4		0.000		
Lycopenemcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin mcg	0		0	FLA	4		0.000		

Common Measures:

Measure 1 = 240g: 1 cup

Calories Factors: Protein Fat Carbohydrate

NDB No. 06413 Soup, chicken broth, canned, prepared with equal volume water, commercial

		<u>A</u> :	mount in 100	<u>grams</u>	of edib	ole portio	<u>on</u>		edible portion	
			1	Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	95.95		0		1		230.28	234.12	28.79
Energy	kcal	16		0	NC	4		38	39	5
Energy		67				4		161	163	20
Protein (N x 6.25)	_	2.02		0		1		4.85	4.93	0.61
Total lipid (fat)		0.57		0		1		1.37	1.39	0.17
Ash		1.02		0		1		2.45	2.49	0.31
Carbohydrate, by difference		0.38		0	NC	4		0.91	0.93	0.11
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0
Sugars, total		0.00		0	FLA	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0		1		10	10	1
Iron, Fe	-	0.21		0		1		0.50	0.51	0.06
Magnesium, Mg	-	1		0		1		2	2	0
Phosphorus, P		30		0		1		72	73	9
Potassium, K	-	86		0		1		206	210	26
Sodium, Na	mg	318		0		1		763	776	95
Zinc, Zn	mg	0.10		0		1		0.24	0.25	0.03
Copper, Cu	mg	0.051	=	0		1		0.122	0.124	0.01
Manganese, Mn		0.102	2	0		1		0.245	0.249	0.03
Selenium, Se	mcg	0.0		1	A	1		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		1		0.0	0.0	0.0
Thiamin	-	0.004	ļ	0		1		0.010	0.010	0.00
Riboflavin	-	0.029		0		1		0.070	0.071	0.009
Niacin		1.372		0		1		3.293	3.348	0.412
Pantothenic acid	-	0.020		0		4		0.048	0.049	0.00
Vitamin B-6	-	0.010)	0		1		0.024	0.024	0.003
Folate, total	-	2		0		4		5	5	1
Folic acid		0		0	z	7		0	0	0
Folate, food		2		0		4		5	5	1
Folate, DFE		2		0	NC	4		5	5	1
Vitamin B-12		0.10		0		1		0.24	0.24	0.03
Vitamin A, IU		0		0	FLA	4		0	0	0
Vitamin A, RAE		0		0	FLA	4		0	0	0
Retinol	mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.02		0	FLA	4		0.04	0.04	0.00
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D				_						
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	q	0.160)	0		1		0.384	0.390	0.048
4:0		0.000)	0		1		0.000	0.000	0.000
6:0		0.000)	0		1		0.000	0.000	0.000
8:0	-	0.000		0		1		0.000	0.000	0.000
10:0		0.000		0		1		0.000	0.000	0.00
12:0	g	0.000)	0		1		0.000	0.000	0.00
13:0										
14:0		0.010)	0		1		0.024	0.024	0.00
15:0										
16:0		0.120)	0		1		0.288	0.293	0.03
17:0	g									
18:0	g	0.030)	0		1		0.072	0.073	0.00
20:0	g									
22:0	g									
24:0	q									

NDB No. 06413 Soup, chicken broth, canned, prepared with equal volume water, commercial

	<u>An</u>	ount in 100 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.240	0		1		0.576	0.586	0.072
14:1g								
15:1g		_						
16:1 undifferentiatedg	0.030	0		1		0.072	0.073	0.009
17:1g		•		_				
18:1 undifferentiatedg	0.200	0		1		0.480	0.488	0.060
20:1g	0.010	0		1		0.024	0.024	0.003
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
24:1 cg	0 110	•						0 000
Fatty acids, total polyunsaturatedg	0.110	0		1 1		0.264	0.268	0.033
18:2 undifferentiated	0.100	0		1		0.240	0.244	0.030
18:3 undifferentiatedg	0.010	0		1		0.024	0.024	0.003
18:4g	0.000	U		1		0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiated	0.000	0		1		0.000	0.000	0.000
	0.000	0		1		0.000	0.000	0.000
20:5 n-3g	0.000	0		1		0.000	0.000	0.000
22:5 n-3	0.000	0		1		0.000	0.000	0.000
•	0.000	U		1		0.000	0.000	0.000
Fatty acids, total transg Cholesterolg	0	0		1		0	0	0
Phytosterols mg	Ü	U		1		O	O	Ü
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeinemg	0	0	FLA	4		0	0	0
Theobrominemg	0	0	FLA	4		0	0	0
Carotenoids:								
Carotene, betamcg	0	0	FLA	4		0.000	0.000	0.000
Carotene, alpha mcg	0	0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, betamcg	0	0	FLA	4		0.000	0.000	0.000
Lycopene mcg	0	0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthinmcg	0	0	FLA	4		0.000	0.000	0.000

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 244g: 1 cup (8 fl oz)

Measure 3 = 30.0g: 1 fl oz

Calories Factors: Protein 4.2 Fat 9 Carbohydrate 4

		<u>A</u> :	mount in 10	0 grams	of edib	ole portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		96.00				4		230.40		
Energy	kcal	16				4		38		
Energy	kj	67				4		161		
Protein	g	2.00				4		4.80		
Total lipid (fat)	g	0.60				4		1.44		
Ash	g	0.20		0	NR	4		0.48		
Carbohydrate, by difference	g	1.20		0	NR	4		2.88		
Fiber, total dietary	g	0.0				7		0.0		
Sugars, total	g	0.01		0	FLA	4		0.02		
Starch										
Minerals:										
Calcium, Ca	-	4				4		10		
Iron, Fe	-	0.21				4		0.50		
Magnesium, Mg		1				4		2		
Phosphorus, P	-	30				4		72		
Potassium, K		86				4		206		
Sodium, Na	-	30				4		72		
Zinc, Zn		0.10				4		0.24		
Copper, Cu		0.051	L			4		0.122		
Manganese, Mn				_						
Selenium, Se	mcg	0.0		0	BFZN	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				4		0.0		
Thiamin	-	0.000)			4		0.000		
Riboflavin	-	0.030				4		0.072		
Niacin		1.370				4		3.288		
Pantothenic acid										
Vitamin B-6	-	0.010)			4		0.024		
Folate, total		0		0	FLA	4		1		
Folic acid		0		0	FLA	4		0		
Folate, food		0		0	FLA	4		1		
Folate, DFE		0		0	NC	4		1		
Vitamin B-12		0.10				4		0.24		
Vitamin A, IU		0		0	FLA	4		0		
Vitamin A, RAE		0		0	FLA	4		0		
Retinol		0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)		0.00		0	FLA	4		0.01		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.0		
<u>Lipids:</u>										
Fatty acids, total saturated		0.179				4		0.430		
4:0		0.000				4		0.000		
6:0		0.000				4		0.000		
8:0	_	0.000				4		0.000		
10:0	-	0.000				4		0.000		
12:0		0.000)			4		0.000		
13:0										
14:0		0.011	L			4		0.026		
15:0										
16:0		0.137	,			4		0.329		
17:0										
18:0	g	0.032	2			4		0.077		
20:0	g									
22:0	g									
24:0	q									

	<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	o <u>n</u>	Amount in edible portion of common		
			Number		_		<u>m</u>	easures of food	<u>.</u>
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.274				4		0.658		
14:1g									
15:1	0.032	,			4		0.077		
17:1g	0.032	•			4		0.077		
18:1 undifferentiated	0.232	,			4		0.557		
20:1g	0.011				4		0.026		
22:1 undifferentiatedg	0.000				4		0.020		
24:1 cg	0.000	•			•		0.000		
Fatty acids, total polyunsaturated9	0.126	;			4		0.302		
18:2 undifferentiatedg	0.116				4		0.278		
18:3 undifferentiatedg	0.011				4		0.026		
18:4g	0.000				4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiated	0.000)			4		0.000		
20:5 n-3g	0.000)			4		0.000		
22:5 n-3g	0.000	1			4		0.000		
22:6 n-3g	0.000)			4		0.000		
Fatty acids, total transg									
Cholesterol mg	0				4		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobrominemg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta mcg	0		0	FLA	4		0.000		
Carotene, alphamcg	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		

Common Measures:

Measure 1 = 240g: 1 cup

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	o <u>n</u>	Amount in	edible portion of	of common
	Nutrients and Units			Number of Data	Deriv		Confidence	<u>m</u>	easures of food	
Nutrients and Un			Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		82.10		1	A	1		442.52	197.04	
Energy	kcal	99		0	NC	4		534	238	
Energy	kj	414				4		2233	994	
Protein	g	3.10		1	A	1		16.71	7.44	
Total lipid (fat)	g	6.30		1	A	1		33.96	15.12	
Ash	g	1.00		1	A	1		5.39	2.40	
Carbohydrate, by difference	g	7.50		0	NC	4		40.43	18.00	
Fiber, total dietary		0.9		1	A	1		4.9	2.2	
Sugars, total										
Starch	_									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	299		1	A	1		1612	718	
Zine, Zn										
Copper, Cu	mg									
Manganese, Mn										
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated		1.750)	1	A	1		9.433	4.200	
Fatty acids, total monounsaturated.	g	1.270		1	A	1		6.845	3.048	
Fatty acids, total polyunsaturated	g	1.900)	1	A	1		10.241	4.560	
Fatty acids, total trans	g									
Cholesterol	-	11		1	A	1		59	26	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mcg	690		1	A	1		3719.100	1656.000	
Carotene, alpha	mcg									
Cryptoxanthin, beta										
Lycopene	mcg									
Lutein + zeaxanthin	mcg									

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

Common Measures:

Measure 1 = 539g: 1 package yields

Measure 2 = 240g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u> 1	mount in 100 g	grams	of edik	ole portio	<u>n</u>		Amount in edible portion of common measures of food				
			Nι	ımbeı	r			<u>m</u>	easures of food	_			
			of	Data	Deriv	Source	Confidence						
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure			
Proximates:													
Water	g	88.02	0.269	10		1		220.93	268.46				
Energy	kcal	45		0	NC	4		113	137				
Energy	kj	188				4		473	574				
Protein (N x 6.25)	g	2.10	0.060	10		1		5.27	6.41				
Total lipid (fat)	g	1.14	0.040	10		1		2.86	3.48				
Ash	g	2.07	0.070	10		1		5.20	6.31				
Carbohydrate, by difference	g	6.67		0	NC	4		16.74	20.34				
Fiber, total dietary	g	1.6		0		4		4.0	4.9				
Sugars, total	g	1.93		0	FLA	4		4.83	5.87				
Starch	g												
Ainerals:													
Tinerais: Calcium, Ca	ma	19	1.668	10		1		48	58				
Iron, Fe	-	0.71	0.102	10		1		1.78	2.17				
Magnesium, Mg	-	3	0.102	1		1		8	9				
Phosphorus, P		20		1		1		50	61				
Potassium, K	_	60		1		1		151	183				
Sodium, Na	_	761	24.259	5		1		1910	2321				
Zine, Zn	-	0.30		1		1		0.75	0.92				
Copper, Cu		0.100)	1		1		0.251	0.305				
Manganese, Mn		0.200		1		1		0.502	0.610				
Selenium, Se		6.7		0	RA	4		16.8	20.4				
7*.													
<u>'itamins:</u>				_				10.0					
Vitamin C, total ascorbic acid	-	4.0		1		4		10.0	12.2				
Thiamin		0.200		1		4		0.502	0.610				
Riboflavin		0.300		1		4		0.753	0.915				
Niacin		0.530		10		1		1.330	1.617				
Pantothenic acid		0.160		0		4		0.402	0.488				
Vitamin B-6	_	0.050	1	1		1		0.126	0.153				
Folate, total		5 0		0	_	4 7		13	15				
Folic acid		5			Z			0	0 15				
Folate, food		5		0	NC	4 4		13 13	15 15				
Folate, DFE		0.02		0	NC	4		0.05	0.06				
Vitamin A, IU		98		0	NC	4		245	298				
Vitamin A, RAE		5		0	NC	4		13	298 15				
Retinol		0		0	FLA	4		0	15				
Vitamin E (alpha-tocopherol)		0.36		0	FLA	4		0.91	1.10				
Tocopherol, beta		0.36		U	FLIA	-		0.91	1.10				
Tocopherol, gamma													
Tocopherol, delta													
Vitamin D													
Vitamin K (phylloquinone)		5.7		0	FLA	4		14.3	17.4				
<u> ipids:</u>													
Fatty acids, total saturated		0.260	1	0		1		0.653	0.793				
4:0													
6:0													
8:0													
10:0													
12:0	·····												
13:0		0.010		1		1		0.025	0.031				
14:0 15:0		0.010		1		_		0.025	0.031				
16:0	_	0.200	1	1		1		0.502	0.610				
17:0	_	0.200		1		_		0.502	0.610				
18:0	_	0.050	1	1		1		0.126	0.153				
20:0	_	0.050	•	1		_		0.120	0.153				
	_												
22:0	g g												

						ole portio	<u>on</u>	Amount in edible portion of common measures of food				
				of Data	Deriv		Confidence					
Nutrients and Unit	5	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total monounsaturated	a	0.520		0		1		1.305	1.586			
14:1	g	0.020		·		_		1.303	1.300			
15:1	g	0.050		1		1		0.126	0.153			
17:1 18:1 undifferentiated	g	0.460		1		1		1.155	1.403			
20:1 undifferentiated	g											
24:1 cFatty acids, total polyunsaturated	g	0.280		0		1		0.703	0.854			
18:2 undifferentiated	-	0.250 0.010		1 1		1 1		0.628 0.025	0.763 0.031			
18:4 20:2 n-6 c,c												
20:3 undifferentiated 20:4 undifferentiated												
20:5 n-3 22:5 n-3												
22:6 n-3Fatty acids, total trans	_											
CholesterolPhytosterols		3		0		1		8	9			
Amino Acids:												
Tryptophan		0.018 0.066		0		1 1		0.045 0.166	0.055 0.201			
Threonine Isoleucine	_	0.079		0		1		0.100	0.241			
Leucine	_	0.134		0		1		0.336	0.409			
Lysine	-	0.129		0		1		0.324	0.393			
Methionine		0.036		0		1		0.090	0.110			
Cystine	_	0.014		0		1		0.035	0.043			
Phenylalanine		0.077		0		1		0.193	0.235			
Tyrosine		0.055		0		1		0.138	0.168			
Valine	_	0.093		0		1		0.233	0.284			
Arginine	_	0.098		0		1		0.246	0.299			
Histidine		0.046		0		1		0.115	0.140			
Alanine		0.120		0		1		0.301	0.366			
Aspartic acid		0.177		0		1		0.444	0.540			
Glutamic acid		0.529		0		1		1.328	1.613			
Glycine	_	0.132		0		1		0.331	0.403			
Proline	_	0.120		0		1		0.301	0.366			
		0.072		0		1			0.220			
Serine	-	0.072		U		1		0.181	0.220			
Others:	9											
Alcohol, ethyl		0.0		0	z	7		0.0	0.0			
Caffeine	-											
Theobromine	mg											
Carotenoids:	mea	57		0	FLA	4		143.331	174.167			
Carotene, beta		0		0	FLA	4		0.205				
Carotene, alpha		2		0		4		0.205 5.198	0.249			
Cryptoxanthin, beta		2 1416		0	FLA	4			6.317			
Lycopene	_			0	FLA FLA	4		3554.274	4318.938			
Lutein + zeaxanthin	iiicā	74		U	r'LA	4		186.738	226.913			

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz) Measure 2 = 305g: 1 can (10.75 oz) NDB No. 06017

Soup, chicken gumbo, canned, condensed, commercial

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

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

NDB No. 06417 Soup, chicken gumbo, canned, prepared with equal volume water, commercial

		A	mount in 10	<u>0 grams</u>	of edib	ole portio	<u>n</u>	Amount in edible portion of commor					
				Number				<u>m</u> e	easures of food				
				of Data	Deriv	Source	Confidence						
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure			
roximates:													
Water	g	93.84		0		1		228.97	28.62	556.47			
Energy	kcal	23		0	NC	4		56	7	136			
Energy	kj	96				4		235	29	571			
Protein (N x 6.25)	g	1.08		0		1		2.64	0.33	6.40			
Total lipid (fat)	g	0.59		0		1		1.44	0.18	3.50			
Ash	g	1.06		0		1		2.59	0.32	6.29			
Carbohydrate, by difference	g	3.43		0	NC	4		8.37	1.05	20.34			
Fiber, total dietary	g	0.8		0		4		2.0	0.2	4.7			
Sugars, total		1.02		0	FLA	4		2.50	0.31	6.08			
Starch													
<u> 1 dinerals:</u>													
Calcium, Ca	-	10		0		1		24	3	59			
Iron, Fe.	-	0.37		0		1		0.90	0.11	2.1			
Magnesium, Mg		2		0		1		5	1	12			
Phosphorus, P	-	10		0		1		24	3	59			
Potassium, K		31		0		1		76	9	184			
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	391		0		1		954	119	2319			
Zinc, Zn		0.15		0		1		0.38	0.05	0.9			
Copper, Cu		0.051		0		1		0.124	0.016	0.3			
Manganese, Mn		0.103	3	0		1		0.251	0.031	0.6			
Selenium, Se	mcg	3.3		0	RA	4		8.1	1.0	19.6			
itamins:													
Vitamin C, total ascorbic acid	mg	2.0		0		4		4.9	0.6	11.9			
Thiamin	-	0.010)	0		4		0.024	0.003	0.0			
Riboflavin	-	0.020		0		4		0.049	0.006	0.1			
Niacin		0.272		0		1		0.664	0.083	1.6			
Pantothenic acid	-	0.080		0		4		0.195	0.024	0.4			
Vitamin B-6	-	0.026	5	0		1		0.063	0.008	0.1			
Folate, total	-	2		0		4		5	1	12			
Folic acid		0		0	z	7		0	0	0			
Folate, food		2		0		4		5	1	12			
Folate, DFE		2		0	NC	4		5	1	12			
Vitamin B-12		0.01		0		4		0.02	0.00	0.0			
Vitamin A, IU		55		0	NC	4		134	17	327			
Vitamin A, RAE		3		0	FLA	4		7	1	17			
Retinol		0		0	FLA	4		0	0	1			
Vitamin E (alpha-tocopherol)		0.15		0	FLA	4		0.35	0.04	0.8			
Tocopherol, beta						_							
Tocopherol, gamma													
Tocopherol, delta													
Vitamin D													
Vitamin K (phylloquinone)		2.6		0	FLA	4		6.4	0.8	15.5			
<u>ipids:</u>													
Fatty acids, total saturated		0.130		0		1		0.317	0.040	0.7			
4:0		0.000		0		1		0.000	0.000	0.0			
6:0		0.000		0		1		0.000	0.000	0.0			
8:0		0.000		0		1		0.000	0.000	0.0			
10:0	-	0.000		0		1		0.000	0.000	0.0			
12:0		0.000)	0		1		0.000	0.000	0.0			
13:0				.=		_			_				
14:0		0.000)	0		1		0.000	0.000	0.0			
15:0		_				_							
16:0	-	0.100)	0		1		0.244	0.031	0.5			
17:0	-							_					
18:0	-	0.030)	0		1		0.073	0.009	0.1			
20:0 22:0	-												

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portic	<u>on</u>		Amount in edible portion of common				
				Number	•			<u>m</u>	easures of food				
				of Data		Source	Confidence						
Nutrients and Unit	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3			
Fatty acids, total monounsatura	ated Q	0.270)	0		1		0.659	0.082	1.601			
14:1	g												
16:1 undifferentiated	g	0.030)	0		1		0.073	0.009	0.178			
17:1 18:1 undifferentiated	_	0.240)	0		1		0.586	0.073	1.423			
20:1	g	0.000)	0		1		0.000	0.000	0.000			
22:1 undifferentiated	_	0.000)	0		1		0.000	0.000	0.000			
24:1 cFatty acids, total polyunsaturat		0.140)	0		1		0.342	0.043	0.830			
		0.130		0		1		0.317	0.040	0.771			
18:2 undifferentiated		0.000		0		1				0.000			
18:3 undifferentiated		0.000		0		1		0.000 0.000	0.000 0.000				
18:4	_	0.000	,	U		1		0.000	0.000	0.000			
20:2 n-6 c,c	_												
20:3 undifferentiated	_	0.000	1	0		1		0 000	0 000	0 000			
20:4 undifferentiated	_			0		1		0.000	0.000	0.000			
20:5 n-3	_	0.000		0		1		0.000	0.000	0.000			
22:5 n-3	_	0.000		0		1		0.000	0.000	0.000			
22:6 n-3		0.000	,	U		1		0.000	0.000	0.000			
Fatty acids, total trans		2		0		1		5	1	12			
Cholesterol	_	2		U		1		5	1	12			
Phytosterols	IIIg												
Amino Acids:													
Tryptophan	g	0.009)	0		1		0.022	0.003	0.053			
Threonine	g	0.034	Į.	0		1		0.083	0.010	0.202			
Isoleucine	g	0.041	-	0		1		0.100	0.013	0.243			
Leucine	g	0.069)	0		1		0.168	0.021	0.409			
Lysine	g	0.066	5	0		1		0.161	0.020	0.391			
Methionine	g	0.019)	0		1		0.046	0.006	0.113			
Cystine	g	0.007	,	0		1		0.017	0.002	0.042			
Phenylalanine	g	0.040)	0		1		0.098	0.012	0.237			
Tyrosine	g	0.028	3	0		1		0.068	0.009	0.166			
Valine	g	0.048	3	0		1		0.117	0.015	0.285			
Arginine	g	0.050)	0		1		0.122	0.015	0.297			
Histidine	g	0.024	Į.	0		1		0.059	0.007	0.142			
Alanine	g	0.062	?	0		1		0.151	0.019	0.368			
Aspartic acid	g	0.091	-	0		1		0.222	0.028	0.540			
Glutamic acid	g	0.272	2	0		1		0.664	0.083	1.613			
Glycine	g	0.068	3	0		1		0.166	0.021	0.403			
Proline	g	0.062	?	0		1		0.151	0.019	0.368			
Serine	g	0.037	•	0		1		0.090	0.011	0.219			
Hydroxyproline	g												
Others:													
Alcohol, ethyl	а	0.0		0		7		0.0	0.0	0.0			
Caffeine		0.0		0	FLA	4		0.0	0.0	0.0			
Theobromine		0		0	FLA	4		0	0	0			
Carotenoids:		ŭ		·	1	•		v	•	J			
	moa	30		^	PT 2	4		77.154	0.644	107 510			
Carotene, beta		32 0		0 0	FLA	4			9.644	187.510			
Carotene, alpha		2		0	FLA	4 4		0.199 5.054	0.025	0.484			
Cryptoxanthin, beta		990		0	FLA FLA	4			0.632	12.282			
Lycopene		28		0				2415.178	301.897	5869.676			
Lutein + zeaxanthin	iiicg	∠8		U	FLA	4		67.381	8.423	163.757			

Common Measures:

Measure 1 = 244g: 1 cup Measure 2 = 30.5g: 1 fl oz

Measure 3 = 593g: 1 can (10.75 oz), prepared

NDB No. 06417

Soup, chicken gumbo, canned, prepared with equal volume water, commercial

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u>	mount in 10	00 grams Number		ole portio	<u>n</u>		edible portion of easures of food	
Nutrients and Unit	s	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		84.20		1	A	1		453.84	202.08	
Energy	kcal	80		0	NC	4		431	192	
Energy	kj	335				4		1804	803	
Protein	g	3.00		1	A	1		16.17	7.20	
Total lipid (fat)	g	4.40		1	A	1		23.72	10.56	
Ash	g	1.30		1	A	1		7.01	3.12	
Carbohydrate, by difference	g	7.10		0	NC	4		38.27	17.04	
Fiber, total dietary		1.4		1	A	1		7.5	3.4	
Sugars, total										
Starch										
<u> Iinerals:</u>										
Calcium, Ca	mg									
Iron, Fe	mg	0.48		1	A	1		2.59	1.15	
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na		339		1	A	1		1827	814	
Zinc, Zn										
Copper, Cu	-									
Manganese, Mn										
Selenium, Se	mcg									
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	_	2.0		1	A	1		10.8	4.8	
Thiamin	-									
Riboflavin	_									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	_						_	_	
Vitamin A, IU	IU	0		1	A	1		0	0	
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
ipids:										
Fatty acids, total saturated	a	1.150)	1	A	1		6.199	2.760	
Fatty acids, total monounsaturated		0.837		1	A	1		4.511	2.009	
Fatty acids, total polyunsaturated		1.740		1	A	1		9.379	4.176	
Fatty acids, total trans		1.740	•	_	•	1		9.319	4.1/0	
		6		1	A	1		32	14	
Cholesterol		U		_	^	_		32	14	

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

Common Measures:

Measure 1 = 539g: 1 package yields

Measure 2 = 240g: 1 serving

NDB No. 06726

Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u> 1	mount in 100 grar	Amount in edible portion of commo					
			Numb	er			<u>m</u>	easures of food	<u>l</u>
			of Da	ta Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Durationatory									
Proximates: Water	q	80.40	O		4		201.80	245.22	
Energy		109	O		4		274	332	
Energy		456			4		1145	1391	
Protein (N x 6.25)		3.50	0.091 5		1		8.79	10.68	
Total lipid (fat)	-	7.30	0.120 5		1		18.32	22.27	
Ash		1.20	0		4		3.01	3.66	
Carbohydrate, by difference		7.60	0		4		19.08	23.18	
Fiber, total dietary		0.2	0		4		0.5	0.6	
Sugars, total		0.79	O	FLA	4		1.98	2.41	
Starch									
Minerals:									
Calcium, Ca	_	23	0.537 5		1		58	70	
Iron, Fe		0.70	0.129 5		1		1.76	2.14	
Magnesium, Mg		7	0		4		18	21	
Phosphorus, P	-	22 126	0		4 4		55 316	67 394	
Potassium, KSodium, Na		126 773	0		4		316 1940	384 2358	
Zinc, Zn		0.80	0		4		2.01	2.44	
Copper, Cu		0.040	-		4		0.100	0.122	
Manganese, Mn		0.100			4		0.251	0.305	
Selenium, Se		2.9	0	RA	4		7.3	8.8	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		0.0	0.000 5		1		0.0	0.0	
Thiamin		0.020			1		0.050	0.061	
Riboflavin		0.090			1		0.226	0.275	
Niacin	-	1.300			1		3.263	3.965	
Pantothenic acid		0.200			4		0.502	0.610	
Vitamin B-6	_	0.040			4		0.100 5	0.122	
Foliate, total		0	0	z	4 7		0	6 0	
Folic acid		2	0	4	4		5	6	
Folate, food	mcg DEE	2	0	NC	4		5	6	
Vitamin B-12		0.05	0	NC	4		0.13	0.15	
Vitamin A, IU		33	0	NC	4		83	100	
Vitamin A, RAE		9	0	NC	4		22	26	
Retinol		8	0	FLA	4		21	26	
Vitamin E (alpha-tocopherol)		0.64	0	FLA	4		1.62	1.96	
Tocopherol, beta			_		_				
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg	1.1	0	FLA	4		2.7	3.3	
Tinia									
Lipids:	a	1.920	0		1		4.819	5.856	
Fatty acids, total saturated		0.010			1				
4:0 6:0		0.010	-		1		0.025 0.025	0.031 0.031	
8:0		0.000			1		0.000	0.000	
10:0	-	0.000			1		0.025	0.000	
12:0	-	0.010			1		0.025	0.031	
13:0		0.010	•		-		3.023	0.031	
14:0	-	0.070	0		1		0.176	0.214	
15:0	_		·		_		3.2.3	V	
16:0	_	1.260	0		1		3.163	3.843	
17:0			·						
18:0	_	0.500	0		1		1.255	1.525	
20:0	_		_						
22:0	_								
	g								

	<u>Ar</u>	mount in 100 gram	s of edi	ole portio	<u>n</u>	Amount in edible portion of common				
Nutrients and Units	Mean	Number of Date Std. Error Points	a Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3		
Nutrients and Offics	Weari	Stu. Ellor 1 olik				Weasure i	Weasure 2	Measure 3		
Fatty acids, total monounsaturatedg	3.210	0		1		8.057	9.791			
14:1g										
15:1										
16:1 undifferentiatedg	0.210	0		1		0.527	0.641			
17:1g										
18:1 undifferentiated	2.940	0		1		7.379	8.967			
20:1g	0.040	0		1		0.100	0.122			
22:1 undifferentiatedg	0.000	0		1		0.000	0.000			
24:1 cg										
Fatty acids, total polyunsaturatedg	1.850	0		1		4.644	5.643			
18:2 undifferentiated	1.750	0		1		4.393	5.338			
18:3 undifferentiatedg	0.090	0		1		0.226	0.275			
18:4g	0.000	0		1		0.000	0.000			
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000	0		1		0.000	0.000			
20:5 n-3g	0.000	0		1		0.000	0.000			
22:5 n-3g	0.000	0		1		0.000	0.000			
22:6 n-3g	0.000	0		1		0.000	0.000			
Fatty acids, total transg										
Cholesterolmg	8	0		1		20	24			
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0	0		7		0.0	0.0			
Caffeine mg	0	0	FLA	4		0	0			
Theobromine mg	0	0	FLA	4		0	0			
Carotenoids:										
Carotene, betamcg	3	0	FLA	4		7.352	8.934			
Carotene, alpha mcg	0	0	FLA	4		0.006	0.007			
Cryptoxanthin, betamcg	0	0	FLA	4		0.008	0.010			
Lycopenemcg	0	0	FLA	4		0.000	0.000			
Lutein + zeaxanthin mcg	1	0	FLA	4		1.531	1.860			

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz) Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4.2

NDB No. 06549 Soup, chicken mushroom, canned, prepared with equal volume water, commercial

		<u>A</u>	mount in 100 grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			Numbe	r			<u>m</u>	easures of food	<u> </u>
			of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	90.00	0		4		219.60	533.70	
Energy	_	54	0		4		132	320	
Energy		226			4		551	1340	
Protein (N x 6.25)		1.80	0		1		4.39	10.67	
Total lipid (fat)		3.75	0		1		9.15	22.24	
Ash		0.60	0		4		1.46	3.56	
Carbohydrate, by difference		3.80	0		4		9.27	22.53	
Fiber, total dietary		0.1	0		4		0.2	0.6	
Sugars, total									
Starch	_								
<u>Minerals:</u>									
Calcium, Ca	-	12	0		1		29	71	
Iron, Fe.	-	0.36	0		1		0.88	2.13	
Magnesium, Mg		4	0		4		10	24	
Phosphorus, P.	•	11	0		4		27	65	
Potassium, K		63	0		4 4		154 942	374 2289	
Sodium, Na		386 0.40	0		4		0.98	2289	
Zinc, Zn		0.40			4		0.98	0.593	
Copper, Cu		0.100			4		0.244	0.593	
Selenium, Se		0.100	,		-		0.244	0.555	
Scientini, Sc	9								
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	0.0	0		1		0.0	0.0	
Thiamin		0.010	0		1		0.024	0.059	
Riboflavin	mg	0.046	5 0		1		0.112	0.273	
Niacin		0.668	0		1		1.630	3.961	
Pantothenic acid		0.100			4		0.244	0.593	
Vitamin B-6	-	0.020			4		0.049	0.119	
Folate, total		0	0		4		0	1	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	0	0		4		0	1	
Folate, DFE		0	0	NC	4		0	1	
Vitamin B-12		0.02	0		4		0.05	0.12	
Vitamin A, IU		465	0		1		1135	2757	
Vitamin A, RAE		23	0	NC	4		57	138	
Retinol		0	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
vitanini K (phynoquinone)									
<u>Lipids:</u>									
Fatty acids, total saturated	g	0.980			1		2.391	5.811	
4:0		0.010	0		1		0.024	0.059	
6:0		0.000			1		0.000	0.000	
8:0	-	0.000			1		0.000	0.000	
10:0	_	0.000			1		0.000	0.000	
12:0	_	0.010	0		1		0.024	0.059	
13:0	_								
14:0	_	0.040	0		1		0.098	0.237	
15:0	_	_						_	
16:0	_	0.640	0		1		1.562	3.795	
17:0	_				_		_	_	
18:0	_	0.260	0		1		0.634	1.542	
20:0	_								
22:0	g								

NDB No. 06549 Soup, chicken mushroom, canned, prepared with equal volume water, commercial

		<u>Am</u>	ount in 100 grams	of edible portic	<u>on</u>		edible portion	
Nutrients and Unit	·s	Mean	Number of Data Std. Error Points	Deriv Source	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
		moun	Otal 21101					ououi o o
Fatty acids, total monounsaturated	g	1.650	0	1		4.026	9.785	
14:1	_							
15:1 16:1 undifferentiated		0.100	0	1		0.244	0.593	
17:1								
18:1 undifferentiated	g	1.510	0	1		3.684	8.954	
20:1	g	0.020	0	1		0.049	0.119	
22:1 undifferentiated	g							
24:1 c	g							
Fatty acids, total polyunsaturated	g	0.950	0	1		2.318	5.634	
18:2 undifferentiated	g	0.900	0	1		2.196	5.337	
18:3 undifferentiated	g	0.040	0	1		0.098	0.237	
18:4	g							
20:2 n-6 c,c	g							
20:3 undifferentiated								
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								
Fatty acids, total trans								
Cholesterol		4	0	1		10	24	
Phytosterols	mg							

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4 Fat 9 Carbohydrate 4.2

		Deriv	Source Code	Confidence Code	<u>m</u> (easures of food	1
Proximates: g 4.94 0.844 Energy	oints						
Proximates: 9 4.94 0.844 Energy kcal 377 Energy kj 1576 Protein (N x 6.25) 9 15.42 1.082 Total lipid (fat) 9 6.51 0.561 Ash 9 10.80 0.881 Carbohydrate, by difference 9 62.32 Fiber, total dietary 9 3.2 Sugars, total 9 1.90 Sucrose 9 1.11 Glucose (dextrose) 9 0.00 Fructose 9 0.00 Fructose 9 0.00 Maltose 9 0.78 Galactose 9 0.00 Starch 9 50.83 Minerals: Z Calcium, Ca mg 55 0.733 Iron, Fe mg 2.44 0.514 Magnesium, Mg mg 38 1.344 Phosphorus, P mg 195 5.662		Code	Code	Code			
Water. g 4.94 0.844 Energy. kcal 377 Energy. kj 1576 Protein (N x 6.25). g 15.42 1.082 Total lipid (fat). g 6.51 0.561 Ash. g 10.80 0.881 Carbohydrate, by difference. g 62.32 Fiber, total dietary. g 3.2 Sugars, total. g 1.90 Sucrose. g 1.11 Glucose (dextrose). g 0.00 Fructose. g 0.00 Fructose. g 0.00 Maltose. g 0.78 Galactose. g 0.00 Starch. g 50.83 Minerals: Calcium, Ca. mg 55 0.733 Iron, Fe. mg 2.44 0.514 Magnesium, Mg. mg 38 1.344 Phosphorus, P. mg 195 5.662	Δ			Joue	Measure 1	Measure 2	Measure 3
Energy. kcal 377 Energy. kj 1576 Protein (N x 6.25). g 15.42 1.082 Total lipid (fat). g 6.51 0.561 Ash. g 10.80 0.881 Carbohydrate, by difference. g 62.32 Fiber, total dietary. g 3.2 Sugars, total. g 1.90 Sucrose. g 1.11 Glucose (dextrose). g 0.00 Fructose. g 0.00 Lactose. g 0.78 Galactose. g 0.78 Galactose. g 0.00 Starch. g 50.83 Minerals: Calcium, Ca. mg 55 0.733 Iron, Fe. mg 2.44 0.514 Magnesium, Mg. mg 38 1.344 Phosphorus, P. mg 195 5.662 Potassium, K. mg 3643 350.66	Δ						
Energy kj 1576 Protein (N x 6.25) g 15.42 1.082 Total lipid (fat) g 6.51 0.561 Ash g 10.80 0.881 Carbohydrate, by difference g 62.32 Fiber, total dietary g 3.2 Sugars, total g 1.90 Sucrose g 1.11 Glucose (dextrose) g 0.00 Fructose g 0.00 Lactose g 0.00 Maltose g 0.78 Galactose g 0.00 Starch g 50.83 Minerals: Calcium, Ca mg 55 0.733 Iron, Fe mg 2.44 0.514 Magnesium, Mg mg 38 1.344 Phosphorus, P mg 195 5.662 Potassium, K mg 306 23.607 Sodium, Na mg 3643 35		A	1		3.66	0.55	
Protein (N x 6.25). g 15.42 1.082 Total lipid (fat). g 6.51 0.561 Ash. g 10.80 0.881 Carbohydrate, by difference g 62.32 Fiber, total dietary. g 3.2 Sugars, total. g 1.90 Sucrose. g 1.11 Glucose (dextrose). g 0.00 Fructose. g 0.00 Lactose. g 0.78 Galactose. g 0.00 Starch. g 50.83 Minerals: g 50.83 Calcium, Ca. mg 55 0.733 Iron, Fe. mg 2.44 0.514 Magnesium, Mg. mg 38 1.344 Phosphorus, P. mg 195 5.662 Potassium, K. mg 3643 350.667 Zinc, Zn. mg 1.65 0.285 Copper, Cu. mg 0.468 0.019	0	NC	4		279	42	
Total lipid (fat). 9 6.51 0.561 Ash 9 10.80 0.881 Carbohydrate, by difference 9 62.32 Fiber, total dietary 9 3.2 Sugars, total. 9 1.90 Sucrose 9 1.11 Glucose (dextrose) 9 0.00 Fructose 9 0.00 Lactose 9 0.78 Galactose 9 0.00 Starch 9 50.83 Minerals: Calcium, Ca mg 55 0.733 Iron, Fe mg 2.44 0.514 Magnesium, Mg mg 38 1.344 Phosphorus, P mg 195 5.662 Potassium, K mg 306 23.607 Sodium, Na mg 3643 350.667 Zinc, Zn mg 1.65 0.285 Copper, Cu mg 0.286 0.125 Manganese, Mn	0	NC	4		1166	175	
Ash g 10.80 0.881 Carbohydrate, by difference g 62.32 Fiber, total dietary g 3.2 Sugars, total g 1.90 Sucrose g 1.11 Glucose (dextrose) g 0.00 Fructose g 0.00 Lactose g 0.78 Galactose g 0.00 Starch g 50.83 Minerals: Calcium, Ca mg 55 0.733 Iron, Fe mg 2.44 0.514 Magnesium, Mg mg 38 1.344 Phosphorus, P mg 195 5.662 Potassium, K mg 306 23.607 Sodium, Na mg 3643 350.667 Zinc, Zn mg 1.65 0.285 Copper, Cu mg 0.286 0.125 Manganese, Mn mg 0.468 0.019	4	A	1		11.41	1.71	
Carbohydrate, by difference 9 62.32 Fiber, total dietary 9 3.2 Sugars, total. 9 1.90 Sucrose 9 1.11 Glucose (dextrose) 9 0.00 Fructose 9 0.00 Lactose 9 0.78 Galactose 9 0.00 Starch 9 50.83 Minerals: Calcium, Ca mg 55 0.733 Iron, Fe mg 2.44 0.514 Magnesium, Mg mg 38 1.344 Phosphorus, P mg 195 5.662 Potassium, K mg 306 23.607 Sodium, Na mg 3643 350.667 Zinc, Zn mg 1.65 0.285 Copper, Cu mg 0.286 0.125 Manganese, Mn mg 0.468 0.019	4	A	1		4.82	0.72	
Fiber, total dietary g 3.2 Sugars, total g 1.90 Sucrose g 1.11 Glucose (dextrose) g 0.00 Fructose g 0.00 Lactose g 0.78 Galactose g 0.00 Starch g 50.83 Minerals: Calcium, Ca mg 55 0.733 Iron, Fe mg 2.44 0.514 Magnesium, Mg mg 38 1.344 Phosphorus, P mg 195 5.662 Potassium, K mg 306 23.607 Sodium, Na mg 3643 350.667 Zinc, Zn mg 1.65 0.285 Copper, Cu mg 0.286 0.125 Manganese, Mn mg 0.468 0.019	4	A	1		7.99	1.20	
Sugars, total 9 1.90 Sucrose 9 1.11 Glucose (dextrose) 9 0.00 Fructose 9 0.00 Lactose 9 0.78 Galactose 9 0.00 Starch 9 50.83 Minerals: Calcium, Ca mg 55 0.733 Iron, Fe mg 2.44 0.514 Magnesium, Mg mg 38 1.344 Phosphorus, P mg 195 5.662 Potassium, K mg 306 23.607 Sodium, Na mg 3643 350.607 Zodium, Zn mg 1.65 0.285 Copper, Cu mg 0.286 0.125 Manganese, Mn mg 0.468 0.019	0	NC	4		46.12	6.92	
Sucrose 9 1.11 Glucose (dextrose) 9 0.00 Fructose 9 0.00 Lactose 9 0.78 Galactose 9 0.00 Starch 9 50.83 Minerals: Calcium, Ca mg 55 0.733 Iron, Fe mg 2.44 0.514 Magnesium, Mg mg 38 1.344 Phosphorus, P mg 195 5.662 Potassium, K mg 306 23.607 Sodium, Na mg 3643 350.667 Zinc, Zn mg 1.65 0.285 Copper, Cu mg 0.286 0.125 Manganese, Mn mg 0.468 0.019	2	A	1		2.3	0.4	
Glucose (dextrose) 9 0.00 Fructose 9 0.00 Lactose 9 0.78 Galactose 9 0.00 Starch 9 50.83 Minerals: Calcium, Ca. mg 55 0.733 Iron, Fe. mg 2.44 0.514 Magnesium, Mg mg 38 1.344 Phosphorus, P. mg 195 5.662 Potassium, K mg 306 23.607 Sodium, Na mg 3643 350.667 Zinc, Zn mg 1.65 0.285 Copper, Cu mg 0.286 0.125 Manganese, Mn mg 0.468 0.019	2	A	1		1.40	0.21	
Fructose	2	A	1		0.82	0.12	
Lactose 9 0.00 Maltose 9 0.78 Galactose 9 0.00 Starch 9 50.83 Minerals: Calcium, Ca. mg 55 0.733 Iron, Fe. mg 2.44 0.514 Magnesium, Mg mg 38 1.344 Phosphorus, P. mg 195 5.662 Potassium, K mg 306 23.607 Sodium, Na mg 3643 350.667 Zinc, Zn mg 1.65 0.285 Copper, Cu mg 0.286 0.125 Manganese, Mn mg 0.468 0.019	2	A	1		0.00	0.00	
Maltose 9 0.78 Galactose 9 0.00 Starch 9 50.83 Minerals: Calcium, Ca. mg 55 0.733 Iron, Fe. mg 2.44 0.514 Magnesium, Mg mg 38 1.344 Phosphorus, P mg 195 5.662 Potassium, K mg 306 23.607 Sodium, Na mg 3643 350.667 Zinc, Zn mg 1.65 0.285 Copper, Cu mg 0.286 0.125 Manganese, Mn mg 0.468 0.019	2	A	1		0.00	0.00	
Minerals: 9 0.00 Starch. 9 50.83 Minerals: Calcium, Ca. mg 55 0.733 Iron, Fe. mg 2.44 0.514 Magnesium, Mg. mg 38 1.344 Phosphorus, P. mg 195 5.662 Potassium, K. mg 306 23.607 Sodium, Na. mg 3643 350.667 Zinc, Zn. mg 1.65 0.285 Copper, Cu. mg 0.286 0.125 Manganese, Mn. mg 0.468 0.019	2	A	1		0.00	0.00	
Starch g 50.83 Minerals: Calcium, Ca. mg 55 0.733 Iron, Fe. mg 2.44 0.514 Magnesium, Mg mg 38 1.344 Phosphorus, P mg 195 5.662 Potassium, K mg 306 23.607 Sodium, Na. mg 3643 350.667 Zinc, Zn. mg 1.65 0.285 Copper, Cu. mg 0.286 0.125 Manganese, Mn. mg 0.468 0.019	2	A	1		0.58	0.09	
Minerals: Calcium, Ca mg 55 0.733 Iron, Fe. mg 2.44 0.514 Magnesium, Mg. mg 38 1.344 Phosphorus, P. mg 195 5.662 Potassium, K. mg 306 23.607 Sodium, Na. mg 3643 350.667 Zinc, Zn. mg 1.65 0.285 Copper, Cu. mg 0.286 0.125 Manganese, Mn. mg 0.468 0.019	2	A	1		0.00	0.00	
Calcium, Ca. mg 55 0.733 Iron, Fe. mg 2.44 0.514 Magnesium, Mg. mg 38 1.344 Phosphorus, P. mg 195 5.662 Potassium, K. mg 306 23.607 Sodium, Na. mg 3643 350.667 Zinc, Zn. mg 1.65 0.285 Copper, Cu. mg 0.286 0.125 Manganese, Mn. mg 0.468 0.019	2	A	1		37.61	5.64	
Iron, Fe. mg 2.44 0.514 Magnesium, Mg mg 38 1.344 Phosphorus, P. mg 195 5.662 Potassium, K. mg 306 23.607 Sodium, Na. mg 3643 350.667 Zinc, Zn. mg 1.65 0.285 Copper, Cu. mg 0.286 0.125 Manganese, Mn. mg 0.468 0.019		_				_	
Magnesium, Mg mg 38 1.344 Phosphorus, P mg 195 5.662 Potassium, K mg 306 23.607 Sodium, Na mg 3643 350.667 Zinc, Zn mg 1.65 0.285 Copper, Cu mg 0.286 0.125 Manganese, Mn mg 0.468 0.019	4	A	1		41	6	
Phosphorus, P. mg 195 5.662 Potassium, K. mg 306 23.607 Sodium, Na. mg 3643 350.667 Zinc, Zn. mg 1.65 0.285 Copper, Cu. mg 0.286 0.125 Manganese, Mn. mg 0.468 0.019	4 4	A A	1 1		1.81 28	0.27 4	
Potassium, K mg 306 23.607 Sodium, Na. mg 3643 350.667 Zinc, Zn. mg 1.65 0.285 Copper, Cu. mg 0.286 0.125 Manganese, Mn. mg 0.468 0.019	4	A	1		144	22	
Sodium, Na. mg 3643 350.667 Zinc, Zn. mg 1.65 0.285 Copper, Cu. mg 0.286 0.125 Manganese, Mn. mg 0.468 0.019	4	A	1		226	34	
Zinc, Zn mg 1.65 0.285 Copper, Cu mg 0.286 0.125 Manganese, Mn mg 0.468 0.019	4	A	1		2696	404	
Copper, Cu	4	A	1		1.22	0.18	
Manganese, Mnmg 0.468 0.019	4	A	1		0.212	0.032	
	4	A	1		0.346	0.052	
	4	A	1		24.0	3.6	
Vitamins:							
Vitamin C, total ascorbic acidmg 0.0	2	A	1		0.0	0.0	
Thiaminmg 0.575	2	A	1		0.426	0.064	
Riboflavinmg 0.381	2	A	1		0.282	0.042	
Niacinmg 4.880	2	A	1		3.611	0.542	
Pantothenic acidmg 0.895	2	A	1		0.662	0.099	
Vitamin B-6mg 0.236	2	A	1		0.174	0.026	
Folate, totalmcg 71	2	A	1		53	8	
Folic acidmcg 62	0	NC	4		46	7	
Folate, food	3		1		7	1	
Folate, DFEmcg_DFE 115	0	NC	4		85	13	
Vitamin B-12	2	A	1		0.56	0.08	
Vitamin A, IUIU 44	0	NC	4		33	5	
Vitamin A, RAEmcg_RAE 8	0	NC	4		6	1	
Retinol	0	FLA	4		6	1	
Vitamin E (alpha-tocopherol)mg 0.33	1 1	A	1 1		0.24	0.04	
Tocopherol, betamg 0.04 Tocopherol, gamma mg 0.66	1	A A	1		0.03 0.49	0.00 0.07	
	1	A	1		0.49	0.00	
Tocopherol, delta	_	A	_		0.00	0.00	
Vitamin K (phylloquinone)mcg 0.1	0	FLA	4		0.1	0.0	
Lipids:							
Fatty acids, total saturatedg 1.947	2	NC	4		1.441	0.216	
4:0g 0.000	0	FLA	4		0.000	0.000	
6:0g 0.000	0	FLA	4		0.000	0.000	
8:0g 0.000	0	FLA	4		0.000	0.000	
10:0g 0.020	1	A	1		0.015	0.002	
12:0g 0.025	2	A	1		0.019	0.003	
13:0g 0.004	1	A	1		0.003	0.000	
14:0g 0.110	2		1		3.005		
15:0g 0.020		A	1		0.081	0.012	

	An	nount in 10	00 grams	of edib	ole portic	<u>on</u>	Amount in edible portion of common			
			Number				me	easures of food		
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
15:0g	0.020			A	1		0.015	0.002		
16:0g	1.350		2	A	1		0.999	0.150		
17:0g	0.020		2	A	1		0.015	0.002		
18:0g	0.400		2	A	1		0.296	0.044		
20:0g	0.000		1	A	1		0.000	0.000		
22:0g	0.010		1	A	1		0.007	0.001		
24:0g	0.010		1	A	1		0.007	0.001		
Fatty acids, total monounsaturatedg	2.263		2	NC	4		1.675	0.251		
14:1g	0.020		2 2	A A	1 1		0.015	0.002		
15:1	0.010 0.235		2	A	1		0.007	0.001		
16:1 undifferentiated	0.235		2	A	1		0.174 0.026	0.026 0.004		
17:1	1.928		2	A	1		1.427	0.004		
20:1	0.030		2	A	1		0.022	0.003		
20:1	0.030		1	A	1		0.022	0.003		
24:1 cg	0.010		_		_		0.007	0.001		
Fatty acids, total polyunsaturated9	1.390		2	NC	4		1.028	0.154		
18:2 undifferentiated	1.295		2	A	1		0.958	0.134		
18:3 undifferentiated	0.050		2	A	1		0.938	0.006		
18:4	0.000		0	FLA	4		0.000	0.000		
20:2 n-6 c.c	0.010		2	A	1		0.007	0.001		
20:3 undifferentiated	0.010		_		-		0.007	0.001		
20:4 undifferentiated	0.035		2	A	1		0.026	0.004		
20:5 n-3	0.001		0	FLA	4		0.001	0.000		
22:5 n-3	0.002		0	FLA	4		0.001	0.000		
22:6 n-3	0.002		0	FLA	4		0.002	0.000		
Fatty acids, total trans	0.001				•		0.005	0.000		
Cholesterolg	74		0	MC	9		55	8		
Phytosterolsmg	•							· ·		
	,									
Amino Acids:										
Tryptophan9	0.146		1	A	1		0.108	0.016		
Threonine	0.610		1	A	1		0.451	0.068		
Isoleucine9	0.687		1	A	1		0.508	0.076		
Leucineg	1.157		1	A	1		0.856	0.128		
Lysineg	0.805		1	A	1		0.596	0.089		
Methionineg	0.264		1	A	1		0.195	0.029		
Cystineg	0.165		1	A	1		0.122	0.018		
Phenylalanine	0.726		1	A	1		0.537	0.081		
Tyrosine9	0.473		1	A	1		0.350	0.053		
Valineg	0.764		1	A	1		0.565	0.085		
Arginine9	0.880		1	A	1		0.651	0.098		
Histidine9	0.400		1	A	1		0.296	0.044		
Alanine9	0.750		1	A	1		0.555	0.083		
Aspartic acid9	1.112		1	A	1		0.823	0.123		
Glutamic acid	3.884		1	A	1		2.874	0.431		
Glycineg	0.666		1	A	1		0.493	0.074		
Proline	1.312		1	A	1		0.971	0.146		
Serineg	0.740		1	A	1		0.548	0.082		
Hydroxyproline										
Others:										
Alcohol, ethylg	0.0		0	FLA	4		0.0	0.0		
Caffeinemg	0		0	FLA	4		0	0		
Theobromine mg	0		0	FLA	4		0	0		
Carotenoids:										
	ı 9		0	FLA	4		6.748	1.012		
Caratana alaha mcc	-		0	FLA	4		6.748 2.947	0.442		
Carotene, alpha mcc	·		0	FLA	4		2.947 0.431	0.442		
Cryptoxanthin, beta	•		0	FLA	4		0.431	0.000		
Lycopene mcg Lutein + zeaxanthin mcg	•		0	FLA	4		31.567	4.735		
	43		U	FLA	4		JI.30/	4./33		

NDB No. 06128

Soup, chicken noodle mix, dehydrated, dry form

Common Measures:

Measure 1 = 74g: 1 packet

Measure 2 = 11.1g: 1 packet (6 fl oz)

Calories Factors: Protein 4.1 Fat 8.9 Carbohydrate 4.1

Food Group: 06 Soups, Sauces, and Gravies

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

NDB No. 06741 Soup, chicken noodle with celery and carrots, homestyle, ready-to-serve, single brand

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number of Data	Deriv	Source	Confidence	<u>m</u>	easures of food		
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		92.70		1	A	1		282.74	282.74		
Energy	kcal	31		0	NC	4		95	95		
Energy	kj	130				4		396	396		
Protein	g	2.10		1	A	1		6.41	6.41		
Total lipid (fat)	g	1.10		1	A	1		3.36	3.36		
Ash	g	1.00		1	A	1		3.05	3.05		
Carbohydrate, by difference	g	3.10		0	NC	4		9.46	9.46		
Fiber, total dietary											
Sugars, total											
Starch											
Minerals:											
Calcium, Ca	mg										
Iron, Fe	mg	0.50		1	A	1		1.53	1.53		
Magnesium, Mg	mg										
Phosphorus, P	mg										
Potassium, K	mg										
Sodium, Na	mg	323		1	A	1		985	985		
Zine, Zn	mg										
Copper, Cu	mg										
Manganese, Mn	mg										
Selenium, Se	mcg										
Lipids:											
Fatty acids, total saturated		0.283	3	1	A	1		0.863	0.863		
Fatty acids, total monounsaturated	g	0.414		1	A	1		1.263	1.263		
Fatty acids, total polyunsaturated	g	0.170)	1	A	1		0.519	0.519		
Fatty acids, total trans	-										
Cholesterol	-	7		1	A	1		21	21		
Phytosterols	mg										
Carotenoids:											
Carotene, beta		130		1	A	1		396.500	396.500		
Carotene, alpha											
Cryptoxanthin, beta											
Lycopene											
Lutein + zeaxanthin	mcg										

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

Common Measures:

Measure 1 = 305g: 1 package yields

Measure 2 = 305g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u> :	mount in 100 gra	ms of ed	ible portio	<u>n</u>	Amount in	edible portion	of common
			Num	ber			m	easures of food	<u> </u>
					/ Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3
D : 4									
Proximates: Water	q	84.00		0	4		201.60	452.76	
Energy		73		0	4		175	393	
Energy		305			4		733	1646	
Protein (N x 6.25)		5.30	0.094 2	24	1		12.72	28.57	
Total lipid (fat)	-	2.50	0.042 2	24	1		6.00	13.48	
Ash		1.10		0	4		2.64	5.93	
Carbohydrate, by difference		7.10		0	4		17.04	38.27	
Fiber, total dietary	g	1.6		0	4		3.8	8.6	
Sugars, total	g	0.22		0 FL	A 4		0.54	1.21	
Starch									
Mr. I									
Minerals:	ma	10	0.406	. 4	-		2.4	E 4	
Calcium, Ca	-	10 0.60		:4 :4	1 1		24 1.44	5 4 3.23	
Iron, FeMagnesium, Mg		4		0	4		1.44	3.23 22	
Phosphorus, P		30		0	4		72	162	
Potassium, K	_	45		0	4		108	243	
Sodium, Na		354		0	4		850	1908	
Zinc, Zn		0.40		0	4		0.96	2.16	
Copper, Cu		0.100		0	4		0.240	0.539	
Manganese, Mn		0.100		0	4		0.240	0.539	
Selenium, Se		10.5	(0 BFS	N 4		25.2	56.6	
Vitamins:			0 000 0				0.0		
Vitamin C, total ascorbic acid		0.0		:4 :4	1 1		0.0 0.072	0.0 0.162	
ThiaminRiboflavin		0.030		4	1		0.072	0.162	
Niacin		1.800		4	1		4.320	9.702	
Pantothenic acid	_	0.150		0	4		0.360	0.809	
Vitamin B-6		0.020		0	4		0.048	0.108	
Folate, total	-	16		O FL			38	86	
Folic acid		14		0 NC			34	75	
Folate, food		2		0	4		5	11	
Folate, DFE	mcg DFE	26		o no			62	139	
Vitamin B-12		0.13		0	4		0.31	0.70	
Vitamin A, IU		509	(0 FL	4		1222	2743	
Vitamin A, RAE		28	(0 FL	4		68	153	
Retinol		4	(0 FL	4		8	19	
Vitamin E (alpha-tocopherol)		0.14	(0 FL	4		0.34	0.76	
Tocopherol, beta									
Tocopherol, gamma	mg								
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg	1.6	•	0 FL	4		3.9	8.7	
Lipids:									
Fatty acids, total saturated	g	0.580)	0	1		1.392	3.126	
4:0		0.000		0	1		0.000	0.000	
6:0		0.000		0	1		0.000	0.000	
8:0		0.000		0	1		0.000	0.000	
10:0	g	0.000)	0	1		0.000	0.000	
12:0	g	0.000)	0	1		0.000	0.000	
13:0	g								
14:0	g	0.000)	0	1		0.000	0.000	
15:0	g								
16:0	g	0.480)	1	1		1.152	2.587	
17:0	g								
18:0	g	0.110)	1	1		0.264	0.593	
20:0	g								
22:0	g								
24:0	a								

		<u>A</u>	mount in 100			ole portio	<u>on</u>		edible portion o	of common
			c	lumber of Data	Deriv	Source	Confidence	<u>m</u> .	easures of food	
Nutrients and	Units	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	1.110	1	0		1		2.664	5.983	
14:1	_									
15:1 16:1 undifferentiated	_	0.110	1	1		1		0.264	0.593	
17:1	_	0.220		_		_		0.201	0.025	
18:1 undifferentiated	g	1.000		1		1		2.400	5.390	
20:1	g	0.000	1	0		1		0.000	0.000	
22:1 undifferentiated	•	0.000)	0		1		0.000	0.000	
24:1 c				_		_				
Fatty acids, total polyunsaturat		0.630		0		1		1.512	3.396	
18:2 undifferentiated		0.630		1 0		1 1		1.512	3.396	
18:3 undifferentiated	=	0.000		0		1		0.000 0.000	0.000 0.000	
18:4 20:2 n-6 c.c	_	0.000		U		1		0.000	0.000	
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.000	1	0		1		0.000	0.000	
20:5 n-3	_	0.000		0		1		0.000	0.000	
22:5 n-3	_	0.000)	0		1		0.000	0.000	
22:6 n-3	-	0.000	1	0		1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	8		1		1		19	43	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.051		0		1		0.122	0.275	
Threonine		0.182		0		1		0.437	0.981	
Isoleucine	=	0.230		0		1		0.552	1.240	
Leucine	-	0.385		0		1		0.924	2.075	
Lysine	-	0.356		0		1		0.854	1.919	
Methionine		0.102		0		1		0.245	0.550	
Cystine	g	0.068		0		1		0.163	0.367	
Phenylalanine	g	0.210)	0		1		0.504	1.132	
Tyrosine	g	0.136	i	0		1		0.326	0.733	
Valine	-	0.262		0		1		0.629	1.412	
Arginine	-	0.276	i	0		1		0.662	1.488	
Histidine		0.130		0		1		0.312	0.701	
Alanine		0.326		0		1		0.782	1.757	
Aspartic acid		0.454		0		1		1.090	2.447	
Glutamic acid	-	1.437		0		1 1		3.449	7.745	
Glycine		0.389		0		1		0.934 0.838	2.097	
Proline	-	0.349 0.179		0		1		0.430	1.881 0.965	
Hydroxyproline		0.173		Ū		_		0.430	0.903	
Others:								_		
Alcohol, ethyl		0.0		0	_	7		0.0	0.0	
Caffeine	_	0		0	FLA	4		0	0	
Theobromine	g	0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mcg	244		0	FLA	4		585.242	1314.356	
Carotene, alpha	mcg	109		0	FLA	4		261.326	586.894	
Cryptoxanthin, beta		0		0	FLA	4		0.216	0.485	
Lycopene		0		0	FLA	4		0.128	0.287	
Lutein + zeaxanthin	mcg	26		0	FLA	4		61.804	138.802	

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 539g: 1 can (19 oz), ready-to-serve

NDB No. 06018

Soup, chicken noodle, canned, chunky, ready-to-serve

Calories Factors: Protein 4.1 Fat 8.9 Carbohydrate 4.1

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u>	mount in 100 g	rams	of edil	de portio	<u>on</u>	Amount in	edible portion	of common
			Nu	mber				<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	87.48	0.234	8	A	1		215.21	215.21	260.70
Energy	_	53	0.234	0	NC	4		129	129	157
63		220		0	NC	4		129 541	129 541	656
Energy		2.59	0.043	8	A	1		6.37		7.71
Protein (N x 6.25) Total lipid (fat)		1.94	0.106	8	A	1		4.77	6.37 4.77	5.78
Ash		1.94	0.100	8	A	1		4.83	4.77	5.85
Carbohydrate, by difference		6.03	0.075	0	NC	4		14.82	14.82	17.96
Fiber, total dietary		0.05		2	A	1		0.0	0.0	0.0
Sugars, total		0.00		2	A	1		0.00	0.00	0.00
e ,		0.00		2	A	1		0.00	0.00	0.00
Sucrose	9	0.00		2	A	1		0.00	0.00	0.00
Glucose (dextrose)		0.00		2	A	1		0.00	0.00	0.00
Fructose		0.00		2	A	1		0.00	0.00	0.00
Lactose	9	0.00		2	A	1		0.00	0.00	0.00
Maltose		0.00		2	A	1		0.00	0.00	0.00
GalactoseStarch		5.36		2	A	1		13.18	13.18	15.96
Starcii	9	3.30		-		•		13.10	13.10	13.30
Minerals:										
Calcium, Ca	mg	9	0.223	8	A	1		22	22	27
Iron, Fe		1.35	0.221	8	A	1		3.32	3.32	4.02
Magnesium, Mg	=	8	0.392	8	A	1		19	19	23
Phosphorus, P		35	1.396	8	A	1		86	86	104
Potassium, K		44	1.566	8	A	1		107	107	130
Sodium, Na		706	5.069	8	A	1		1738	1738	2105
Zinc, Zn		0.32 0.121	0.018 L 0.022	8 8	A A	1 1		0.78 0.297	0.78 0.297	0.94
Copper, Cu		0.121		8	A	1		0.257	0.255	0.30
Selenium, Se		9.9	0.009	2	A	1		24.4	24.4	29.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.017	51		1		0.0	0.0	0.0
Thiamin	mg	0.113	0.022	4	A	1		0.278	0.278	0.33
Riboflavin	mg	0.093	0.019	4	A	1		0.228	0.228	0.27
Niacin	mg	1.103	0.169	4	A	1		2.714	2.714	3.28
Pantothenic acid	_	0.152		2	A	1		0.373	0.373	0.45
Vitamin B-6		0.000		2	A	1		0.000	0.000	0.00
Folate, total		28	5.421	4	A	1		69	69	84
Folic acid	mcg	14		0	FLA	4		35	35	42
Folate, food		14		0	NC	4		34	34	42
Folate, DFE		38		0	NC	4		94	94	114
Vitamin B-12		0.00		2	A	1		0.00	0.00	0.00
Vitamin A, IU		784		0	NC	4		1928	1928	2336
Vitamin A, RAE		41 2		0	NC FLA	4 4		100 5	100 5	122 6
Retinol Vitamin E (alpha-tocopherol)		0.07		0	FLA	4		0.16	0.16	0.20
* * *		0.07		U	FLA	4		0.16	0.16	0.20
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.1	0.1	0.1
Lipids:										
Fatty acids, total saturated	g	0.536	5	2	NC	4		1.317	1.317	1.59
4:0	g	0.000)	0		1		0.000	0.000	0.00
6:0		0.000		0		1		0.000	0.000	0.00
8:0	-	0.000)	0		1		0.000	0.000	0.00
10:0	g	0.000)	0		1		0.000	0.000	0.00
12:0	g	0.002	2	2	A	1		0.005	0.005	0.00
13:0	g									
14:0	g	0.011	L	2	A	1		0.026	0.026	0.03
15:0	q	0.002	2	2	A	1		0.005	0.005	0.00

		<u>Ar</u>	nount in 10	0 grams	of edib	ole portio	<u>n</u>		edible portion o	f common
				Number	•			<u>m</u>	easures of food	
Nutrients and Unit	s	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	q	0.401		2	A	1		0.985	0.985	1.193
17:0	_	0.005		2	A	1		0.012	0.012	0.015
18:0	g	0.109		2	A	1		0.268	0.268	0.325
20:0	g	0.006		1	A	1		0.015	0.015	0.018
22:0	_	0.005		1	A	1		0.012	0.012	0.015
24:0		0.002		1	A	1		0.005	0.005	0.006
Fatty acids, total monounsaturated		0.855		2	NC	4		2.102	2.102	2.546
14:1	_	0.005		2 2	A A	1 1		0.011 0.018	0.011 0.018	0.013 0.022
15:1	_	0.008 0.106		2	A	1		0.018	0.018	0.022
17:1	_	0.100		2	A	1		0.261	0.261	0.316
18:1 undifferentiated		0.696		2	A	1		1.711	1.711	2.073
20:1	_	0.016		2	A	1		0.039	0.039	0.048
22:1 undifferentiated	_	0.008		2	A	1		0.020	0.020	0.024
24:1 c	_									
Fatty acids, total polyunsaturated	g	0.540		2	NC	4		1.328	1.328	1.609
18:2 undifferentiated	g	0.491		2	A	1		1.207	1.207	1.462
18:3 undifferentiated		0.037		2	A	1		0.090	0.090	0.109
18:4	g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	_	0.004		2	A	1		0.009	0.009	0.010
20:3 undifferentiated	_	0.002		2	A	1		0.005	0.005	0.006
20:4 undifferentiated	_	0.008		2	A	1		0.018	0.018	0.022
20:5 n-3	_	0.000		0		1		0.000	0.000	0.000
22:5 n-3		0.000		0		1 1		0.000	0.000	0.000
22:6 n-3 Fatty acids, total trans	_	0.000		U		1		0.000	0.000	0.000
Cholesterol		11		2	A	1		27	27	32
Phytosterols		0		0	FLA	4		1	1	1
Amino Acids:										
Tryptophan	g	0.054		2	A	1		0.133	0.133	0.161
Threonine	g	0.083		2	A	1		0.205	0.205	0.249
Isoleucine	g	0.093		2	A	1		0.228	0.228	0.276
Leucine	g	0.160		2	A	1		0.392	0.392	0.475
Lysine		0.101		2	A	1		0.249	0.249	0.302
Methionine	_	0.038		2	A	1		0.092	0.092	0.112
Cystine		0.028		2	A	1		0.068	0.068	0.083
Phenylalanine		0.106		2	A	1		0.262	0.262	0.317
Tyrosine		0.069 0.104		2	A A	1 1		0.169	0.169	0.205
Valine	_	0.104		2	A	1		0.256 0.295	0.256 0.295	0.310 0.358
Arginine Histidine		0.056		2	A	1		0.139	0.139	0.168
Alanine		0.095		2	A	1		0.234	0.234	0.283
Aspartic acid		0.144		2	A	1		0.354	0.354	0.429
Glutamic acid	_	0.800		2	A	1		1.969	1.969	2.385
Glycine		0.089		2	A	1		0.219	0.219	0.265
Proline		0.196		2	A	1		0.482	0.482	0.583
Serine	g	0.111		2	A	1		0.273	0.273	0.330
Hydroxyproline	g									
Others:										
Alcohol, ethyl	-	0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	FLA	4		0	0	0
Theobromine	mg	0		0	FLA	4		0	0	0
Carotenoids:										
Carotene, beta		391		1	A	1		961.860	961.860	1165.180
Carotene, alpha		151		1	A	1		371.460	371.460	449.980
Cryptoxanthin, beta		0		0	FLA	4		0.300	0.300	0.363
Lycopene		0 10		0	FLA FLA	4 4		0.000	0.000	0.000 28.432
Lutein + zeaxanthin	iiicg	10		U	гLА	4		23.471	23.471	20.432

NDB No. 06019

Soup, chicken noodle, canned, condensed, commercial

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 246g: 1 cup (8 fl oz) Measure 3 = 298g: 1 can (10.5 oz)

Calories Factors: Protein 4.1 Fat 8.9 Carbohydrate 4.1

Food Group: 06 Soups, Sauces, and Gravies

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

NDB No. 06419 Soup, chicken noodle, canned, prepared with equal volume water, commercial

		<u>Aı</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nι	umber				<u>m</u>	easures of food	<u> </u>	
			of	f Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	medible portion neasures of food Measure 2 27.69 9 39 0.51 0.31 0.36 1.17 0.1 0.03 2 0.10 1 5 7 138 0.05 0.024 0.036 0.8 0.0 0.007 0.008 0.173 0.021 0.003 3 2 0 4 0.02 87 5 0 0.01 0.00 0.001	Measure	
Proximates:											
Water		91.99		0		1		221.70		539.06	
Energy	kcal	31		0	NC	4		75	9	182	
Energy	kj	130				4		313	39	760	
Protein (N x 6.25)	-	1.68		0		1		4.05		9.84	
Total lipid (fat)	g	1.02		0		1		2.46		5.98	
Ash		1.20		0		1		2.89		7.03	
Carbohydrate, by difference	g	3.88		0	NC	4		9.35		22.74	
Fiber, total dietary		0.3		0		4		0.7	0.1	1.8	
Sugars, total	g	0.11		0	FLA	4		0.26	0.03	0.63	
Starch	g										
Minerals:											
Calcium, Ca	mq	7		0		1		17	2	41	
Iron, Fe	-	0.32		0		1		0.77		1.88	
Magnesium, Mg	-	2		0		1		5		12	
Phosphorus, P		15		0		1		36	5	88	
Potassium, K	-	23		0		1		55	7	135	
Sodium. Na		459		0		1		1106	138	2690	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.16		0		1		0.40	0.05	0.9	
Copper, Cu		0.080)	0		1		0.193	0.024	0.4	
Manganese, Mn		0.120	1	0		1		0.289	0.036	0.7	
Selenium, Se		2.6	0.583	12	A	1		6.3	0.8	15.2	
7:tamina											
Vitamins:		0.1		•				0.2			
Vitamin C, total ascorbic acid	-	0.1		0		1 1				0.6 0.1	
Thiamin		0.022		0		1		0.053			
Riboflavin		0.025		0				0.060		0.1	
Niacin	-	0.575		0		1 1		1.386		3.3	
Pantothenic acid	-	0.070		0		1		0.169 0.027		0.4	
Vitamin B-6	-	9		0	DECM	4		22		0.0	
Folate, total		8		0	BFSN NC	4		20		53 47	
Folic acid		1		0	NC	1		20		4 / 5	
Folate, food		15		0	NC	4		2 35	-	86	
Folate, DFE		0.06		0	NC	1		0.14	=	0.3	
Vitamin A, IU		289		0	NC	4		696		1692	
Vitamin A, RAE		15		0	NC	4		37		90	
Retinol		1		0	FLA	4		3		6	
		0.04		0	FLA	4		0.09		0.2	
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.04		U	FLA	4		0.09	0.01	0.2	
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.0		0	FLA	4		0.1	0.0	0.1	
<u>.ipids:</u>	_					_					
Fatty acids, total saturated		0.270		0		1 1		0.651		1.5	
4:0		0.000						0.000		0.0	
6:0	-	0.000		0		1		0.000		0.0	
8:0		0.000		0		1		0.000		0.0	
10:0		0.000		0		1		0.000		0.0	
12:0		0.000	1	0		1		0.000	0.000	0.0	
13:0		0.010		0		4		0.004	2 222		
14:0		0.010	1	0		1		0.024	0.003	0.0	
15:0		2 212		•		-		0 -00	2 22-		
16:0	-	0.210	•	0		1		0.506	0.063	1.2	
17:0	-	0 0-0		•		-		0 101	0.015	2 2	
18:0	-	0.050	•	0		1		0.121	0.015	0.2	
20:0	-										
22:0	g g										

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number		Course	Confidence	measures of food			
Nutrients and U	nits	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate	i a	0.460		0		1		1.109	0.138	2.696	
14:1	g										
15:1 16:1 undifferentiated	g	0.020		0		1		0.048	0.006	0.11	
17:1 18:1 undifferentiated	_	0.420		0		1		1.012	0.126	2.461	
20:1	_	0.000		0		1		0.000	0.000	0.000	
22:1 undifferentiated	_	0.000		0		1		0.000	0.000	0.000	
24:1 c	•										
Fatty acids, total polyunsaturated	g	0.230		0		1		0.554	0.069	1.348	
18:2 undifferentiated	g	0.210		0		1		0.506	0.063	1.231	
18:3 undifferentiated	g	0.010		0		1		0.024	0.003	0.059	
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		0		1		7	1	18	
Phytosterols	mg										
Amino Acids:											
		0.016		0		1		0.039	0.005	0.00	
Tryptophan		0.018		0		1		0.128	0.005 0.016	0.094	
Threonine	-	0.053		0		1		0.128	0.016	0.311	
Isoleucine	_	0.110		0		1		0.159			
Leucine	_			0		1		0.219	0.033 0.027	0.645 0.533	
Lysine		0.091 0.032		0		1		0.219			
Methionine		0.032		0		1		0.046	0.010	0.188	
Cystine				0		1			0.006	0.111	
Phenylalanine		0.068		0		1		0.164 0.106	0.020	0.398	
Tyrosine	-	0.044		0		1			0.013	0.258	
Valine	-	0.073		0		1		0.176	0.022	0.428	
Arginine		0.069		0		1		0.166	0.021	0.404	
Histidine	-	0.039		0		1		0.094	0.012	0.229	
Alanine		0.078 0.123		0		1		0.188	0.023		
Aspartic acid		0.123		0		1		0.296 1.118	0.037 0.140	0.721 2.719	
Glutamic acid	_	0.464		0		1		0.190	0.140	0.463	
Glycine				-		_		0.190			
Proline	_	0.109		0 0		1 1			0.033	0.639	
Serine		0.060		U		1		0.145	0.018	0.352	
Hydroxyproline	9										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0	
Caffeine	mg	0		0	FLA	4		0	0	0	
Theobromine	mg	0		0	FLA	4		0	0	0	
Carotenoids:											
Carotene, beta	mca	171		0	FLA	4		412.347	51.501	1002.636	
Carotene, alpha		0		0	FLA	4		0.023	0.003	0.055	
Cryptoxanthin, beta	_	0		0	FLA	4		0.174	0.022	0.422	
Lycopene	_	0		0	FLA	4		0.000	0.000	0.000	
		•							2.000	0.000	

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 30.1g: 1 fl oz

Measure 3 = 586g: 1 can (10.5 oz), prepared

NDB No. 06419

Soup, chicken noodle, canned, prepared with equal volume water, commercial

Calories Factors: Protein 4.1 Fat 8.9 Carbohydrate 4.1

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
				Number		_			easures of food		
Nutrients and U	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	88.70		1	A	1		478.09	215.54		
Energy	kcal	47		0	NC	4		253	114		
Energy	kj	197				4		1060	478		
Protein	g	3.20		1	A	1		17.25	7.78		
Total lipid (fat)		1.30		1	A	1		7.01	3.16		
Ash	g	1.10		1	A	1		5.93	2.67		
Carbohydrate, by difference	q	5.70		0	NC	4		30.72	13.85		
Fiber, total dietary											
Sugars, total											
Starch											
Minerals:											
Calcium, Ca	mg										
Iron, Fe	mg	0.49		1	A	1		2.64	1.19		
Magnesium, Mg	mg										
Phosphorus, P	mg										
Potassium, K	mg										
Sodium, Na	mg	360		1	A	1		1940	875		
Zine, Zn	-										
Copper, Cu	-										
Manganese, Mn											
Selenium, Se	mcg										
<u>Lipids:</u>											
Fatty acids, total saturated		0.321		1	A	1		1.730	0.780		
Fatty acids, total monounsaturated	_	0.497		1	A	1		2.679	1.208		
Fatty acids, total polyunsaturated.		0.262	2	1	A	1		1.412	0.637		
Fatty acids, total trans	_			_		_					
Cholesterol	-	10		1	A	1		54	24		
Phytosterols	mg										
Carotenoids:											
Carotene, beta	mcg	520		1	A	1		2802.800	1263.600		
Carotene, alpha	-	250		1	A	1		1347.500	607.500		
Cryptoxanthin, beta											
Lycopene											
Lutein + zeaxanthin	mcg										

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

Common Measures:

Measure 1 = 539g: 1 package yields

Measure 2 = 243g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u> :	mount in 10	0 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	94.16		0		1		225.98	237.28	177.96
Energy	kcal	23		0	NC	4		55	58	43
Energy	kj	96				4		231	243	182
Protein (N x 6.25)	g	0.84		0	BFSN	4		2.02	2.12	1.59
Total lipid (fat)	g	0.55		0	BFSN	4		1.32	1.39	1.04
Ash	g	0.78		0	BFSN	4		1.87	1.97	1.47
Carbohydrate, by difference	g	3.67		0	BFSN	4		8.81	9.25	6.94
Fiber, total dietary	g	0.1		0	BFSN	4		0.2	0.3	0.2
Sugars, total	g	0.51		0	FLA	4		1.22	1.28	0.96
Starch	g									
Minorals										
Minerals: Calcium. Ca	ma	2		0	BFSN	4		5	5	4
Iron, Fe		0.20		0	BFSN	4		0.48	0.50	0.38
Magnesium, Mg	-	3		0	BFSN	4		7	8	6
Phosphorus, P		12		0	BFSN	4		29	30	23
Potassium, K	-	13		0	BFSN	4		31	33	25
Sodium. Na.		229		0	BFSN	4		550	577	433
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.08		0	BFSN	4		0.19	0.20	0.15
Copper, Cu		0.014	ļ	0	BFSN	4		0.034	0.035	0.02
Manganese, Mn.		0.032		0	BFSN	4		0.077	0.081	0.06
Selenium, Se		3.8		0	BFSN	4		9.1	9.6	7.2
	-									
<u>Vitamins:</u>						_				
Vitamin C, total ascorbic acid	-	0.0		0	BFSN	4		0.0	0.0	0.0
Thiamin	-	0.081		0	BFSN	4		0.194	0.204	0.15
Riboflavin		0.030		0	BFSN	4		0.072	0.076	0.05
Niacin	-	0.431		0	BFSN	4		1.034	1.086	0.81
Pantothenic acid	_	0.042		0	BFSN	4		0.101	0.106	0.07
Vitamin B-6	_	0.010)	0	BFSN	4		0.024	0.025	0.01
Folate, total		7		0	BFSN	4		17	18	13
Folic acid		6 1		0	NC	4		15 1	16 2	12 1
Folate, food		11		0	NC	1 4		28		22
Folate, DFE		0.02		0		4		0.05	29 0.05	0.04
Vitamin B-12 Vitamin A, IU		11		0	BFSN NC	4		0.05 27	29	21
Vitamin A, RAE		1		0	FLA	4		2	29	2
Retinol		0		0	FLA	4		1	1	1
		0.05		0	FLA	4		0.11	0.11	0.09
Vitamin E (alpha-tocopherol)		0.05		U	FLA	4		0.11	0.11	0.09
Tocopherol, beta										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.4		0	FLA	4		3.5	3.6	2.7
<u> Lipids:</u>										
Fatty acids, total saturated		0.122		0	BFFN	4		0.293	0.307	0.23
4:0		0.000		0	BFFN	4		0.000	0.000	0.00
6:0	-	0.000		0	BFFN	4		0.000	0.000	0.00
8:0		0.000		0	BFFN	4		0.000	0.000	0.00
10:0	-	0.000		0	BFFN	4		0.000	0.000	0.00
12:0		0.000)	0	BFFN	4		0.000	0.000	0.00
13:0				•						
14:0		0.002	:	0	BFFN	4		0.005	0.005	0.00
15:0				-						<u>.</u>
16:0	_	0.090	,	0	BFFN	4		0.216	0.227	0.17
17:0	_			-						
18:0	_	0.028	5	0	BFFN	4		0.067	0.071	0.05
20:0 22:0	_									

	<u>An</u>	nount in 10			le portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.205		0	BFFN	4		0.492	0.517	0.387
14:1g									
15:1g									
16:1 undifferentiatedg	0.016		0	BFFN	4		0.038	0.040	0.030
17:1g									
18:1 undifferentiatedg	0.186		0	BFFN	4		0.446	0.469	0.352
20:1g	0.002		0	BFFN	4		0.005	0.005	0.004
22:1 undifferentiatedg	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturatedg	0.155		0	BFFN	4		0.372	0.391	0.293
18:2 undifferentiatedg	0.142		0	BFFN	4		0.341	0.358	0.268
18:3 undifferentiatedg	0.008		0	BFFN	4		0.019	0.020	0.015
18:4g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.002		0	BFFN	4		0.005	0.005	0.004
20:5 n-3g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3g	0.001		0	BFFN	4		0.002	0.003	0.002
Fatty acids, total transg									
Cholesterolmg	4		0	BFSN	4		10	10	8
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, betamcg	5		0	FLA	4		13.002	13.652	10.239
Carotene, alphamcg	1		0	FLA	4		3.440	3.613	2.709
Cryptoxanthin, betamcg	0		0	FLA	4		0.138	0.145	0.108
Lycopene mcg	0		0	FLA	4		0.953	1.000	0.750
Lutein + zeaxanthin mcg	8		0	FLA	4		18.351	19.268	14.451

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 252g: 1 cup (8 fl oz)

Measure 3 = 189g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 4.1 Fat 8.9 Carbohydrate 4.1

		<u>Aı</u>	mount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		92.00				4		226.32	280.60		
Energy		31				4		76	95		
Energy	kj	130				4		319	396		
Protein	-	1.70				4		4.18	5.19		
Total lipid (fat)		1.00				4		2.46	3.05		
Ash		0.72		0	FLA	4		1.78	2.20		
Carbohydrate, by difference		4.58		0	NR	4		11.26	13.96		
Fiber, total dietary		0.3				1		0.7	0.9		
Sugars, total		0.12		0	FLA	4		0.29	0.36		
Starch	g										
Minerals:											
Calcium, Ca	mg	7				4		17	21		
Iron, Fe	-	0.32				4		0.79	0.98		
Magnesium, Mg	-	2				4		5	6		
Phosphorus, P		23		0	FLA	4		57	71		
Potassium, K	mg	75		0	FLA	4		184	228		
Sodium, Na	mg	173		0	FLA	4		427	529		
Zinc, Zn	mg	0.16				4		0.39	0.49		
Copper, Cu	mg	0.081	=			4		0.199	0.247		
Manganese, Mn	-	0.079)	0	FLA	4		0.195	0.242		
Selenium, Se	mcg	2.6		0	BFZN	4		6.4	7.9		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.1				4		0.2	0.3		
Thiamin	-	0.020)			4		0.049	0.061		
Riboflavin	-	0.030				4		0.074	0.092		
Niacin	=	0.580)			4		1.427	1.769		
Pantothenic acid	-										
Vitamin B-6	-	0.010)			4		0.025	0.031		
Folate, total	mcg	9		0	FLA	4		23	28		
Folic acid		6		0	FLA	4		15	19		
Folate, food	mcg	3		0	FLA	4		7	9		
Folate, DFE	mcg_DFE	13		0	NC	4		33	41		
Vitamin B-12		0.06				4		0.15	0.18		
Vitamin A, IU		295		0	FLA	4		726	900		
Vitamin A, RAE		15		0	FLA	4		38	47		
Retinol		1		0	FLA	4		2	2		
Vitamin E (alpha-tocopherol)	mg	0.07		0	FLA	4		0.17	0.21		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D				•					0.1		
Vitamin K (phylloquinone)	rricg	0.7		0	FLA	4		1.7	2.1		
Lipids:											
Fatty acids, total saturated	g	0.267	1			4		0.657	0.814		
4:0	g	0.000)			4		0.000	0.000		
6:0	g	0.000)			4		0.000	0.000		
8:0	g	0.000)			4		0.000	0.000		
10:0	g	0.000				4		0.000	0.000		
12:0	-	0.002	?			4		0.005	0.006		
13:0											
14:0		0.007	•			4		0.017	0.021		
15:0											
16:0		0.195	5			4		0.480	0.595		
17:0											
18:0		0.056	5			4		0.138	0.171		
20:0	-										
22:0	-										
24:0	g										

	<u>An</u>	nount in 10	00 grams	Amount in edible portion of common					
			Number				<u>m</u>	easures of food	•
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.371				4		0.913	1.132	
14:1g 15:1									
16:1 undifferentiated	0.050				4		0.123	0.153	
18:1 undifferentiated	0.308				4		0.758	0.939	
20:1g	0.008				4		0.020	0.024	
22:1 undifferentiatedg 24:1 cg	0.000				4		0.000	0.000	
Fatty acids, total polyunsaturated	0.228				4		0.561	0.695	
18:2 undifferentiated	0.193				4		0.475	0.589	
18:3 undifferentiatedg	0.009				4		0.022	0.027	
18:4g	0.000				4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.013				4		0.032	0.040	
20:5 n-3g	0.001				4		0.002	0.003	
22:5 n-3g	0.002				4		0.005	0.006	
22:6 n-3g	0.004				4		0.010	0.012	
Fatty acids, total transg									
Cholesterolmg Phytosterolsmg	3				4		7	9	
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, betamcg	143		0	FLA	4		351.408	435.689	
Carotene, alphamcg	65		0	FLA	4		160.251	198.686	
Cryptoxanthin, betamcg	0		0	FLA	4		0.647	0.802	
Lycopene mcg	0		0	FLA	4		0.176	0.218	
Lutein + zeaxanthinmcg	13		0	FLA	4		31.044	38.490	

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein Fat Carbohydrate

NDB No. 06021 Soup, chicken noodle, with meatballs, canned, chunky, ready-to-serve

		<u>A</u>	mount in 100 gram	s of edi	ole portio	<u>on</u>	Amount in edible portion of common			
			Numbe	er			<u>m</u>	easures of food	_	
			of Data	a Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	90.72	1		1		224.99	514.38		
Energy	kcal	40	0	NC	4		99	227		
Energy	kj	167			4		415	949		
Protein (N x 6.25)		3.27	1		1		8.11	18.54		
Total lipid (fat)		1.44	1		1		3.57	8.16		
Ash	g	1.20	1		1		2.98	6.80		
Carbohydrate, by difference	g	3.37	0	NC	4		8.36	19.11		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minorals										
Minerals: Calcium, Ca	ma	12	1		1		30	68		
Iron, Fe	_	0.70	1		1		1.74	3.97		
Magnesium, Mg	_	4	0		4		10	23		
Phosphorus, P		34	0		4		84	193		
Potassium, K	•	62	0		4		154	352		
Sodium, Na		419	1		1		1039	2376		
Zinc, Zn		0.20	0		4		0.50	1.13		
Copper, Cu		0.100	0		4		0.248	0.567		
Manganese, Mn		0.200	0		4		0.496	1.134		
Selenium, Se	mcg									
Vitamins										
Vitamins:	ma	3.1	1		1		7.7	17.6		
Vitamin C, total ascorbic acid Thiamin		0.050			1		0.124	0.284		
Riboflavin		0.050			1		0.124	0.284		
Niacin		1.010			1		2.505	5.727		
Pantothenic acid		0.150			4		0.372	0.851		
Vitamin B-6		0.020			4		0.050	0.113		
Folate, total	_	9	0	FLA	4		22	51		
Folic acid		7	0	NC	4		17	40		
Folate, food		2	0		4		5	11		
Folate, DFE	mcg DFE	14	0	NC	4		34	79		
Vitamin B-12		0.10	0		4		0.25	0.57		
Vitamin A, IU		938	1		1		2326	5318		
Vitamin A, RAE	mcg_RAE	47	0	NC	4		116	266		
Retinol		0	0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	0.430	0		1		1.066	2.438		
4:0		0.150	·		-		2.000	2.100		
6:0										
8:0										
10:0										
12:0		0.000	0		1		0.000	0.000		
13:0										
14:0		0.010	0		1		0.025	0.057		
15:0										
16:0		0.310	0		1		0.769	1.758		
17:0	g									
18:0	-	0.090	0		1		0.223	0.510		
20:0	g									
22:0	-									
24:0	a									

NDB No. 06021 Soup, chicken noodle, with meatballs, canned, chunky, ready-to-serve

	Amount in	100 grams of ed	lible portion	Amount in	Amount in edible portion of common			
		Number			easures of food			
Nutrients and Units	Mean Std. Er	of Data Deri _{ror} Points Cod	v Source Confidenc e Code Code	e Measure 1	Measure 2	Measure 3		
Fatty acids, total monounsaturatedg	0.650	0	1	1.612	3.686			
15:1	0.080	0	1	0.198	0.454			
18:1 undifferentiated	0.5 4 0 0.020	0 0	1	1.339 0.050	3.062 0.113			
24:1 c	0.300 0.280	0	1 1	0.744 0.694	1.701 1.588			
18:3 undifferentiated	0.010	0	1	0.025	0.057			
20:3 undifferentiated. g 20:4 undifferentiated. g 20:5 n-3. g	0.000	0	1	0.000	0.000			
22:5 n-3		•						
Cholesterolmg Phytosterolsmg	4	0	1	10	23			

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz) Measure 2 = 567g: 1 can (20 oz)

Calories Factors: Protein 4.1 Fat 8.9 Carbohydrate 4.1

		<u>A</u> :	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u>l</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	3.89		2		1		0.62			
Energy	kcal	369		0	NC	4		59			
Energy	kj	1544				4		247			
Protein (N x 6.25)		15.07		2		1		2.41			
Total lipid (fat)	g	8.89		2		1		1.42			
Ash		15.05		2		1		2.41			
Carbohydrate, by difference		57.09		0	NC	4		9.13			
Fiber, total dietary		1.8		0		4		0.3			
Sugars, total											
Starch											
Starcii	9										
<u>Minerals:</u>											
Calcium, Ca	mg	45		1		1		7			
Iron, Fe	-	0.60		1		1		0.10			
Magnesium, Mg		0		0		4		0			
Phosphorus, P	mg	69		1		1		11			
Potassium, K	mg	71		1		1		11			
Sodium, Na	mg	6048		2		1		968			
Zinc, Zn		0.80		0		4		0.13			
Copper, Cu	mg	0.400)	0		4		0.064			
Manganese, Mn	<u>mg</u>	1.200)	0		4		0.192			
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.4		0		4		0.1			
Thiamin	-	0.40	`	1		1		0.006			
Riboflavin	-	0.040		1		1		0.003			
		2.249		1		1		0.360			
Niacin Pantothenic acid		0.500		0		4		0.080			
Vitamin B-6		0.100		0		4		0.016			
Folate, total		3	,	0		4		0.016			
		0		0	z	7		0			
Folic acid		3		0	4	4		0			
Folate, food		3		0	NC	4		0			
		0.50		0	NC	4		0.08			
Vitamin B-12 Vitamin A, IU		400		0		4		64			
Vitamin A, RAE		120		0	NC	4		19			
Retinol		120		0	NC NC	4		19			
		120		U	NC	4		19			
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)											
vitanini K (phynoquinone)	nog										
<u>Lipids:</u>											
Fatty acids, total saturated	g	1.990)	0		1		0.318			
4:0	g										
6:0	-										
8:0											
10:0											
12:0		0.010)	0		1		0.002			
13:0											
14:0	g	0.050)	0		1		0.008			
15:0	g										
16:0	g	1.400)	0		1		0.224			
17:0	g										
18:0	g	0.490)	0		1		0.078			
20:0	g										
22:0	g										
24:0	g										

	<u>Ar</u>	nount in 10	0 grams	Amount in edible portion of common					
				Doriv	Source	Confidence	me	easures of food	
s	Mean				Code	Code	Measure 1	Measure 2	Measure 3
			•						
	3.910		Ü		1		0.626		
	0.070		•				0.040		
-	0.270		Ü		1		0.043		
			•		_				
-									
	0.050		0		1		0.008		
•									
•									
_									
_			-		_				
	0.160		0		1		0.026		
	0.010		0		1		0.002		
g									
g									
g									
g									
	18		0		1		3		
mg									
g	0.0		0	Z	7		0.0		
mg									
mg									
	.s	S Mean 3.910 9 9 9 0.270 9 3.550 9 0.050 9 9 9 2.610 9 2.420 9 0.160 9 9 9 9 9 9 9 18 mg 18	## Mean Std. Error ## 3.910 ## 3.910 ## 9 ##	Number of Data Points Std. Error Std. Error Points Poi	Number of Data Deriv Points Code	Number of Data Deriv Source Code	Mean Std. Error Points Code Code Code Std. Error Points Code Code Code Std. Error Points Code Std. Erro	Number Of Data Deriv Source Confidence Code Measure 1	Number

Common Measures:

Measure 1 = 16g: 1 cup (8 fl oz)

Calories Factors: Protein 4.2 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımbeı	r			<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
D											
Proximates: Water	q	86.78	0.220	13		1		208.27	467.74		
Energy	_	53		0	NC	4		127	286		
Energy		222				4		532	1195		
Protein (N x 6.25)	=	5.11	0.116	10		1		12.26	27.54		
Total lipid (fat)	-	1.33	0.047	10		1		3.19	7.17		
Ash		1.37	0.068	10		1		3.29	7.38		
Carbohydrate, by difference		5.41		0	NC	4		12.98	29.16		
Fiber, total dietary		0.4		0		4		1.0	2.2		
Sugars, total		0.84		0	FLA	4		2.02	4.53		
Starch		0.01		•		-			4.55		
Starch	9										
Minerals:											
Calcium, Ca	-	14	0.991	10		1		34	75		
Iron, Fe		0.78	0.057	10		1		1.87	4.20		
Magnesium, Mg		4		0		4		10	22		
Phosphorus, P	-	30		0		4		72	162		
Potassium, K		45		0		4		108	243		
Sodium, Na		370	7.341	10		1		888	1994		
Zinc, Zn		0.40		0		4		0.96	2.16		
Copper, Cu		0.100		0		4		0.240	0.539		
Manganese, Mn		0.100)	0		4		0.240	0.539		
Selenium, Se	mcg	4.5		0	RA	4		10.8	24.3		
Vitamins:											
Vitamin C, total ascorbic acid	mg	1.6	0.267	10		1		3.8	8.6		
Thiamin		0.010	0.000	10		1		0.024	0.054		
Riboflavin		0.041	0.002	10		1		0.098	0.221		
Niacin		1.710	0.051	10		1		4.104	9.217		
Pantothenic acid	-	0.150)	0		4		0.360	0.809		
Vitamin B-6		0.020)	0		4		0.048	0.108		
Folate, total	-	2	0.244	3		1		4	9		
Folic acid		0		0	z	7		0	0		
Folate, food		2	0.244	3		1		4	9		
Folate, DFE	mcg DFE	2		0	NC	4		4	9		
Vitamin B-12		0.13		0		4		0.31	0.70		
Vitamin A, IU		2418		0	NC	4		5802	13031		
Vitamin A, RAE		122		0	NC	4		293	657		
Retinol		1		0	FLA	4		3	7		
Vitamin E (alpha-tocopherol)		0.24		0	FLA	4		0.59	1.32		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg	7.2		0	FLA	4		17.2	38.6		
I inida.											
Lipids:	0	0.400		0		1		0.960	2 156		
Fatty acids, total saturated		0.400 0.000		0		1			2.156		
4:0 6:0		0.000		0		1		0.000 0.000	0.000		
		0.000		0		1		0.000	0.000 0.000		
8:0				0		1					
10:0	-	0.000		0		1		0.000 0.000	0.000 0.000		
12:0 13:0	-	0.000	,	U		1		0.000	0.000		
13:0	-	0 010	1	0		1		0.034	0.054		
		0.010	,	U		1		0.024	0.054		
15:0	-	0.290	•	0		1		0.606	1 560		
16:0		0.290	,	U		1		0.696	1.563		
17.0											
17:0	-	0 000	•	•		- 1		0 100	0 421		
18:0	g	0.080)	0		1		0.192	0.431		
	g g	0.080)	0		1		0.192	0.431		

	<u>Ar</u>	nount in 10	Number	•		_	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.600		0		1		1.440	3.234		
14:1g										
15:1g	0.080		0		1		0.192	0.431		
16:1 undifferentiated	0.080		U		1		0.192	0.431		
17:1	0.500		0		1		1.200	2.695		
20:1g	0.020		0		1		0.048	0.108		
22:1 undifferentiated	0.020		0		1		0.048	0.108		
24:1 cg	0.000		U		_		0.000	0.000		
Fatty acids, total polyunsaturatedg	0.280		0		1		0.672	1.509		
18:2 undifferentiatedg	0.260		0		1		0.624	1.401		
18:3 undifferentiatedg	0.010		0		1		0.024	0.054		
18:4g	0.000		0		1		0.000	0.000		
20:2 n-6 c.cg	0.000		·		-		0.000	0.000		
20:3 undifferentiated										
20:4 undifferentiated	0.000		0		1		0.000	0.000		
20:5 n-3g	0.000		0		1		0.000	0.000		
22:5 n-3g	0.000		0		1		0.000	0.000		
22:6 n-3g	0.000		0		1		0.000	0.000		
Fatty acids, total trans										
Cholesterol mg	5		0		1		12	27		
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0		7		0.0	0.0		
Caffeinemg	0		0	FLA	4		0	0		
Theobromine mg	0		0	FLA	4		0	0		
Carotenoids:										
Carotene, betamcg	1183		0	FLA	4		2839.474	6376.985		
Carotene, alphamcg	529		0	FLA	4		1269.990	2852.186		
Cryptoxanthin, betamcg	1		0	FLA	4		1.872	4.203		
Lycopenemcg	13		0	FLA	4		31.996	71.857		
Lutein + zeaxanthin mcg	96		0	FLA	4		230.371	517.375		

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 539g: 1 can (19 oz), ready-to-serve

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

		<u>A</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>		edible portion	
			Nι	umber				<u>m</u> e	easures of food	
Nutrients and Un	its	Mean	of Std. Error Po	f Data oints		Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates: Water	a	93.84		0		1		225.22	28.15	178.30
Energy		24		0	NC	4		58	7	46
Energy		100		·		4		241	30	191
Protein (N x 6.25)		0.97		0		1		2.33	0.29	1.84
Total lipid (fat)		0.57		0		1		1.37	0.17	1.08
Ash		0.97		0		1		2.33	0.29	1.84
Carbohydrate, by difference		3.66		0	NC	4		8.78	1.10	6.95
Fiber, total dietary		0.3		0		4		0.7	0.1	0.6
Sugars, total		0.20		0	FLA	4		0.48	0.06	0.38
Starch		0.20		·		-		0.10	0.00	0.50
Starcii	9									
<u>Minerals:</u>										
Calcium, Ca	mg	3		0		1		7	1	6
Iron, Fe	mg	0.00		0		1		0.00	0.00	0.0
Magnesium, Mg		0		0		4		0	0	0
Phosphorus, P		4		0		1		10	1	8
Potassium, K	mg	4		0		1		10	1	8
Sodium, Na	mg	388		0		1		931	116	737
Zinc, Zn	<u>mg</u>	0.05		0		4		0.12	0.02	0.1
Copper, Cu	mg	0.020)	0		4		0.048	0.006	0.0
Manganese, Mn	mg	0.080)	0		4		0.192	0.024	0.1
Selenium, Se	mcg	2.1		0	BFSN	4		5.0	0.6	4.0
Vitamins:										
	ma	0.0		0		1		0.0	0.0	0.0
Vitamin C, total ascorbic acid	-	0.000	,	0		1				0.0
Thiamin		0.000		0		1		0.000 0.000	0.000	
Riboflavin				0		1			0.000	0.0
Niacin		0.144		0		4		0.346	0.043	0.2
Pantothenic acid	-	0.030		-		4		0.072	0.009	0.0
Vitamin B-6		0.010	,	0		=		0.024	0.003	0.0
Folate, total		0		0	_	4		0	0	0
Folic acid		0		0	Z	7		0	0	0
Folate, food		0		0		4		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.03		0		4		0.07	0.01	0.0
Vitamin A, IU		2		0	FLA	4		5	1	4
Vitamin A, RAE		0		0	FLA	4		0	0	0
Retinol		0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)	• • • • • • • • • • • • • • • • • • • •	0.02		0	FLA	4		0.05	0.01	0.0
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.1		•				0.0		
Vitamin K (phylloquinone)	nicg	0.1		0	FLA	4		0.3	0.0	0.3
Lipids:										
Fatty acids, total saturated	q	0.130)	0		1		0.312	0.039	0.2
4:0		0.000		o		1		0.000	0.000	0.0
6:0		0.000		0		1		0.000	0.000	0.0
8:0	-	0.000		0		1		0.000	0.000	0.0
10:0	-	0.000		0		1		0.000	0.000	0.0
12:0		0.000		0		1		0.000	0.000	0.0
13:0		3.000	-	•		-		5.500	2.000	0.0
14:0	-	0.000)	0		1		0.000	0.000	0.0
15:0	_	0.000	-	•		-		0.000	0.000	0.0
16:0		0.090)	0		1		0.216	0.027	0.1
		0.090	•	3		1		0.210	0.027	0.1
17:0 18:0	-	0.030	1	0		1		0.072	0.009	0.0
	-	0.030	,	U		1		0.072	0.009	0.0
20:0	-									
22:0 24:0	-									

	<u>Am</u>	nount in 100 grams	Amount in edible portion of common					
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.250	0		1		0.600	0.075	0.475
14:1g								
15:1g								
16:1 undifferentiated	0.020	0		1		0.048	0.006	0.038
17:1g								
18:1 undifferentiatedg	0.230	0		1		0.552	0.069	0.437
20:1g	0.000	0		1		0.000	0.000	0.000
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
24:1 cg								
Fatty acids, total polyunsaturated	0.170	0		1		0.408	0.051	0.323
18:2 undifferentiatedg	0.160	0		1		0.384	0.048	0.304
18:3 undifferentiatedg	0.010	0		1		0.024	0.003	0.019
18:4g	0.000	0		1		0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
20:5 n-3g	0.000	0		1		0.000	0.000	0.000
22:5 n-3g	0.000	0		1		0.000	0.000	0.000
22:6 n-3g	0.000	0		1		0.000	0.000	0.000
Fatty acids, total transg								
Cholesterolmg	1	0		1		2	0	2
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeine mg	0	0	FLA	4		0	0	0
Theobromine mg	0	0	FLA	4		0	0	0
Carotenoids:								
Carotene beta mcg	1	0	FLA	4		2.695	0.337	2.133
Carotene, alpha mcg	0	0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, betamcg	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	1	0	FLA	4		2.830	0.354	2.240

Common Measures:

Measure 1 = 240g: 1 cup Measure 2 = 30.0g: 1 fl oz

Measure 3 = 190g: 1 packet, prepared

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 10	Amount in edible portion of common						
				Number	•			<u>m</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	87.90			FLC	4				
Energy	kcal	65			FLC	4				
Energy	kj	272				4				
Protein	g	1.16			FLC	4				
Total lipid (fat)	g	4.46			FLC	4				
Ash	g	1.31			FLC	4				
Carbohydrate, by difference	g	5.20			FLC	4				
Fiber, total dietary	g	0.3			FLC	4				
Sugars, total		0.60		0	FLA	4				
Starch										
<u>Minerals:</u>		. =				_				
Calcium, Ca	_	15			FLC	4				
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.16			FLC	4				
Magnesium, Mg		5			FLC	4				
Phosphorus, P	•	19			FLC	4				
Potassium, K	_	73			FLC	4				
Sodium, Na	-	416			FLC	4				
Zinc, Zn		0.16			FLC	4				
Copper, Cu	-	0.040)		FLC	4				
Manganese, Mn				_						
Selenium, Se	mcg	3.7		0	BFSN	4				
/itamins:										
Vitamin C, total ascorbic acid	mg	4.0			FLC	4				
Thiamin	-	0.015	i		FLC	4				
Riboflavin	-	0.017			FLC	4				
Niacin		0.346			FLC	4				
Pantothenic acid	-									
Vitamin B-6	-	0.042	!		FLC	4				
Folate, total		9		0	FLA	4				
Folic acid		0		0	FLA	4				
Folate, food		9		0	FLA	4				
Folate, DFE		9		0	NC	4				
Vitamin B-12		0.02			FLC	4				
Vitamin A, IU		375		0	NC	4				
Vitamin A, RAE		19		0	NC	4				
Retinol		0		0	FLA	4				
Vitamin E (alpha-tocopherol)		0.06		0	FLA	4				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.										
Vitamin K (phylloquinone)		2.3		0	FLA	4				
<u> Lipids:</u>										
Fatty acids, total saturated		1.636			FLC	4				
4:0		0.065			FLC	4				
6:0		0.037			FLC	4				
8:0		0.021			FLC	4				
10:0	_	0.047			FLC	4				
12:0	-	0.051	•		FLC	4				
13:0						_				
14:0		0.205	i		FLC	4				
15:0						_				
16:0		0.795	•		FLC	4				
17:0					_	_				
18:0		0.367	1		FLC	4				
20:0	_									
22:0	g									
24:0	g									

	<u>Am</u>	ount in 100 gram	s of edi	Amount in edible portion of common				
		Numbe	er			<u>m</u>	easures of food	
Nutrients and Units	Mean S	of Dat Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9	1.605		FLC	4				
14:19								
15:1	0.065		FLC	4				
17:1g	0.065		FLC	*				
18:1 undifferentiated	1.507		FLC	4				
20:1g	0.000		FLC	4				
22:1 undifferentiatedg	0.000		FLC	4				
24:1 c9	0.000			-				
Fatty acids, total polyunsaturated9	0.974		FLC	4				
18:2 undifferentiated	0.871		FLC	4				
18:3 undifferentiatedg	0.092		FLC	4				
18:4g	0.000		FLC	4				
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.005		FLC	4				
20:5 n-3g	0.000		FLC	4				
22:5 n-3g	0.001		FLC	4				
22:6 n-3g	0.002		FLC	4				
Fatty acids, total transg								
Cholesterolmg	7		FLC	4				
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0		Z	7				
Caffeine mg	0	0	FLA	4				
Theobrominemg	0	0	FLA	4				
Carotenoids:								
Carotene, betamcg	186	0	FLA	4				
Carotene, alpha mcg	77	0	FLA	4				
Cryptoxanthin, betamcg	0	0	FLA	4				
Lycopene mcg	54	0	FLA	4				
Lutein + zeaxanthin mcg	33	0	FLA	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 100 gra	Amount in edible portion of common					
			Num	ber			<u>m</u>	easures of food	<u>.</u>
			of D	ata Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error Poir	its Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	83.44	0.215	7	1		200.26	449.74	
Energy	kcal	69		0 NC	4		166	372	
Energy	kj	289			4		693	1556	
Protein (N x 6.25)	g	5.13	0.123	7	1		12.31	27.65	
Total lipid (fat)	g	2.01	0.026	7	1		4.82	10.83	
Ash	g	1.54	0.092	7	1		3.70	8.30	
Carbohydrate, by difference	g	7.87		0 NC	4		18.89	42.42	
Fiber, total dietary	g								
Sugars, total	g								
Starch	g								
Minorals									
Minerals: Calcium, Ca	ma	11	0.369	7	1		26	59	
Iron, Fe	_	0.61		, 7	1		1.46	3.29	
Magnesium, Mg	_	4		0	4		10	22	
Phosphorus, P		44		0	4		106	237	
Potassium, K	•	153		0	4		367	825	
Sodium, Na		445		1	1		1068	2399	
Zinc, Zn	_	0.90		0	4		2.16	4.85	
Copper, Cu		0.100	1	0	4		0.240	0.539	
Manganese, Mn	mg	0.100)	0	4		0.240	0.539	
Selenium, Se	mcg	5.1		0 RA	4		12.2	27.5	
Vitamins:									
Vitamin C, total ascorbic acid	ma	2.3	0.184	7	1		5.5	12.4	
Thiamin	_	0.017		, 7	1		0.041	0.092	
Riboflavin	_	0.069		, 7	1		0.166	0.372	
Niacin	-	1.371		, 7	1		3.290	7.390	
Pantothenic acid	_	0.140		0	4		0.336	0.755	
Vitamin B-6	-	0.040		0	4		0.096	0.216	
Folate, total	-	5		0	4		12	27	
Folic acid		0		0 z	7		0	0	
Folate, food		5		0	4		12	27	
Folate, DFE		5		0 NC	4		12	27	
Vitamin B-12		0.10		0	4		0.24	0.54	
Vitamin A, IU		2496	176.840	7	1		5990	13453	
Vitamin A, RAE		125		0 NC	4		300	673	
Retinol	mcg	0		0 z	7		0	0	
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	g	0.600	1	0	1		1.440	3.234	
4:0									
6:0	g								
8:0	g								
10:0	g								
12:0		0.000)	0	1		0.000	0.000	
13:0									
14:0		0.020)	0	1		0.048	0.108	
15:0	-								
16:0	-	0.440	1	0	1		1.056	2.372	
17:0	-			_	_		_		
18:0	-	0.120	1	0	1		0.288	0.647	
20:0	-								
22:0	~								

NDB No. 06024 Soup, chicken vegetable, canned, chunky, ready-to-serve

		<u>Am</u>	ount in 100 grams	Amount in edible portion of common				
				Deriv Source	Confidence Code		easures of food	
Nutrients and Unit	is	Mean S	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	0.900	0	1		2.160	4.851	
14:1		0.300	v	-		2.100	4.031	
15:1	-							
16:1 undifferentiated		0.120	0	1		0.288	0.647	
17:1	g							
18:1 undifferentiated	g	0.750	0	1		1.800	4.043	
20:1	g	0.020	0	1		0.048	0.108	
22:1 undifferentiated	g							
24:1 c	g							
Fatty acids, total polyunsaturated	g	0.420	0	1		1.008	2.264	
18:2 undifferentiated	g	0.390	0	1		0.936	2.102	
18:3 undifferentiated	g	0.020	0	1		0.048	0.108	
18:4	g							
20:2 n-6 c,c	g							
20:3 undifferentiated								
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								
Fatty acids, total trans								
Cholesterol		7	0	1		17	38	
Phytosterols	mg							

Common Measures:

Measure 1 = 240g: 1 cup (8 fl oz)

Measure 2 = 539g: 1 can (19 oz), ready-to-serve

Calories Factors: Protein 4.1 Fat 8.8 Carbohydrate 3.9

		<u>Ar</u>	mount in 100 g	Amount in edible portion of common						
			Nu	ımber	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	85.52	0.065	14		1		210.38	26.34	254.85
Energy	kcal	61		0	NC	4		150	19	182
Energy	kj	255				4		628	79	761
Protein (N x 6.25)	g	2.94	0.042	14		1		7.23	0.91	8.76
Total lipid (fat)	g	2.32	0.048	14		1		5.71	0.71	6.91
Ash		2.22	0.010	14		1		5.46	0.68	6.62
Carbohydrate, by difference	g	7.01		0	NC	4		17.24	2.16	20.89
Fiber, total dietary	g	0.7		0		4		1.7	0.2	2.1
Sugars, total	g	1.15		0	FLA	4		2.83	0.35	3.43
Starch	g									
Ainerals:										
Calcium, Ca	mg	14		11		1		34	4	42
Iron, Fe	_	0.71	0.051	14		1		1.75	0.22	2.1
Magnesium, Mg	_	5		1		1		12	2	15
Phosphorus, P		33		2		1		81	10	98
Potassium, K	mg	126		2		1		310	39	375
Sodium, Na	mg	771		11		1		1897	237	2298
Zinc, Zn	mg	0.30		1		1		0.74	0.09	0.8
Copper, Cu	mg	0.099		5		1		0.244	0.030	0.2
Manganese, Mn	mg	0.300		1		1		0.738	0.092	0.8
Selenium, Se	mcg	4.5		0	BFSN	4		11.1	1.4	13.4
itamins:										
Vitamin C, total ascorbic acid	mg	0.8	0.286	13		1		2.0	0.2	2.4
Thiamin	mg	0.036	0.002	14		1		0.089	0.011	0.1
Riboflavin		0.046	0.001	14		1		0.113	0.014	0.1
Niacin	mg	1.004	0.023	14		1		2.470	0.309	2.9
Pantothenic acid	mg	0.140		0		4		0.344	0.043	0.4
Vitamin B-6	mg	0.039	0.000	14		1		0.096	0.012	0.1
Folate, total	mcg	4		0		4		10	1	12
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food		4		0		4		10	1	12
Folate, DFE	mcg_DFE	4		0	NC	4		10	1	12
Vitamin B-12		0.10		0		4		0.25	0.03	0.3
Vitamin A, IU		2136		0	NC	4		5255	658	6366
Vitamin A, RAE	mcg_RAE	109		0	NC	4		268	34	324
Retinol		2		0	FLA	4		6	1	7
Vitamin E (alpha-tocopherol)	mg	0.25		0	FLA	4		0.62	0.08	0.7
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D Vitamin K (phylloquinone)		3.3		0	FLA	4		8.1	1.0	9.9
	niog	3.3		U	FLIA	*		0.1	1.0	9.9
<u>ipids:</u>										
Fatty acids, total saturated		0.690		0		1		1.697	0.213	2.0
4:0		0.000		0		1		0.000	0.000	0.0
6:0	-	0.000		0		1		0.000	0.000	0.0
8:0	-	0.000		0		1		0.000	0.000	0.0
10:0		0.000		0		1		0.000	0.000	0.0
12:0		0.000		0		1		0.000	0.000	0.0
13:0		2 222		^						
14:0		0.020		0		1		0.049	0.006	0.0
15:0		0 500		^				1 000		
16:0	_	0.500		0		1		1.230	0.154	1.4
17:0	-	0 140		•		1		0.244	0 040	^ 4
18:0	-	0.140		0		1		0.344	0.043	0.4
20:0	-									
22:0 24:0	-									

		<u>Aı</u>	mount in 10	00 grams	of edil	Amount in edible portion of common				
				Number	measures of food					
				of Data		Source	Confidence			
Nutrients and Units	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ited Q	1.040		0		1		2.558	0.320	3.099
14:1	g							_,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		
15:1	g	0.130		0		1		0.320	0.040	0.387
17:1 18:1 undifferentiated		0.870		0		1		2.140	0.268	2.593
20:1	g	0.030		0		1		0.074	0.009	0.089
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
24:1 cFatty acids, total polyunsaturate		0.490		0		1		1.205	0.151	1.460
18:2 undifferentiated		0.450		0		1		1.107	0.139	1.341
18:3 undifferentiated		0.020		0		1		0.049	0.006	0.060
18:4		0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c	-	0.000		· ·		-		0.000	0.000	0.000
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
20:5 n-3	-	0.000		0		1		0.000	0.000	0.000
		0.000		0		1		0.000	0.000	0.000
22:5 n-3 22:6 n-3	-	0.000		0		1		0.000	0.000	0.000
		0.000		U		1		0.000	0.000	0.000
Fatty acids, total trans		7		0		1		17	2	21
Cholesterol	-	,		U		1		17	2	21
Phytosterols	Ing									
Amino Acids:										
Tryptophan	g	0.025		0		1		0.062	0.008	0.075
Threonine	g	0.092		0		1		0.226	0.028	0.274
Isoleucine	g	0.111		0		1		0.273	0.034	0.331
Leucine	g	0.188		0		1		0.462	0.058	0.560
Lysine	g	0.181		0		1		0.445	0.056	0.539
Methionine		0.050		0		1		0.123	0.015	0.149
Cystine	g	0.020		0		1		0.049	0.006	0.060
Phenylalanine	g	0.108		0		1		0.266	0.033	0.322
Tyrosine		0.077		0		1		0.189	0.024	0.229
Valine	g	0.130		0		1		0.320	0.040	0.387
Arginine	g	0.138		0		1		0.339	0.043	0.411
Histidine	g	0.065		0		1		0.160	0.020	0.194
Alanine	g	0.168		0		1		0.413	0.052	0.501
Aspartic acid		0.248		0		1		0.610	0.076	0.739
Glutamic acid		0.741		0		1		1.823	0.228	2.208
Glycine	_	0.185		0		1		0.455	0.057	0.551
Proline		0.169		0		1		0.416	0.052	0.504
Serine	_	0.101		0		1		0.248	0.031	0.301
Hydroxyproline										
Others:				•		_		0 0		
Alcohol, ethyl		0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	FLA	4		0	0	0
Theobromine	mg	0		0	FLA	4		0	0	0
Carotenoids:										
Carotene, beta		1042		0	FLA	4		2564.533	321.088	3106.630
Carotene, alpha		466		0	FLA	4		1145.761	143.453	1387.954
Cryptoxanthin, beta		3		0	FLA	4		7.929	0.993	9.605
Lycopene		328		0	FLA	4		806.467	100.972	976.939
Lutein + zeaxanthin	mcg	73		0	FLA	4		180.775	22.634	218.987

Common Measures:

Measure 1 = 246g: 1 cup (8 fl oz)

Measure 2 = 30.8g: 1 fl oz

Measure 3 = 298g: 1 can (10.5 oz)

NDB No. 06025

Soup, chicken vegetable, canned, condensed, commercial

Calories Factors: Protein 4.1 Fat 8.8 Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

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

NDB No. 06425 Soup, chicken vegetable, canned, prepared with equal volume water, commercial

		mount in 100 g	Amount in edible portion of common						
		Nu	<u>m</u>	easures of food					
		of	f Data	Deriv	Source	Confidence			
s	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
q	92.64		0		1		223.26	27.88	542.87
-	31		0	NC	4		75	9	182
	130				4		313	39	760
	1.50		0		1		3.62	0.45	8.79
	1.18		0		1		2.84	0.36	6.91
	1.13		0		1		2.72	0.34	6.62
g	3.56		0	NC	4		8.58	1.07	20.86
g	0.4		0		4		1.0	0.1	2.3
g	0.72		0	FLA	4		1.73	0.22	4.21
g									
-	7		0		1		17	2	41
-			0		1				2.1
									18
									100 375
									375 2297
									0.8
		1							0.0
			0		1				0.8
	2.2	-	0	RA	4		5.3	0.7	12.9
									2.3
									0.1
									0.1
			-		_				2.9
			-		=				0.4
_		,							0.1 12
				7					0
									12
				NC					12
				2.0					0.2
			0	NC	4		1852		4502
	42		0	FLA	4		101	13	246
	4		0	FLA	4		10	1	25
mg	0.17		0	FLA	4		0.42	0.05	1.0
mg									
nicg	3.5		U	F.TA	4		8.3	1.0	20.2
a	U 3E0	1	n		1		0 944	0 105	2.0
									0.0
			0		1				0.0
_			0		1				0.0
			0		1		0.000	0.000	0.0
_			0		1		0.000	0.000	0.0
	0.010)	0		1		0.024	0.003	0.0
g	0.260)	0		1		0.627	0.078	1.5
g									
g	0.070)	0		1		0.169	0.021	0.4
~									
g g									
	g	g 92.64 kcal 31 kj 130 g 1.50 g 1.18 g 3.56 g 0.4 g 0.72 g mg 7 mg 0.36 mg 392 mg 17 mg 64 mg 392 mg 0.15 mg 0.15 mg 0.15 mg 0.15 mg 0.15 mg 0.22 mg 0.15 mg 0.05 mg 0.15 mg 0.05 mg 0.05 mg 0.05 mg 0.016 mg 0.020 mg 0.020 mg 0.020 mg 0.05 mg 0.017 mg 0.020 mg 0.05 mg 0.017 mg 0.020 mg 0.05 mg 0.017 mg 0.020 mg 0.05 lU 768 mcg 2 mcg DFE 2 mcg 0 mcg mcg 0 mcg 3.5	Mean Std. Error P Std. Error P	Sample Std. Error Std. Er	Mean Std. Error Points Code	Search Std. Error Points Code Code	Number	Number	Number Of Data Deriv Source Confidence Source Code Code Code Code Measure 1 Measure 2

	<u>A</u> 1	mount in 100 grams	of edib	Amount in edible portion of common				
		Numbe	r			<u>m</u>	easures of food	
		of Data		Source	Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.530	0		1		1.277	0.160	3.106
14:1	0.330	v		-		1.277	0.100	3.100
16:1 undifferentiated	0.070	0		1		0.169	0.021	0.410
18:1 undifferentiated	0.440	0		1		1.060	0.132	2.578
20:1g	0.010	0		1		0.024	0.003	0.059
22:1 undifferentiatedg 24:1 cg	0.000	0		1		0.000	0.000	0.000
Fatty acids, total polyunsaturatedg	0.250	0		1		0.603	0.075	1.465
18:2 undifferentiatedg	0.230			1		0.554	0.069	1.348
18:3 undifferentiatedg	0.010	0		1		0.024	0.003	0.059
18:4g	0.000	0		1		0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000			1		0.000	0.000	0.000
20:5 n-3g	0.000	0		1		0.000	0.000	0.000
22:5 n-3g	0.000			1		0.000	0.000	0.000
22:6 n-3g	0.000	0		1		0.000	0.000	0.000
Fatty acids, total transg								
Cholesterolmg	4	0		1		10	1	23
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.013	0		1		0.031	0.004	0.076
Threonine	0.047	0		1		0.113	0.014	0.275
Isoleucine	0.056	0		1		0.135	0.017	0.328
Leucineg	0.096	0		1		0.231	0.029	0.563
Lysineg	0.092	0		1		0.222	0.028	0.539
Methionineg	0.025	0		1		0.060	0.008	0.147
Cystineg	0.010	0		1		0.024	0.003	0.059
Phenylalanineg	0.055	0		1		0.133	0.017	0.322
Tyrosineg	0.039	0		1		0.094	0.012	0.229
Valineg	0.066	0		1		0.159	0.020	0.387
Arginineg	0.070	0		1		0.169	0.021	0.410
Histidine	0.033	0		1		0.080	0.010	0.193
Alanineg	0.085	0		1		0.205	0.026	0.498
Aspartic acidg	0.126	0		1		0.304	0.038	0.738
Glutamic acidg	0.377	0		1		0.909	0.113	2.209
Glycine9	0.094	0		1		0.227	0.028	0.551
Prolineg	0.086	0		1		0.207	0.026	0.504
Serineg	0.051	0		1		0.123	0.015	0.299
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeine mg	0	0	FLA	4		0	0	0
Theobromine mg	0	0	FLA	4		0	0	0
Carotenoids:								
Carotene, beta mcg	369	0	FLA	4		889.971	111.154	2163.997
Carotene, alpha mcg	163	0	FLA	4		393.687	49.170	957.263
Cryptoxanthin, betamcg	3	0	FLA	4		7.841	0.979	19.066
Lycopene mcg	54	0	FLA	4		131.335	16.403	319.347
Lutein + zeaxanthin mcg	47	0	FLA	4		113.383	14.161	275.695

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 30.1g: 1 fl oz

Measure 3 = 586g: 1 can (10.5 oz), prepared

Soup, chicken vegetable, canned, prepared with equal volume water, commercial

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
				Number of Data De			Confidence	<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.50		1	A	1		406.33	214.80	
Energy	kcal	40		0	NC	4		182	96	
Energy	kj	167				4		760	402	
Protein	g	2.70		1	A	1		12.26	6.48	
Total lipid (fat)	g	0.50		1	A	1		2.27	1.20	
Ash	g	1.00		1	A	1		4.54	2.40	
Carbohydrate, by difference	g	6.30		0	NC	4		28.60	15.12	
Fiber, total dietary										
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg									
Iron, Fe	<u>mg</u>									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na		192		1	A	1		872	461	
Zine, Zn										
Copper, Cu	mg									
Manganese, Mn										
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	0.121		1	A	1		0.549	0.290	
Fatty acids, total monounsaturated.		0.168		1	A	1		0.763	0.403	
Fatty acids, total polyunsaturated		0.107		1	A	1		0.486	0.257	
Fatty acids, total trans	-									
Cholesterol	_	4		1	A	1		18	10	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mcg	770		1	A	1		3495.800	1848.000	
Carotene, alpha										
Cryptoxanthin, beta	mcg									
Lycopene										
Lutein + zeaxanthin	mcg									

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

Common Measures:

Measure 1 = 454g: 1 package yields

Measure 2 = 240g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>Aı</u>	mount in 100 gran	ns of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food	<u>l</u>	
			of Da	a Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	4.66	4		1		0.66	0.49		
Energy	kcal	346	0	NC	4		49	37		
Energy	kj	1448			4		204	153		
Protein (N x 6.25)	g	18.98	2		1		2.68	2.01		
Total lipid (fat)	g	5.59	2		1		0.79	0.59		
Ash	g	15.73	2		1		2.22	1.67		
Carbohydrate, by difference	g	55.04	0	NC	4		7.76	5.83		
Fiber, total dietary	g	3.0	0		4		0.4	0.3		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	98	0		4		14	10		
Iron, Fe	-	4.14	2		1		0.58	0.44		
Magnesium, Mg	-	151	1		1		21	16		
Phosphorus, P		229	2		1		32	24		
Potassium, K	-	483	1		1		68	51		
Sodium, Na	-	5698	3		1		803	604		
Zinc, Zn	mg	1.47	0.036 3		1		0.21	0.16		
Copper, Cu	mg	0.177	0.004 3		1		0.025	0.019		
Manganese, Mn	mg	1.500	0		4		0.212	0.159		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	8.6	1		1		1.2	0.9		
Thiamin	-	0.496			1		0.070	0.053		
Riboflavin		0.336			1		0.047	0.036		
Niacin		4.843	3 2		1		0.683	0.513		
Pantothenic acid		1.000	0		4		0.141	0.106		
Vitamin B-6	mg	0.625	5 1		1		0.088	0.066		
Folate, total	mcg	28	0		4		4	3		
Folic acid	mcg	0	0	Z	7		0	0		
Folate, food		28	0		4		4	3		
Folate, DFE	mcg_DFE	28	0	NC	4		4	3		
Vitamin B-12		0.70	0		4		0.10	0.07		
Vitamin A, IU		99	1		1		14	10		
Vitamin A, RAE		5	0	NC	4		1	1		
Retinol		0	0	Z	7		0	0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
vitanini K (priyrioquinone)	11109									
Lipids:										
Fatty acids, total saturated	g	1.290	0		1		0.182	0.137		
4:0										
6:0	_									
8:0										
10:0	-									
12:0	_									
13:0										
14:0 15:0	-									
16:0	_	1.080) 1		1		0.152	0.114		
17:0		1.000			1		0.152	0.114		
18:0		0.220) 1		1		0.031	0.023		
20:0	-	0.220			1		0.031	0.023		
22:0										
24:0										

	<u>Ar</u>	nount in 100 g		o <u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean				Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg 14:1g	2.160		0	1		0.305	0.229	
15:1g 16:1 undifferentiatedg	0.220		1	1		0.031	0.023	
17:1	1.940		1	1		0.274	0.206	
24:1 c	1.080 1.080		0 1	1 1		0.152 0.152	0.114 0.114	
18:4								
20:5 n-3g 22:5 n-3g 22:6 n-3g								
Fatty acids, total trans	20		1	1		3	2	

Common Measures:

Measure 1 = 14.1g: 1 cup Measure 2 = 10.6g: 1 packet

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	94.61		0		1		237.47	177.87	
Energy	kcal	20		0	NC	4		50	38	
Energy	kj	84				4		210	157	
Protein (N x 6.25)	g	1.07		0		1		2.69	2.01	
Total lipid (fat)	g	0.32		0		1		0.80	0.60	
Ash	g	0.89		0		1		2.23	1.67	
Carbohydrate, by difference	g	3.11		0	NC	4		7.81	5.85	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Ainerals:										
Calcium, Ca	ma	6		0		4		15	11	
Iron, Fe	_	0.23		0		1		0.58	0.43	
Magnesium, Mg	_	9		0		1		23	17	
Phosphorus, P		13		0		1		33	24	
Potassium, K	•	27		0		1		68	51	
Sodium, Na	-	322		0		1		808	605	
Zinc, Zn	mg	0.08		0		1		0.21	0.16	
Copper, Cu	mg	0.010)	0		1		0.025	0.019	
Manganese, Mn	mg	0.100)	0		4		0.251	0.188	
Selenium, Se	mcg	1.7		0	BFSN	4		4.3	3.2	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.5		0		1		1.3	0.9	
Thiamin	_	0.028	1	0		1		0.070	0.053	
Riboflavin		0.019		0		1		0.048	0.036	
Niacin		0.274		0		1		0.688	0.515	
Pantothenic acid		0.100		0		4		0.251	0.188	
Vitamin B-6		0.035		0		1		0.088	0.066	
Folate, total	-	1		0		4		3	2	
Folic acid		0		0	z	7		0	0	
Folate, food		1		0		4		3	2	
Folate, DFE		1		0	NC	4		3	2	
Vitamin B-12		0.04		0		4		0.10	0.08	
Vitamin A, IU		6		0		1		15	11	
Vitamin A, RAE		0		0	NC	4		1	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
_ipids:										
Fatty acids, total saturated	g	0.070)	0		1		0.176	0.132	
4:0										
6:0										
8:0	g									
10:0	g									
12:0										
13:0	-									
14:0	-									
15:0	-									
16:0		0.060)	0		1		0.151	0.113	
17:0										
18:0	-	0.010)	0		1		0.025	0.019	
20:0	-									
22:0	a									

		An	nount in 100	grams	<u>n</u>	Amount in edible portion of common				
				lumber of Data	Deriv :	Source	Confidence	<u>m</u>	easures of food	
Nutrients and Unit	ts	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.120		0		1		0.301	0.226	
14:1 15:1	g									
16:1 undifferentiated	g	0.010		0		1		0.025	0.019	
18:1 undifferentiated 20:1	g	0.110		0		1		0.276	0.207	
22:1 undifferentiated	g									
Fatty acids, total polyunsaturated 18:2 undifferentiated	g	0.060 0.060		0		1 1		0.151 0.151	0.113 0.113	
18:3 undifferentiated	g	0.060		U		1		0.151	0.113	
18:4	g									
20:3 undifferentiated	g									
20:5 n-322:5 n-3	g									
22:6 n-3Fatty acids, total trans										
CholesterolPhytosterols		1		0		1		3	2	

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz) Measure 2 = 188g: 1 packet (6 fl oz)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06012 Soup, chicken with dumplings, canned, condensed, commercial

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mbei	r			measures of food			
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Durationatan											
Proximates: Water	q	83.82	0.242	10		1		206.20	249.78		
Energy		79		0	NC	4		194	235		
Energy		331				4		813	985		
Protein (N x 6.25)		4.58	0.083	10		1		11.27	13.65		
Total lipid (fat)		4.51	0.105	10		1		11.09	13.44		
Ash		2.16	0.034	10		1		5.31	6.44		
Carbohydrate, by difference		4.93		0	NC	4		12.13	14.69		
Fiber, total dietary		0.4		0		4		1.0	1.2		
Sugars, total		0.14		0	FLA	4		0.35	0.42		
Starch		0.21		•		-		0.55	0.42		
Starch	9										
Minerals:											
Calcium, Ca	-	12	1.269	10		1		30	36		
Iron, Fe		0.51	0.048	10		1		1.25	1.52		
Magnesium, Mg		3		1		1		7	9		
Phosphorus, P	-	50		1		1		123	149		
Potassium, K		95		1		1		234	283		
Sodium, Na		703		2		1		1729	2095		
Zinc, Zn		0.30		1		1		0.74	0.89		
Copper, Cu		0.100		1		1		0.246	0.298		
Manganese, Mn		0.400	1	1		1		0.984	1.192		
Selenium, Se	mcg	9.8		0	BFSN	4		24.1	29.2		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0	0.000	10		1		0.0	0.0		
Thiamin		0.013		10		1		0.032	0.039		
Riboflavin		0.059		10		1		0.145	0.176		
Niacin		1.430		10		1		3.518	4.261		
Pantothenic acid	-	0.120		0		4		0.295	0.358		
Vitamin B-6		0.030		1		1		0.074	0.089		
Folate, total	-	2		0		4		5	6		
Folic acid		0		0	z	7		0	0		
Folate, food		2		0		4		5	6		
Folate, DFE	mca DFE	2		0	NC	4		5	6		
Vitamin B-12		0.13		1		1		0.32	0.39		
Vitamin A, IU		281		0	NC	4		691	837		
Vitamin A, RAE		25		0	NC	4		61	74		
Retinol		13		0	FLA	4		32	39		
Vitamin E (alpha-tocopherol)		0.44		0	FLA	4		1.07	1.30		
Tocopherol, beta				•		_					
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		2.6		0	FLA	4		6.4	7.7		
<u>Lipids:</u>											
Fatty acids, total saturated		1.070		0		1		2.632	3.189		
4:0		0.000		0		1		0.000	0.000		
6:0		0.000		0		1		0.000	0.000		
8:0	-	0.000		0		1		0.000	0.000		
10:0		0.000		0		1		0.000	0.000		
12:0	-	0.000	1	0		1		0.000	0.000		
13:0	_										
14:0	_	0.030)	1		1		0.074	0.089		
15:0	_										
16:0		0.800)	1		1		1.968	2.384		
17:0	_										
18:0	_	0.210)	1		1		0.517	0.626		
20:0	_										
22:0	-										
24:0	g										

		<u>A</u> 1	mount in 10		Amount in edible portion of common measures of food					
				Number of Data	Deriv		Confidence	<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	atedg	2.060		0		1		5.068	6.139	
14:1	_									
15:1 16:1 undifferentiated	_	0.200		1		1		0.492	0.596	
17:1	_	0.200		_		-		0.452	0.550	
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	1.850		1		1		4.551	5.513	
20:1	_	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 polyunsaturat	tedg	1.060		0		1		2.608	3.159	
18:2 undifferentiated	g	1.000		1		1		2.460	2.980	
18:3 undifferentiated	g	0.030		1		1		0.074	0.089	
18:4	_	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.000		0		1		0.000	0.000	
20:5 n-3	_	0.000		0		1		0.000	0.000	
22:5 n-3		0.000		0		1		0.000	0.000	
22:6 n-3	_	0.000		0		1		0.000	0.000	
Fatty acids, total trans						_			••	
Cholesterol	-	27		0		1		66	80	
Phytosterols	Illy									
Amino Acids:										
Tryptophan	g	0.044		0		1		0.108	0.131	
Threonine	g	0.158		0		1		0.389	0.471	
Isoleucine	g	0.199		0		1		0.490	0.593	
Leucine	g	0.333		0		1		0.819	0.992	
Lysine		0.308		0		1		0.758	0.918	
Methionine	g	0.088		0		1		0.216	0.262	
Cystine	g	0.059		0		1		0.145	0.176	
Phenylalanine		0.182		0		1		0.448	0.542	
Tyrosine	_	0.117		0		1		0.288	0.349	
Valine	-	0.226		0		1		0.556	0.673	
Arginine	•••••••••••••••••••••••••••••••••••••••	0.238		0		1		0.585	0.709	
Histidine	-	0.112		0		1		0.276	0.334	
Alanine		0.281		0		1		0.691	0.837	
Aspartic acid		0.392		0		1		0.964	1.168	
Glutamic acid	-	1.242		0		1		3.055	3.701	
Glycine		0.336		0		1		0.827	1.001	
Proline	_	0.301		0		1		0.740	0.897	
Serine		0.155		0		1		0.381	0.462	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mcg	119		0	FLA	4		291.872	353.569	
Carotene, alpha		48		0	FLA	4		117.596	142.453	
Cryptoxanthin, beta		0		0	FLA	4		0.375	0.454	
Lycopene		0		0	FLA	4		0.058	0.070	
Lutein + zeaxanthin		18		0	FLA	4		44.065	53.379	

Common Measures:

Measure 1 = 246g: 1 cup (8 fl oz) Measure 2 = 298g: 1 can (10.5 oz)

Soup, chicken with dumplings, canned, condensed, commercial

Calories Factors: Protein 4.1 Fat 8.9 Carbohydrate 4.1

Food Group: 06 Soups, Sauces, and Gravies

NDB No. 06412 Soup, chicken with dumplings, canned, prepared with equal volume water, commercial

		<u>A</u> :	mount in 100	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			N	Number				<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	91.78		0		1		221.19	27.63	537.83	
Energy	kcal	40		0	NC	4		96	12	234	
Energy	kj	167				4		403	50	981	
Protein (N x 6.25)	g	2.33		0		1		5.62	0.70	13.65	
Total lipid (fat)	g	2.29		0		1		5.52	0.69	13.42	
Ash	g	1.10		0		1		2.65	0.33	6.45	
Carbohydrate, by difference	g	2.51		0	NC	4		6.05	0.76	14.71	
Fiber, total dietary	g	0.2		0		4		0.5	0.1	1.2	
Sugars, total	g	0.33		0	FLA	4		0.79	0.10	1.92	
Starch	g										
Minovola											
Minerals: Calcium, Ca	ma	6		0		1		14	2	35	
Iron, Fe	-	0.26		0		1		0.63	0.08	1.52	
Magnesium, Mg	-	2		0		1		5	1	12	
Phosphorus, P		25		0		1		60	8	147	
Potassium, K	-	48		0		1		116	14	281	
Sodium. Na.		357		0		1		860	107	2092	
Zine, Zn	• • • • • • • • • • • • • • • • • • • •	0.15		0		1		0.37	0.05	0.89	
Copper, Cu		0.051	1	0		1		0.123	0.015	0.29	
Manganese, Mn		0.203		0		1		0.489	0.061	1.19	
Selenium, Se		4.9		0	RA	4		11.8	1.5	28.7	
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.0	_	0		1		0.0	0.0	0.0	
Thiamin	-	0.007		0		1		0.017	0.002	0.04	
Riboflavin		0.030		0		1		0.072	0.009	0.17	
Niacin	-	0.727		0		1		1.752	0.219	4.26	
Pantothenic acid	-	0.060		0		4		0.145	0.018	0.35	
Vitamin B-6	-	0.015	•	0		1		0.036	0.005	0.08	
Folate, total		1		0	_	4		2	0	6	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		1		0		4		2	0	6	
Folate, DFE		1		0	NC	4		2	0	6	
Vitamin B-12		0.07		0		1		0.17	0.02	0.41	
Vitamin A, IU		218		0	NC	4		525	66	1276	
Vitamin A, RAE		19		0	FLA	4		45	6	110	
Retinol		9		0	FLA	4		23	3	55	
Vitamin E (alpha-tocopherol)		0.23		0	FLA	4		0.56	0.07	1.36	
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		1.7		0	FLA	4		4.2	0.5	10.1	
<u>Lipids:</u>		_				_			_		
Fatty acids, total saturated		0.540		0		1		1.301	0.163	3.16	
4:0		0.000		0		1		0.000	0.000	0.00	
6:0	-	0.000		0		1		0.000	0.000	0.00	
8:0	-	0.000		0		1		0.000	0.000	0.00	
10:0		0.000		0		1		0.000	0.000	0.00	
12:0		0.000	,	0		1		0.000	0.000	0.00	
13:0		0.000	`	^		4		0.040	2 222	0.11	
14:0		0.020	,	0		1		0.048	0.006	0.11	
15:0		0.410	`	^		1		0.000	0 100	0.40	
16:0	-	0.410	,	0		1		0.988	0.123	2.40	
17:0	-	0 110	`	^		1		0.065	0 033	0.64	
18:0	-	0.110	,	0		1		0.265	0.033	0.64	
20:0	-										
22:0	y										

NDB No. 06412 Soup, chicken with dumplings, canned, prepared with equal volume water, commercial

		<u>Aı</u>	mount in 100 gram	s of edib	Amount in edible portion of common measures of food				
			Numbe	r			<u>m</u> :	easures of food	
				Deriv	Source	Confidence			
Nutrients and	Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ted Q	1.050	0		1		2.531	0.316	6.153
14:1 15:1	g								
16:1 undifferentiated	g	0.100	0		1		0.241	0.030	0.586
18:1 undifferentiated	g	0.940 0.000			1 1		2.265 0.000	0.283 0.000	5.508 0.000
22:1 undifferentiated	9	0.000			1		0.000	0.000	0.000
Fatty acids, total polyunsaturate	edg	0.540			1		1.301	0.163	3.164
18:2 undifferentiated	g	0.510 0.010	0		1		1.229 0.024	0.154	2.989
18:4 20:2 n-6 c,c	9	0.000	0		1		0.000	0.000	0.000
20:3 undifferentiated 20:4 undifferentiated	9	0.000			1		0.000	0.000	0.000
20:5 n-3 22:5 n-3	g	0.000 0.000	0		1 1		0.000 0.000	0.000 0.000	0.000 0.000
22:6 n-3 Fatty acids, total trans	g	0.000			1		0.000	0.000	0.000
CholesterolPhytosterols		14	0		1		34	4	82
Amino Acids:	a	0.022	. 0		1		0.053	0.007	0.129
TryptophanThreonine	g	0.080	0		1		0.193	0.024	0.469
Isoleucine	9	0.101 0.169	0		1 1		0.243 0.407	0.030 0.051	0.592 0.990
Lysine Methionine		0.157 0.045	0		1 1		0.378 0.108	0.047 0.014	0.920 0.264
CystinePhenylalanine		0.030 0.093	0		1 1		0.072 0.224	0.009 0.028	0.176 0.5 4 5
TyrosineValine		0.059 0.115			1 1		0.142 0.277	0.018 0.035	0.346 0.674
Arginine Histidine		0.121 0.057			1 1		0.292 0.137	0.036 0.017	0.709 0.334
AlanineAspartic acid		0.143 0.199			1 1		0.345 0.480	0.043 0.060	0.838 1.166
Glutamic acidGlycine	g	0.631 0.171			1 1		1.521 0.412	0.190 0.051	3.698 1.002
Proline	g	0.153 0.079			1 1		0.369 0.190	0.046 0.024	0.897 0.463
Hydroxyproline									
Others: Alcohol, ethyl	g	0.0	0		7		0.0	0.0	0.0
Caffeine Theobromine		0 0	0	FLA FLA	4 4		0 0	0 0	0 0
Carotenoids:	mea	93	0	FLA	4		223.290	27.888	542.937
Carotene, beta	mcg	38	0	FLA	4		92.456	11.547	224.809
Cryptoxanthin, beta Lycopene	mcg	0	0	FLA FLA	4		0.186	0.023	0.451
Lutein + zeaxanthin	mcg	10	0	FLA	4		24.436	3.052	59.417

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 30.1g: 1 fl oz

Measure 3 = 586g: 1 can (10.5 oz), prepared

Soup, chicken with dumplings, canned, prepared with equal volume water, commercial

Calories Factors: Protein 4.1 Fat 8.9 Carbohydrate 4.1

Food Group: 06 Soups, Sauces, and Gravies

		<u>Aı</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
			Nu	ımbei	r			<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	a	87.84	0.309	16		1		216.09	261.76	
Energy		49		0	NC	4		121	146	
Energy		205				4		504	611	
Protein (N x 6.25)	· · · · · · · · · · · · · · · · · · ·	2.89	0.101	13		1		7.11	8.61	
Total lipid (fat)		1.56	0.054	13		1		3.84	4.65	
Ash		1.88	0.053	13		1		4.62	5.60	
Carbohydrate, by difference		5.84		0	NC	4		14.37	17.40	
Fiber, total dietary		0.5		0		1		1.2	1.5	
Sugars, total		0.08		0	FLA	4		0.19	0.24	
Starch										
Minerals:										
Calcium, Ca	-	14	2.737	10		1		34	42	
Iron, Fe		0.61	0.064	10		1		1.50	1.82	
Magnesium, Mg		0		4		1		0	0	
Phosphorus, P	-	17 82		1 1		1 1		42 202	51 244	
Potassium, KSodium, Na		82 665	24.226	10		1		202 1636	244 1982	
Zinc, Zn		0.21	24.220	5		1		0.53	0.64	
Copper, Cu		0.21	•	2		1		0.236	0.286	
Manganese, Mn		0.300		1		1		0.738	0.894	
Selenium, Se		4.1		0	BFSN	4		10.1	12.2	
·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.1	0.004	13		1		0.2	0.3	
Thiamin		0.014		13		1		0.034	0.042	
Riboflavin		0.020		13		1		0.049	0.060	
Niacin	-	0.918		13		1		2.258	2.736	
Pantothenic acid		0.140		0		4		0.344	0.417	
Vitamin B-6	-	0.020 1		13 13		1 1		0.049 2	0.060 3	
Foliate, total		0	0.140	0	z	7		0	0	
Folic acidFolate, food		1	0.140	13	4	1		2	3	
Folate, DFE	mcg DFF	1	0.140	0	NC	4		2	3	
Vitamin B-12		0.13		0	NC	4		0.32	0.39	
Vitamin A, IU		349		0	FLA	4		860	1041	
Vitamin A, RAE		18		0	FLA	4		43	53	
Retinol		0		0	FLA	4		0	1	
Vitamin E (alpha-tocopherol)		0.07		0	FLA	4		0.16	0.20	
Tocopherol, beta						=		**	**-*	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.3		0	FLA	4		0.7	0.9	
T :: J										
Lipids:	~	0 270		•				0.010	1 102	
Fatty acids, total saturated		0.370 0.000		0		1 1		0.910 0.000	1.103 0.000	
4:0 6:0		0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0		0.000		0		1		0.000	0.000	
13:0	-	0.000		J		-		3.000	0.000	
14:0	-	0.010	0.002	3		1		0.025	0.030	
15:0		0		_		_		0.025	2.050	
16:0	_	0.290	0.039	3		1		0.713	0.864	
17:0				-		_		323	0.001	
18:0	_	0.070	0.009	3		1		0.172	0.209	
20:0	_			-						
22:0	_									
24:0	-									

						ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and	Unito	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and	Office	Weari	Stu. Error	011110	Oouc	Oode	Joue	Measure 1	Measure 2	weasure 5
Fatty acids, total monounsatura	ited Q	0.740		0		1		1.820	2.205	
14:1	g									
15:1	-	0.060	0.012	3		1		0.148	0.179	
16:1 undifferentiated 17:1	_	0.060	0.012	3		1		0.146	0.179	
18:1 undifferentiated	-	0.680	0.086	3		1		1.673	2.026	
20:1	_	0.000		0		1		0.000	0.000	
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturat	edg	0.340		0		1		0.836	1.013	
18:2 undifferentiated	g	0.320	0.043	3		1		0.787	0.954	
18:3 undifferentiated	g	0.010		1		1		0.025	0.030	
18:4	g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.000		0		1		0.000	0.000	
20:5 n-3	_	0.000		0		1		0.000	0.000	
22:5 n-3	_	0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans		_		_						
Cholesterol	-	5		0		1		12	15	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.034		0		1		0.084	0.101	
Threonine	g	0.116		0		1		0.285	0.346	
Isoleucine	g	0.145		0		1		0.357	0.432	
Leucine	g	0.221		0		1		0.544	0.659	
Lysine	g	0.204		0		1		0.502	0.608	
Methionine	g	0.075		0		1		0.185	0.224	
Cystine	g	0.041		0		1		0.101	0.122	
Phenylalanine		0.123		0		1		0.303	0.367	
Tyrosine		0.101		0		1		0.248	0.301	
Valine	_	0.154		0		1		0.379	0.459	
Arginine		0.191		0		1		0.470	0.569	
Histidine		0.082		0		1		0.202	0.244	
Alanine		0.158		0		1		0.389	0.471	
Aspartic acid		0.259		0		1		0.637	0.772	
Glutamic acid		0.456		0		1		1.122	1.359	
Glycine		0.140		0		1		0.344	0.417	
Proline		0.122		0		1		0.300	0.364	
Serine		0.113		0		1		0.278	0.337	
Hydroxyproline	g									
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	
Caffeine	-	0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mcg	165		0	FLA	4		406.991	493.021	
Carotene, alpha	-	77		0	FLA	4		189.970	230.127	
Cryptoxanthin, beta		0		0	FLA	4		0.000	0.000	
Lycopene	mcg	0		0	FLA	4		0.093	0.113	
Lutein + zeaxanthin	mcg	6		0	FLA	4		14.556	17.633	

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 298g: 1 can (10.5 oz)

Soup, chicken with rice, canned, condensed, commercial

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

NDB No. 06423 Soup, chicken with rice, canned, prepared with equal volume water, commercial

		<u>A</u> :	mount in 100	grams	of edib	ole portio	<u>n</u>		edible portion	
			N	Number	•			<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	93.82		0		1		226.11	28.24	549.79
Energy	kcal	25		0	NC	4		60	8	147
Energy	kj	105				4		252	31	613
Protein (N x 6.25)	g	1.47		0		1		3.54	0.44	8.61
Total lipid (fat)	g	0.79		0		1		1.90	0.24	4.63
Ash	g	0.95		0		1		2.29	0.29	5.57
Carbohydrate, by difference	g	2.97		0	NC	4		7.16	0.89	17.40
Fiber, total dietary	g	0.3		0		4		0.7	0.1	1.8
Sugars, total	g	0.10		0	FLA	4		0.24	0.03	0.59
Starch	g									
Minarals										
Minerals: Calcium, Ca	ma	7		0		1		17	2	41
Iron, Fe	-	0.31		0		1		0.75	0.09	1.82
Magnesium, Mg	-	0.31		0		1		0.75	0.09	0
Phosphorus, P		9		0		1		22	3	53
Potassium, K	-	42		0		1		101	13	246
Sodium. Na.		338		0		1		815	102	1981
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.11		0		1		0.26	0.03	0.64
Copper, Cu		0.049)	0		1		0.118	0.015	0.28
Manganese, Mn		0.152		0		1		0.366	0.046	0.89
Selenium, Se		2.0	-	0	RA	4		4.8	0.6	11.7
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.1		0		1		0.2	0.0	0.6
Thiamin	-	0.007		0		1		0.017	0.002	0.04
Riboflavin		0.010		0		1		0.024	0.003	0.05
Niacin	-	0.467		0		1		1.125	0.141	2.73
Pantothenic acid	_	0.070		0		4		0.169	0.021	0.41
Vitamin B-6	_	0.010)	0		1		0.024	0.003	0.05
Folate, total		0		0		1		1	0	2
Folic acid		0		0	Z	7		0	0	0
Folate, food		0		0		1		1	0	2
Folate, DFE		0		0	NC	4		1	0	2
Vitamin B-12		0.06		0		4		0.14	0.02	0.35
Vitamin A, IU		186		0	NC	4		448	56	1088
Vitamin A, RAE		9		0	FLA	4		23	3	55
Retinol		0		0	FLA	4		0	0	1
Vitamin E (alpha-tocopherol)		0.04		0	FLA	4		0.09	0.01	0.23
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		0.0		•				0.5		
Vitamin K (phylloquinone)	mcg	0.2		0	FLA	4		0.5	0.1	1.1
Lipids:										
Fatty acids, total saturated	g	0.190)	0		1		0.458	0.057	1.11
4:0		0.000)	0		1		0.000	0.000	0.00
6:0	g	0.000)	0		1		0.000	0.000	0.00
8:0	g	0.000)	0		1		0.000	0.000	0.00
10:0	g	0.000)	0		1		0.000	0.000	0.00
12:0	g	0.000)	0		1		0.000	0.000	0.00
13:0										
14:0		0.010)	0		1		0.024	0.003	0.05
15:0										
16:0		0.150)	0		1		0.362	0.045	0.8
17:0	-									
18:0	_	0.040)	0		1		0.096	0.012	0.23
20:0	_									
22:0	_									
24:0	_									

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>		edible portion of easures of food	of common
Nutrients and	Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura 14:1		0.380		0		1		0.916	0.114	2.227
15:1	-									
16:1 undifferentiated	-	0.030		0		1		0.072	0.009	0.176
17:1		0.340		0		1		0.819	0.102	1.992
20:1	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.819	0.102	0.000
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	0.000
24:1 c	•	0.000		Ū		-		0.000	0.000	0.000
Fatty acids, total polyunsaturate		0.170		0		1		0.410	0.051	0.996
18:2 undifferentiated		0.160		0		1		0.386	0.048	0.938
18:3 undifferentiated		0.010		0		1		0.024	0.003	0.059
18:4	=	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c	-									
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		0		1		7	1	18
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.017		0		1		0.041	0.005	0.100
Threonine		0.059		0		1		0.142	0.003	0.346
Isoleucine	-	0.074		0		1		0.178	0.022	0.434
Leucine		0.112		0		1		0.270	0.034	0.656
Lysine	=	0.104		0		1		0.251	0.031	0.609
Methionine		0.038		0		1		0.092	0.011	0.223
Cystine		0.021		0		1		0.051	0.006	0.123
Phenylalanine		0.063		0		1		0.152	0.019	0.369
Tyrosine		0.051		0		1		0.123	0.015	0.299
Valine	=	0.078		0		1		0.188	0.023	0.457
Arginine		0.097		0		1		0.234	0.029	0.568
Histidine		0.042		0		1		0.101	0.013	0.246
Alanine	g	0.080		0		1		0.193	0.024	0.469
Aspartic acid	g	0.132		0		1		0.318	0.040	0.774
Glutamic acid	g	0.232		0		1		0.559	0.070	1.360
Glycine	g	0.071		0		1		0.171	0.021	0.416
Proline	g	0.062		0		1		0.149	0.019	0.363
Serine	g	0.057		0		1		0.137	0.017	0.334
Hydroxyproline	g									
Othors										
Others:	a	0.0		0		7		0.0	0.0	0.0
Alcohol, ethyl Caffeine		0.0		0	FLA	4		0.0	0.0 0	0.0
Theobromine		0		0	FLA	4		0	0	0
		v		Ū	Z LIFA	-		J	J	J
Carotenoids:										
Carotene, beta		90		0	FLA	4		217.531	27.169	528.933
Carotene, alpha		42		0	FLA	4		101.145	12.633	245.938
Cryptoxanthin, beta		0		0	FLA	4		0.000	0.000	0.000
Lycopene		0		0	FLA	4		0.049	0.006	0.120
Lutein + zeaxanthin	riicg	4		0	FLA	4		8.630	1.078	20.984

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 30.1g: 1 fl oz

Measure 3 = 586g: 1 can (10.5 oz), prepared

Soup, chicken with rice, canned, prepared with equal volume water, commercial

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.80		1	A	1		258.66	108.50	
Energy	kcal	50		0	NC	4		149	63	
Energy	kj	209				4		623	262	
Protein	g	2.30		1	A	1		6.85	2.88	
Total lipid (fat)	g	1.40		1	A	1		4.17	1.75	
Ash	g	2.40		1	A	1		7.15	3.00	
Carbohydrate, by difference	g	7.10		0	NC	4		21.16	8.88	
Fiber, total dietary										
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P										
Potassium, K	_									
Sodium, Na		732		1	A	1		2181	915	
Zine, Zn										
Copper, Cu	_									
Manganese, Mn										
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated		0.342		1	A	1		1.019	0.428	
Fatty acids, total monounsaturated.		0.546		1	A	1		1.627	0.683	
Fatty acids, total polyunsaturated		0.303		1	A	1		0.903	0.379	
Fatty acids, total trans	-									
Cholesterol	_	4		1	A	1		12	5	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	<u>m</u> cg	260		1	A	1		774.800	325.000	
Carotene, alpha										
Cryptoxanthin, beta										
Lycopene										
Lutein + zeaxanthin	mcg									

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

Common Measures:

Measure 1 = 298g: 1 package yields

Measure 2 = 125g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		<u>Aı</u>	mount in 100	grams	of edib	le portion	<u>1</u>		edible portion	
			N	umber				<u>m</u>	easures of food	<u> </u>
			0	f Data	Deriv	Source	Confidence			
Nutrients and Un	iits	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	84.12	0.244	13		1		201.89	211.14	256.57
Energy	kcal	71		0	NC	4		170	178	217
Energy	kj	297				4		713	746	906
Protein (N x 6.25)	g	5.06	0.109	10		1		12.14	12.70	15.43
Total lipid (fat)	g	2.64	0.045	10		1		6.34	6.63	8.05
Ash	g	1.31	0.051	10		1		3.14	3.29	4.00
Carbohydrate, by difference	g	6.88		0	NC	4		16.51	17.27	20.98
Fiber, total dietary	g	0.6		0		4		1.4	1.5	1.8
Sugars, total	g	0.53		0	FLA	4		1.26	1.32	1.60
Starch	g									
Min										
<u>Minerals:</u> Calcium, Ca	ma	10	0.702	10		1		24	25	31
Iron, Fe		0.69	0.702	10		1		1.66	1.73	2.10
Magnesium, Mg		3	0.028	0		4		7	8	9
Phosphorus, P		45		1		1		108	113	137
Potassium, K		70		1		1		168	176	214
Sodium, Na		354	6.011			1		850	889	1080
Zinc, Zn		0.40	0.011	1		1		0.96	1.00	1.2
Copper, Cu		0.100	ı	1		1		0.240	0.251	0.30
Manganese, Mn		0.100		1		1		0.240	0.251	0.3
Selenium, Se		2.5		0	BFSN	4		6.0	6.3	7.6
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.5	0.167	10		1		1.2	1.3	1.5
Thiamin		0.034				1		0.082	0.085	0.10
Riboflavin		0.069		10		1		0.166	0.173	0.23
Niacin	_	1.760				1		4.224	4.418	5.3
Pantothenic acid	_	0.160		0		4		0.384	0.402	0.48
Vitamin B-6		0.020		1		1		0.048	0.050	0.0
Folate, total		2	0.386		_	1		4	5	5
Folic acid		0		0	Z	7		0	0	0
Folate, food		2	0.386			1		4	5	5
Folate, DFE		2		0	NC	4		4	5	5
Vitamin B-12	mcg	0.10		1		1		0.24	0.25	0.33
Vitamin A, IU		511		0	NC	4		1226	1282	1558
Vitamin A, RAE		27		0	NC	4		65	68	83
Retinol		2		0	FLA	4		5	5	6
Vitamin E (alpha-tocopherol)	_	0.13		0	FLA	4		0.31	0.33	0.40
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		2.5		0	FLA	4		5.9	6.2	7.5
Vitamin K (phylloquinone)	Ilicy	2.5		U	FLA	4		5.9	6.2	7.5
<u> ipids:</u>										
Fatty acids, total saturated	g	0.790	1	0		1		1.896	1.983	2.43
4:0	g	0.000	1	0		1		0.000	0.000	0.00
6:0	g	0.000	1	0		1		0.000	0.000	0.0
8:0	g	0.000	1	0		1		0.000	0.000	0.0
10:0	g	0.000		0		1		0.000	0.000	0.0
12:0	g	0.000		0		1		0.000	0.000	0.0
13:0	-									
14:0	g	0.020		0		1		0.048	0.050	0.0
15:0	g									
16:0	g	0.570		0		1		1.368	1.431	1.7
17:0	g									
18:0	g	0.160	1	0		1		0.384	0.402	0.4
20:0	g									
22:0	g									
24:0	a									

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portio	<u>on</u>	_	edible portion	
				Number				<u>m</u>	easures of food	
				of Data		Source	Confidence			
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	g	1.180		0		1		2.832	2.962	3.599
15:1	9	0.150		0		1		0.360	0.377	0.458
17:1 18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.990		0		1		2.376	2.485	3.020
20:1	g	0.030		0		1		0.072	0.075	0.092
22:1 undifferentiated		0.000		0		1		0.000	0.000	0.000
24:1 c	-									
Fatty acids, total polyunsaturate	edg	0.550		0		1		1.320	1.381	1.678
18:2 undifferentiated	g	0.520		0		1		1.248	1.305	1.586
18:3 undifferentiated	g	0.030		0		1		0.072	0.075	0.092
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	-	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	12		0		1		29	30	37
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.049		0		1		0.118	0.123	0.149
Threonine		0.174		0		1		0.418	0.437	0.531
Isoleucine	=	0.220		0		1		0.528	0.552	0.671
Leucine	-	0.368		0		1		0.883	0.924	1.122
Lysine	g	0.340		0		1		0.816	0.853	1.037
Methionine		0.097		0		1		0.233	0.243	0.296
Cystine		0.065		0		1		0.156	0.163	0.198
Phenylalanine		0.201		0		1		0.482	0.505	0.613
Tyrosine		0.130		0		1		0.312	0.326	0.397
Valine	g	0.250		0		1		0.600	0.628	0.763
Arginine	-	0.263		0		1		0.631	0.660	0.802
Histidine	g	0.124		0		1		0.298	0.311	0.378
Alanine	-	0.311		0		1		0.746	0.781	0.949
Aspartic acid		0.433		0		1		1.039	1.087	1.321
Glutamic acid		1.372		0		1		3.293	3.444	4.185
Glycine	-	0.372		0		1		0.893	0.934	1.135
Proline		0.333		0		1		0.799	0.836	1.016
Serine	g	0.171		0		1		0.410	0.429	0.522
Hydroxyproline										
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	0.0
Caffeine	-	0.0		0	FLA	4		0.0	0.0	0.0
Theobromine		0		0	FLA	4		0	0	0
Carotenoids:		ŭ		•		•		v	•	J
	mea	249		0	מיק א	4		598.020	625.429	759.983
Carotene, beta		249 104		0	FLA FLA	4		598.020 248.950	625.429 260.360	316.373
Carotene, alpha	_	104 3		0	FLA	4		7.734	8.088	9.829
Cryptoxanthin, beta		3 73		0	FLA	4		7.734 174.627	182.631	9.829 221.922
Lycopene				0	FLA	4				
Lutein + zeaxanthin	g	56		U	E LA	4		133.463	139.580	169.609

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 251g: 1 cup (8 fl oz) Measure 3 = 305g: 1 can (10.75 oz)

Soup, chicken, canned, chunky, ready-to-serve, commercial

Calories Factors: Protein 4.1 Fat 8.8 Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

		<u>Aı</u>	nount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber	•			<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.86	0.440	14		1		186.36	226.04	
Energy		129		0	NC	4		339	412	
Energy		540				4		1420	1722	
Protein (N x 6.25)		5.09	0.076	14		1		13.39	16.24	
Total lipid (fat)		5.03	0.242	14		1		13.23	16.05	
Ash	g	2.69	0.024	14		1		7.07	8.58	
Carbohydrate, by difference	g	16.33		0	NC	4		42.95	52.09	
Fiber, total dietary	g	7.3		0		4		19.2	23.3	
Sugars, total	g	1.09		0	FLA	4		2.86	3.47	
Starch	g									
Minerals:										
Calcium, Ca	ma	33	1.279	14		1		87	105	
Iron, Fe	_	1.62	0.107	14		1		4.26	5.17	
Magnesium, Mg		23		4		1		60	73	
Phosphorus, P		113		2		1		297	360	
Potassium, K	-	400		2		1		1052	1276	
Sodium, Na	mg	788		6		1		2072	2514	
Zinc, Zn		1.06		4		1		2.80	3.39	
Copper, Cu		0.300		2		1		0.789	0.957	
Manganese, Mn		0.800		1		1		2.104	2.552	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.1	0.203	12		1		8.2	9.9	
Thiamin	mg	0.045	0.002	14		1		0.118	0.144	
Riboflavin	mg	0.058	0.002	14		1		0.153	0.185	
Niacin	-	0.813	0.027	14		1		2.138	2.593	
Pantothenic acid		0.500		0		4		1.315	1.595	
Vitamin B-6	-	0.120		1		1		0.316	0.383	
Folate, total		14		0		4		37	45	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	14		0	170	4 4		37 37	45	
Folate, DFE		14 0.24		0	NC	4 1			45 0.77	
Vitamin B-12 Vitamin A, IU		1102		1 0	NC	4		0.63 2897	3514	
Vitamin A, RAE		55		0	NC	4		145	176	
Retinol		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		1.12		0	FLA	4		2.95	3.58	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.1		0	FLA	4		8.1	9.9	
Lipids:										
Fatty acids, total saturated	а	2.510		0		1		6.601	8.007	
4:0										
6:0	g									
8:0	g									
10:0										
12:0	-	0.050		0		1		0.132	0.160	
13:0				_		_				
14:0		0.190		0		1		0.500	0.606	
15:0	-	1 050		0		1		2 000	2 000	
16:0 17:0	_	1.250		U		1		3.288	3.988	
18:0	-	0.950		0		1		2.499	3.031	
20:0	-	0.550		3		-		2.433	3.031	
22:0	_									
24:0	_									

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		2.100		0		1		5.523	6.699	
14:1	_									
15:1		0.010		•				0 550	0.670	
16:1 undifferentiated	_	0.210		0		1		0.552	0.670	
17:1	_	1 010		•		1		4 760	F 774	
18:1 undifferentiated	-	1.810		0				4.760	5.774	
20:1	_	0.020		0		1		0.053	0.064	
22:1 undifferentiated	•									
24:1 c						_				
Fatty acids, total polyunsaturated		0.200		0		1		0.526	0.638	
18:2 undifferentiated		0.160		0		1		0.421	0.510	
18:3 undifferentiated	-	0.030		0		1		0.079	0.096	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3										
22:5 n-3										
22:6 n-3										
Fatty acids, total trans	-	10		•		1				
Cholesterol		10		0		1		26	32	
Phytosterols	<u>rrig</u>									
Amino Acids:										
Tryptophan	g	0.054		0		1		0.142	0.172	
Threonine		0.210		0		1		0.552	0.670	
Isoleucine	_	0.249		0		1		0.655	0.794	
Leucine		0.420		0		1		1.105	1.340	
Lysine		0.347		0		1		0.913	1.107	
Methionine		0.064		0		1		0.168	0.204	
Cystine		0.056		0		1		0.147	0.179	
Phenylalanine		0.284		0		1		0.747	0.906	
Tyrosine		0.152		0		1		0.400	0.485	
Valine	_	0.280		0		1		0.736	0.893	
Arginine	-	0.267		0		1		0.702	0.852	
Histidine		0.133		0		1		0.350	0.424	
Alanine	•	0.254		0		1		0.668	0.810	
Aspartic acid		0.570		0		1		1.499	1.818	
Glutamic acid		0.939		0		1		2.470	2.995	
	-	0.246		0		1		0.647	0.785	
Glycine				0		1				
Proline	•	0.230 0.252		0		1		0.605 0.663	0.734 0.804	
Serine		0.252		U		1		0.663	0.804	
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	_									
Theobromine										
Carotenoids:	······•									
	mos	F70		^				1500 100	1040 070	
Carotene, beta		578		0	FLA	4		1520.183	1843.872	
Carotene, alpha		26		0	FLA	4		67.556	81.941	
Cryptoxanthin, beta		140		0	FLA	4		368.904	447.454	
Lycopene		3801		0	FLA	4		9996.192	12124.659	
Lutein + zeaxanthin	inca	166		0	FLA	4		435.866	528.674	

Common Measures:

Measure 1 = 263g: 1 cup (8 fl oz) Measure 2 = 319g: 1 can (11.25 oz)

Soup, chili beef, canned, condensed, commercial

Calories Factors: Protein 3.7 Fat 8.9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

NDB No. 06426 Soup, chili beef, canned, prepared with equal volume water, commercial

		<u>A</u> :	mount in 100) grams	of edib	ole portio	<u>n</u>		edible portion	
			1	Number				<u>me</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	84.69		0		1		211.73	26.42	514.07
Energy	kcal	68		0	NC	4		170	21	413
Energy	kj	285				4		711	89	1727
Protein (N x 6.25)	g	2.68		0		1		6.70	0.84	16.27
Total lipid (fat)	g	2.64		0		1		6.60	0.82	16.02
Ash	g	1.42		0		1		3.55	0.44	8.62
Carbohydrate, by difference	g	8.58		0	NC	4		21.45	2.68	52.08
Fiber, total dietary	g	3.8		0		4		9.5	1.2	23.1
Sugars, total	g	0.54		0	FLA	4		1.34	0.17	3.26
Starch	g									
Minerals:										
Calcium. Ca	ma	17		0		1		43	5	103
Iron, Fe		0.85		0		1		2.13	0.27	5.16
Magnesium, Mg	_	12		0		1		30	4	73
Phosphorus, P		59		0		1		148	18	358
Potassium, K	_	210		0		1		525	66	1275
Sodium. Na.		414		0		1		1035	129	2513
Zine, Zn	• • • • • • • • • • • • • • • • • • • •	0.56		0		1		1.40	0.17	3.3
Copper, Cu		0.158	3	0		1		0.395	0.049	0.9
Manganese, Mn		0.420		0		1		1.050	0.131	2.5
Selenium, Se		2.4		0	RA	4		6.0	0.7	14.6
/itamins:				•		_				
Vitamin C, total ascorbic acid	_	1.6		0		1		4.0	0.5	9.7
Thiamin	_	0.024		0		1		0.060	0.007	0.14
Riboflavin		0.030		0		1		0.075	0.009	0.18
Niacin	_	0.427		0		1		1.068	0.133	2.5
Pantothenic acid	-	0.200		0		4		0.500	0.062	1.2
Vitamin B-6	-	0.063	3	0		1		0.158	0.020	0.3
Folate, total		7 0		0 0	_	4 7		18	2	42
Folic acid		7			Z			0	0	0
Foliate, food		7		0 0	NO	4 4		18 18	2	42
Folate, DFE		•			NC			18 0.33	2	42 0.7
Vitamin B-12		0.13 592		0 0	NC	1 4		0.33 1479	0.04	
Vitamin A, IU		30		0		4		74	185 9	3591
Vitamin A, RAE		0		0	NC FLA	4		0	0	180 0
Retinol		0.61		0	FLA	4		1.52	0.19	3.6
Vitamin E (alpha-tocopherol)		0.61		U	FLA	4		1.52	0.19	3.6
Tocopherol, beta										
Tocopherol, gamma										
Vitamin D										
Vitamin K (phylloquinone)		1.8		0	FLA	4		4.5	0.6	10.9
<u> ipids:</u>										
Fatty acids, total saturated	g	1.340		0		1		3.350	0.418	8.13
4:0		0.000		0		1		0.000	0.000	0.00
6:0	-	0.000		0		1		0.000	0.000	0.0
8:0	-	0.000		0		1		0.000	0.000	0.0
10:0		0.000		0		1		0.000	0.000	0.0
12:0		0.020)	0		1		0.050	0.006	0.1
13:0				_		_			_	
14:0		0.100)	0		1		0.250	0.031	0.6
15:0				_		_		_	_	_
16:0	-	0.670)	0		1		1.675	0.209	4.0
17:0	-			_		_				_
18:0	-	0.510)	0		1		1.275	0.159	3.0
20:0	-									
22:0	g									

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>		edible portion of	of common
				Number of Data	Deriv		Confidence		easures of food	
Nutrients and L	Jnits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	ed9	1.120		0		1		2.800	0.349	6.798
14:1	g									
15:1	-	0 110		•				0.075	0.004	0.660
16:1 undifferentiated	-	0.110		0		1		0.275	0.034	0.668
18:1 undifferentiated		0.960		0		1		2.400	0.300	5.827
20:1	-	0.010		0		1		0.025	0.003	0.061
22:1 undifferentiated		0.000		0		1		0.000	0.000	0.000
24:1 c	-	0.000		·		_		0.000	0.000	0.000
Fatty acids, total polyunsaturated		0.110		0		1		0.275	0.034	0.668
18:2 undifferentiated		0.080		0		1		0.200	0.025	0.486
18:3 undifferentiated		0.020		0		1		0.050	0.006	0.121
18:4		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	5		0		1		13	2	30
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.028		0		1		0.070	0.009	0.170
Threonine		0.110		0		1		0.275	0.034	0.668
Isoleucine	=	0.131		0		1		0.328	0.041	0.795
Leucine	-	0.221		0		1		0.553	0.069	1.341
Lysine	g	0.182		0		1		0.455	0.057	1.105
Methionine	g	0.034		0		1		0.085	0.011	0.206
Cystine	g	0.029		0		1		0.073	0.009	0.176
Phenylalanine		0.149		0		1		0.373	0.046	0.904
Tyrosine	g	0.080		0		1		0.200	0.025	0.486
Valine	g	0.147		0		1		0.368	0.046	0.892
Arginine	g	0.140		0		1		0.350	0.044	0.850
Histidine	g	0.070		0		1		0.175	0.022	0.425
Alanine	g	0.133		0		1		0.333	0.041	0.807
Aspartic acid	g	0.300		0		1		0.750	0.094	1.821
Glutamic acid	g	0.493		0		1		1.233	0.154	2.993
Glycine	g	0.129		0		1		0.323	0.040	0.783
Proline	g	0.121		0		1		0.303	0.038	0.734
Serine	g	0.132		0		1		0.330	0.041	0.801
Hydroxyproline	g									
Others:										
Alcohol, ethyl	q	0.0		0		7		0.0	0.0	0.0
Caffeine	_	0		0	FLA	4		0	0	0
Theobromine		0		0	FLA	4		0	0	0
Carotenoids:										
Carotene, beta	mea	308		0	FLA	4		770.058	96.103	1869.700
,	_	308 20		0	FLA	4		49.064	96.103 6.123	119.128
Carotene, alpha Cryptoxanthin, beta		74		0	FLA	4		185.526	23.154	450.456
Lycopene	_	1592		0	FLA	4		3980.903	496.817	9665.632

Common Measures:

Measure 1 = 250g: 1 cup Measure 2 = 31.2g: 1 fl oz

Measure 3 = 607g: 1 can (11.25 oz), prepared

Soup, chili beef, canned, prepared with equal volume water, commercial

Calories Factors: Protein 3.7 Fat 8.9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

NDB No. 06027 Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve

		<u>A</u> 1	mount in 100 g	grams	of edib	ole portio	<u>n</u>		edible portion	
			Nι	ımber	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.04	0.308	13		1		206.50	25.81	463.76
Energy	kcal	56		0	NC	4		134	17	302
Energy	kj	234				4		562	70	1263
Protein (N x 6.25)	g	3.02	0.047	10		1		7.25	0.91	16.28
Total lipid (fat)	g	1.41	0.031	10		1		3.38	0.42	7.60
Ash		1.69	0.031	10		1		4.06	0.51	9.11
Carbohydrate, by difference	g	7.84		0	NC	4		18.82	2.35	42.26
Fiber, total dietary	g	1.2		0		4		2.9	0.4	6.5
Sugars, total	g	1.67		0	FLA	4		4.02	0.50	9.02
Starch	g									
Minerals:										
Calcium, Ca	mg	28	1.329	10		1		67	8	151
Iron, Fe	-	1.10	0.060	10		1		2.64	0.33	5.93
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	8		0		4		19	2	43
Phosphorus, P		35		1		1		84	11	189
Potassium, K	-	160		1		1		384	48	862
Sodium, Na	mg	417	14.005	10		1		1001	125	2248
Zinc, Zn	mg	0.70		1		1		1.68	0.21	3.77
Copper, Cu	mg	0.100		1		1		0.240	0.030	0.539
Manganese, Mn	mg	0.100		1		1		0.240	0.030	0.53
Selenium, Se	mcg	6.7		0	BFSN	4		16.1	2.0	36.1
Vitamins:										
Vitamin C, total ascorbic acid	ma	5.1	0.458	10		1		12.2	1.5	27.5
Thiamin	-	0.024		10		1		0.058	0.007	0.129
Riboflavin		0.026		10		1		0.062	0.008	0.140
Niacin		0.770		10		1		1.848	0.231	4.150
Pantothenic acid	-	0.100		0		4		0.240	0.030	0.53
Vitamin B-6	-	0.110		1		1		0.264	0.033	0.59
Folate, total	-	4	0.841	3		1		9	1	21
Folic acid		0		0	z	7		0	0	0
Folate, food		4	0.841	3		1		9	1	21
Folate, DFE		4		0	NC	4		9	1	21
Vitamin B-12		3.30		1		1		7.92	0.99	17.79
Vitamin A, IU		1340		0	NC	4		3217	402	7224
Vitamin A, RAE		70		0	NC	4		168	21	377
Retinol		3		0	FLA	4		8	1	18
Vitamin E (alpha-tocopherol)	mg	0.67		0	FLA	4		1.60	0.20	3.59
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	3.3		0	FLA	4		8.0	1.0	17.9
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.880		0		1		2.112	0.264	4.74
4:0	g	0.050		0		1		0.120	0.015	0.270
6:0	g	0.030		0		1		0.072	0.009	0.162
8:0	g	0.020		0		1		0.048	0.006	0.108
10:0	g	0.040		0		1		0.096	0.012	0.21
12:0		0.040		0		1		0.096	0.012	0.21
13:0										
14:0	g	0.140		0		1		0.336	0.042	0.75
15:0										
16:0	g	0.370		0		1		0.888	0.111	1.99
17:0	-									
18:0	-	0.170		0		1		0.408	0.051	0.91
20:0	-									
22:0	-									
24:0	g									

	<u>Ar</u>	nount in 100 g		of edib	ole portio	<u>n</u>		edible portion	
Nutrients and Units	Mean			Deriv Code	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Fetter with total management of the	0.410		0		1		0.984	0.123	2.210
Fatty acids, total monounsaturatedg	0.410		U		1		0.984	0.123	2.210
15:1									
16:1 undifferentiated	0.030		0		1		0.072	0.009	0.162
17:1g	0.030		·		-		0.072	0.003	0.102
18:1 undifferentiated 9	0.350		0		1		0.840	0.105	1.887
20:1g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated q	0.000		0		1		0.000	0.000	0.000
24:1 cg	0.000		·		_		0.000	0.000	0.000
Fatty acids, total polyunsaturated9	0.050		0		1		0.120	0.015	0.270
18:2 undifferentiated	0.030		0		1		0.072	0.009	0.162
18:3 undifferentiated	0.020		0		1		0.048	0.006	0.108
18:4g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.cg									
20:3 undifferentiated									
20:4 undifferentiatedg	0.000		0		1		0.000	0.000	0.000
20:5 n-3g	0.000		0		1		0.000	0.000	0.000
22:5 n-3g	0.000		0		1		0.000	0.000	0.000
22:6 n-3g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterolmg	6		0		1		14	2	32
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeinemg	0		0	FLA	4		0	0	0
Theobromine mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, betamcg	662		0	FLA	4		1589.976	198.747	3570.821
Carotene, alpha mcg	270		0	FLA	4		647.215	80.902	1453.538
Cryptoxanthin, beta mcg	0		0	FLA	4		0.000	0.000	0.001
Lycopenemcg	5112		0	FLA	4		12269.648	1533.706	27555.584
Lutein + zeaxanthin mcg	33		0	FLA	4		80.374	10.047	180.507

Common Measures:

Measure 1 = 240g: 1 cup (8 fl oz)

Measure 2 = 30.0g: 1 fl oz

Measure 3 = 539g: 1 can (19 oz), ready-to-serve

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	4.10		0		1		0.78		
Energy	kcal	345		0	NC	4		66		
Energy	kj	1443				4		274		
Protein (N x 6.25)	g	10.94		0		1		2.08		
Total lipid (fat)	g	8.20		0		1		1.56		
Ash	g	19.30		0		1		3.67		
Carbohydrate, by difference	g	57.46		0	NC	4		10.92		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
of: 1										
Minerals:	ma	122		^		4		25		
Calcium, Ca	-	133		0		4		25		
Iron, Fe	_	9.10 56		0 0		4		1.73		
Magnesium, Mg		231		0		4		11 44		
Phosphorus, P	-	1050		0		4		200		
Potassium, K	-	7070		0		1		1343		
Sodium, NaZinc, Zn	-	5.20		0		4		0.99		
Copper, Cu		0.700	`	0		4		0.133		
Manganese, Mn		2.100		0		4		0.133		
Selenium, Se		2.100	,	U		-		0.399		
Scienium, Se										
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	-	22.0		0		4		4.2		
Thiamin	-	0.170		0		4		0.032		
Riboflavin		0.220		0		4		0.042		
Niacin		4.550		0		4		0.865		
Pantothenic acid		0.700		0		4		0.133		
Vitamin B-6	-	0.600)	0		4		0.114		
Folate, total		53		0		4		10		
Folic acid		0		0	Z	7		0		
Folate, food		53		0		4		10		
Folate, DFE		53		0	NC	4		10		
Vitamin B-12		23.00		0		4		4.37		
Vitamin A, IU		5369		0		4		1020		
Vitamin A, RAE		268		0	NC	4		51		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
vitanini K (pirynoquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		1.390)	0		1		0.264		
4:0	-									
6:0	-									
8:0	-									
10:0										
12:0 13:0										
14:0	-	0.010	1	0		1		0.002		
15:0		0.010	•	U		1		0.002		
16:0		0.780	1	0		1		0.148		
17:0		0.760	•	Ü		-		0.110		
18:0		0.180)	0		1		0.034		
20:0		0.100		v		-		0.034		
22:0	_									
24:0	-									

		Amount in 1	00 grams	Amount in edible portion of common					
Nutrients and Units	Mean	Std. Erro		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Nutrients and Onits	Wearr	Ota. Error					ineasure i	Micasure 2	Micasure 5
Fatty acids, total monounsaturated	g 3.7	90	0		1		0.720		
14:1									
15:1									
16:1 undifferentiated	g 0.0	LO	0		1		0.002		
17:1									
18:1 undifferentiated		70	0		1		0.697		
20:1	g 0.1	LO	0		1		0.021		
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturated	g 2.6	20	0		1		0.498		
18:2 undifferentiated	g 2.6	20	0		1		0.498		
18:3 undifferentiated	g								
18:4	9								
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	_								
Fatty acids, total trans	g								
Cholesterol	mg 0		0		1		0		
Phytosterols	mg								

Common Measures:

Measure 1 = 19g: 1 cup (8 fl oz)

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		Amount in 100 grams of edible portion							Amount in edible portion of common		
			Nu	mber	•			<u>m</u>	easures of food	•	
			of	Data	Deriv	Source	Confidence				
Nutrients and Units		Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	84.30	0.274	13		1		211.59	257.12		
Energy	kcal	61		0	NC	4		153	186		
Energy	kj	255				4		641	778		
Protein (N x 6.25)	g	1.74	0.040	10		1		4.37	5.31		
Total lipid (fat)	g	1.76	0.034	10		1		4.42	5.37		
Ash	g	2.46	0.045	10		1		6.17	7.50		
Carbohydrate, by difference	g	9.74		0	NC	4		24.45	29.71		
Fiber, total dietary	g	1.2		0		4		3.0	3.7		
Sugars, total	g	2.70		0	FLA	4		6.77	8.23		
Starch	g										
M:											
Minerals:	ma	19	0.637	10		1		48	58		
Calcium, Ca	-	1.30	0.637	10		1		48 3.26	3.97		
Magnesium, Mg	-	8	0.137	1		1		20	24		
Phosphorus, P		33		1		1		83	101		
Potassium, K	-	33 150		1		1		83 377	458		
Sodium. Na	-	457	10.400	3		1		1147	1394		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.74	10.400	2		1		1.86	2.26		
Copper, Cu		0.100		1		1		0.251	0.305		
Manganese, Mn		0.300		1		1		0.753	0.915		
Selenium, Se		7.5		0	BFSN	4		18.8	22.9		
<u>itamins:</u>											
Vitamin C, total ascorbic acid	-	3.2	0.291	10		1		8.0	9.8		
Thiamin	-	0.024		10		1		0.060	0.073		
Riboflavin		0.032		10		1		0.080	0.098		
Niacin	-	0.650		10		1		1.632	1.983		
Pantothenic acid	-	0.150		0		1		0.377	0.458		
Vitamin B-6	-	0.080		1		1		0.201	0.244		
Folate, total		8	0.736	3	_	1		20	24		
Folic acid		0		0	Z	7		0	0		
Folate, food		8	0.736	3	***	1		20	24		
Folate, DFE		8		0	NC	4		20	24		
Vitamin B-12		3.23		1	***	1		8.11	9.85		
Vitamin A, IU		762		0	NC	4		1912	2323		
Vitamin A, RAE		41		0	NC	4 4		103 9	125		
Retinol		3 1.03		0	FLA FLA	4		2.58	10 3.14		
Vitamin E (alpha-tocopherol)		1.03		U	FLA	4		2.58	3.14		
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		5.5		0	FLA	4		13.9	16.9		
vitamin K (phynodumone)	9	0.0		·		-		20.0	10.5		
<u>ipids:</u>											
Fatty acids, total saturated	g	0.305		0		1		0.766	0.930		
4:0											
6:0											
8:0											
10:0											
12:0											
13:0		0.010		-1		-		0 00=	2 221		
14:0		0.010		1		1		0.025	0.031		
15:0	-	0.044		-1		-		0.610	2		
16:0	-	0.244		1		1		0.612	0.744		
17:0	-	0 051		-1		-		0 100	0 150		
18:0	-	0.051		1		1		0.128	0.156		
20:0	-										
22:0	y										

	<u>Ar</u>	nount in 100 gran	Amount in edible portion of common					
			a Deriv	Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.305	0		1		0.766	0.930	
14:1	0.303	· ·		-		0.766	0.930	
15:1g								
16:1 undifferentiatedg	0.010	1		1		0.025	0.031	
17:1g								
18:1 undifferentiatedg	0.295	1		1		0.740	0.900	
20:1g								
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturatedg	1.027	0		1		2.578	3.132	
18:2 undifferentiatedg	0.956	1		1		2.400	2.916	
18:3 undifferentiatedg	0.071	1		1		0.178	0.217	
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg								
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total trans	2	0		1		5	6	
Cholesterolmg Phytosterolsmg	2	U		_		5	6	
Phytosterois								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	
Caffeine mg	0	0	FLA	4		0	0	
Theobrominemg	0	0	FLA	4		0	0	
Carotenoids:								
Carotene, betamcg	399	0	FLA	4		1002.128	1217.725	
Carotene, alphamcg	87	0	FLA	4		217.733	264.577	
Cryptoxanthin, betamcg	15	0	FLA	4		38.181	46.395	
Lycopene mcg	6426	0	FLA	4		16129.884	19600.058	
Lutein + zeaxanthin mcg	27	0	FLA	4		67.080	81.512	

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz) Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06428 Soup, clam chowder, manhattan, canned, prepared with equal volume water

		Amount in 100 grams of edible portion							Amount in edible portion of common		
			ı	Number				<u>me</u>	easures of food	•	
				of Data	Deriv	Source	Confidence				
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	91.87		0		1		224.16	28.02	544.79	
Energy	kcal	32		0	NC	4		78	10	190	
Energy	kj	134				4		327	41	794	
Protein (N x 6.25)	g	0.90		0		1		2.20	0.27	5.34	
Total lipid (fat)	g	0.91		0		1		2.22	0.28	5.40	
Ash	g	1.31		0		1		3.20	0.40	7.77	
Carbohydrate, by difference	g	5.01		0	NC	4		12.22	1.53	29.71	
Fiber, total dietary	g	0.6		0		4		1.5	0.2	3.6	
Sugars, total	g	0.44		0	FLA	4		1.07	0.13	2.59	
Starch	g										
Minerals:											
Calcium, Ca	ma	11		0		1		27	3	65	
Iron, Fe	_	0.67		0		1		1.63	0.20	3.9	
Magnesium, Mg	_	5		0		1		12	2	30	
Phosphorus, P		17		0		1		41	5	101	
Potassium, K	_	77		0		1		188	23	457	
Sodium. Na		237		0		1		578	72	1405	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.40		0		1		0.98	0.12	2.3	
Copper, Cu		0.054	Į	0		1		0.132	0.016	0.3	
Manganese, Mn		0.155		0		1		0.378	0.047	0.9	
Selenium, Se		3.8		0	RA	4		9.3	1.2	22.5	
<u>'itamins:</u>											
Vitamin C, total ascorbic acid	_	1.6		0		1		3.9	0.5	9.5	
Thiamin	_	0.012		0		1		0.029	0.004	0.0	
Riboflavin		0.016		0		1		0.039	0.005	0.0	
Niacin	_	0.335		0		1		0.817	0.102	1.9	
Pantothenic acid	-	0.000		0		1		0.000	0.000	0.0	
Vitamin B-6	-	0.041	•	0		1		0.100	0.013	0.2	
Folate, total		4		0	_	1		10	1	24	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		4		0		1		10	1	24	
Folate, DFE		4		0	NC	4		10	1	24	
Vitamin B-12		1.66		0		1		4.05	0.51	9.8	
Vitamin A, IU		408		0	NC	4		995	124	2417	
Vitamin A, RAE		23		0	FLA	4		57	7	138	
Retinol		3		0	FLA	4		8	1	20	
Vitamin E (alpha-tocopherol)		0.14		0	FLA	4		0.33	0.04	0.8	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)		2.9		0	FLA	4		7.1	0.9	17.2	
	9	,		·		-			0.5	17.12	
ipids:											
Fatty acids, total saturated	g	0.157	,	0		1		0.383	0.048	0.9	
4:0	g	0.000)	0		1		0.000	0.000	0.0	
6:0	-	0.000)	0		1		0.000	0.000	0.0	
8:0		0.000		0		1		0.000	0.000	0.0	
10:0		0.000		0		1		0.000	0.000	0.0	
12:0		0.000)	0		1		0.000	0.000	0.0	
13:0											
14:0		0.005	5	0		1		0.012	0.002	0.0	
15:0											
16:0	-	0.126	5	0		1		0.307	0.038	0.7	
17:0	-										
18:0	-	0.026	5	0		1		0.063	0.008	0.1	
20:0	-										
22:0	α .										

NDB No. 06428 Soup, clam chowder, manhattan, canned, prepared with equal volume water

	Ame	ount in 100 grams	of edib	<u>n</u>	Amount in edible portion of common			
Nutrients and Units	Mean S	Number of Data Std. Error Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.157	0		1		0.383	0.048	0.931
14:1g								
15:1g								
16:1 undifferentiatedg	0.005	0		1		0.012	0.002	0.030
17:1g								
18:1 undifferentiatedg	0.152	0		1		0.371	0.046	0.901
20:1g	0.000	0		1		0.000	0.000	0.000
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
24:1 cg								
Fatty acids, total polyunsaturated	0.529	0		1		1.291	0.161	3.137
18:2 undifferentiatedg	0.492	0		1		1.200	0.150	2.918
18:3 undifferentiatedg	0.037	0		1		0.090	0.011	0.219
18:4g	0.000	0		1		0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
20:5 n-3g	0.000	0		1		0.000	0.000	0.000
22:5 n-3g	0.000	0		1		0.000	0.000	0.000
22:6 n-3g	0.000	0		1		0.000	0.000	0.000
Fatty acids, total transg								
Cholesterol mg	1	0		1		2	0	6
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeine mg	0	0	FLA	4		0	0	0
Theobrominemg	0	0	FLA	4		0	0	0
Carotenoids:								
Carotene, betamcg	197	0	FLA	4		481.398	60.175	1169.955
Carotene, alphamcg	79	0	FLA	4		192.292	24.036	467.332
Cryptoxanthin, betamcg	2	0	FLA	4		5.128	0.641	12.462
Lycopenemcg	576	0	FLA	4		1404.743	175.593	3413.987
Lutein + zeaxanthin mcg	21	0	FLA	4		50.152	6.269	121.886

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 30.5g: 1 fl oz

Measure 3 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

NDB No. 06030 Soup, clam chowder, new england, canned, condensed, commercial

Nutrients and Units			<u>Aı</u>	mount in 100 g	rams	of edit	ole portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Units				Nu	ımber	r			measures of food		
Nutrients and Units							Source	Confidence			
Water	Nutrients and Un	its	Mean						Measure 1	Measure 2	Measure
Water											
Intergy		a	82 53	0.288	13		1		207 15	251 72	
Facegy		_		0.200		NC					
Process 10					U	NC					
Total Implication	0.			0.167			=				
Ash. 9											
Carbelly-drine, by difference. 9											
Fiber, total dictary				0.045							
Signers, total Signers Signers						NC					
Shinerabs Shin			0.6				4		1.5	1.8	
Minerals:	Sugars, total	g	0.08		0	FLA	4		0.20	0.24	
Calcium, Ca.	Starch	g									
Calcium, Ca.	Minanala										
Inco. Fe		ma	22	2 010	10		1		0.2	1.01	
Magnesium Mg. Mg 6 1 1 15 18 Phosphorns, P. mg 34 1 1 28 278 Phosphors, P. mg 91 1 1 185 2266 Sodium, Na. mg 0.60 1 1 1.51 1.83 Copper, Cu. mg 0.60 1 1 0.251 0.305 Manganess, Mn. mg 0.200 1 1 0.502 0.610 Selenium, bc. mg 0.200 1 1 0.052 0.610 Selenium, bc. mg 1.9 0.100 1 1 0.052 0.610 Selenium, bc. mg 1.9 0.100 1 1 0.040 0.610 Selenium, bc. mg 0.200 1 1 0.000 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 <	,	• • • • • • • • • • • • • • • • • • • •									
Phosphory P.	,	• • • • • • • • • • • • • • • • • • • •		0.087							
Potassium K.											
Sodium, Na.	•	_					_				
Zinc, Zn. mg 0.60 1 1 1.51 1.83 Copper, Cu. mg 0.100 1 1 0.251 0.305 Manganese, Mn. mg 0.200 1 1 0.502 0.610 Vitamin C. write minus Vitamin C. vitamin C. vitamin C. Vitamin C. vitamin C. vitamin C. vitamin C. Vitamin C. vitamin C. <t< td=""><td>15</td><td></td><td></td><td>10 077</td><td></td><td></td><td>_</td><td></td><td></td><td></td><td></td></t<>	15			10 077			_				
Copper Cu. mg 0.100 1 1 0.251 0.305 Manganese, Mn. mg 0.200 1 1 0.502 0.610 Sclenium, Sc. mog 8.4 2 A 1 0.502 0.610 Vitamins: Vitamin C, total ascorbic acid. mg 0.16 0.002 10 1 4.8 5.8 Thiamin. mg 0.016 0.002 10 1 0.040 0.049 Ribollavin. mg 0.030 0.001 10 1 0.040 0.049 Ribollavin. mg 0.060 0.043 10 1 1.857 2.257 Pantochenic acid. mg 0.260 0 1 1 1.063 0.793 Vitamin B. C. mg 0.260 1 1 1 7 9 Vitamin E, Otal. mg 0.060 1 1 1 7 9 Vitamin E, Otal. <				10.677							
Manganese, Mn. mg 0.200 1 1 0.502 0.610 Sclenium, Sc. mg 8.4 2 A 1 21.1 25.6 Vitamins C. mg 8.4 2 A 1 21.1 25.6 Vitamins C. mg 0.90 0.100 10 1 4.8 5.8 Thiamin. mg 0.030 0.001 10 1 0.040 0.049 Niacin. mg 0.740 0.043 10 1 1.857 2.257 Pantothenic acid. mg 0.260 0 4 0.653 0.793 Vitamin B-6. mg 0.060 1 1 1 0.151 0.183 Folate, Incl. mGg 3 0.640 3 1 7 9 Folate, Incl. mGg 3 0.640 3 1 7 9 Folate, Incl. mGg 3 0.00 NC 4	*										
Selenium, Se. mog 8.4 2 A 1 21.1 25.6	• •										
Vitamin C, total ascorbic acid	9			1		_					
Vitamin C, total ascorbic acid. mg	Selenium, Se	mcg	8.4		2	A	1		21.1	25.6	
Thiamin.	Vitamins:										
Thiamin mg 0.016 0.020 10 1 0.040 0.049 Ribollavin mg 0.030 0.001 10 1 0.075 0.092 Niacin mg 0.740 0.043 10 1 1.857 2.257 Pantohenic acid mg 0.260 0 4 0.653 0.793 Vitamin B-6 mg 0.060 1 1 0.151 0.183 Folate, foal mcg 3 0.640 3 1 7 9 Folate, foad mcg 3 0.640 3 1 7 9 Folate, foad mcg 7.82 1 1 7 9 Vitamin B-12 mcg 7.82 1 1 19.63 23.85 Vitamin A IV IU 50 NC 4 125 151 Vitamin E (alpha-tocopherol) mg 0.25 0 FLA 4 0.64 0.77	Vitamin C. total ascorbic acid	mg	1.9	0.100	10		1		4.8	5.8	
Riboflavin	· ·		0.016	0.002	10		1		0.040	0.049	
Nice in mg		_	0.030	0.001	10		1		0.075	0.092	
Pantothenic acid.			0.740	0.043	10		1		1.857		
Vitamin B-6.		_			0		4				
Folate, total							1				
Folic acid		-									
Folate, food.				0.010		7.					
Folate, DFE				0 640		_					
Vitamin B-12. mcg 7.82 1 1 19.63 23.85 Vitamin A, IU. IU 50 0 NC 4 125 151 Vitamin A, RAE mcg_RAE 15 0 NC 4 37 45 Retinol mcg 15 0 FLA 4 37 45 Vitamin E (alpha-tocopherol) mg 0.25 0 FLA 4 37 45 Vitamin E (alpha-tocopherol) mg 0.25 0 FLA 4 0.64 0.77 Tocopherol, gamma mg 0.25 FLA 4 0.64 0.77 Tocopherol, gamma mg 0.7 0 FLA 4 1.7 2.1 Vitamin K (phylloquinone) mcg 0.7 0 FLA 4 1.7 2.1 Lipids: Eatty acids, total saturated 9 0.300 0 1 0.753 0.915 4:0. 9 0.000	Folate DEE	mca DFF		0.040		NC					
Vitamin A, IU. IU 50 0 NC 4 125 151 Vitamin A, RAE mCg_RAE 15 0 NC 4 37 45 Retinol mCg 15 0 FLA 4 37 45 Vitamin E (alpha-tocopherol) mg 0.25 0 FLA 4 0.64 0.77 Tocopherol, beta. mg 7 FLA 4 0.64 0.77 Tocopherol, gamma mg 7 0 FLA 4 1.7 2.1 Tocopherol, delta mg 0 FLA 4 1.7 2.1 Usimin D IU Vitamin D IU Vitamin K (phylloquinone) mcg 0.7 0 FLA 4 1.7 2.1 Lipids: Faty acids, total saturated. 9 0.300 0 1 0.753 0.915 4-0 9 0.000 0 1 0.000 0.000 0.000						NC				-	
Vitamin A, RAE mcg RAE 15 0 NC 4 37 45 Retinol mcg 15 0 FLA 4 0.64 0.77 Vitamin E (alpha-tocopherol) mg 0.25 0 FLA 4 0.64 0.77 Tocopherol, beta mg 7 0 FLA 4 0.64 0.77 Tocopherol, beta mg 0 FLA 4 0.64 0.77 Tocopherol, beta mg 0 FLA 4 0.64 0.77 Tocopherol, beta mg 0 FLA 4 1.7 0.64 0.77 Tocopherol, beta mg 0 FLA 4 1.7 2.1 Usual Marketter mg 0.7 0 FLA 4 1.7 2.1 Lipides Fatty acids, total saturated g 0.3000 0 1 0.000 0.000 <th< td=""><td></td><td></td><td></td><td></td><td></td><td>NC</td><td>_</td><td></td><td></td><td></td><td></td></th<>						NC	_				
Retinol. mcg 15 0 FLA 4 37 45 Vitamin E (alpha-tocopherol). mg 0.25 0 FLA 4 0.64 0.77 Tocopherol, gamma. mg 1											
Vitamin E (alpha-tocopherol) mg 0.25 0 FLA 4 0.64 0.77 Tocopherol, beta. mg 1 FLA 4 0.64 0.77 Tocopherol, gamma. mg 1 0 FLA 4 1.7 2.1 Lip Vitamin K (phylloquinone) mcg 0.7 0 FLA 4 1.7 2.1 Lip Lip </td <td></td>											
Tocopherol, beta											
Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg Satisfaction of the state of the stat			0.25		0	FLA	4		0.64	0.77	
Tocopherol, delta	•										
Vitamin D. IU Vitamin K (phylloquinone) mcg 0.7 0 FLA 4 1.7 2.1 Lipids: Fatty acids, total saturated. g 0.300 0 1 0.753 0.915 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 8:0. g 0.000 0 1 0.000 0.000 10:0. g 0.000 0 1 0.000 0.000 13:0. g 0.000 0 1 0.000 0.000 15:0. g 0.200 0 1 0.502 0.610 17:0. g 0.200 0 1 0.251 0.305 18:0. g 0.100 0 1 0.251 0.305											
Vitamin K (phylloquinone) mcg 0.7 0 FLA 4 1.7 2.1 Lipids: Fatty acids, total saturated g 0.300 0 1 0.753 0.915 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 0.000 0 1 0.000 0.000 15:0 g 0.200 0 1 0.502 0.610 17:0 g 0.100 0 1 0.251 0.305 20:0 g 0.100 0 1 0.251 0.305											
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Fatty acids, total saturated. g 0.300 0 1 0.753 0.915 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 13:0. g 0.000 0 1 0.000 0.000 15:0. g 0.200 0 1 0.502 0.610 17:0. g 0.200 0 1 0.502 0.610 18:0. g 0.100 0 1 0.251 0.305 20:0. g 0.100 0 1 0.251 0.305	Vitamin K (phylloquinone)	mcg	0.7		0	FLA	4		1.7	2.1	
Fatty acids, total saturated. g 0.300 0 1 0.753 0.915 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 13:0. g 0.000 0 1 0.000 0.000 15:0. g 0.200 0 1 0.502 0.610 17:0. g 0.200 0 1 0.502 0.610 18:0. g 0.100 0 1 0.251 0.305 20:0. g 0.100 0 1 0.251 0.305	Lipids:										
4:0 9 0.000 0 1 0.000 0.000 6:0 9 0.000 0 1 0.000 0.000 8:0 9 0.000 0 1 0.000 0.000 10:0 9 0.000 0 1 0.000 0.000 12:0 9 0.000 0 1 0.000 0.000 13:0 9 0.000 0 1 0.000 0.000 15:0 9 0.200 0 1 0.502 0.610 17:0 9 18:0 9 0.100 0 1 0.251 0.305 20:0 9		g	0.300	1	0		1		0.753	0.915	
6:0. 9 0.000 0 1 0.000 0.000 8:0. 9 0.000 0 1 0.000 0.000 10:0. 9 0.000 0 1 0.000 0.000 12:0. 9 0.000 0 1 0.000 0.000 13:0. 9 0.000 0 1 0.000 0.000 15:0. 9 0.200 0 1 0.502 0.610 17:0. 9 18:0. 9 0.100 0 1 0.251 0.305 20:0. 9							1				
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15:0			0.000)	n		1		0 000	0 000	
16:0		-	0.000		J		-		3.000	0.000	
17:0.		-	0 200	1	0		1		0 503	0 610	
18:0g 0.100 0 1 0.251 0.305 20:0g			0.200	•	J		1		0.502	0.010	
20:0g		-	0 100		^		1		0.051	0.305	
		-	0.100	•	U		1		0.251	0.305	
22:09		-									
24:0g		-									

		<u>A</u>	mount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common		
				Number of Data	Deriv		Confidence	<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	0.860)	0		1		2.159	2.623	
14:1	_									
15:1	g	0.010)	0		1		0.025	0.031	
17:1 18:1 undifferentiated	g	0.850		0		1		2.134	2.593	
20:1	_	0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000)	0		1		0.000	0.000	
24:1 c						_				
Fatty acids, total polyunsaturat		0.750		0		1		1.883	2.288	
18:2 undifferentiated		0.700		0		1		1.757	2.135	
18:3 undifferentiated	=	0.050		0		1 1		0.126	0.153	
18:4	_	0.000	,	U		1		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated	_	0.000		•		1		0.000	0.000	
20:4 undifferentiated	_	0.000		0				0.000	0.000	
20:5 n-3		0.000		0		1 1		0.000	0.000	
22:5 n-3	-	0.000		0 0		1		0.000	0.000	
22:6 n-3		0.000	,	U		1		0.000	0.000	
Fatty acids, total trans				•				10	10	
Cholesterol	_	4		0		1		10	12	
Phytosterols	Illy									
Amino Acids:										
Tryptophan	g	0.048	3	0		1		0.120	0.146	
Threonine	g	0.134	ļ	0		1		0.336	0.409	
Isoleucine	g	0.165	i	0		1		0.414	0.503	
Leucine	g	0.258	3	0		1		0.648	0.787	
Lysine	g	0.227	,	0		1		0.570	0.692	
Methionine	g	0.082	<u> </u>	0		1		0.206	0.250	
Cystine	g	0.051	=	0		1		0.128	0.156	
Phenylalanine	g	0.144	ļ	0		1		0.361	0.439	
Tyrosine	g	0.114	ļ	0		1		0.286	0.348	
Valine	g	0.175	i	0		1		0.439	0.534	
Arginine	g	0.207	,	0		1		0.520	0.631	
Histidine	g	0.124	Į.	0		1		0.311	0.378	
Alanine	g	0.227	,	0		1		0.570	0.692	
Aspartic acid		0.402	<u> </u>	0		1		1.009	1.226	
Glutamic acid		1.258	3	0		1		3.158	3.837	
Glycine	g	0.207	,	0		1		0.520	0.631	
Proline		0.165	i	0		1		0.414	0.503	
Serine	-	0.124		0		1		0.311	0.378	
Hydroxyproline										
Others:										
Alcohol, ethyl	q	0.0		0		7		0.0	0.0	
Caffeine		0		0	FLA	4		0	0	
Theobromine	_	0		0	FLA	4		0	0	
Carotenoids:	J	-		-	_			-	*	
	ma	•		•				0.040	0 400	
Carotene, beta		0		0	FLA	4		0.348	0.422	
Carotene, alpha	-	0		0	FLA	4		0.004	0.004	
Cryptoxanthin, beta		0		0	FLA	4		0.005	0.006	
Lycopene		0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin	iicā	1		0	FLA	4		2.857	3.472	

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz) Measure 2 = 305g: 1 can (10.75 oz) NDB No. 06030

Soup, clam chowder, new england, canned, condensed, commercial

Calories Factors: Protein 4.3 Fat 8.9 Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

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

NDB No. 06230 Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial

		<u>A</u> 1	mount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<u>.</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	85.23		0		1		211.37	211.37	26.42	
Energy	kcal	66		0	NC	4		164	164	20	
Energy	kj	276				4		685	685	86	
Protein (N x 6.25)	g	3.82		0		1		9.47	9.47	1.18	
Total lipid (fat)	g	2.66		0		1		6.60	6.60	0.82	
Ash	g	1.60		0		1		3.97	3.97	0.50	
Carbohydrate, by difference	g	6.70		0	NC	4		16.62	16.62	2.08	
Fiber, total dietary	g	0.6		0		4		1.5	1.5	0.2	
Sugars, total	g	1.56		0	FLA	4		3.86	3.86	0.48	
Starch	g										
Ainerals:											
Calcium, Ca	mg	75		0		1		186	186	23	
Iron, Fe		0.60		0		1		1.49	1.49	0.19	
Magnesium, Mg	_	9		0		1		22	22	3	
Phosphorus, P		63		0		1		156	156	20	
Potassium, K	_	121		0		1		300	300	38	
Sodium, Na	mg	400		0		1		992	992	124	
Zinc, Zn	mg	0.32		0		1		0.80	0.80	0.1	
Copper, Cu	mg	0.056	5	0		1		0.139	0.139	0.0	
Manganese, Mn	mg	0.102	2	0		1		0.253	0.253	0.0	
Selenium, Se	mcg	5.2		0	RA	4		12.9	12.9	1.6	
itamins:											
Vitamin C, total ascorbic acid	ma	1.4		0		1		3.5	3.5	0.4	
Thiamin	_	0.027	,	0		1		0.067	0.067	0.0	
Riboflavin	-	0.095		0		1		0.236	0.236	0.0	
Niacin		0.416		0		1		1.032	1.032	0.1	
Pantothenic acid	_	0.280)	0		4		0.694	0.694	0.0	
Vitamin B-6	-	0.051	L	0		1		0.126	0.126	0.0	
Folate, total	-	4		0		1		10	10	1	
Folic acid		0		0	z	7		0	0	0	
Folate, food		4		0		1		10	10	1	
Folate, DFE		4		0	NC	4		10	10	1	
Vitamin B-12		4.13		0		1		10.24	10.24	1.2	
Vitamin A, IU		78		0	NC	4		193	193	24	
Vitamin A, RAE		23		0	NC	4		56	56	7	
Retinol		23		0	FLA	4		56	56	7	
Vitamin E (alpha-tocopherol)	mg	0.18		0	FLA	4		0.46	0.46	0.0	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.9		0	FLA	4		2.3	2.3	0.3	
ipids:											
Fatty acids, total saturated	g	1.190)	0		1		2.951	2.951	0.3	
4:0		0.060		0		1		0.149	0.149	0.0	
6:0		0.030		0		1		0.074	0.074	0.0	
8:0	-	0.020		0		1		0.050	0.050	0.0	
10:0	-	0.040		0		1		0.099	0.099	0.0	
12:0	g	0.050)	0		1		0.124	0.124	0.0	
13:0											
14:0	g	0.170)	0		1		0.422	0.422	0.0	
15:0											
16:0		0.540)	0		1		1.339	1.339	0.1	
17:0	g										
18:0	g	0.250)	0		1		0.620	0.620	0.0	
	~										
20:0	g										

		<u>A</u> 1	nount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number of Data	Deriv		Confidence		easures of food		
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatura	ıtedg	0.910		0		1		2.257	2.257	0.282	
14:1	-										
15:1 16:1 undifferentiated	-	0.040		0		1		0.099	0.099	0.012	
17:1	-	0.010		·		_		0.000	0.000	0.011	
18:1 undifferentiated	g	0.850		0		1		2.108	2.108	0.264	
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											
Fatty acids, total polyunsaturate		0.440		0		1		1.091	1.091	0.136	
18:2 undifferentiated		0.390		0		1		0.967	0.967	0.121	
18:3 undifferentiated		0.050		0		1		0.124	0.124	0.016	
18:4	-	0.000		0		1		0.000	0.000	0.000	
20:2 n-6 c,c	-										
20:3 undifferentiated	-	0.000		0		1		0.000	0.000	0.000	
20:5 n-3	-	0.000		0		1		0.000	0.000	0.000	
20:5 n-3		0.000		0		1		0.000	0.000	0.000	
22:6 n-3	-	0.000		0		1		0.000	0.000	0.000	
Fatty acids, total trans	-	0.000		•		_		0.000	0.000	0.000	
Cholesterol		9		0		1		22	22	3	
Phytosterols	-										
Amino Acids:											
	0	0.047		0		1		0.117	0.117	0.015	
Tryptophan Threonine		0.141		0		1		0.350	0.117	0.015	
Isoleucine	<u>-</u>	0.141		0		1		0.451	0.451	0.044	
Leucine	_	0.290		0		1		0.719	0.719	0.090	
Lysine	_	0.244		0		1		0.605	0.605	0.076	
Methionine		0.082		0		1		0.203	0.203	0.025	
Cystine		0.041		0		1		0.102	0.102	0.013	
Phenylalanine		0.151		0		1		0.374	0.374	0.047	
Tyrosine		0.136		0		1		0.337	0.337	0.042	
Valine	_	0.197		0		1		0.489	0.489	0.061	
Arginine	g	0.164		0		1		0.407	0.407	0.051	
Histidine	g	0.107		0		1		0.265	0.265	0.033	
Alanine	g	0.171		0		1		0.424	0.424	0.053	
Aspartic acid		0.327		0		1		0.811	0.811	0.101	
Glutamic acid	g	0.977		0		1		2.423	2.423	0.303	
Glycine	g	0.139		0		1		0.345	0.345	0.043	
Proline	g	0.241		0		1		0.598	0.598	0.075	
Serine	g	0.151		0		1		0.374	0.374	0.047	
Hydroxyproline	g										
Others:											
Alcohol, ethyl	q	0.0		0		7		0.0	0.0	0.0	
Caffeine		0		0	FLA	4		0	0	0	
Theobromine		0		0	FLA	4		0	0	0	
Carotenoids:	-										
Carotene, beta	mca	2		0	FLA	4		4.264	4.264	0.533	
Carotene, alpha		0		0	FLA	4		0.003	0.003	0.000	
Cryptoxanthin, beta		0		0	FLA	4		0.005	0.005	0.001	
Lycopene	-	0		0	FLA	4		0.000	0.000	0.000	
Lutein + zeaxanthin		3		0	FLA	4		6.536	6.536	0.817	

Common Measures:

Measure 1 = 248g: 1 cup

Measure 2 = 248g: 1 cup (8 fl oz)

Measure 3 = 31.0g: 1 fl oz

NDB No. 06230

Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial

Calories Factors: Protein 4.3 Fat 8.9 Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

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

NDB No. 06430 Soup, clam chowder, new england, canned, prepared with equal volume water, commercial

		<u>A</u> :	mount in 100	0 grams	of edik	le portio	<u>n</u>	Amount in edible portion of common		
			I	Number	,			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.54		0		1		220.92	27.61	536.90
Energy	kcal	39		0	NC	4		95	12	231
Energy	kj	163				4		398	50	968
Protein (N x 6.25)	g	1.97		0		1		4.81	0.60	11.68
Total lipid (fat)	g	1.18		0		1		2.88	0.36	7.00
Ash	g	1.22		0		1		2.98	0.37	7.23
Carbohydrate, by difference	g	5.09		0	NC	4		12.42	1.55	30.18
Fiber, total dietary	g	0.6		0		4		1.5	0.2	3.6
Sugars, total	g	0.15		0	FLA	4		0.36	0.05	0.88
Starch	g									
Minerals:										
Villierais: Calcium, Ca	ma	18		0		1		44	5	107
Iron, Fe	-	0.61		0		1		1.49	0.19	3.62
Magnesium, Mg	-	3		0		1		7	1	18
Phosphorus, P		22		0		1		, 54	7	130
Potassium, K	-	60		0		1		146	18	356
Sodium. Na.		375		0		1		915	114	2224
Zine, Zn	• • • • • • • • • • • • • • • • • • • •	0.31		0		1		0.75	0.09	1.83
Copper, Cu		0.051	_	0		1		0.124	0.016	0.30
Manganese, Mn		0.103	3	0		1		0.251	0.031	0.61
Selenium, Se		4.2		0	RA	4		10.2	1.3	24.9
Vitamins:						_				
Vitamin C, total ascorbic acid	-	0.8		0		1		2.0	0.2	4.7
Thiamin	-	0.008		0		1		0.020	0.002	0.04
Riboflavin		0.018		0		1		0.044	0.005	0.10
Niacin	-	0.394		0		1		0.961	0.120	2.33
Pantothenic acid	_	0.130		0		1		0.317	0.040	0.77
Vitamin B-6	_	0.034	ŀ	0		1		0.083	0.010	0.20
Folate, total		2 0		0	-	1 7		<u>4</u> 0	0	9
Folic acid		2			Z			4	0 0	0 9
Folate, food		2		0	NC	1 4		4	0	9
Folate, DFE		3.28		0	NC	1		8.00	1.00	9 19.45
Vitamin B-12 Vitamin A, IU		3.28 5		0	NC	4		13	2	30
Vitamin A, RAE		1		0	NC	4		3	0	8
Retinol		1		0	FLA	4		3	0	8
Vitamin E (alpha-tocopherol)		0.10		0	FLA	4		0.26	0.03	0.62
Tocopherol, beta		0.10		U	FLIA	7		0.20	0.03	0.02
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.6		0	FLA	4		1.4	0.2	3.3
Lipids:		_				_		_	_	
Fatty acids, total saturated		0.170		0		1		0.415	0.052	1.00
4:0		0.000		0		1		0.000	0.000	0.00
6:0	_	0.000		0		1		0.000	0.000	0.00
8:0		0.000		0		1		0.000	0.000	0.00
10:0		0.000		0		1		0.000	0.000	0.00
12:0		0.000)	0		1		0.000	0.000	0.00
13:0				^		-		0.000		
14:0		0.000	,	0		1		0.000	0.000	0.00
15:0		^ 110		^		-		0.000		2
16:0	_	0.110	,	0		1		0.268	0.034	0.65
17:0	_	2 22		^		-		0 146	0.010	
18:0	_	0.060	,	0		1		0.146	0.018	0.35
20:0 22:0	_									

		<u>A</u> 1	nount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number of Data	Deriv		Confidence				
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatura	atedg	0.500		0		1		1.220	0.153	2.965	
14:1	g										
15:1	_	0.000		0		1		0.000	0.000	0.000	
16:1 undifferentiated	_	0.000		U		1		0.000	0.000	0.000	
18:1 undifferentiated		0.500		0		1		1.220	0.153	2.965	
20:1	_	0.000		0		1		0.000	0.000	0.000	
22:1 undifferentiated		0.000		0		1		0.000	0.000	0.000	
24:1 c	_										
Fatty acids, total polyunsaturat	edg	0.450		0		1		1.098	0.137	2.669	
18:2 undifferentiated	g	0.410		0		1		1.000	0.125	2.431	
18:3 undifferentiated	g	0.030		0		1		0.073	0.009	0.178	
18:4	g	0.000		0		1		0.000	0.000	0.000	
20:2 n-6 c,c	g										
20:3 undifferentiated	_										
20:4 undifferentiated	_	0.000		0		1		0.000	0.000	0.000	
20:5 n-3	_	0.000		0		1		0.000	0.000	0.000	
22:5 n-3	-	0.000		0		1		0.000	0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	0.000	
Fatty acids, total trans											
Cholesterol	_	2		0		1		5	1	12	
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.022		0		1		0.054	0.007	0.130	
Threonine	g	0.061		0		1		0.149	0.019	0.362	
Isoleucine	g	0.075		0		1		0.183	0.023	0.445	
Leucine	g	0.118		0		1		0.288	0.036	0.700	
Lysine	g	0.103		0		1		0.251	0.031	0.611	
Methionine	g	0.037		0		1		0.090	0.011	0.219	
Cystine	g	0.023		0		1		0.056	0.007	0.136	
Phenylalanine	g	0.065		0		1		0.159	0.020	0.385	
Tyrosine	g	0.052		0		1		0.127	0.016	0.308	
Valine	-	0.080		0		1		0.195	0.024	0.474	
Arginine	g	0.094		0		1		0.229	0.029	0.557	
Histidine	g	0.056		0		1		0.137	0.017	0.332	
Alanine	g	0.103		0		1		0.251	0.031	0.611	
Aspartic acid		0.183		0		1		0.447	0.056	1.085	
Glutamic acid	g	0.572		0		1		1.396	0.174	3.392	
Glycine	g	0.094		0		1		0.229	0.029	0.557	
Proline	g	0.075		0		1		0.183	0.023	0.445	
Serine		0.056		0		1		0.137	0.017	0.332	
Hydroxyproline	g										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0	
Caffeine		0		0	FLA	4		0	0	0	
Theobromine		0		0	FLA	4		0	0	0	
Carotenoids:	-										
Carotene, beta	mea	0		0	FLA	4		0.658	0.082	1.598	
Carotene, alpha		0		0	FLA	4		0.001	0.082	0.003	
Cryptoxanthin, beta		0		0	FLA	4		0.001	0.000	0.005	
Lycopene		0		0	FLA	4		0.002	0.000	0.000	
Lutein + zeaxanthin		2		0	FLA	4		4.111	0.514	9.991	

Common Measures:

Measure 1 = 244g: 1 cup Measure 2 = 30.5g: 1 fl oz

Measure 3 = 593g: 1 can (10.75 oz), prepared

NDB No. 06430

Soup, clam chowder, new england, canned, prepared with equal volume water, commercial

Calories Factors: Protein 4.3 Fat 8.9 Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

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

		A	mount in 100 gra	ams of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Num	ber			m	easures of food	<u>I</u>	
				ata Deriv	Source	Confidence				
Nutrients and Units	s	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	3.54		0	1		0.81			
Energy	kcal	418		0 NC	4		96			
Energy		1749			4		402			
Protein (N x 6.25)		12.29		0	1		2.83			
Total lipid (fat)		16.17		0	1		3.72			
Ash		11.26		0	1		2.59			
Carbohydrate, by difference		56.74		0 NC	4		13.05			
Fiber, total dietary		5.4		0	4		1.2			
Sugars, total.										
Starch										
Minerals:				_						
Calcium, Ca	-	337		0	1		78			
Iron, Fe.	-	5.60		0	4		1.29			
Magnesium, Mg		30		0	4		7			
Phosphorus, P	-	440 902		0	1 1		101 207			
Potassium, K				-	1					
Sodium, Na		3283 3.00		0	4		755 0.69			
Zinc, Zn		0.500	`	0	4		0.69			
Copper, Cu		1.000		0	4		0.115			
Manganese, Mn Selenium, Se		1.000	,	U	4		0.230			
Selemum, Se	Thog									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	9.0		0	4		2.1			
Thiamin	mg	0.080)	0	4		0.018			
Riboflavin	mg	0.715	5	0	1		0.164			
Niacin	mg	3.700)	0	1		0.851			
Pantothenic acid	mg	1.300		0	4		0.299			
Vitamin B-6	-	0.300)	0	4		0.069			
Folate, total		15		0	4		3			
Folic acid		0		0 z	7		0			
Folate, food	mcg	15		0	4		3			
Folate, DFE		15		0 NC	4		3			
Vitamin B-12		39.00		0	4		8.97			
Vitamin A, IU		40		0	4		9			
Vitamin A, RAE		2		0 NC	4		0			
Retinol		0		0 z	7		0			
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
v namin K (phynoquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		2.730)	0	1		0.628			
4:0										
6:0										
8:0	-									
10:0										
12:0										
13:0		0 000	`	0	4		0 005			
14:0		0.020	J	0	1		0.005			
15:0		1 540	`	0	4		0.354			
16:0		1.540	,	0	1		0.354			
17.0	1.1									
17:0		0.300	`	0	-		0 000			
18:0	9	0.360)	0	1		0.083			
	g g	0.360)	0	1		0.083			

	<u>Ar</u>	nount in 100 grams	of edible portion	<u>on</u>	Amount in edible portion of common			
			Deriv Source			easures of food	•	
Nutrients and Units	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	7.470	0	1		1.718			
14:1g								
15:1g								
16:1 undifferentiatedg	0.020	0	1		0.005			
17:1g								
18:1 undifferentiated	7.240	0	1		1.665			
20:1g	0.210	0	1		0.048			
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturatedg	5.170	0	1		1.189			
18:2 undifferentiatedg	5.170	0	1		1.189			
18:3 undifferentiatedg								
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg								
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total trans								
Cholesterolmg	3	0	1		1			
Phytosterolsmg								

Common Measures:

Measure 1 = 23g: 1 cup (8 fl oz)

Calories Factors: Protein 4.3 Fat 8.9 Carbohydrate 3.9

		<u>Aı</u>	mount in 100	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			I	Number				<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	0.60		1		1		0.08	0.34		
Energy	kcal	137		0	NC	4		17	78		
Energy	kj	573				4		72	327		
Protein (N x 6.25)	g	17.19		1		1		2.17	9.80		
Total lipid (fat)	g	0.10		1		1		0.01	0.06		
Ash	g	65.80		1		1		8.29	37.51		
Carbohydrate, by difference	g	16.30		0	NC	4		2.05	9.29		
Fiber, total dietary	g	0.0		0		4		0.0	0.0		
Sugars, total	g										
Starch	g										
Minerals:	ma	60		^		4		e	24		
Calcium, Ca	-	60 1.00		0		4		8 0.13	34 0.57		
Iron, Fe	-	51		0		4		6	29		
Magnesium, Mg Phosphorus, P		320		0		4		40	182		
Potassium, K	•	446		0		4		56	254		
Sodium, Na	_	26200		1		1		3301	14934		
Zinc, Zn	-	0.00		0		4		0.00	0.00		
Copper, Cu		0.000)	0		4		0.000	0.000		
Manganese, Mn		0.460		0		4		0.058	0.262		
Selenium, Se		0.400	,	·		-		0.030	0.202		
·											
<u>/itamins:</u>											
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0	0.0		
Thiamin		0.070		0		4		0.009	0.040		
Riboflavin		0.240		0		4		0.030	0.137		
Niacin		4.500		0		4		0.567	2.565		
Pantothenic acid		0.300		0		4		0.038	0.171		
Vitamin B-6	-	0.200)	0		4		0.025	0.114		
Folate, total		32		0		4		4	18		
Folic acid		0		0	Z	7		0	0		
Folate, food		32		0		4		4	18		
Folate, DFE		32		0	NC	4		4	18		
Vitamin B-12		1.00		0		4		0.13	0.57		
Vitamin A, IU		50		0		4		6	29		
Vitamin A, RAE		15		0	NC	4		2 2	9		
Retinol		15 0.10		0 0	NC	4 4		0.01	9 0.06		
Vitamin E (alpha-tocopherol)		0.10		U		4		0.01	0.06		
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u> ipids:</u>											
Fatty acids, total saturated		0.020)	0		1		0.003	0.011		
4:0											
6:0											
8:0											
10:0											
12:0											
13:0 14:0		0.000	1	0		1		0.000	0.000		
15:0	-	0.000	•	U		_		0.000	0.000		
16:0		0.010)	0		1		0.001	0.006		
17:0		0.010	•	Ü		-		0.001	0.006		
18:0	-	0.000)	0		1		0.000	0.000		
20:0	-	0.000	•	Ü		-		3.000	0.000		
22:0	-										
24:0	-										

		<u>An</u>	nount in 100 gran	ns of edil	<u>n</u>	Amount in edible portion of common			
				ta Deriv		Confidence	<u>me</u>	easures of food	
Nutrients and Unit	S	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	а	0.050	0		1		0.006	0.029	
14:1			_		_		0.000	0.025	
15:1									
16:1 undifferentiated	_	0.000	0		1		0.000	0.000	
17:1	g								
18:1 undifferentiated	g	0.050	0		1		0.006	0.029	
20:1	g	0.000	0		1		0.000	0.000	
22:1 undifferentiated	g								
24:1 c	•								
Fatty acids, total polyunsaturated	g	0.030	0		1		0.004	0.017	
18:2 undifferentiated	g	0.030	0		1		0.004	0.017	
18:3 undifferentiated	g								
18:4									
20:2 n-6 c,c	_								
20:3 undifferentiated									
20:4 undifferentiated									
20:5 n-3	_								
22:5 n-3	-								
22:6 n-3	-								
Fatty acids, total trans								_	
Cholesterol		0	0		1		0	0	
Phytosterols	mg								
Others:									
Alcohol, ethyl	_	0.0	0		7		0.0	0.0	
Caffeine									
Theobromine	mg								

Common Measures:

Measure 1 = 12.6g: 1 cup Measure 2 = 57g: 1 packet

Calories Factors: Protein 4.1 Fat 9 Carbohydrate 4

NDB No. 06489 Soup, consomme with gelatin, dehydrated, prepared with water

		<u>A</u> :	mount in 100	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			N	Number				<u>m</u>	easures of food	_	
				of Data		Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	-	94.97		0		1		236.48	29.54	1064.61	
Energy		7		0	NC	4		17	2	78	
Energy	kj	29				4		73	9	328	
Protein (N x 6.25)		0.87		0		1		2.17	0.27	9.75	
Total lipid (fat)	g	0.01		0		1		0.02	0.00	0.11	
Ash		3.33		0		1		8.29	1.04	37.33	
Carbohydrate, by difference	g	0.83		0	NC	4		2.07	0.26	9.30	
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0	
Sugars, total	g	0.26		0	FLA	4		0.65	0.08	2.93	
Starch	g										
Minerals:											
Calcium, Ca	mg	3		0		4		7	1	34	
Iron, Fe	_	0.05		0		1		0.12	0.02	0.56	
Magnesium, Mg	_	3		0		4		7	1	34	
Phosphorus, P		16		0		4		40	5	179	
Potassium, K	_	23		0		4		57	7	258	
Sodium. Na		1325		0		1		3299	412	14853	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00	
Copper, Cu		0.000)	0		4		0.000	0.000	0.00	
Manganese, Mn		0.020)	0		4		0.050	0.006	0.22	
Selenium, Se		0.7		0	BFSN	4		1.7	0.2	7.8	
Vitamina											
Vitamins:	ma	0.0		0		4		0.0	0.0	0.0	
Vitamin C, total ascorbic acid Thiamin	_	0.000	,	0		4		0.000	0.000	0.0	
Riboflavin	_	0.010		0		4		0.025	0.003	0.11	
		0.010		0		4		0.025	0.003	2.57	
Niacin Pantothenic acid	_	0.230		0		4		0.050	0.006	0.22	
Vitamin B-6	-	0.020		0		4		0.030	0.003	0.22	
	-	2	,	0		4		4	0.003	18	
Folic acid		0		0	z	7		0	0	0	
Folate, food		2		0		4		4	0	18	
Folate, DFE		2		0	NC	4		4	0	18	
Vitamin B-12		0.05		0	110	4		0.12	0.02	0.56	
Vitamin A, IU		3		0	FLA	4		7	1	34	
Vitamin A, RAE		0		0	FLA	4		0	0	2	
Retinol		Ö		0	FLA	4		0	0	0	
Vitamin E (alpha-tocopherol)		0.01		0	FLA	4		0.03	0.00	0.13	
Tocopherol, beta		0.02		·		-		0.00	0.00	0.25	
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0	0.0	0.2	
<u>Lipids:</u>		0.000		•				0.000	0.000	0.00	
Fatty acids, total saturated		0.000		0		4 7		0.000	0.000	0.00	
4:0		0.000		0		7		0.000	0.000	0.00	
6:0	-	0.000		0		7		0.000	0.000	0.00	
8:0	-	0.000		0		7		0.000	0.000	0.00	
10:0	-	0.000		0		7		0.000 0.000	0.000 0.000	0.00	
12:0 13:0		0.000	•	U		,		0.000	0.000	0.000	
14:0	-	0.000	1	0		7		0.000	0.000	0.00	
		0.000	•	J		,		0.000	0.000	0.000	
15:0 16:0		0.000	1	0		7		0.000	0.000	0.00	
17:0	_	0.000	•	J		,		0.000	0.000	0.000	
18:0	-	0.000)	0		7		0.000	0.000	0.00	
20:0	-	0.000	•	J		,		0.000	0.000	0.000	
22:0	-										
24:0	-										

	<u>An</u>	nount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	0.000		0		1		0.000	0.000	0.000
14:1g									
15:1g									
16:1 undifferentiatedg	0.000		0		7		0.000	0.000	0.000
17:1g									
18:1 undifferentiatedg	0.000		0		7		0.000	0.000	0.000
20:1g	0.000		0		7		0.000	0.000	0.000
22:1 undifferentiatedg	0.000		0		7		0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturatedg	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiatedg	0.000		0		7		0.000	0.000	0.000
18:3 undifferentiatedg	0.000		0		7		0.000	0.000	0.000
18:4g	0.000		0		7		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		7		0.000	0.000	0.000
20:5 n-3g	0.000		0		7		0.000	0.000	0.000
22:5 n-3g	0.000		0		7		0.000	0.000	0.000
22:6 n-3g	0.000		0		7		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterolmg	0		0		1		0	0	0
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		4		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobrominemg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, betamcg	2		0	FLA	4		4.444	0.555	20.009
Carotene, alphamcg	0		0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, betamcg	0		0	FLA	4		0.000	0.000	0.000
Lycopenemcg	127		0	FLA	4		315.788	39.442	1421.678
Lutein + zeaxanthinmcg	0		0	FLA	4		0.000	0.000	0.000

Common Measures:

Measure 1 = 249g: 1 cup (8 fl oz)

Measure 2 = 31.1g: 1 fl oz

Measure 3 = 1121g: 1 packet (36 fl oz prepared)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u>	mount in 10	<u>0 grams</u>	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	91.50		1		1		223.26	337.64		
Energy	kcal	31		0	NC	4		76	114		
Energy	kj	130				4		316	479		
Protein (N x 6.25)	g	2.25		1		1		5.49	8.30		
Total lipid (fat)	g	0.62		1		1		1.51	2.29		
Ash		1.41		1		1		3.44	5.20		
Carbohydrate, by difference		4.22		0	NC	4		10.30	15.57		
Fiber, total dietary		0.3		0		4		0.7	1.1		
		0.5		Ū		-		0.7	1.1		
Sugars, total	_										
Starch	9										
Ainerals:											
Calcium, Ca	mg	27		1		1		66	100		
Iron, Fe	-	0.50		1		1		1.22	1.85		
Magnesium, Mg	-	6		0		4		15	22		
Phosphorus, P		36		1		1		88	133		
Potassium, K	•	134		1		1		327	494		
Sodium, Na	_	506		1		1		1235	1867		
Zinc, Zn	-	0.60		0		4		1.46	2.21		
Copper, Cu		0.200	1	0		4		0.488	0.738		
Manganese, Mn		0.200		0		4		0.488	0.738		
Selenium, Se		2.6	,	0	RA	4		6.3	9.6		
Selemum, Se	g	2.0		·	I	-		0.5	3.0		
<u>/itamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0		
Thiamin	mg	0.080)	1		1		0.195	0.295		
Riboflavin	mg	0.030)	1		1		0.073	0.111		
Niacin		0.550)	1		1		1.342	2.030		
Pantothenic acid		0.120)	1		1		0.293	0.443		
Vitamin B-6		0.050)	1		1		0.122	0.185		
Folate, total	_	6		0		4		15	22		
Folic acid		0		0	z	7		0	0		
Folate, food		6		0	_	4		15	22		
Folate, DFE		6		0	NC	4		15	22		
Vitamin B-12		0.08		1	110	1		0.20	0.30		
Vitamin A, IU		207		1		1		505	764		
Vitamin A, RAE		10		0	NC	4		25	38		
		0		0	NC Z	7		0			
Retinol		U		U	Z	,		U	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
ipids:											
Fatty acids, total saturated	a	0.160)	0		1		0.390	0.590		
4:0		0.200		·		_		0.550	0.000		
6:0											
8:0	_										
10:0											
12:0	_										
13:0	_										
14:0		0.000)	0		1		0.000	0.000		
15:0	_	0.000	-	J		-		0.000	0.000		
	_	0.090	1	0		1		0.330	0 220		
16:0		0.090	,	U		1		0.220	0.332		
17:0	_	0 0=		^		-		0 151	0 0=0		
18:0	_	0.070	J	0		1		0.171	0.258		
20:0	_										
22:0	g										

		Amo	ount in 100 grams	of edible portion	<u>on</u>		edible portion of	
			Number of Data	Deriv Source	Confidence	<u>m</u>	easures of food	
Nutrients and Unit	s	Mean S	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
		0.280	•					
Fatty acids, total monounsaturated		0.280	0	1		0.683	1.033	
15:1								
16:1 undifferentiated								
17:1								
18:1 undifferentiated	-	0.280	0	1		0.683	1.033	
20:1								
22:1 undifferentiated	g							
24:1 c	g							
Fatty acids, total polyunsaturated	g	0.160	0	1		0.390	0.590	
18:2 undifferentiated	g	0.150	0	1		0.366	0.554	
18:3 undifferentiated	g	0.010	0	1		0.024	0.037	
18:4	g							
20:2 n-6 c,c	g							
20:3 undifferentiated								
20:4 undifferentiated	-							
20:5 n-3	-							
22:5 n-3								
22:6 n-3	-							
Fatty acids, total trans								
Cholesterol	• • • • • • • • • • • • • • • • • • • •	4	0	1		10	15	
Phytosterols	mg							

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz) Measure 2 = 369g: 1 can (13 oz)

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	•			<u>m</u>	easures of food	<u>[</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
D											
Proximates: Water	q	84.05	0.168	10		1		210.97	256.35		
Energy		69		0	NC	4		173	210		
Energy		289				4		725	881		
Protein (N x 6.25)		1.82	0.053	10		1		4.57	5.55		
Total lipid (fat)	_	3.26	0.052	10		1		8.18	9.94		
Ash		2.35	0.022	10		1		5.90	7.17		
Carbohydrate, by difference		8.52		0	NC	4		21.39	25.99		
Fiber, total dietary		0.4		0		4		1.0	1.2		
Sugars, total		0.64		0	FLA	4		1.62	1.97		
Starch									_,_,		
Minerals:											
Calcium, Ca	-	23	1.333	10		1		58	70		
Iron, Fe.		0.64	0.037	10		1		1.61	1.95		
Magnesium, Mg		3		1		1		8	9		
Phosphorus, P	-	31		1		1		78	95		
Potassium, K		138	14 270	1		1		346	421		
Sodium, Na		782 0.70	14.370	5 1		1 1		1963 1.76	2385 2.14		
Zinc, Zn Copper, Cu		0.70		1		1		0.251	0.305		
Manganese, Mn		0.100		1		1		0.753	0.305		
Selenium, Se		1.9	•	0	RA	4		4.8	5.8		
Scientini, Sc	9	1.5		·		-		1.0	3.0		
Vitamins:											
Vitamin C, total ascorbic acid		2.2	0.133	10		1		5.5	6.7		
Thiamin		0.043		10		1		0.108	0.131		
Riboflavin	mg	0.062	0.003	10		1		0.156	0.189		
Niacin	-	0.620		10		1		1.556	1.891		
Pantothenic acid		0.110		0		4		0.276	0.336		
Vitamin B-6	-	0.010)	1		1		0.025	0.031		
Folate, total		19		0		4		48	58		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	19		0		4		48	58		
Folate, DFE		19		0	NC	4		48	58		
Vitamin B-12		0.04		0		4		0.10	0.12		
Vitamin A, IU		441		0	FLA	4		1108	1346 79		
Vitamin A, RAE		26 5		0	FLA FLA	4 4		65 12	79 14		
Retinol		0.49		0	FLA	4		1.24	1.50		
Vitamin E (alpha-tocopherol)		0.49		U	FLA	*		1.24	1.50		
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		22.0		0	FLA	4		55.3	67.2		
<u>Lipids:</u>											
Fatty acids, total saturated		0.820		0		1		2.058	2.501		
4:0		0.040		0		1		0.100	0.122		
6:0		0.030		0		1		0.075	0.092		
8:0		0.020		0		1		0.050	0.061		
10:0		0.040		0		1		0.100	0.122		
12:0	-	0.030	•	0		1		0.075	0.092		
13:0	-	0 100		0		1		0 201	0.366		
14:0	-	0.120	•	U		1		0.301	0.366		
15:0	-	0.340		0		1		0.053	1 025		
16:0		0.340	•	U		1		0.853	1.037		
17:0	-	0.170		0		1		0.427	0.519		
18:0 20:0	-	0.1/0	•	U		1		0.42/	0.519		
22:0	-										
44.U	y										

		<u>A</u>	mount in 100) grams	of edil	ole portio	<u>on</u>		edible portion o	of common
				Number of Data	Deriv		Confidence	<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	0.750		0		1		1.883	2.288	
14:1										
15:1 16:1 undifferentiated		0.040)	0		1		0.100	0.122	
17:1	_					_				
18:1 undifferentiated	_	0.690		0		1 1		1.732	2.105	
20:1 22:1 undifferentiated	_	0.000		0 0		1		0.000 0.000	0.000 0.000	
24:1 c	•	0.000		U		1		0.000	0.000	
Fatty acids, total polyunsaturat		1.460	1	0		1		3.665	4.453	
18:2 undifferentiated		1.420	1	0		1		3.564	4.331	
18:3 undifferentiated		0.040)	0		1		0.100	0.122	
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	_	0.000		0		1		0.000	0.000	
20:5 n-3	_	0.000		0		1		0.000	0.000	
22:5 n-3	-	0.000		0		1		0.000	0.000	
22:6 n-3		0.000	1	0		1		0.000	0.000	
Fatty acids, total trans		4		0		1		10	12	
CholesterolPhytosterols	_	4		U		1		10	12	
T Hytosterois										
Amino Acids:										
Tryptophan		0.023		0		1		0.058	0.070	
Threonine	=	0.062		0		1		0.156	0.189	
Isoleucine	-	0.077		0 0		1 1		0.193 0.326	0.235	
LeucineLysine	-	0.130		0		1		0.223	0.397 0.271	
Methionine		0.033		0		1		0.083	0.101	
Cystine		0.024		0		1		0.060	0.073	
Phenylalanine		0.076		0		1		0.191	0.232	
Tyrosine		0.060	1	0		1		0.151	0.183	
Valine	g	0.091		0		1		0.228	0.278	
Arginine	g	0.068	1	0		1		0.171	0.207	
Histidine	g	0.039)	0		1		0.098	0.119	
Alanine	g	0.074	l .	0		1		0.186	0.226	
Aspartic acid	g	0.137		0		1		0.344	0.418	
Glutamic acid	-	0.466		0		1		1.170	1.421	
Glycine	-	0.054		0		1		0.136	0.165	
Proline	-	0.164		0		1		0.412	0.500	
Serine		0.084	ŀ	0		1		0.211	0.256	
Hydroxyproline	9									
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	
Caffeine	_	0		0	FLA	4		0	0	
Theobromine	g	0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mcg	256		0	FLA	4		641.411	779.404	
Carotene, alpha		0		0	FLA	4		0.011	0.013	
Cryptoxanthin, beta		0		0	FLA	4		0.015	0.019	
Lycopene		13		0	FLA	4		31.417	38.177	
Lutein + zeaxanthin	mcg	326		0	FLA	4		819.077	995.293	

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz) Measure 2 = 305g: 1 can (10.75 oz) NDB No. 06001

Soup, cream of asparagus, canned, condensed, commercial

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

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

NDB No. 06201 Soup, cream of asparagus, canned, prepared with equal volume milk, commercial

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			Numbe	r			<u>m</u>	easures of food		
			of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	86.00	0		1		213.28	517.72		
Energy	kcal	65	0	NC	4		161	391		
Energy		272			4		674	1637		
Protein (N x 6.25)	g	2.55	0		1		6.32	15.35		
Total lipid (fat)	g	3.30	0		1		8.18	19.87		
Ash	g	1.55	0		1		3.84	9.33		
Carbohydrate, by difference	g	6.61	0	NC	4		16.39	39.79		
Fiber, total dietary	g	0.3	0		4		0.7	1.8		
Sugars, total	g									
Starch	g									
Minouala										
Minerals: Calcium, Ca	ma	70	0		1		174	421		
Iron, Fe	-	0.35	0		1		0.87	2.11		
Magnesium, Mg		8	0		1		20	48		
Phosphorus, P		62	0		1		154	373		
Potassium, K	•	145	0		1		360	873		
Sodium, Na		420	0		1		1042	2528		
Zinc, Zn		0.37	0		1		0.93	2.25		
Copper, Cu	mg	0.056	0		1		0.139	0.337		
Manganese, Mn	mg	0.153	0		1		0.379	0.921		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6	0		1		4.0	9.6		
Thiamin		0.041	. 0		1		0.102	0.247		
Riboflavin		0.111	. 0		1		0.275	0.668		
Niacin	mg	0.355	5 0		1		0.880	2.137		
Pantothenic acid	mg	0.210	0		4		0.521	1.264		
Vitamin B-6	mg	0.026	5 0		1		0.064	0.157		
Folate, total		12	0		4		30	72		
Folic acid		0	0	Z	7		0	0		
Folate, food	mcg	12	0		4		30	72		
Folate, DFE		12	0	NC	4		30	72		
Vitamin B-12		0.20	0		4		0.50	1.20		
Vitamin A, IU		242	0		1		600	1457		
Vitamin A, RAE		25	0	NC	4		62	151		
Retinol		16	0	NC	4		40	96		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	_				_					
Fatty acids, total saturated		1.340			1 1		3.323	8.067		
4:0		0.070 0.040			1		0.174 0.099	0.421 0.241		
6:0 8:0.		0.040			1		0.074	0.181		
10:0	-	0.050			1		0.124	0.301		
12:0	-	0.060			1		0.124	0.361		
13:0	-	0.000			-		3.143	0.501		
14:0	-	0.210	0		1		0.521	1.264		
15:0	-		· ·		-		0.021	04		
16:0	-	0.570	0		1		1.414	3.431		
17:0	-		•				- "	- · - -		
18:0	-	0.260	0		1		0.645	1.565		
20:0	-									
22:0	-									

		<u>Amount</u>	in 100 grams of ed Number	lible portion		edible portion of easures of food	
Nutrients and Uni	ts	Mean Std. E	of Data Deri rror Points Code	v Source Confidence e Code Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.840	0	1	2.083	5.057	
14:1 15:1	_						
16:1 undifferentiated		0.050	0	1	0.124	0.301	
17:1		0.030	Ü	-	0.121	0.301	
18:1 undifferentiated	-	0.760	0	1	1.885	4.575	
20:1		0.000	0	1	0.000	0.000	
22:1 undifferentiated	_	0.000	0	1	0.000	0.000	
24:1 c	_						
Fatty acids, total polyunsaturated		0.900	0	1	2.232	5.418	
18:2 undifferentiated	-	0.860	0	1	2.133	5.177	
18:3 undifferentiated	_	0.040	0	1	0.099	0.241	
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	0	1	22	54	
Phytosterols	mg						
Amino Acids:							
Tryptophan	g	0.034	0	1	0.084	0.205	
Threonine	g	0.105	0	1	0.260	0.632	
Isoleucine	g	0.137	0	1	0.340	0.825	
Leucine		0.225	0	1	0.558	1.355	
Lysine	g	0.174	0	1	0.432	1.047	
Methionine	g	0.058	0	1	0.144	0.349	
Cystine	g	0.027	0	1	0.067	0.163	
Phenylalanine		0.117	0	1	0.290	0.704	
Tyrosine	g	0.109	0	1	0.270	0.656	
Valine	g	0.155	0	1	0.384	0.933	
Arginine	g	0.093	0	1	0.231	0.560	
Histidine	g	0.064	0	1	0.159	0.385	
Alanine	g	0.093	0	1	0.231	0.560	
Aspartic acid	g	0.193	0	1	0.479	1.162	
Glutamic acid	g	0.576	0	1	1.428	3.468	
Glycine	g	0.062	0	1	0.154	0.373	
Proline	g	0.241	0	1	0.598	1.451	
Serine		0.131	0	1	0.325	0.789	
Hydroxyproline	g						
Others:							
Alcohol, ethyl	_	0.0	0	7	0.0	0.0	
Caffeine	-						
Theobromine	mg						

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 602g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 3.9

NDB No. 06401 Soup, cream of asparagus, canned, prepared with equal volume water, commercial

		<u>A</u>	mount in 100 g	rams c	or ear	ne portio	<u>)II</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food		
			of	Data I	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Po	oints (Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	91.80		0		1		223.99	544.37		
Energy	_	35		0	NC	4		85	208		
Energy		146		U	NC	4		357	208 868		
Protein (N x 6.25)		0.94		0		1		2.29	5.57		
Total lipid (fat)	_	1.68		0		1		4.10	9.96		
Ash		1.21		0		1		2.95	7.18		
Carbohydrate, by difference		4.38		0	NC	4		10.69	25.97		
Fiber, total dietary		0.2		0	NC	4		0.5	1.2		
		0.2		U		-		0.5	1.2		
Sugars, total	_										
Starch	g										
<u>Minerals:</u>											
Calcium, Ca	-	12		0		1		29	71		
Iron, Fe	-	0.33		0		1		0.81	1.96		
Magnesium, Mg		2		0		1		5	12		
Phosphorus, P	-	16		0		1		39	95		
Potassium, K	• • • • • • • • • • • • • • • • • • • •	71		0		1		173	421		
Sodium, Na	-	402		0 0		1 1		981 0.88	2384		
Zinc, Zn		0.36 0.051		0		1		0.88	2.13 0.302		
Copper, Cu Manganese, Mn		0.051		0		1		0.124	0.302		
Selenium, Se		0.15	•	Ū		-		0.570	0.313		
•	9										
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		1.1		0		1		2.7	6.5		
Thiamin		0.022		0		1		0.054	0.130		
Riboflavin	-	0.032		0		1		0.078	0.190		
Niacin		0.319		0		1		0.778	1.892		
Pantothenic acid		0.050		0		4		0.122	0.297		
Vitamin B-6		0.005 9	•	0 0		1 4		0.012	0.030		
Folate, total		0		0	z	7		22 0	53 0		
Folic acid		9		0	Z	4		22	53		
Folate, foodFolate, DFE		9		0	NC	4		22	53		
Vitamin B-12		0.02		0	NC	4		0.05	0.12		
Vitamin A, IU		182		0		1		444	1079		
Vitamin A, RAE	mca RAF	15		0	NC	4		37	89		
Retinol		7		0	NC	4		17	42		
Vitamin E (alpha-tocopherol)	-	•		-		_					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	a	0.430	1	0		1		1.049	2.550		
4:0		0.020		0		1		0.049	0.119		
6:0		0.020		0		1		0.049	0.119		
8:0	-	0.020		0		1		0.024	0.059		
10:0		0.020		0		1		0.049	0.119		
12:0	-	0.020		0		1		0.049	0.119		
13:0	-			-		_					
14:0	-	0.060)	0		1		0.146	0.356		
15:0	-							,. <u>_</u>			
16:0		0.170)	0		1		0.415	1.008		
17:0											
18:0		0.090)	0		1		0.220	0.534		
20:0											
22:0											
24:0											

	<u>A</u>	mount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
		Number of Data	r Deriv Source	Confidence		<u> </u>		
Nutrients and Units	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.390	0	1		0.952	2.313		
14:1g								
15:1g								
16:1 undifferentiatedg	0.020	0	1		0.049	0.119		
17:1g								
18:1 undifferentiatedg	0.360		1		0.878	2.135		
20:1g	0.000		1		0.000	0.000		
22:1 undifferentiatedg	0.000	0	1		0.000	0.000		
24:1 cg		•	_					
Fatty acids, total polyunsaturatedg	0.760		1		1.854	4.507		
18:2 undifferentiatedg	0.730		1		1.781	4.329		
18:3 undifferentiatedg	0.020		1		0.049	0.119		
18:4g	0.000	0	1		0.000	0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg	0.000	0	1		0.000	0.000		
20:4 undifferentiatedg	0.000		1		0.000 0.000	0.000		
20:5 n-3g	0.000		1		0.000	0.000 0.000		
22:5 n-3g	0.000		1					
22:6 n-3	0.000	U	1		0.000	0.000		
Fatty acids, total trans	2	0	1		5	12		
Cholesterolmg Phytosterolsmg	2	U	1		5	12		
Filytosterois								
Amino Acids:								
Tryptophang	0.012		1		0.029	0.071		
Threonineg	0.032		1		0.078	0.190		
Isoleucineg	0.040		1		0.098	0.237		
Leucineg	0.067		1		0.163	0.397		
Lysineg	0.046		1		0.112	0.273		
Methionineg	0.017		1		0.041	0.101		
Cystineg	0.012		1		0.029	0.071		
Phenylalanineg	0.039		1		0.095	0.231		
Tyrosineg	0.031		1		0.076	0.184		
Valineg	0.047		1		0.115	0.279		
Arginineg	0.035		1		0.085	0.208		
Histidine	0.020		1		0.049	0.119		
Alanine	0.038		1		0.093	0.225		
Aspartic acid	0.070		1		0.171	0.415		
Glutamic acid	0.240		1		0.586	1.423		
Glycine9	0.028		1		0.068	0.166		
Proline	0.084		1		0.205	0.498		
Serineg	0.043	0	1		0.105	0.255		
Hydroxyproline								
Others:								
Alcohol, ethylg	0.0	0	4		0.0	0.0		
Caffeine mg								
Theobrominemg								

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 3.9

Nutrients and Unit Proximates: Water	s		Numb	er			m	easures of food	
Proximates:	s								
Proximates:	s		of Da	a Deriv	Source	Confidence			
		Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Water									
	g	4.80	1		1		0.68	3.07	
Energy	kcal	366	0	NC	4		52	234	
Energy	kj	1531			4		217	980	
Protein (N x 6.25)		13.75	1		1		1.95	8.80	
Total lipid (fat)		10.80	1		1		1.53	6.91	
Ash		14.90	1		1		2.12	9.54	
Carbohydrate, by difference		55.75	0	NC	4		7.92	35.68	
Fiber, total dietary		2.4	0		4		0.3	1.5	
Sugars, total	_								
Starch	g								
Minerals:									
Calcium, Ca	mg	137	0		4		19	88	
Iron, Fe	mg	3.80	0		4		0.54	2.43	
Magnesium, Mg		18	0		4		3	12	
Phosphorus, P	•	185	0		4		26	118	
Potassium, K		824	0		4		117	527	
Sodium, Na		4980	1		1		707	3187	
Zinc, Zn		4.20	0		4		0.60	2.69	
Copper, Cu		0.600			4		0.085	0.384	
Manganese, Mn		1.800	0		4		0.256	1.152	
Selenium, Se	Ilicy								
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	<u>mg</u>	5.2	0		4		0.7	3.3	
Thiamin		0.200	0		4		0.028	0.128	
Riboflavin	mg	0.300	0		4		0.043	0.192	
Niacin		3.000			4		0.426	1.920	
Pantothenic acid		0.500			4		0.071	0.320	
Vitamin B-6	-	0.050			4		0.007	0.032	
Folate, total		46	0	_	4		7	29	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	46 46	0	***	4		7 7	29	
Folate, DFE			0	NC	4 4			29	
Vitamin B-12		0.20 1688	0		4		0.03 240	0.13 1080	
Vitamin A, IU Vitamin A, RAE		503	0	NC	4		71	322	
Retinol		502	0	NC	4		71	321	
Vitamin E (alpha-tocopherol)		302	· ·	110	-		7-	321	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D	IU								
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	a	1.610	0		1		0.229	1.030	
4:0		1.010			-		5.223	1.030	
6:0									
8:0									
10:0									
12:0									
13:0									
14:0	g	0.010	0		1		0.001	0.006	
15:0									
16:0		1.060	0		1		0.151	0.678	
17:0		_							
18:0		0.540	0		1		0.077	0.346	
20:0	_								
22:0 24:0	_								

		<u>Am</u>	nount in 100 grams	s of edible portic	<u>on</u>		edible portion	
			Numbe			<u>m</u> .	easures of food	
Nutrients and Units	S	Mean	of Data Std. Error Points	Deriv Source Code Code	Confidence Code	Measure 1	Measure 2	Measure 3
	~	4.640	•	1			0.000	
Fatty acids, total monounsaturated		4.640	0	1		0.659	2.970	
15:1								
16:1 undifferentiated		0.040	0	1		0.006	0.026	
17:1	-							
18:1 undifferentiated		4.590	0	1		0.652	2.938	
20:1	g							
22:1 undifferentiated	g							
24:1 c	g							
Fatty acids, total polyunsaturated	g	4.060	0	1		0.577	2.598	
18:2 undifferentiated	g	3.770	0	1		0.535	2.413	
18:3 undifferentiated	g	0.280	0	1		0.040	0.179	
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	-							
Fatty acids, total trans								
Cholesterol	mg	1	0	1		0	1	
Phytosterols	mg							

Common Measures:

Measure 1 = 14.2g: 1 cup Measure 2 = 64g: 1 packet

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 3.9

		<u>A</u> :	mount in 10	<u>0 grams</u>	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u>.</u>	
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	93.90		0		1		235.69	1060.13		
Energy	kcal	23		0	NC	4		58	260		
Energy	kj	96				4		242	1086		
Protein (N x 6.25)	g	0.88		0		1		2.21	9.94		
Total lipid (fat)	g	0.69		0		1		1.73	7.79		
Ash	g	0.96		0		1		2.41	10.84		
Carbohydrate, by difference	g	3.57		0	NC	4		8.96	40.31		
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma	9		0		4		23	102		
Iron, Fe	_	0.20		0		4		0.50	2.26		
Magnesium, Mg	-	1		0		4		3	11		
Phosphorus, P		12		0		4		30	135		
Potassium, K	-	53		0		4		133	598		
Sodium, Na	-	319		0		1		801	3602		
Zinc, Zn	-	0.27		0		4		0.68	3.05		
Copper, Cu		0.051	L	0		1		0.128	0.576		
Manganese, Mn		0.102	2	0		1		0.256	1.152		
Selenium, Se	mcg										
/itamins:											
	ma	0.3		0		4		0.8	3.4		
Vitamin C, total ascorbic acid Thiamin	_	0.020	,	0		4		0.050	3.4 0.226		
Riboflavin		0.020		0		4		0.050	0.226		
Niacin		0.020		0		4		0.502	2.258		
Pantothenic acid		0.030		0		4		0.075	0.339		
Vitamin B-6		0.003		0		4		0.008	0.034		
Folate, total	-	3	•	0		4		8	34		
Folic acid		0		0	z	7		0	0		
Folate, food		3		0	_	4		8	34		
Folate, DFE		3		0	NC	4		8	34		
Vitamin B-12		0.01		0		4		0.03	0.11		
Vitamin A, IU		108		0		4		271	1219		
Vitamin A, RAE		5		0	NC	4		14	61		
Retinol		0		0	z	7		0	0		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
<u> Lipids:</u>											
Fatty acids, total saturated	q	0.020)	0		1		0.050	0.226		
4:0											
6:0	-										
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		0.070)	0		1		0.176	0.790		
17:0											
18:0	g	0.040)	0		1		0.100	0.452		
20:0	-										
22:0	n										

NDB No. 06473 Soup, cream of asparagus, dehydrated, prepared with water

	Amount	in 100 grams of edi	Amount in edible portion of common			
		Number	0 0 5	<u>m</u>	easures of food	
Nutrients and Units	Mean Std.	of Data Deriv Error Points Code		Measure 1	Measure 2	Measure 3
	0.300					
Fatty acids, total monounsaturated9	0.300	0	1	0.753	3.387	
15:1						
16:1 undifferentiated	0.000	0	1	0.000	0.000	
17:1g						
18:1 undifferentiatedg	0.290	0	1	0.728	3.274	
20:1g						
22:1 undifferentiatedg						
24:1 cg						
Fatty acids, total polyunsaturated	0.260	0	1	0.653	2.935	
18:2 undifferentiatedg	0.240	0	1	0.602	2.710	
18:3 undifferentiatedg	0.020	0	1	0.050	0.226	
18:4g						
20:2 n-6 c,cg						
20:3 undifferentiatedg						
20:4 undifferentiatedg						
20:5 n-3g						
22:5 n-3g						
22:6 n-3						
Fatty acids, total trans	0	0	1	0	0	
Cholesterolmg Phytosterolsmg	U	U	1	U	U	
r ilytostetois						

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz) Measure 2 = 1129g: 1 packet

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 3.9

		<u>Aı</u>	mount in 100 g	rams	<u>n</u>		edible portion			
			Nu	mber	<u>m</u>	easures of food	<u> </u>			
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	84.96	0.296	17		1		213.25	259.13	
Energy	kcal	72		0	NC	4		181	220	
Energy	kj	301				4		756	919	
Protein (N x 6.25)	g	1.32	0.035	14		1		3.31	4.03	
Total lipid (fat)	g	4.46	0.182	14		1		11.19	13.60	
Ash	g	2.23	0.025	14		1		5.60	6.80	
Carbohydrate, by difference	g	7.03		0	NC	4		17.65	21.44	
Fiber, total dietary	g	0.6		0		4		1.5	1.8	
Sugars, total	g	1.35		0	FLA	4		3.39	4.12	
Starch	g									
Aim awala.										
<u> 1inerals:</u> Calcium, Ca	ma	32	2.102	14		1		80	98	
Iron, Fe	-	0.50	2.102	11		1		1.26	1.53	
Magnesium, Mg	-	5		5		1		13	1.55	
Phosphorus, P		30		2		1		75	92	
Potassium, K	_	98		2		1		246	299	
Sodium, Na	_	757		6		1		1900	2309	
Zine, Zn	-	0.12		4		1		0.30	0.37	
Copper, Cu		0.113		2		1		0.284	0.345	
Manganese, Mn		0.200		1		1		0.502	0.610	
Selenium, Se		1.8		0	FLA	4		4.5	5.5	
•	_									
<u>/itamins:</u>						_				
Vitamin C, total ascorbic acid	-	0.2	0.018	13		1		0.5	0.6	
Thiamin	-	0.023		14		1		0.058	0.070	
Riboflavin		0.039		14		1		0.098	0.119	
Niacin		0.265		14		1		0.665	0.808	
Pantothenic acid	_	0.920		0		4		2.309	2.806	
Vitamin B-6	_	0.010		1		1		0.025	0.031	
Folate, total		2 0	0.131	4	z	1 7		5 0	6	
Folic acid		2	0.131	0 4	Z	1		5	0 6	
Folate, food		2	0.131	0	NC	4		5 5		
Folate, DFE		0.04		0	NC	4		0.10	6 0.12	
Vitamin A, IU		282		0	FLA	4		709		
Vitamin A, RAE		202		0	FLA	4		55	861 67	
Retinol		9		0	FLA	4		24	29	
Vitamin E (alpha-tocopherol)		1.39		0	FLA	4		3.49	4.24	
Tocopherol, beta		1.39		U	FLIA	-		3.49	4.24	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		17.2		0	FLA	4		43.3	52.6	
<u> ipids:</u>										
Fatty acids, total saturated		1.120		0		1		2.811	3.416	
4:0		0.050		1		1		0.126	0.153	
6:0	-	0.040		1		1		0.100	0.122	
8:0		0.020		1		1		0.050	0.061	
10:0	-	0.050		1		1		0.126	0.153	
12:0		0.040		1		1		0.100	0.122	
13:0		0 100		-		4		0.400	0 400	
14:0		0.160		1		1		0.402	0.488	
15:0		0.450								
16:0		0.460		1		1		1.155	1.403	
17:0	_	0 000		0		4		0 577	0.700	
18:0	_	0.230		0		1		0.577	0.702	
20:0	_									
22:0	g g									

		<u>A</u> 1	mount in 10		Amount in edible portion of common					
				Number of Data	Deriv		Confidence	<u>m</u> .	easures of food	
Nutrients and Units	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	1.030		0		1		2.585	3.142	
14:1	-									
15:1 16:1 undifferentiated	-	0.050		1		1		0.126	0.153	
17:1	-									
18:1 undifferentiated	-	0.950		1		1		2.385	2.898	
20:1		0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c		2.000		0		1		F 000	C 100	
Fatty acids, total polyunsaturat		1.940		1		1		5.020 4.869	6.100 5.917	
18:2 undifferentiated		0.060		1		1		0.151	0.183	
18:4		0.000		0		1		0.000	0.000	
20:2 n-6 c.c.	-									
20:3 undifferentiated	-									
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	•••••••••••••••••••••••••••••••••••••••	0.000		0		1		0.000	0.000	
22:6 n-3	-	0.000		0		1		0.000	0.000	
Fatty acids, total trans				_						
Cholesterol	_	11		0		1		28	34	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.015		0		1		0.038	0.046	
Threonine	g	0.047		0		1		0.118	0.143	
Isoleucine	g	0.062		0		1		0.156	0.189	
Leucine	-	0.099		0		1		0.248	0.302	
Lysine		0.059		0		1		0.148	0.180	
Methionine		0.024		0		1		0.060	0.073	
Cystine		0.015		0 0		1 1		0.038	0.046	
Phenylalanine Tyrosine		0.062 0.043		0		1		0.156 0.108	0.189 0.131	
Valine	-	0.043		0		1		0.108	0.131	
Arginine	-	0.047		0		1		0.118	0.143	
Histidine		0.031		0		1		0.078	0.095	
Alanine		0.048		0		1		0.120	0.146	
Aspartic acid		0.092		0		1		0.231	0.281	
Glutamic acid		0.306		0		1		0.768	0.933	
Glycine	g	0.041		0		1		0.103	0.125	
Proline	g	0.110		0		1		0.276	0.336	
Serine	g	0.060		0		1		0.151	0.183	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	FLA	4		0	0	
Theobromine	<u>mg</u>	0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mcq	151		0	FLA	4		377.768	459.040	
Carotene, alpha		0		0	FLA	4		0.008	0.009	
Cryptoxanthin, beta	_	0		0	FLA	4		0.011	0.013	
Lycopene		0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin		155		0	FLA	4		387.989	471.460	

Common Measures:

Measure 1 = 251g: 1 cup

Measure 2 = 305g: 1 can (10.75 oz)

NDB No. 06010

Soup, cream of celery, canned, condensed, commercial

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

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

NDB No. 06210 Soup, cream of celery, canned, prepared with equal volume milk, commercial

	Amount in 100 grams of edible portion						<u>''''</u>	Amount in edible portion of common			
			Nι	umber				<u>m</u> :	easures of food		
			of	f Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:		06.46		•				014 40	500.40		
Water	-	86.46 66		0	NC	1 4		214.42	520.49		
Energy		276		U	NC	4		164 685	397		
Energy		2.29		0		1		5.68	1662 13.79		
Protein (N x 6.25) Total lipid (fat)	-	3.91		0		1		9.70	23.54		
Ash		1.49		0		1		3.70	8.97		
Carbohydrate, by difference		5.86		0	NC	4		14.53	35.28		
Fiber, total dietary		0.3		0	мс	4		0.7	1.8		
Sugars, total		0.5		·		-		0.,	1.0		
Starch	_										
Staten	9										
<u> Minerals:</u>											
Calcium, Ca	_	75		0		1		186	452		
Iron, Fe	-	0.28		0		1		0.69	1.69		
Magnesium, Mg		9		0		1		22	54		
Phosphorus, P	_	61		0		1		151	367		
Potassium, K	• • • • • • • • • • • • • • • • • • • •	125		0		1		310	753		
Sodium, Na	_	407 0.08		0		1 1		1009 0.20	2450 0.48		
Zinc, Zn		0.08	,	0		1		0.20	0.48		
Copper, Cu Manganese, Mn		0.102		0		1		0.154	0.573		
Selenium, Se		1.9	=	0	RA	4		4.7	11.4		
Scientini, Sc	9			·		-					
Vitamins:											
Vitamin C, total ascorbic acid		0.6		0		1		1.5	3.6		
Thiamin		0.030		0		1		0.074	0.181		
Riboflavin	-	0.100		0		1		0.248	0.602		
Niacin		0.176		0		1		0.436	1.060		
Pantothenic acid		0.610		0		4		1.513	3.672		
Vitamin B-6		0.026	5	0		1		0.064	0.157		
Folate, total		3		0	_	1		8	20		
Folic acid		0		0	Z	7		0	0		
Folate, food		3 3		0	NG	1 4		8 8	20		
Folate, DFE		0.20		0	NC	4		0.50	20 1.20		
Vitamin B-12 Vitamin A, IU		186		0		1		461	1120		
Vitamin A, RAE	mca RAF	46		0	NC	4		113	274		
Retinol		44		0	NC	4		109	265		
Vitamin E (alpha-tocopherol)	-			Ū		-		103	203		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
[inide.											
Lipids:	α.	1.590	`	0		1		3.943	9.572		
Fatty acids, total saturated4:0		0.080		0		1		0.198	0.482		
6:0	-	0.050		0		1		0.138	0.301		
8:0	-	0.030		0		1		0.124	0.181		
10:0		0.060		0		1		0.149	0.361		
12:0	-	0.070		0		1		0.149	0.421		
13:0	-	0.07		-		-		2	*****		
14:0	-	0.250)	0		1		0.620	1.505		
15:0	-	2.20		-		_		3.020	2.000		
16:0		0.670)	0		1		1.662	4.033		
17:0				-							
18:0		0.310)	0		1		0.769	1.866		
20:0											
22:0											
24:0											

	<u>Ar</u>	nount in 100 grams Numbe		Amount in edible portion of common measures of food			
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Source Code Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.990	0	1		2.455	5.960	
14:1g	0.990	O O	1		2.455	5.960	
15:1g							
16:1 undifferentiatedg	0.060	0	1		0.149	0.361	
17:1g							
18:1 undifferentiatedg	0.900	0	1		2.232	5.418	
20:1g	0.000	0	1		0.000	0.000	
22:1 undifferentiatedg	0.000	0	1		0.000	0.000	
24:1 cg							
Fatty acids, total polyunsaturatedg	1.070	0	1		2.654	6.441	
18:2 undifferentiatedg	1.020	0	1		2.530	6.140	
18:3 undifferentiatedg	0.050	0	1		0.124	0.301	
18:4g	0.000	0	1		0.000	0.000	
20:2 n-6 c,cg							
20:3 undifferentiated		•					
20:4 undifferentiatedg	0.000	0	1		0.000	0.000	
20:5 n-3g	0.000	0	1		0.000	0.000	
22:5 n-3g	0.000	0	1		0.000	0.000	
22:6 n-3g	0.000	0	1		0.000	0.000	
Fatty acids, total trans9							
Cholesterol mg	13	0	1		32	78	
Phytosterolsmg							
Amino Acids:							
Tryptophang	0.030	0	1		0.074	0.181	
Threonineg	0.097	0	1		0.241	0.584	
Isoleucineg	0.130	0	1		0.322	0.783	
Leucine9	0.209	0	1		0.518	1.258	
Lysineg	0.159	0	1		0.394	0.957	
Methionineg	0.053	0	1		0.131	0.319	
Cystineg	0.022	0	1		0.055	0.132	
Phenylalanineg	0.110	0	1		0.273	0.662	
Tyrosine9	0.100	0	1		0.248	0.602	
Valineg	0.145	0	1		0.360	0.873	
Arginine9	0.083	0	1		0.206	0.500	
Histidineg	0.060	0	1		0.149	0.361	
Alanineg	0.080	0	1		0.198	0.482	
Aspartic acidg	0.170	0	1		0.422	1.023	
Glutamic acidg	0.495	0	1		1.228	2.980	
Glycine9	0.055	0	1		0.136	0.331	
Prolineg	0.213	0	1		0.528	1.282	
Serineg	0.119	0	1		0.295	0.716	
Hydroxyprolineg							
Others:							
Alcohol, ethylg	0.0	0	7		0.0	0.0	
Caffeine mg							
Theobromine mg							

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 602g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 3.9

NDB No. 06410 Soup, cream of celery, canned, prepared with equal volume water, commercial

		<u>A</u>	mount in 100 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			Numbe	•			<u>m</u>	easures of food	
			of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	92.27	0		1		225.14	547.16	
Energy	kcal	37	0	NC	4		90	219	
Energy		155			4		378	918	
Protein (N x 6.25)	g	0.68	0		1		1.66	4.03	
Total lipid (fat)	g	2.29	0		1		5.59	13.58	
Ash	g	1.15	0		1		2.81	6.82	
Carbohydrate, by difference	g	3.62	0	NC	4		8.83	21.47	
Fiber, total dietary	g	0.3	0		4		0.7	1.8	
Sugars, total	g								
Starch	g								
N. 61									
Minerals:	ma	1.6	•		4		30	0=	
Calcium, Ca	-	16 0.26	0		1 1		39 0.63	95 1.54	
Iron, Fe		3	0		1		0.63 7	1.54	
Phosphorus, P		15	0		1		, 37	18 89	
Potassium, K	•	50	0		1		122	297	
Sodium, Na		389	0		1		949	2307	
Zinc, Zn		0.06	0		1		0.15	0.37	
Copper, Cu		0.058			1		0.142	0.344	
Manganese, Mn		0.103			1		0.251	0.611	
Selenium, Se		0.9	0	RA	4		2.2	5.3	
Vitamins:					_				
Vitamin C, total ascorbic acid		0.1	0		1		0.2	0.6	
Thiamin		0.012			1 1		0.029	0.071	
Riboflavin		0.020			1		0.049	0.119	
Niacin	-	0.136			4		0.332	0.806	
Pantothenic acid Vitamin B-6		0.400			1		1.122 0.012	2.728 0.030	
	-	1	0		1		2	6	
Folic acid		0	0	z	7		0	0	
Folate, food		1	0	4	1		2	6	
Folate, DFE	mca DFF	1	0	NC	4		2	6	
Vitamin B-12		0.10	0		4		0.24	0.59	
Vitamin A, IU		126	0		1		307	747	
Vitamin A, RAE		23	0	NC	4		56	136	
Retinol		20	0	NC	4		49	119	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	а	0.580	0		1		1.415	3.439	
4:0		0.030			1		0.073	0.178	
6:0		0.020			1		0.049	0.119	
8:0		0.010			1		0.024	0.059	
10:0		0.020			1		0.049	0.119	
12:0	-	0.020			1		0.049	0.119	
13:0	-		•		•				
14:0	-	0.080	0		1		0.195	0.474	
15:0	-								
16:0	-	0.230	0		1		0.561	1.364	
17:0	-								
18:0		0.120	0		1		0.293	0.712	
20:0	9								

		<u>Amour</u>	nt in 100 grams of ed Number	Amount in edible portion of common measures of food			
Nutrients and Units	5	Mean Std.	of Data Deri Error Points Cod	v Source Confidence e Code Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.530	0	1	1.293	3.143	
14:1 15:1	_						
16:1 undifferentiated		0.020	0	1	0.049	0.119	
17:1		0.020	·	_	0.015	0.122	
18:1 undifferentiated	-	0.490	0	1	1.196	2.906	
20:1		0.000	0	1	0.000	0.000	
22:1 undifferentiated	_	0.000	0	1	0.000	0.000	
24:1 c	_						
Fatty acids, total polyunsaturated		1.030	0	1	2.513	6.108	
18:2 undifferentiated	g	1.000	0	1	2.440	5.930	
18:3 undifferentiated	g	0.030	0	1	0.073	0.178	
18:4	g	0.000	0	1	0.000	0.000	
20:2 n-6 c,c	g						
20:3 undifferentiated	g						
20:4 undifferentiated	g	0.000	0	1	0.000	0.000	
20:5 n-3	g	0.000	0	1	0.000	0.000	
22:5 n-3	g	0.000	0	1	0.000	0.000	
22:6 n-3	g	0.000	0	1	0.000	0.000	
Fatty acids, total trans	g						
Cholesterol	mg	6	0	1	15	36	
Phytosterols	<u>mg</u>						
Amino Acids:							
Tryptophan	g	0.008	0	1	0.020	0.047	
Threonine	g	0.024	0	1	0.059	0.142	
Isoleucine	g	0.032	0	1	0.078	0.190	
Leucine		0.051	0	1	0.124	0.302	
Lysine	g	0.030	0	1	0.073	0.178	
Methionine	g	0.012	0	1	0.029	0.071	
Cystine	g	0.008	0	1	0.020	0.047	
Phenylalanine	g	0.032	0	1	0.078	0.190	
Tyrosine	g	0.022	0	1	0.054	0.130	
Valine	g	0.037	0	1	0.090	0.219	
Arginine	g	0.024	0	1	0.059	0.142	
Histidine	g	0.016	0	1	0.039	0.095	
Alanine	g	0.025	0	1	0.061	0.148	
Aspartic acid	g	0.047	0	1	0.115	0.279	
Glutamic acid	g	0.157	0	1	0.383	0.931	
Glycine	g	0.021	0	1	0.051	0.125	
Proline	g	0.057	0	1	0.139	0.338	
Serine		0.031	0	1	0.076	0.184	
Hydroxyproline	g						
Others:							
Alcohol, ethyl	-	0.0	0	7	0.0	0.0	
Caffeine	-						
Theobromine	mg						

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 3.9

		<u>A</u> :	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			N	lumber				<u>m</u>	easures of food	<u> </u>
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure :
Proximates:										
Water	g	4.60		1		1		0.78		
Energy	kcal	358		0	NC	4		61		
Energy	kj	1498				4		255		
Protein (N x 6.25)	g	15.00		1		1		2.55		
Total lipid (fat)	g	9.30		1		1		1.58		
Ash	g	15.20		1		1		2.58		
Carbohydrate, by difference	g	55.90		0	NC	4		9.50		
Fiber, total dietary	g	2.7		0		4		0.5		
Sugars, total	g									
Starch	g									
Minorala										
Minerals: Calcium, Ca	ma	203		0		4		35		
Iron, Fe	-	3.20		0		4		0.54		
Magnesium, Mg	-	32		0		4		5		
Phosphorus, P		190		0		4		32		
Potassium, K		621		0		4		106		
Sodium, Na		4810		1		1		818		
Zinc, Zn		0.80		0		4		0.14		
Copper, Cu	-	0.700)	0		4		0.119		
Manganese, Mn		1.300)	0		4		0.221		
Selenium, Se										
*7*4										
Vitamins:				•		_				
Vitamin C, total ascorbic acid	-	1.0		0		4		0.2		
Thiamin		0.140		0		4		0.024		
Riboflavin		0.250		0		4		0.043		
Niacin		1.700		0		4		0.289		
Pantothenic acid	-	5.800		0		4 4		0.986 0.010		
Vitamin B-6Folate, total	_	0.060 12	,	0		4		2		
Folic acid		0		0	z	7		0		
Folate, food		12		0	4	4		2		
Folate, DFE	mca DEE	12		0	NC	4		2		
Vitamin B-12		0.25		0	NC	4		0.04		
Vitamin A, IU	III	1545		0		4		263		
Vitamin A, RAE		77		0	NC	4		13		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		·		·	_	•		·		
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
T !! J										
Lipids:	~	1 200		•				0.236		
Fatty acids, total saturated		1.390	,	0		1		0.236		
4:0										
6:0 8:0										
10:0										
12:0										
13:0										
14:0		0.010)	0		1		0.002		
15:0				-		_				
16:0		0.910)	0		1		0.155		
17:0										
18:0		0.470)	0		1		0.080		
20:0										
22:0	-									
24:0	-									

		An	nount in 100 grams	s of edible porti	<u>on</u>	Amount in edible portion of common		
			Numbe of Data		Confidence	<u>m</u> (easures of food	
Nutrients and Unit	s	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	4.000	0	1		0.680		
14:1		1.000	•	_		0.000		
15:1	g							
16:1 undifferentiated	g	0.040	0	1		0.007		
17:1	g							
18:1 undifferentiated	g	3.950	0	1		0.672		
20:1	g							
22:1 undifferentiated	g							
24:1 c	g							
Fatty acids, total polyunsaturated	g	3.500	0	1		0.595		
18:2 undifferentiated	g	3.250	0	1		0.553		
18:3 undifferentiated	g	0.240	0	1		0.041		
18:4	g							
20:2 n-6 c,c	g							
20:3 undifferentiated								
20:4 undifferentiated								
20:5 n-3	g							
22:5 n-3								
22:6 n-3								
Fatty acids, total trans	_							
Cholesterol		3	0	1		1		
Phytosterols	mg							

Common Measures:

Measure 1 = 17g: 1 cup (8 fl oz)

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 3.9

		<u>A</u> :	mount in 10	0 grams	of edit	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u> :	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		93.45		0		1		237.36		
Energy		25		0	NC	4		64		
Energy	kj	105				4		266		
Protein (N x 6.25)		1.03		0		1		2.62		
Total lipid (fat)	g	0.64		0		1		1.63		
Ash		1.04		0		1		2.64		
Carbohydrate, by difference		3.84		0	NC	4		9.75		
Fiber, total dietary										
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	14		0		4		36		
Iron, Fe	_	0.20		0		4		0.51		
Magnesium, Mg	-	2		0		4		5		
Phosphorus, P	mg	13		0		4		33		
Potassium, K	mg	43		0		4		109		
Sodium, Na	-	330		0		1		838		
Zinc, Zn		0.05		0		4		0.13		
Copper, Cu		0.050		0		4		0.127		
Manganese, Mn		0.090	1	0		4		0.229		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.1		0		4		0.3		
Thiamin	_	0.010)	0		4		0.025		
Riboflavin	-	0.020	1	0		4		0.051		
Niacin		0.120	1	0		4		0.305		
Pantothenic acid		0.400)	0		4		1.016		
Vitamin B-6	mg	0.000)	0		4		0.000		
Folate, total	mcg	1		0		4		2		
Folic acid	mcg	0		0	Z	7		0		
Folate, food		1		0		4		2		
Folate, DFE	mcg_DFE	1		0	NC	4		2		
Vitamin B-12		0.02		0		4		0.05		
Vitamin A, IU		106		0		4		269		
Vitamin A, RAE		5		0	NC	4		13		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
vitanini K (phynoquinone)	Illog									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.100)	0		1		0.254		
4:0	-									
6:0										
8:0										
10:0										
12:0										
13:0		0.000		^		4		0.000		
14:0		0.000	,	0		1		0.000		
15:0		0.000		^		4		0 150		
16:0		0.060	,	0		1		0.152		
17:0		0.020		0		1		0.076		
18:0		0.030	•	U		_		0.076		
20:0	-									
22:0 24:0	-									

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
					Deriv		Confidence	<u>m</u>	easures of food	
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	0.280		0		1		0.711		
14:1	g									
15:1 undifferentiated	g	0.000		0		1		0.000		
17:1 18:1 undifferentiated		0.270		0		1		0.686		
20:122:1 undifferentiated										
24:1 c	g					_				
Fatty acids, total polyunsaturated		0.240 0.220		0		1 1		0.610 0.559		
18:3 undifferentiated	-	0.020		0		1		0.051		
18:4										
20:2 n-6 c,c 20:3 undifferentiated										
20:4 undifferentiated	-									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3										
Fatty acids, total trans										
Cholesterol.	-	0		0		1		0		
Phytosterols	iiig									

Common Measures:

Measure 1 = 254g: 1 cup (8 fl oz)

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 3.9

		<u>A</u>	mount in 100 g		f edib	ole portio	<u>n</u>		edible portion	_
			Nui	mber				<u>m</u>	easures of food	<u>.</u>
			of	Data D	eriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints C	ode	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.75	0.283	6	A	1		207.70	252.38	
Energy	kcal	89		0	NC	4		225	273	
Energy	kj	374		0	NC	4		940	1142	
Protein (N x 6.25)	g	2.38	0.021	6	A	1		5.97	7.25	
Total lipid (fat)	g	5.77	0.392	6	A	1		14.47	17.58	
Ash	g	1.95	0.029	6	A	1		4.89	5.94	
Carbohydrate, by difference	g	7.16		0	NC	4		17.98	21.85	
Fiber, total dietary	g	0.0		2	A	1		0.0	0.0	
Sugars, total	g	0.29		2	A	1		0.72	0.87	
Sucrose	g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose)		0.00		2	A	1		0.00	0.00	
Fructose	g	0.00		2	A	1		0.00	0.00	
Lactose	g	0.29		2	A	1		0.72	0.87	
Maltose	g	0.00		2	A	1		0.00	0.00	
Galactose		0.00		2	A	1		0.00	0.00	
Starch		8.97		2	A	1		22.51	27.35	
Minanda										
Minerals:	ma	14	0.718	6				34	41	
Calcium, Ca		1.06	0.718	6	A A	1 1		2.66	3.24	
Iron, Fe		4	0.166	6	A	1		10	13	
Phosphorus, P	-	31	0.753	6	A	1		78	95	
Potassium, K		49	1.900	6	A	1		122	148	
Sodium, Na		655	6.406	6	A	1		1644	1998	
Zinc, Zn		0.29	0.030	6	A	1		0.72	0.87	
Copper, Cu		0.128		6	A	1		0.321	0.390	
Manganese, Mn		0.068		6	A	1		0.171	0.207	
Selenium, Se		1.9		1	A	1		4.8	5.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1	0.014	13		1		0.3	0.3	
Thiamin		0.013	0.003	3	A	1		0.034	0.041	
Riboflavin	-	0.046	0.005	3	A	1		0.116	0.141	
Niacin	mg	0.392	0.015	3	A	1		0.983	1.195	
Pantothenic acid		0.192	2	1	A	1		0.482	0.586	
Vitamin B-6	mg	0.000)	1	A	1		0.000	0.000	
Folate, total	mcg	2		1	A	1		5	6	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	2		0	NC	4		5	6	
Folate, DFE	mcg_DFE	2		0	NC	4		5	6	
Vitamin B-12		0.00		1	A	1		0.00	0.00	
Vitamin A, IU		182		0	NC	4		457	555	
Vitamin A, RAE	mcg_RAE	43		0	NC	4		108	131	
Retinol	mcg	41		0	FLA	4		102	124	
Vitamin E (alpha-tocopherol)	mg	0.54		0	FLA	4		1.35	1.64	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	-									
Vitamin D										
Vitamin K (phylloquinone)	mcg	4.1		0	FLA	4		10.2	12.4	
Lipids:										
Fatty acids, total saturated	g	1.602	0.324	3	NC	4		4.020	4.885	
4:0		0.030)	1		1		0.075	0.092	
6:0	-	0.040)	1		1		0.100	0.122	
8:0	-	0.010		1		1		0.025	0.031	
10:0		0.009)	2	A	1		0.022	0.027	
12:0		0.018	3	2	A	1		0.045	0.055	
13:0		0.010)	1	A	1		0.025	0.031	
14:0		0.086	0.017	3	A	1		0.215	0.262	
15:0	-	0.024	0.012	3	A	1		0.060	0.073	

	<u>Aı</u>	mount in 100 gram		ble portic	<u>on</u>		edible portion of easures of food	
		Numbe		_	0 51		easures or roou	
Nutrients and Units	Mean	of Dat Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	1.103	0.235 3	A	1		2.768	3.364	
17:0g	0.026	0.018 3	A	1		0.065	0.079	
18:0g	0.300	0.059 3	A	1		0.752	0.914	
20:0g	0.008	0.002 3	A	1		0.021	0.025	
22:0g	0.011	0.001 3	A	1		0.027	0.033	
24:0g	0.023	0.007 3	A	1		0.059	0.071	
Fatty acids, total monounsaturatedg	2.045	0.601 3	NC	4		5.133	6.237	
14:1g	0.026	0.014 3	A	1		0.064	0.078	
15:1g	0.035	0.019 3	A	1		0.087	0.106	
16:1 undifferentiated	0.306	0.114 3	A	1		0.769	0.934	
17:1g	0.065	0.047 3	A	1		0.163	0.198	
18:1 undifferentiatedg	1.557		A	1		3.909	4.750	
20:1g	0.035		A	1		0.088	0.107	
22:1 undifferentiatedg	0.032	2	A	1		0.080	0.097	
24:1 cg		_						
Fatty acids, total polyunsaturated	1.048		NC	4		2.630	3.196	
18:2 undifferentiatedg	1.001		A	1		2.513	3.054	
18:3 undifferentiated	0.035		A	1		0.087	0.105	
18:4g	0.000			1		0.000	0.000	
20:2 n-6 c,cg	0.010		A	1		0.024	0.029	
20:3 undifferentiated	0.004		A	1		0.010	0.012	
20:4 undifferentiatedg	0.010		A	1		0.025	0.031	
20:5 n-3g	0.000			1		0.000	0.000	
22:5 n-3g	0.000			1		0.000	0.000	
22:6 n-3	0.000	0		1		0.000	0.000	
Fatty acids, total transg Cholesterolg	8	0.789 3	A	1		20	25	
Phytosterols mg	8	0.789 3	A	_		20	25	
Amino Acids:								
Tryptophang	0.034			1		0.085	0.104	
Threonineg	0.104			1		0.261	0.317	
Isoleucineg	0.136			1		0.341	0.415	
Leucineg	0.210			1		0.527	0.641	
Lysineg	0.171			1		0.429	0.522	
Methionineg	0.064			1		0.161	0.195	
Cystineg	0.040			1		0.100	0.122	
Phenylalanineg	0.122			1		0.306	0.372	
Tyrosineg	0.094			1		0.236	0.287	
Valine	0.138			1		0.346	0.421	
Arginine	0.133			1		0.334	0.406	
Histidine	0.073			1 1		0.183	0.223	
Alanine	0.118					0.296	0.360	
Aspartic acid	0.193 0.621			1 1		0.484 1.559	0.589	
Glutamic acid	0.621			1		0.271	1.894 0.329	
Glycine	0.108			1		0.271	0.329	
Proline	0.120			1		0.515	0.625	
Hydroxyproline9	0.120	Ů		±		0.301	0.300	
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	FLA	4		0	0	
Theobrominemg	0	0	FLA	4		0	0	
Carotenoids:								
Carotene, beta mcg	28	0	FLA	4		69.394	84.324	
Carotene, alphamcg	0	0	FLA	4		0.014	0.017	
Cryptoxanthin, beta mcg	0	0	FLA	4		0.021	0.025	
Lycopenemcg	0	0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	1	0	FLA	4		3.727	4.529	

NDB No. 06016

Soup, cream of chicken, canned, condensed, commercial

Common Measures:

Measure 1 = 251g: 1 cup

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 4.3 Fat 8.9 Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Units	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	85.80			MA	12				
Energy	kcal	58			MC	9				
Energy	kj	243				9				
Protein	g	1.80			MC	9				
Total lipid (fat)	g	1.30			MA	12				
Ash	g	1.50			MA	12				
Carbohydrate, by difference	g	9.50			MC	9				
Fiber, total dietary	g	0.4			MA	12				
Sugars, total		0.09		0	FLA	4				
Starch										
	0									
<u> Minerals:</u>										
Calcium, Ca	-	11			MA	12				
Iron, Fe		0.20			MA	12				
Magnesium, Mg		2			FLM	4				
Phosphorus, P	mg	23			FLM	4				
Potassium, K	mg	272			MA	12				
Sodium, Na	mg	357			MA	12				
Zinc, Zn	mg	0.13			FLM	4				
Copper, Cu	mg	0.034			FLM	4				
Manganese, Mn	mg	0.055	i		FLM	4				
Selenium, Se	mcg	6.3		0	BFZN	4				
7:4 :										
<u>/itamins:</u>		0.0				10				
Vitamin C, total ascorbic acid	_	0.0			MA	12				
Thiamin	_	0.005			FLM	4				
Riboflavin		0.022			FLM	4				
Niacin	_	0.637			FLM	4				
Pantothenic acid	-	0.040			FLM	4				
Vitamin B-6	-	0.012			FLM	4				
Folate, total		4		0	FLA	4				
Folic acid		0		0	FLA	4				
Folate, food		4		0	FLA	4				
Folate, DFE		4		0	NC	4				
Vitamin B-12		0.05			FLM	4				
Vitamin A, IU		432		0	NC	4				
Vitamin A, RAE		25		0	NC	4				
Retinol		4		0	FLA	4				
Vitamin E (alpha-tocopherol)	mg	0.08		0	FLA	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.7		0	FLA	4				
ipids:	_									
Fatty acids, total saturated		0.500			MA	12				
4:0		0.015			FLM	4				
6:0	-	0.009			FLM	4				
8:0	-	0.005			FLM	4				
10:0	-	0.011			FLM	4				
12:0		0.013	i		FLM	4				
13:0		_								
14:0		0.051			FLM	4				
15:0										
16:0	g	0.267			FLM	4				
17:0	g									
	-	0.115	i		FLM	4				
17:0	9	0.115	i		FLM	4				

	<u>Ar</u>	mount in 10	00 grams Number		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.400				4				
14:1g	0.400				•				
14.1g 15:1g									
16:1 undifferentiatedg	0.028			FLM	4				
17:1g	0.020				-				
18:1 undifferentiated	0.369			FLM	4				
20:1g	0.002			FLM	4				
22:1 undifferentiated	0.000			FLM	4				
24:1 cg									
Fatty acids, total polyunsaturatedg	0.400			MA	12				
18:2 undifferentiatedg	0.232			FLM	4				
18:3 undifferentiatedg	0.017			FLM	4				
18:4g	0.000			FLM	4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.006			FLM	4				
20:5 n-3g	0.000			FLM	4				
22:5 n-3g	0.001			FLM	4				
22:6 n-3g	0.002			FLM	4				
Fatty acids, total transg									
Cholesterolmg	6			MA	12				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0			Z	7				
Caffeine mg	0		0	FLA	4				
Theobrominemg	0		0	FLA	4				
Carotenoids:									
Carotene, betamcg	205		0	FLA	4				
Carotene, alphamcg	94		0	FLA	4				
Cryptoxanthin, betamcg	0		0	FLA	4				
Lycopenemcg	0		0	FLA	4				
Lutein + zeaxanthin mcg	7		0	FLA	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 100			ole portio	o <u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Unit	s	Mean	=		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.40		1	A	1		248.27	102.56	
Energy	kcal	99		0	NC	4		302	125	
Energy		414				4		1263	522	
Protein	g	2.40		1	A	1		7.32	3.02	
Total lipid (fat)	g	6.50		1	A	1		19.83	8.19	
Ash	-	2.00		1	A	1		6.10	2.52	
Carbohydrate, by difference		7.70		0	NC	4		23.49	9.70	
Fiber, total dietary	_									
Sugars, total	_									
Starch	-									
Minerals:										
Calcium, Ca	ma									
Iron, Fe	-									
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na	mg	788		1	A	1		2403	993	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn										
Selenium, Se	mcg									
<u> Lipids:</u>										
Fatty acids, total saturated	g	1.610)	1	A	1		4.911	2.029	
Fatty acids, total monounsaturated	g	1.640)	1	A	1		5.002	2.066	
Fatty acids, total polyunsaturated	g	2.050)	1	A	1		6.253	2.583	
Fatty acids, total trans	-									
Cholesterol	mg	7		1	A	1		21	9	
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 = 305g: 1 package yields

Measure 2 = 126g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

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

NDB No. 06416 Soup, cream of chicken, canned, prepared with equal volume water, commercial

		<u>A</u>	mount in 100 gr	ams or ec	lible portio	<u>on</u>		edible portion	
			Nur	nber			<u>m</u>	easures of food	<u> </u>
				Data Deri		Confidence			
Nutrients and Unit	s	Mean	Std. Error Poi	nts Cod	e Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	90.62		0	1		221.11	27.64	537.38
Energy	-	48		0 N	2 4		117	15	285
Energy		201			4		490	61	1191
Protein (N x 6.25)	g	1.41		0	1		3.44	0.43	8.36
Total lipid (fat)	g	3.02		0	1		7.37	0.92	17.91
Ash	g	1.17		0	1		2.85	0.36	6.94
Carbohydrate, by difference		3.80		0 N			9.27	1.16	22.53
Fiber, total dietary		0.1		0	4		0.2	0.0	0.6
Sugars, total	_								
Starch	g								
Minerals:									
Calcium, Ca	mg	14		0	1		34	4	83
Iron, Fe	mg	0.25		0	1		0.61	0.08	1.48
Magnesium, Mg		1		0	1		2	0	6
Phosphorus, P	•	15		0	1		37	5	89
Potassium, K		36		0	1		88	11	213
Sodium, Na		404		0	1		986	123	2396
Zinc, Zn		0.26		0	1 1		0.63	0.08	1.5
Copper, Cu		0.051 0.154		0	1		0.124 0.376	0.016 0.047	0.3
Selenium, Se		0.134	•	0	-		0.376	0.047	0.9
•	9								
<u> Vitamins:</u>									
Vitamin C, total ascorbic acid		0.1		0	1		0.2	0.0	0.6
Thiamin		0.012		0	1		0.029	0.004	0.0
Riboflavin	-	0.025		0	1 1		0.061 0.820	0.008	0.1 1.9
Niacin Pantothenic acid		0.336		0	4		0.820	0.102 0.024	0.4
Vitamin B-6		0.007		0	1		0.193	0.002	0.4
Folate, total		1	•	0	1		2	0	4
Folic acid		0		0 z	7		0	0	0
Folate, food		1		0	1		2	0	4
Folate, DFE	mcg_DFE	1		0 NO	4		2	0	4
Vitamin B-12		0.04		0	4		0.10	0.01	0.2
Vitamin A, IU		230		0	1		561	70	1364
Vitamin A, RAE	mcg_RAE	67		0 NO	4		162	20	394
Retinol		66		0 NO	4		161	20	391
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, deltaVitamin D									
Vitamin K (phylloquinone)									
<u> Lipids:</u>	_	<u></u> .			_				_
Fatty acids, total saturated		0.850		0	1		2.074	0.259	5.0
4:0		0.020		0	1 1		0.049	0.006	0.1 0.1
6:0 8:0	-	0.020 0.010		0	1		0.049 0.024	0.006 0.003	0.1
10:0		0.010		0	1		0.024	0.003	0.0
12:0		0.010		0	1		0.024	0.003	0.0
13:0	-	0.010		-	-		3.02.	0.003	
14:0	-	0.060)	0	1		0.146	0.018	0.3
15:0	-								
16:0		0.540)	0	1		1.318	0.165	3.2
17:0									
18:0	g	0.170)	0	1		0.415	0.052	1.0
20:0	g								
22:0									

		<u>Amo</u>	int in 100 grams of Number	edible portion		Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean St	of Data Do	eriv Source Confide ode Code Code		Measure 2	Measure 3	
Fatty acids, total monounsaturated. 14:1	g	1.340	0	1	3.270	0.409	7.946	
16:1 undifferentiated 17:1	g	0.120	0	1	0.293	0.037	0.712	
18:1 undifferentiated	-	1.210	0	1	2.952	0.369	7.175	
20:1		0.000	0	1	0.000	0.000	0.000	
22:1 undifferentiated	-	0.000	0	1	0.000	0.000	0.000	
24:1 c	-	0.000	v	-	0.000	0.000	0.000	
Fatty acids, total polyunsaturated		0.610	0	1	1.488	0.186	3.617	
18:2 undifferentiated	-	0.580	0	1	1.415	0.177	3.439	
18:3 undifferentiated	-	0.030	0	1	0.073	0.009	0.178	
	-	0.000	0	1	0.000	0.009	0.178	
18:4 20:2 n-6 c.c		0.000	U	1	0.000	0.000	0.000	
,	-							
20:3 undifferentiated		0.000	0	1	0.000	0.000	0.000	
20:4 undifferentiated	-	0.000	0	1	0.000	0.000	0.000	
20:5 n-3			-	=				
22:5 n-3	-	0.000	0	1 1	0.000	0.000	0.000	
22:6 n-3		0.000	U	1	0.000	0.000	0.000	
Fatty acids, total trans			•	_			•	
Cholesterol		4	0	1	10	1	24	
Phytosterols	Illy							
Amino Acids:								
Tryptophan	g	0.017	0	1	0.041	0.005	0.101	
Threonine	g	0.053	0	1	0.129	0.016	0.314	
Isoleucine	g	0.070	0	1	0.171	0.021	0.415	
Leucine		0.108	0	1	0.264	0.033	0.640	
Lysine	_	0.088	0	1	0.215	0.027	0.522	
Methionine		0.033	0	1	0.081	0.010	0.196	
Cystine	-	0.021	0	1	0.051	0.006	0.125	
Phenylalanine		0.063	0	1	0.154	0.019	0.374	
Tyrosine		0.048	0	1	0.117	0.015	0.285	
Valine		0.071	0	1	0.173	0.022	0.421	
Arginine	_	0.068	0	1	0.166	0.021	0.403	
Histidine		0.038	0	1	0.093	0.012	0.225	
Alanine		0.038	0	1	0.149	0.012	0.225	
		0.061	0	1	0.149	0.019	0.362	
Aspartic acid		0.099	0	1	0.242	0.030	1.892	
Glycine	-	0.319	0	1	0.778	0.097	0.332	
3		0.036	0	1	0.137	0.017		
Proline		0.105	0	1	0.256	0.032	0.623	
Serine		0.062	U	1	0.151	0.019	0.368	
Hydroxyproline	y							
Others:								
Alcohol, ethyl	g	0.0	0	7	0.0	0.0	0.0	
Caffeine	mg							
Theobromine	-							

Common Measures:

Measure 1 = 244g: 1 cup Measure 2 = 30.5g: 1 fl oz

Measure 3 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4.3 Fat 8.9 Carbohydrate 3.9

		<u>A</u>	mount in 100	<u>grams</u>	of edil	ole portio	<u>on</u>		edible portion	
			I	Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.75		1		1		0.90	0.68	
Energy	kcal	436		0	NC	4		105	78	
Energy	kj	1824				4		438	328	
Protein (N x 6.25)	g	7.25		1		1		1.74	1.31	
Total lipid (fat)	g	21.68		1		1		5.20	3.90	
Ash	g	12.98		1		1		3.12	2.34	
Carbohydrate, by difference	g	54.34		0	NC	4		13.04	9.78	
Fiber, total dietary	g	1.8		0		4		0.4	0.3	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	310		1		1		74	56	
Iron. Fe.	-	1.40		0		4		0.34	0.25	
Magnesium, Mg		24		0		4		6	4	
Phosphorus, P		390		1		1		94	70	
Potassium, K	-	876		1		1		210	158	
Sodium, Na		4820		1		1		1157	868	
Zinc, Zn	mg	6.00		0		4		1.44	1.08	
Copper, Cu	mg	1.000)	0		4		0.240	0.180	
Manganese, Mn		3.000)	0		4		0.720	0.540	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	2.0		0		4		0.5	0.4	
Thiamin	-	0.400)	0		4		0.096	0.072	
Riboflavin	-	0.830		1		1		0.199	0.149	
Niacin		11.000)	0		4		2.640	1.980	
Pantothenic acid	-	2.900)	0		4		0.696	0.522	
Vitamin B-6	mg	0.220)	0		4		0.053	0.040	
Folate, total	mcg	22		0		4		5	4	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	22		0		4		5	4	
Folate, DFE	mcg_DFE	22		0	NC	4		5	4	
Vitamin B-12		1.00		0		4		0.24	0.18	
Vitamin A, IU		1650		0		4		396	297	
Vitamin A, RAE		495		0	NC	4		119	89	
Retinol		495		0	NC	4		119	89	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin D Vitamin K (phylloquinone)										
vitanini K (phynoquinone)	illog									
<u>Lipids:</u>										
Fatty acids, total saturated	g	13.780	ס	0		1		3.307	2.480	
4:0	-									
6:0	-									
8:0				_						
10:0		0.820		1		1		0.197	0.148	
12:0	-	5.550	,	1		1		1.332	0.999	
13:0		2 266	n	1		1		0 540	0 407	
14:0		2.260	,	1		1		0.542	0.407	
15:0 16:0	-	3.090)	1		1		0.742	0.556	
17:0	-	3.090	•	1		-		0.742	0.556	
18:0	-	2.060)	1		1		0.494	0.371	
20:0	-	2.000	-	1		_		U. 434	0.3/1	
22:0	-									
24:0	-									

	<u>An</u>	nount in 100 grams	s of edible po	Amount in edible portion of common			
		Numbe		rce Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error Points			Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	4.730	0	1		1.135	0.851	
14:1						*****	
15:1g							
16:1 undifferentiated	0.410	1	1		0.098	0.074	
17:1g							
18:1 undifferentiatedg	4.320	1	1		1.037	0.778	
20:1g							
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturated9	1.650	0	1		0.396	0.297	
18:2 undifferentiatedg	1.650	1	1	•	0.396	0.297	
18:3 undifferentiatedg							
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg							
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total transg							
Cholesterol mg	12	1	1	•	3	2	
Phytosterolsmg							
Others:							
Alcohol, ethylg	0.0	0	z 7	,	0.0	0.0	
Caffeinemg							
Theobrominemg							

Common Measures:

Measure 1 = 24g: 1 cup (8 fl oz) Measure 2 = 18g: 1 packet

Calories Factors: Protein 4.3 Fat 8.9 Carbohydrate 3.9

NDB No. 06483 Soup, cream of chicken, dehydrated, prepared with water

Water			<u>A</u>	mount in 10	0 grams	of edib	ole portio	<u>on</u>		edible portion of	of common
Nutrients and Units					Number				<u>m</u>	easures of food	
Postagram Post					of Data	Deriv	Source	Confidence			
Energy	Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Energy	Proximates:										
Finergy	Water	g	90.94		0		1		237.35	29.65	178.24
Protein (N × 6 25)	Energy	kcal	41		0	NC	4		107	13	80
Total Injudy (fight)	Energy	kj	172				4		448	56	336
System	Protein (N x 6.25)	g	0.68		0		1		1.77	0.22	1.33
Carbolydrate, by difference	Total lipid (fat)	g	2.04		0		1		5.32	0.67	4.00
Fiber, total dictary. Stagers, total dictary. Stagers, total Stage	Ash	g	1.22		0		1		3.18	0.40	2.39
Sugars, total	Carbohydrate, by difference	g	5.11		0	NC	4			1.67	10.02
Shinch S			0.1				4		0.3	0.0	0.2
Minorals:	e ,		1.18		0	FLA	4		3.08	0.38	2.31
Tablemin, Ca.	Starch	g									
Taleium, Ca.	Minorals:										
Iron, Fe		ma	29		n		1		76	9	57
Magaesium, Mg. mg 2 0 4 5 1 Phosphorus, P. mg 37 0 1 97 12 Phosphorus, P. mg 82 0 1 214 27 Sodium, Na. mg 454 0 1 1185 148 Zinc, Zn. mg 0.60 0 4 1.57 0.20 Copper, Cu. mg 0.100 0 4 0.783 0.099 Sclenium, Sc. mg 0.300 0 4 0.783 0.099 Sclenium, Sc. mg 0.300 0 4 0.783 0.099 Vitamin C, total ascorbic acid. mg 0.2 0 4 0.5 0.1 Thismin. mg 0.040 0 4 0.104 0.013 Riboflavin. mg 0.040 0 4 0.104 0.025 Niacin. mg 0.078 0 0 4	,	_									0.20
Phosphorus, P.	· ·	_									4
Potassium, K.											73
Sodium Na.	• -	-									161
zinc, Zn. mg 0.50 0 4 1.57 0.20 Copper, Cu. mg 0.100 0 4 0.783 0.098 Sclenium, Sc. mcg 3.1 0 BFSN 4 0.783 0.098 Sclenium, Sc. mcg 3.1 0 BFSN 4 0.783 0.098 Sclenium, Sc. mcg 3.1 0 BFSN 4 0.783 0.098 Vitamin C, total ascorbic acid mg 0.2 0 4 0.5 0.1 Thiamin. mg 0.078 0 1 0.204 0.013 Niacin. mg 0.078 0 1 0.204 0.25 Niacin. mg 1.000 0 4 0.052 0.007 Plate, total mg 0.020 0 4 5 1 Folate, food mg 2 0 NC 4 5 1 Folate, food m											890
Copper Cu mg 0.100 0 4 0.261 0.33 Manganese, Mn mg 0.300 0 4 0.783 0.098 Selenium, Se mcg 3.1 0 BFSN 4 0.783 0.098 Vitamin C, total ascorbic acid mg 0.2 0 4 0.15 0.1 Thiamin mg 0.040 0 4 0.104 0.013 Riboflavin mg 0.078 0 1 0.204 0.025 Pantothenic acid mg 0.300 0 4 0.783 0.098 Vitamin B-6 mg 0.300 0 4 0.052 0.007 Folate, total mcg 2 0 4 5 1 Folate, food mcg 2 0 4 5 1 Folate, food mcg 0 0 X 7 0 0 Vitamin A, IU IU 156					0		4		1.57	0.20	1.18
Manganese, Mn.			0.100)	0		4		0.261	0.033	0.196
Scienium, Se. mcg 3.1 0 BFSN 4 8.1 1.0			0.300)	0		4		0.783	0.098	0.588
Vitamins: Vitamin C, total ascorbic acid. mg 0.2 0 4 0.5 0.1 Thiamin. mg 0.040 0 4 0.104 0.013 Riboflavin. mg 0.078 0 1 0.204 0.025 Niacin. mg 1.000 0 4 0.783 0.98 Niacin. mg 0.300 0 4 0.783 0.98 Pantothenic acid. mg 0.300 0 4 0.783 0.98 Vitamin B-6. mg 0.300 0 4 0.052 0.007 Folate, food. mcg 2 0 4 5 1 Folate, food. mcg 2 0 NC 4 5 1 Folate, food. mcg 2 0 NC 4 0.26 0.3 Vitamin B-12. mcg 0 NE 4 4 4 0.6 51 Vitamin B-12			3.1		0	BFSN	4		8.1	1.0	6.1
Vitamin C, total ascorbic acid mg 0.2 0 4 0.5 0.1 Thamin mg 0.040 0 4 0.104 0.013 Riboflavin mg 0.078 0 1 0.204 0.025 Niacin mg 1.000 0 4 2.610 0.326 Pattorical mg 0.300 0 4 0.783 0.098 Vitamin B-6 mg 0.020 0 4 0.052 0.007 Folate, fod mg 0.020 0 4 5 1 Folicacid mcg 0 0 Z 7 0 0 Folate, food mcg 0 0 Z 7 0 0 0 Folate, food mcg 2 0 NC 4 5 1 1 Vitamin A, IU IU 156 0 FLA 4 06 51 0 Vitamin											
Thiamin											
Riboflavin	, , , , , , , , , , , , , , , , , , ,	-									0.4
Niacin mg 1.000 0 4 2.610 0.326 Pantothenic acid mg 0.300 0 4 0.783 0.098 Vitamin B-6 mg 0.020 0 4 0.052 0.007 Folate, total mcg 2 0 4 5 1 Folate, food mcg 0 0 Z 7 0 0 Folate, food mcg 2 0 NC 4 5 1 Folate, food mcg 2 0 NC 4 5 1 Folate, food mcg 2 0 NC 4 5 1 Folate, food mcg 0 0 NC 4 5 1 Vitamin B-12 mcg 0 1 4 4 0 0 3 Vitamin A, IL IU 156 0 FLA 4 2 1 3 3 <							_				0.078
Pantothenic acid mg 0.300 0 4 0.783 0.98 Vitamin B-6 mg 0.020 0 4 0.052 0.007 Folate, food mcg 2 0 4 5 1 Foliac, DFE mcg 2 0 NC 4 5 1 Foliate, DFE mcg D.10 0 4 5.5 1 Foliate, DFE mcg_DFE 2 0 NC 4 5.5 1 Foliate, DFE mcg_DFE 2 0 NC 4 0.26 0.03 Vitamin B-12 mcg 0.10 0 4 0.26 0.03 Vitamin A, IU IU 156 0 FLA 4 0.06 0.03 Vitamin A, RAE mcg_PRAE 8 0 FLA 4 0.60 0.07 Tecopherol, beta mg 0 2 FLA 4 14.7 1.8 Lip		<u>-</u>			-						0.153
Vitamin B-6. mg 0.020 0 4 0.052 0.007 Folate, total. mcg 2 0 4 5 1 Folate, total. mcg 0 2 7 0 0 Folate, food. mcg 2 0 Nc 4 5 1 Folate, DFE. mcg 0.10 0 A 5 1 Folate, DFE. mcg 0.10 0 A 0.26 0.3 Vitamin B.12. mcg 0.10 4 0.26 0.3 Vitamin A, IU. IU 156 0 FLA 4 406 51 Vitamin A, RAE. mcg_RAE 8 0 FLA 4 0.60 0.07 Tocopherol, beta. mg 0.23 FLA 4 0.60 0.07 Tocopherol, gamna mg 0.23 FLA 4 14.7 1.8 Lipids: mcg 5.6 FL		_			-		-				1.960
Folate, total		-			-		_				0.588
Folic acid. mcg 0 0 0 Z 7 0 0 0 Folate, food. mcg 2 0 0 4 5 1 1 Folate, food. mcg 2 2 0 0 NC 4 5 1 1 Folate, food. mcg 2 2 0 NC 4 5 1 1 Folate, food. mcg 0 0.10 0 NC 4 5 1 1 Vitamin B-12. mcg 0.10 0 FLA 4 0.26 0.03 Vitamin A, IU IU 156 0 FLA 4 406 51 Vitamin A, RAE mcg_RAE 8 0 FLA 4 21 3 Retinol. mcg 0 0 FLA 4 0.60 0.60 0.07 Tocopherol, beta mg 7 0 FLA 4 0 0.60 0.07 Tocopherol, beta mg 7 Tocopherol, gamma mg 7 Tocopherol, gamma mg 7 Tocopherol, delta mg 7 Vitamin K (phylloquinone) mcg 5.6 0 FLA 4 14.7 1.8 Tolopherol, delta mg 1)			=				0.039
Folate, food						-					4
Folate, DFE						Z					0 4
Vitamin B-12 mcg 0.10 0 4 0.26 0.03 Vitamin A, IU IU 156 0 FLA 4 406 51 Vitamin A, RAE mcg 0 0 FLA 4 0 0 Retinol mcg 0 0 FLA 4 0 0 0 Vitamin E (alpha-tocopherol) mg 0.23 0 FLA 4 0.60 0.70 Tocopherol, gamma mg 0 FLA 4 0.60 0.07 Tocopherol, gamma mg 0 FLA 4 14.7 1.8 Vitamin K (phylloquinone) mcg 5.6 0 FLA 4 14.7 1.8 Lipids Falty acids, total saturated 9 1.300 0 1 3.393 0.424 4.0. 9 0.000 0 1 0.000 0.000 0.000 0.000 0.000 0.000						NC					4
Vitamin A, IU. IU 156 0 FLA 4 406 51 Vitamin A, RAE mcg 0 0 FLA 4 21 3 Retinol. mcg 0 0 FLA 4 0 0 0 7 Vitamin E (alpha-tocopherol). mg 0.23 0 FLA 4 0.60 0.07 0						NC					0.20
Vitamin A, RAE mcg_RAE 8 0 FLA 4 21 3 Retinol mcg 0 0 FLA 4 0 0 Vitamin E (alpha-tocopherol) mg 0.23 0 FLA 4 0.60 0.07 Tocopherol, beta mg 1 0.00 0.					-	ET A					
Retinol mcg 0 FLA 4 0 0 Vitamin E (alpha-tocopherol) mg 0.23 0 FLA 4 0.60 0.07 Tocopherol, beta mg 7 Tocopherol, gamma mg 7 Tocopherol, delta mg 7 Tocopherol, delta mg Mg Tocopherol, delta					-						305 15
Vitamin E (alpha-tocopherol) mg 0.23 0 FLA 4 0.60 0.07 Tocopherol, beta. mg 1.00											0
Tocopherol, beta			-						•		0.45
Tocopherol, gamma mg Tocopherol, delta mg Vitamin D. UU Vitamin K (phylloquinone) mcg 5.6 0 FLA 4 14.7 1.8 Lipids: Fatty acids, total saturated g 1.300 0 1 3.393 0.424 4:0. 9 0.000 0 1 0.000 0.000 6:0. 9 0.000 0 1 0.000 0.000 8:0. 9 0.000 0 1 0.000 0.000 10:0. 9 0.000 0 1 0.000 0.000 10:0. 9 0.080 0 1 0.209 0.026 12:0. 9 0.520 0 1 0.209 0.026 12:0. 9 0.520 0 1 0.548 0.068 15:0. 9 14:0. 9 0.210 0 1 0.548 0.068 15:0. 9 16:0. 9 0.290 0 1 0.757 0.095 17:0. 9			0.23		U	FLIA	-		0.00	0.07	0.43
Tocopherol, delta											
Vitamin D. IU Vitamin K (phylloquinone) mcg 5.6 0 FLA 4 14.7 1.8 Lipids: Eatty acids, total saturated. g 1.300 0 1 3.393 0.424 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 0.080 0 1 0.209 0.026 12:0. g 0.520 0 1 0.548 0.068 15:0. g 0.210 0 1 0.548 0.068 15:0. g 0.290 0 1 0.757 0.095 17:0. g 0.190 0 1 0.496 0.062											
Vitamin K (phylloquinone) mcg 5.6 0 FLA 4 14.7 1.8 Lipids: Fatty acids, total saturated g 1.300 0 1 3.393 0.424 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 0.080 0 1 0.209 0.026 12:0 g 0.520 0 1 1.357 0.170 13:0 g 0.210 0 1 0.548 0.068 15:0 g 0.290 0 1 0.757 0.095 17:0 g 0.190 0 1 0.496 0.062											
Lipids: Fatty acids, total saturated 9 1.300 0 1 3.393 0.424 4:0 9 0.000 0 1 0.000 0.000 6:0 9 0.000 0 1 0.000 0.000 8:0 9 0.000 0 1 0.000 0.000 10:0 9 0.080 0 1 0.209 0.026 12:0 9 0.520 0 1 1.357 0.170 13:0 9 0.210 0 1 0.548 0.068 15:0 9 0.290 0 1 0.757 0.095 17:0 9 0.190 0 1 0.496 0.062			5.6		0	FLA	4		14.7	1.8	11.1
Fatty acids, total saturated g 1.300 0 1 3.393 0.424 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 0.080 0 1 0.209 0.026 12:0 g 0.520 0 1 1.357 0.170 13:0 g 0.210 0 1 0.548 0.068 15:0 g 0.290 0 1 0.757 0.095 17:0 g 0.190 0 1 0.496 0.062											
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 0.080 0 1 0.209 0.026 12:0. g 0.520 0 1 1.357 0.170 13:0. g 0.210 0 1 0.548 0.068 15:0. g 0.290 0 1 0.757 0.095 17:0. g 18:0. g 0.190 0 1 0.496 0.062											
6:0.											2.548
8:0. g 0.000 0 1 0.000 0.000 10:0. g 0.080 0 1 0.209 0.026 12:0. g 0.520 0 1 1.357 0.170 13:0. g 0.210 0 1 0.548 0.068 15:0. g 0.290 0 1 0.757 0.095 17:0. g 0.190 0 1 0.496 0.062											0.000
10:0. g 0.080 0 1 0.209 0.026 12:0. g 0.520 0 1 1.357 0.170 13:0. g 0.210 0 1 0.548 0.068 15:0. g 0.290 0 1 0.757 0.095 17:0. g 0.190 0 1 0.496 0.062					-						0.000
12:0. g 0.520 0 1 1.357 0.170 13:0. g 14:0. g 0.210 0 1 0.548 0.068 15:0. g 16:0. g 0.290 0 1 0.757 0.095 17:0. g 18:0. g 0.190 0 1 0.496 0.062		-									0.000
13:0.		-			-						0.157
14:0			0.520)	0		1		1.357	0.170	1.019
15:0			0.011		^				0		
16:0		_	0.210	J	0		1		0.548	0.068	0.412
17:0			0.000		^					2 225	0 500
18:0g 0.190 0 1 0.496 0.062		_	0.290	,	U		1		0.757	0.095	0.568
		-	0 100		^				0.400	0.000	0 0=0
20.0		-	0.190	,	U		1		0.496	0.062	0.372
20:0g		-									
22:0		-									

	An	nount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
Nutrients and Units	Mean		umber f Data oints		Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.450		0		1		1.175	0.147	0.882	
14:1g										
15:1g										
16:1 undifferentiatedg	0.040		0		1		0.104	0.013	0.078	
17:1g										
18:1 undifferentiatedg	0.410		0		1		1.070	0.134	0.804	
20:1g	0.000		0		1		0.000	0.000	0.000	
22:1 undifferentiatedg	0.000		0		1		0.000	0.000	0.000	
24:1 cg										
Fatty acids, total polyunsaturatedg	0.160		0		1		0.418	0.052	0.314	
18:2 undifferentiatedg	0.160		0		1		0.418	0.052	0.314	
18:3 undifferentiatedg	0.000		0		1		0.000	0.000	0.000	
18:4g	0.000		0		1		0.000	0.000	0.000	
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0		1		0.000	0.000	0.000	
20:5 n-3g	0.000		0		1		0.000	0.000	0.000	
22:5 n-3g	0.000		0		1		0.000	0.000	0.000	
22:6 n-3g	0.000		0		1		0.000	0.000	0.000	
Fatty acids, total transg										
Cholesterolmg	1		0		1		3	0	2	
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	0	
Theobromine mg	0		0	FLA	4		0	0	0	
Carotenoids:										
Carotene, betamcg	82		0	FLA	4		213.131	26.621	160.053	
Carotene, alphamcg	5		0	FLA	4		13.922	1.739	10.455	
Cryptoxanthin, beta mcg	18		0	FLA	4		46.206	5.771	34.699	
Lycopene mcg	1		0	FLA	4		3.865	0.483	2.903	
Lutein + zeaxanthin mcg	50		0	FLA	4		130.077	16.247	97.683	

Common Measures:

Measure 1 = 261g: 1 cup (8 fl oz)

Measure 2 = 32.6g: 1 fl oz

Measure 3 = 196g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 4.3 Fat 8.9 Carbohydrate 3.9

NDB No. 06216 Soup, cream of chicken, prepared with equal volume milk, commercial

		<u>A</u> :	mount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	•	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	-	84.83		0		1		210.38	26.30	510.68	
Energy	kcal	77		0	NC	4		191	24	464	
Energy	kj	322				4		799	100	1939	
Protein (N x 6.25)		3.01		0		1		7.46	0.93	18.12	
Total lipid (fat)		4.62		0		1		11.46	1.43	27.81	
Ash		1.51		0		1		3.74	0.47	9.09	
Carbohydrate, by difference		6.04		0	NC	4		14.98	1.87	36.36	
Fiber, total dietary		0.1		0		4		0.2	0.0	0.6	
Sugars, total											
Starch	g										
Minerals:											
Calcium, Ca	mg	73		0		1		181	23	439	
Iron, Fe		0.27		0		1		0.67	0.08	1.63	
Magnesium, Mg	_	7		0		1		17	2	42	
Phosphorus, P		61		0		1		151	19	367	
Potassium, K	mg	110		0		1		273	34	662	
Sodium, Na	_	422		0		1		1047	131	2540	
Zinc, Zn		0.27		0		1		0.67	0.08	1.6	
Copper, Cu		0.056		0		1		0.139	0.017	0.3	
Manganese, Mn		0.153	3	0		1		0.379	0.047	0.92	
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.5		0		1		1.2	0.2	3.0	
Thiamin	_	0.030)	0		1		0.074	0.009	0.1	
Riboflavin	_	0.104	Į.	0		1		0.258	0.032	0.62	
Niacin		0.372	2	0		1		0.923	0.115	2.23	
Pantothenic acid	mg	0.230)	0		4		0.570	0.071	1.38	
Vitamin B-6	mg	0.027	,	0		1		0.067	0.008	0.10	
Folate, total	mcg	3		0		1		8	1	19	
Folic acid	mcg	0		0	Z	7		0	0	0	
Folate, food		3		0		1		8	1	19	
Folate, DFE	mcg_DFE	3		0	NC	4		8	1	19	
Vitamin B-12		0.22		0		4		0.55	0.07	1.32	
Vitamin A, IU		288		0		1		714	89	1734	
Vitamin A, RAE		72		0	NC	4		179	22	433	
Retinol		69		0	NC	4		171	21	415	
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
v namm & (phynoquinone)	<u>.</u> 11109										
<u>Lipids:</u>											
Fatty acids, total saturated	g	1.870)	0		1		4.638	0.580	11.2	
4:0	-	0.070)	0		1		0.174	0.022	0.42	
6:0		0.050		0		1		0.124	0.016	0.3	
8:0		0.030		0		1		0.074	0.009	0.18	
10:0		0.050		0		1		0.124	0.016	0.3	
12:0	-	0.060)	0		1		0.149	0.019	0.3	
13:0	-										
14:0	-	0.230)	0		1		0.570	0.071	1.3	
15:0											
16:0		0.960)	0		1		2.381	0.298	5.7	
17:0		_				_					
18:0		0.360)	0		1		0.893	0.112	2.1	
20:0	-										
22:0	g										

		<u>Amoun</u>	t in 100 grams of ed Number	lible portion	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean Std.	of Data Deri Error Points Cod	v Source Confidence e Code Code	Measure 1	Measure 2	Measure 3	
En il del		1.800	0	1	4.464	0.550	10.836	
Fatty acids, total monounsaturated 14:1	g	1.800	U	1	4.464	0.558	10.836	
16:1 undifferentiated	g	0.160	0	1	0.397	0.050	0.963	
18:1 undifferentiated	-	1.600	0	1	3.968	0.496	9.632	
20:1		0.000	0	_ 1	0.000	0.000	0.000	
22:1 undifferentiated	-	0.000	0	1	0.000	0.000	0.000	
24:1 c	-	0.000	v	-	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.		0.660	0	1	1.637	0.205	3.973	
18:2 undifferentiated	-	0.610	0	1	1.513	0.189	3.672	
18:3 undifferentiated	-	0.050	0	1	0.124	0.189	0.301	
	_	0.000	0	1	0.124	0.000	0.000	
18:4 20:2 n-6 c.c		0.000	U	1	0.000	0.000	0.000	
*	-							
20:3 undifferentiated		0.000	0	1	0.000	0.000	0.000	
20:4 undifferentiated	_	0.000	0	1	0.000	0.000	0.000	
20:5 n-3			-	-				
22:5 n-3	-	0.000	0	1 1	0.000	0.000	0.000	
22:6 n-3		0.000	U	1	0.000	0.000	0.000	
Fatty acids, total trans			•	_	0.7	•		
Cholesterol		11	0	1	27	3	66	
Phytosterols	Illy							
Amino Acids:								
Tryptophan	g	0.040	0	1	0.099	0.012	0.241	
Threonine	g	0.126	0	1	0.312	0.039	0.759	
Isoleucine	g	0.167	0	1	0.414	0.052	1.005	
Leucine		0.265	0	1	0.657	0.082	1.595	
Lysine	-	0.215	0	1	0.533	0.067	1.294	
Methionine		0.073	0	1	0.181	0.023	0.439	
Cystine	-	0.035	0	1	0.087	0.011	0.211	
Phenylalanine		0.140	0	1	0.347	0.043	0.843	
Tyrosine		0.126	0	1	0.312	0.039	0.759	
Valine		0.179	0	_ 1	0.444	0.055	1.078	
Arginine	-	0.126	0	1	0.312	0.039	0.759	
Histidine		0.081	0	1	0.201	0.025	0.488	
Alanine		0.116	0	1	0.288	0.025	0.488	
		0.116	0	1	0.288	0.036	1.330	
Aspartic acid		0.221	0	1	1.624	0.069	3.943	
	-	0.655	0	1	0.221	0.203	0.536	
Glycine		0.089	0	1	0.221	0.028		
Proline			0	1	0.647	0.081	1.571	
Serine		0.149	U	1	0.370	0.046	0.897	
Hydroxyproline	9							
Others:								
Alcohol, ethyl	g	0.0	0	7	0.0	0.0	0.0	
Caffeine	mg							
Theobromine	_							

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 31.0g: 1 fl oz

Measure 3 = 602g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4.3 Fat 8.9 Carbohydrate 3.9

NDB No. 06043 Soup, cream of mushroom, canned, condensed, commercial

		<u>A</u> 1	mount in 100 g	rams o	of edik	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber				<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	83.85	0.150	6	A	1		210.47	210.47	255.74
Energy	-	85	0.200	0	NC	4		213	213	259
Energy		355		0	NC	4		892	892	1084
Protein (N x 6.25)		1.61	0.026	6	A	1		4.03	4.03	4.90
Total lipid (fat)		5.89	0.128	6	A	1		14.78	14.78	17.96
Ash		1.93	0.010	6	A	1		4.85	4.85	5.90
Carbohydrate, by difference		6.72		0	NC	4		16.87	16.87	20.50
Fiber, total dietary		0.0	0.000	3	A	1		0.0	0.0	0.0
Sugars, total		0.12	0.118	3	A	1		0.30	0.30	0.36
Sucrose		0.00	0.000	3	A	1		0.00	0.00	0.00
Glucose (dextrose)	s	0.00	0.000	3	A	1		0.00	0.00	0.00
Fructose		0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose		0.12	0.118	3	A	1		0.30	0.30	0.36
Maltose	g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose	a	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch	a	7.57	1.275	3	A	1		18.99	18.99	23.08
Minerals:										
Calcium, Ca		12	0.212	6	A	1		30	30	36
Iron, Fe		1.11	0.404	6	A	1		2.77	2.77	3.37
Magnesium, Mg	_	4	0.205	6	A	1		10	10	12
Phosphorus, P		26	1.582	6	A	1		66	66	81
Potassium, K		62	2.111	6	A	1 1		155	155	188
Sodium, Na		645	7.489	6 6	A	1		1618	1618	1966
Zinc, Zn		0.20 0.153	0.022 0.024	6	A A	1		0.51 0.384	0.51 0.384	0.62 0.46
Copper, Cu		0.133		6	A	1		0.384	0.384	0.46
Selenium, Se		2.4	0.500	3	A	1		6.0	6.0	7.3
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin	mg	0.043	0.024	3	A	1		0.109	0.109	0.13
Riboflavin	mg	0.045	0.011	3	A	1		0.113	0.113	0.13
Niacin	mg	0.424	0.004	3	A	1		1.065	1.065	1.29
Pantothenic acid	mg	0.234	l	2	A	1		0.586	0.586	0.71
Vitamin B-6	mg	0.000	0.000	3	A	1		0.000	0.000	0.00
Folate, total		2		1	A	1		5	5	6
Folic acid	mcg	0		0	FLA	4		0	0	0
Folate, food		2		0	NC	4		5	5	6
Folate, DFE		2		0	NC	4		5	5	6
Vitamin B-12		0.00		1	A	1		0.00	0.00	0.00
Vitamin A, IU		29		0	NC	4		73	73	89
Vitamin A, RAE		8		0	NC	4		20	20	25
Retinol		8		0	FLA	4		20	20	24
Vitamin E (alpha-tocopherol)		0.81		0	FLA	4		2.05	2.05	2.49
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		1.7		0	FLA	4		4.3	4.3	5.2
Lipids:										
Fatty acids, total saturated	а	1.339	0.029	3	NC	4		3.361	3.361	4.08
4:0		0.000		0		1		0.000	0.000	0.00
6:0		0.020		1		1		0.050	0.050	0.06
8:0		0.020		1	A	1		0.030	0.013	0.00
10:0	_	0.013		1	A	1		0.013	0.033	0.01
12:0		0.015		2	A	1		0.038	0.038	0.04
13:0		0.010		-		_		2.000	2.050	0.04
14:0		0.074	0.004	3	A	1		0.186	0.186	0.22
* ***	g	0.007		3	A	1		0.018	0.018	0.02

	<u>Ar</u>	mount in 100 gr Nur	rams nber		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	of I Std. Error Poi		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	1.019	0.024	3	A	1		2.558	2.558	3.108
17:0g	0.009	0.002	3	A	1		0.023	0.023	0.027
18:0g	0.167		3	A	1		0.420	0.420	0.510
20:0g	0.020		3	A	1		0.050	0.050	0.061
22:0g	0.017		3	A	1		0.044	0.044	0.053
24:0g	0.014		2	A	1		0.034	0.034	0.041
Fatty acids, total monounsaturatedg	1.110		3	NC	4		2.785	2.785	3.384
14:1g	0.005		3	A	1		0.013	0.013	0.016
15:1	0.018		3	A A	1 1		0.046	0.046	0.056
16:1 undifferentiated	0.041 0.020		3	A	1		0.102 0.050	0.102 0.050	0.124 0.061
17:1	0.020		3	A	1		2.448	2.448	2.975
20:1	0.023		3	A	1		0.057	0.057	0.069
22:1 undifferentiated	0.023		3	A	1		0.069	0.069	0.083
24:1 cg	0.027	0.003	•		-		0.003	0.003	0.005
Fatty acids, total polyunsaturatedg	1.431	0.291	3	NC	4		3.592	3.592	4.365
18:2 undifferentiatedg	1.402		3	A	1		3.520	3.520	4.277
18:3 undifferentiated9	0.018		3	A	1		0.046	0.046	0.056
18:4g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.cg	0.004		1	A	1		0.010	0.010	0.012
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000	0.000	0.000
20:5 n-3g	0.000		0		1		0.000	0.000	0.000
22:5 n-3g	0.000		0		1		0.000	0.000	0.000
22:6 n-3g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterolmg	0		1	A	1		0	0	0
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.023		0		1		0.058	0.058	0.070
Threonineg	0.062		0		1		0.156	0.156	0.189
Isoleucineg	0.077		0		1		0.193	0.193	0.235
Leucineg	0.126		0		1		0.316	0.316	0.384
Lysineg	0.087		0		1		0.218	0.218	0.265
Methionineg	0.031		0		1		0.078	0.078	0.095
Cystineg	0.020		0		1		0.050	0.050	0.061
Phenylalanineg	0.074		0		1		0.186	0.186	0.226
Tyrosineg	0.060		0		1		0.151	0.151	0.183
Valineg	0.086		0		1		0.216	0.216	0.262
Arginineg	0.067		0		1		0.168	0.168	0.204
Histidine9	0.037		0		1		0.093	0.093	0.113
Alanine9	0.064		0		1		0.161	0.161	0.195
Aspartic acidg	0.113		0		1		0.284	0.284	0.345
Glutamic acid	0.368		0		1		0.924	0.924	1.122
Glycineg	0.052		0		1		0.131	0.131	0.159
Prolineg	0.136		0		1 1		0.341	0.341	0.415
Serine	0.081		U		1		0.203	0.203	0.247
Hydroxypronne9									
Others:									
Alcohol, ethylg	0.0		0	_	7		0.0	0.0	0.0
Caffeinemg	0		0	FLA	4		0	0	0
Theobrominemg	0		0	FLA	4		0	0	0
<u>Carotenoids:</u>									
Carotene, betamcg	2		0	FLA	4		4.209	4.209	5.114
Carotene, alphamcg	0		0	FLA	4		0.008	0.008	0.009
Cryptoxanthin, betamcg	0		0	FLA	4		0.011	0.011	0.014
Lycopene mcg	0 1		0	FLA FLA	4 4		0.000	0.000	0.000
Lutein + zeaxanthinmcg			J	гμΑ	4		2.025	2.025	2.460

NDB No. 06043

Soup, cream of mushroom, canned, condensed, commercial

Common Measures:

Measure 1 = 251g: 1 cup

Measure 2 = 251g: 1 cup (8 fl oz) Measure 3 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>Ai</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	87.26			MC	9		219.02			
Energy	kcal	52			NC	4		131			
Energy	kj	218				4		546			
Protein	g	1.21			MC	9		3.04			
Total lipid (fat)	g	1.69			MC	9		4.24			
Ash	g	1.69			MC	9		4.24			
Carbohydrate, by difference	g	8.10			NC	4		20.33			
Fiber, total dietary	g	0.6			MC	9		1.5			
Sugars, total	g	1.76		0	FLA	4		4.41			
Starch	g										
Minovolse											
Minerals:	ma	13			MC	9		33			
Calcium, Ca	-	0.48			MC MC	9		1.20			
Magnesium, Mg	-	5			FLM	4		1.20			
Phosphorus, P		51			FLM	4		128			
Potassium, K	-	374			MC	9		939			
Sodium, Na	-	383			MC	9		961			
Zine, Zn	-	0.36			FLM	4		0.90			
Copper, Cu		0.220)		FLM	4		0.552			
Manganese, Mn		0.059			FLM	4		0.148			
Selenium, Se		1.8		0	BFSN	4		4.5			
•											
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.0			MC	9		0.0			
Thiamin	-	0.042			FLM	4		0.105			
Riboflavin	_	0.192			FLM	4		0.482			
Niacin	-	0.170)		FLM	4		0.427			
Pantothenic acid	-										
Vitamin B-6		0.040)		FLM	4		0.100			
Folate, total		10		0	FLA	4		25			
Folic acid		2		0	FLA	4		5			
Folate, food		8		0	FLA	4		20			
Folate, DFE		11		0	NC	4		28			
Vitamin B-12		0.02		_	FLM	4		0.05			
Vitamin A, IU		8		0	FLA	4		21			
Vitamin A, RAE		2		0	FLA	4		6			
Retinol		2		0	FLA	4		6			
Vitamin E (alpha-tocopherol)		0.16		0	FLA	4		0.41			
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		0.4		0	FLA	4		0.9			
* * * *		· · -		•		-		2. 2			
<u> Lipids:</u>											
Fatty acids, total saturated		0.530			FLM	4		1.330			
4:0		0.017			FLM	4		0.043			
6:0	_	0.010			FLM	4		0.025			
8:0	_	0.006			FLM	4		0.015			
10:0	_	0.014			FLM	4		0.035			
12:0	-	0.017	1		FLM	4		0.043			
13:0			_		_	_					
14:0		0.056	Ď		FLM	4		0.141			
15:0						_					
16:0		0.288	5		FLM	4		0.723			
17:0						_		_			
18:0	-	0.103	3		FLM	4		0.259			
20:0	g										
22:0											

		<u>Ar</u>	nount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	Jnits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate		0.440			FLM	4		1.104			
14:1											
15:1	-										
16:1 undifferentiated		0.014			FLM	4		0.035			
17:1	-										
18:1 undifferentiated		0.421			FLM	4		1.057			
20:1	-	0.000			FLM	4		0.000			
22:1 undifferentiated	•	0.000			FLM	4		0.000			
24:1 c											
Fatty acids, total polyunsaturated		0.560			FLM	4		1.406			
18:2 undifferentiated		0.530			FLM	4		1.330			
18:3 undifferentiated	-	0.036			FLM	4		0.090			
18:4	-	0.000			FLM	4		0.000			
20:2 n-6 c,c											
20:3 undifferentiated											
20:4 undifferentiated		0.000			FLM	4		0.000			
20:5 n-3		0.000			FLM	4		0.000			
22:5 n-3		0.000			FLM	4		0.000			
22:6 n-3		0.000			FLM	4		0.000			
Fatty acids, total trans											
Cholesterol	•	3			MC	9		8			
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0			Z	7		0.0			
Caffeine	mg	0		0	FLA	4		0			
Theobromine	mg	0		0	FLA	4		0			
Carotenoids:											
Carotene, beta	mcg	0		0	FLA	4		1.212			
Carotene, alpha		0		0	FLA	4		0.002			
Cryptoxanthin, beta	mcg	0		0	FLA	4		0.003			
Lycopene	mcg	0		0	FLA	4		0.000			
Lutein + zeaxanthin		0		0	FLA	4		0.561			

Common Measures:

Measure 1 = 251g: 1 cup

Calories Factors: Protein Fat Carbohydrate

NDB No. 06243 Soup, cream of mushroom, canned, prepared with equal volume milk, commercial

		<u>A</u>	mount in 100 gran	ns of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food	<u> </u>	
			of Da	ta Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure	
Duovimatos										
Proximates: Water	a	84.56	0		1		209.71	509.05		
Energy	_	82	0		4		203	494		
Energy		343			4		851	2065		
Protein (N x 6.25)		2.44	0		1		6.05	14.69		
Total lipid (fat)		5.48	0		1		13.59	32.99		
Ash		1.47	0		1		3.65	8.85		
Carbohydrate, by difference		6.05	0	NC	4		15.00	36.42		
Fiber, total dietary		0.2	0		4		0.5	1.2		
Sugars, total		3.06	0				7.58	18.40		
Starch	_	3.00	•		-		7.00	10.40		
Suici										
<u>Minerals:</u>										
Calcium, Ca	-	72	0		1		179	433		
Iron, Fe	-	0.24	0		1		0.60	1.44		
Magnesium, Mg		8	0		1		20	48		
Phosphorus, P	•	63	0		1		156	379		
Potassium, K	-	109	0		1		270	656		
Sodium, Na		370	0		4		918	2227		
Zinc, Zn		0.26	0		1		0.64	1.55		
Copper, Cu		0.056			1		0.139	0.337		
Manganese, Mn		0.102			1		0.253	0.614		
Selenium, Se	fricg	1.6	0	RA	4		4.0	9.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9	0		1		2.2	5.4		
Thiamin	mg	0.031	. 0		1		0.077	0.187		
Riboflavin		0.113	3 0		1		0.280	0.680		
Niacin		0.368	3 0		1		0.913	2.215		
Pantothenic acid	mg	0.250	0		4		0.620	1.505		
Vitamin B-6	mg	0.026	5 0		1		0.064	0.157		
Folate, total	mcg	4	0		4		10	24		
Folic acid		0	0	Z	7		0	0		
Folate, food	mcg	4	0		4		10	24		
Folate, DFE	mcg_DFE	4	0	NC	4		10	24		
Vitamin B-12		0.20	0		4		0.50	1.20		
Vitamin A, IU	IU	50	0	FLA	4		123	300		
Vitamin A, RAE	mcg_RAE	14	0	FLA	4		34	83		
Retinol		14	0	FLA	4		34	82		
Vitamin E (alpha-tocopherol)		0.50	0	FLA	4		1.23	2.99		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	1.1	0	FLA	4		2.7	6.5		
Lipids:										
Fatty acids, total saturated	a	2.070	0		1		5.134	12.461		
4:0		0.000			1		0.000	0.000		
6:0		0.040			1		0.099	0.241		
8:0		0.030			1		0.074	0.181		
10:0		0.060			1		0.149	0.361		
12:0		0.060			1		0.149	0.361		
13:0	-	0.000	•		-		3.113	0.501		
14:0		0.240	0		1		0.595	1.445		
15:0		0.240	ŭ		-		3.333	1.443		
16:0	_	1.180	0		1		2.926	7.104		
17:0		2.200	ŭ		-		,	,		
18:0	_	0.340	0		1		0.843	2.047		
20:0	_	0.540	•		-		3.043	2.04/		
22:0	_									
24:0	-									

		<u>Aı</u>	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
				Number		_		1111	easures or roou	
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
En lled	~	1.200		0		1		0.076	7.004	
Fatty acids, total monounsaturated	g	1.200		U		1		2.976	7.224	
15:1 16:1 undifferentiated 17:1	g	0.070		0		1		0.174	0.421	
18:1 undifferentiated	g	1.100		0		1		2.728	6.622	
20:1 22:1 undifferentiated		0.000		0 0		1 1		0.000 0.000	0.000 0.000	
24:1 c	•	0.000		Ū		-		0.000	0.000	
Fatty acids, total polyunsaturated		1.860		0		1		4.613	11.197	
18:2 undifferentiated		1.820		0		1		4.514	10.956	
18:3 undifferentiated		0.040		0 0		1 1		0.099	0.241	
18:4 20:2 n-6 c.c.		0.000		U		1		0.000	0.000	
20:3 undifferentiated										
20:4 undifferentiated	-	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		0.000		0		1		0.000	0.000	
Fatty acids, total trans		_		_		_				
Cholesterol		8		0		1		20	48	
Phytosterols	IIIg									
Amino Acids:										
Tryptophan		0.034		0		1		0.084	0.205	
Threonine	-	0.105		0		1		0.260	0.632	
Isoleucine	-	0.137 0.223		0 0		1 1		0.340 0.553	0.825	
Leucine	-	0.223		0		1		0.429	1.342 1.041	
Methionine		0.057		0		1		0.141	0.343	
Cystine		0.025		0		1		0.062	0.151	
Phenylalanine		0.116		0		1		0.288	0.698	
Tyrosine		0.109		0		1		0.270	0.656	
Valine	g	0.152		0		1		0.377	0.915	
Arginine		0.093		0		1		0.231	0.560	
Histidine	-	0.063		0		1		0.156	0.379	
Alanine		0.088		0		1		0.218	0.530	
Aspartic acid		0.181		0 0		1 1		0.449 1.307	1.090 3.173	
Glutamic acid		0.527 0.061		0		1		0.151	0.367	
Proline		0.226		0		1		0.560	1.361	
Serine	-	0.129		0		1		0.320	0.777	
Hydroxyproline	-									
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	
Caffeine	-	0		0	FLA	4		0	0	
Theobromine	!!!!Y	0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta		3		0	FLA	4		6.404	15.545	
Carotene, alpha		0		0	FLA	4		0.005	0.012	
Cryptoxanthin, beta		0		0 0	FLA FLA	4 4		0.007 0.000	0.017 0.000	
LycopeneLutein + zeaxanthin		1		0	FLA	4		1.289	3.129	

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 602g: 1 can (10.75 oz), prepared

NDB No. 06243

Soup, cream of mushroom, canned, prepared with equal volume milk, commercial

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

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

NDB No. 06443 Soup, cream of mushroom, canned, prepared with equal volume water, commercial

		<u>A</u>	mount in 100 gra	ms of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Num	oer			<u>m</u>	easures of food	<u> </u>	
			of Da	ta Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	90.33)	1		220.41	535.66		
Energy	_	53) NC	4		129	314		
Energy		222			4		541	1315		
Protein (N x 6.25)		0.95)	1		2.32	5.63		
Total lipid (fat)		3.68)	1		8.98	21.82		
Ash		1.16)	1		2.83	6.88		
Carbohydrate, by difference	g	3.81) NC	4		9.30	22.59		
Fiber, total dietary	g	0.2)	4		0.5	1.2		
Sugars, total	g	0.41) FLA	. 4		0.99	2.40		
Starch	g									
M:1										
Minerals: Calcium. Ca	ma	19)	1		46	113		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.21			1		0.51	1.25		
Magnesium, Mg	-	2		,)	1		5	12		
Phosphorus, P		20		,)	1		49	119		
Potassium, K	-	41		<i>.</i>)	1		100	243		
Sodium, Na		361)	4		881	2141		
Zinc, Zn		0.24	()	1		0.59	1.44		
Copper, Cu	mg	0.051	L)	1		0.124	0.302		
Manganese, Mn	mg	0.103	3)	1		0.251	0.611		
Selenium, Se	mcg	0.6) RA	4		1.5	3.6		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.4)	1		1.0	2.4		
Thiamin		0.019		,)	1		0.046	0.113		
Riboflavin		0.037		,)	1		0.090	0.219		
Niacin		0.297)	1		0.725	1.761		
Pantothenic acid		0.120)	1		0.293	0.712		
Vitamin B-6		0.006)	1		0.015	0.036		
Folate, total	_	2)	4		5	12		
Folic acid		0	() z	7		0	0		
Folate, food	mcg	2)	4		5	12		
Folate, DFE	mcg_DFE	2) NC	4		5	12		
Vitamin B-12		0.02)	1		0.05	0.12		
Vitamin A, IU		20	() FLA	4		49	118		
Vitamin A, RAE		6) FLA	4		13	33		
Retinol		5) FLA	4		13	32		
Vitamin E (alpha-tocopherol)	mg	0.39	•) FLA	4		0.94	2.29		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		0.8) FLA	4		2.0	4.8		
vitamin K (phynoquinone)	9	0.0		,	-		2.0	4.0		
Lipids:										
Fatty acids, total saturated		1.000			1		2.440	5.930		
4:0		0.000)	1		0.000	0.000		
6:0	_	0.010)	1		0.024	0.059		
8:0		0.010)	1		0.024	0.059		
10:0		0.020)	1		0.049	0.119		
12:0	-	0.010))	1		0.024	0.059		
13:0	-	0.070)	1	1		0 171	0.415		
14:0	_	0.070	,	,	1		0.171	0.415		
15:0	_	0.720)	1	1		1.757	4.270		
16:0 17:0		0.720	,	,	1		1.757	4.270		
18:0	_	0.130))	1		0.317	0.771		
20:0	_	0.130	•	•	-		0.317	0.771		
22:0	_									
24:0	-									

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion	
				Number of Data	Deriv		Confidence	<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	tedg	0.700		0		1		1.708	4.151	
14:1	-									
15:1 16:1 undifferentiated	9	0.030	1	0		1		0.073	0.178	
17:1 18:1 undifferentiated	-	0.660)	0		1		1.610	3.914	
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 polyunsaturate	edg	1.730)	0		1		4.221	10.259	
18:2 undifferentiated	g	1.710)	0		1		4.172	10.140	
18:3 undifferentiated	g	0.010)	0		1		0.024	0.059	
18:4	-	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	-	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		1		2	6	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.014		0		1		0.034	0.083	
Threonine		0.037		0		1		0.090	0.219	
Isoleucine	=	0.046		0		1		0.112	0.273	
Leucine	-	0.074		0		1		0.112	0.439	
Lysine	-	0.052		0		1		0.127	0.308	
Methionine		0.018		0		1		0.044	0.107	
Cystine		0.011		0		1		0.027	0.065	
Phenylalanine		0.044		0		1		0.107	0.261	
Tyrosine		0.036		0		1		0.088	0.213	
Valine	=	0.050		0		1		0.122	0.297	
Arginine	-	0.039		0		1		0.095	0.231	
Histidine		0.022		0		1		0.054	0.130	
Alanine	-	0.022		0		1		0.093	0.130	
Aspartic acid		0.066		0		1		0.161	0.391	
Glutamic acid		0.216		0		1		0.527	1.281	
Glycine		0.031		0		1		0.076	0.184	
Proline		0.080		0		1		0.195	0.474	
Serine	-	0.048		0		1		0.117	0.285	
		0.040		U		_		0.117	0.285	
Hydroxyproline	9									
Others:				_		_				
Alcohol, ethyl		0.0		0		7		0.0	0.0	
Caffeine	-	0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mcg	1		0	FLA	4		2.796	6.794	
Carotene, alpha	mcg	0		0	FLA	4		0.005	0.013	
Cryptoxanthin, beta	mcg	0		0	FLA	4		0.007	0.018	
Lycopene	mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin	mcg	1		0	FLA	4		1.339	3.254	

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 593g: 1 can (10.75 oz), prepared

NDB No. 06443

Soup, cream of mushroom, canned, prepared with equal volume water, commercial

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u>	mount in 100 gram	s of edil	Amount in edible portion of common				
			Numb	er			m	easures of food	
					Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	90.30			4		220.33	535.48	
Energy		53			4		129	314	
Energy		222			4		541	1315	
Protein		1.00			4		2.44	5.93	
Total lipid (fat)	g	3.70			4		9.03	21.94	
Ash		0.47	0	FLA	4		1.15	2.79	
Carbohydrate, by difference		4.53	0	NR	4		11.05	26.86	
Fiber, total dietary	g	0.2			4		0.5	1.2	
Sugars, total	g	1.72	0	FLA	4		4.19	10.19	
Starch									
3.61									
Minerals:	ma	10					16	112	
Calcium, Ca	_	19 0.21			4 4		46 0.51	113 1.25	
Iron, Fe		2			4		0.51 5	1.25	
Phosphorus, P		20			4		5 49	119	
Potassium, K	•	41			4		100	243	
Sodium, Na		20			1		49	119	
Zinc, Zn		0.24			4		0.59	1.42	
Copper, Cu		0.051			4		0.124	0.302	
Manganese, Mn									
Selenium, Se		0.6	0	BFZN	4		1.5	3.6	
Vitamins:							4.0		
Vitamin C, total ascorbic acid		0.4			4		1.0	2.4	
Thiamin		0.020			4 4		0.049 0.098	0.119	
Riboflavin		0.040			4		0.732	0.237 1.779	
Niacin Pantothenic acid	-	0.300	,		4		0.732	1.779	
Vitamin B-6		0.010	1		4		0.024	0.059	
Folate, total		8	0	FLA	4		19	45	
Folic acid		2	0	FLA	4		6	14	
Folate, food	-	5	0	FLA	4		13	31	
Folate, DFE	mca DFE	9	0	NC	4		23	55	
Vitamin B-12		0.02			4		0.05	0.12	
Vitamin A, IU		24	0	FLA	4		59	143	
Vitamin A, RAE	mcg RAE	7	0	FLA	4		16	39	
Retinol		7	0	FLA	4		16	39	
Vitamin E (alpha-tocopherol)		0.37	0	FLA	4		0.90	2.19	
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Vitamin D									
Vitamin K (phylloquinone)	mcg	0.8	0	FLA	4		1.9	4.7	
Lipids:									
Fatty acids, total saturated	a	1.005	•		4		2.452	5.960	
4:0		0.000			4		0.000	0.000	
6:0		0.010			4		0.024	0.059	
8:0		0.010			4		0.024	0.059	
10:0	_	0.020			4		0.049	0.119	
12:0	-	0.010			4		0.024	0.059	
13:0	_								
14:0	-	0.070)		4		0.171	0.415	
15:0									
16:0	-	0.724	Į		4		1.767	4.293	
17:0	_								
18:0	_	0.131	<u>-</u>		4		0.320	0.777	
20:0									
22:0	_								
24:0	a								

	<u>Aı</u>	mount in 10		Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	0.704								
Fatty acids, total monounsaturatedg	0.704				4		1.718	4.175	
14:1g 15:1g									
16:1 undifferentiated	0.030				4		0.073	0.178	
17:1g	0.030				-		0.073	0.170	
18:1 undifferentiated	0.664				4		1.620	3.938	
20:1g	0.000				4		0.000	0.000	
22:1 undifferentiated	0.000				4		0.000	0.000	
24:1 cg	0.000				-		0.000	0.000	
Fatty acids, total polyunsaturated9	1.739				4		4.243	10.312	
18:2 undifferentiatedg	1.719				4		4.194	10.194	
18:3 undifferentiated	0.010				4		0.024	0.059	
18:4g	0.000				4		0.000	0.000	
20:2 n-6 c.cg									
20:3 undifferentiated									
20:4 undifferentiatedg	0.000				4		0.000	0.000	
20:5 n-3g	0.000				4		0.000	0.000	
22:5 n-3g	0.000				4		0.000	0.000	
22:6 n-3g	0.000				4		0.000	0.000	
Fatty acids, total transg									
Cholesterol mg	1				4		2	6	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobrominemg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, betamcg	1		0	FLA	4		3.358	8.161	
Carotene, alphamcg	0		0	FLA	4		0.003	0.006	
Cryptoxanthin, betamcg	0		0	FLA	4		0.004	0.009	
Lycopenemcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	FLA	4		0.681	1.656	

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100 gram	s of edil	Amount in edible portion of common				
			Numbe	r			m	easures of food	
			of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
n : .									
Proximates: Water	a	81.00	0		4		203.31	247.05	
Energy		88	0		4		221	268	
Energy		368			4		924	1123	
Protein (N x 6.25)		2.20	1		1		5.52	6.71	
Total lipid (fat)	-	4.20	1		1		10.54	12.81	
Ash		2.20	0		4		5.52	6.71	
Carbohydrate, by difference		10.40	0		4		26.10	31.72	
Fiber, total dietary		0.4	0		4		1.0	1.2	
Sugars, total	g	3.64	0	FLA	4		9.13	11.09	
Starch	g								
3.61									
Minerals:	ma	27	4		1		68	0.0	
Calcium, Ca	_	27 0.50	1 1		1 1		68 1.26	82 1.53	
Iron, Fe		5	0		4		1.26	1.53	
Phosphorus, P		30	0		4		13 75	92	
Potassium, K	-	98	0		4		246	299	
Sodium, Na		760	0		4		1908	2318	
Zinc, Zn		0.12	0		4		0.30	0.37	
Copper, Cu		0.110	0		4		0.276	0.336	
Manganese, Mn		0.200	0		4		0.502	0.610	
Selenium, Se		2.3	0	BFSN	4		5.8	7.0	
Vitamina									
Vitamins:	ma	1 0	1				2.5	2.1	
Vitamin C, total ascorbic acid		1.0 0.040			1 1		0.100	3.1 0.122	
ThiaminRiboflavin		0.040			1		0.100	0.122	
Niacin		0.400			1		1.004	1.220	
Pantothenic acid	-	0.240			4		0.602	0.732	
Vitamin B-6		0.020			4		0.050	0.061	
Folate, total	_	6	0		4		14	17	
Folic acid		0	0	z	7		0	0	
Folate, food		6	0		4		14	17	
Folate, DFE	mcg DFE	6	0	NC	4		14	17	
Vitamin B-12		0.04	0		4		0.10	0.12	
Vitamin A, IU		113	0	FLA	4		284	345	
Vitamin A, RAE		28	0	FLA	4		71	86	
Retinol		27	0	FLA	4		68	83	
Vitamin E (alpha-tocopherol)	mg	0.43	0	FLA	4		1.08	1.32	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D	IU		•						
Vitamin K (phylloquinone)	riicg	2.2	0	FLA	4		5.5	6.7	
Lipids:									
Fatty acids, total saturated	g	1.170	0		1		2.937	3.569	
4:0		0.030	0		1		0.075	0.092	
6:0	g	0.020	0		1		0.050	0.061	
8:0	g	0.010	0		1		0.025	0.031	
10:0	-	0.030	0		1		0.075	0.092	
12:0		0.030	0		1		0.075	0.092	
13:0	-								
14:0	_	0.110	0		1		0.276	0.336	
15:0	_								
16:0		0.610	0		1		1.531	1.861	
17:0	_						.		
18:0	_	0.310	0		1		0.778	0.946	
20:0	_								
22:0									

	<u>An</u>	nount in 100 gran		ble portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Numb of Da Std. Error Point	a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.670	0		1		4.192	5.094	
14:1g	1.070	O .		-		4.192	5.094	
15:1								
16:1 undifferentiated	0.000	0		1		0.000	0.000	
17:1g	0.000	·		-		0.000	0.000	
18:1 undifferentiated.	1.620	0		1		4.066	4.941	
20:1g	0.000	0		1		0.000	0.000	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	1.160	0		1		2.912	3.538	
18:2 undifferentiatedg	1.070	0		1		2.686	3.264	
18:3 undifferentiatedg	0.080	0		1		0.201	0.244	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	
20:5 n-3g	0.000	0		1		0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total transg								
Cholesterol mg	12	0		1		30	37	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeinemg	0	0	FLA	4		0	0	
Theobrominemg	0	0	FLA	4		0	0	
Carotenoids:								
Carotene, beta mcg	13	0	FLA	4		33.824	41.100	
Carotene, alphamcg	0	0	FLA	4		0.006	0.007	
Cryptoxanthin, betamcg	0	0	FLA	4		0.546	0.663	
Lycopenemcg	0	0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	10	0	FLA	4		24.447	29.707	

Common Measures:

Measure 1 = 251g: 1 cup

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 3.9

NDB No. 06246 Soup, cream of onion, canned, prepared with equal volume milk, commercial

		<u>A</u>	mount in 100 grams	Amount in edible portion of common					
			Numbei				<u>m</u>	easures of food	
			of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	84.50	0		4		209.56	508.69	
Energy	kcal	75	0		4		186	452	
Energy		314			4		778	1889	
Protein (N x 6.25)	g	2.74	0		1		6.80	16.49	
Total lipid (fat)	g	3.78	0		1		9.37	22.76	
Ash	g	1.50	0		4		3.72	9.03	
Carbohydrate, by difference	g	7.40	0		4		18.35	44.55	
Fiber, total dietary	g	0.3	0		4		0.7	1.8	
Sugars, total	g								
Starch	g								
N. 1									
Minerals:	ma	70	^		4		170	422	
Calcium, Ca	_	72 0.28	0		1 1		179 0.69	433 1.69	
Iron, Fe		9	0		4		22	1.69 54	
Phosphorus, P		62	0		4		22 154	54 373	
Potassium, K	•	125	0		4		310	753	
Sodium, Na		405	0		4		1004	2438	
Zinc, Zn		0.25	0		4		0.62	1.51	
Copper, Cu		0.060			4		0.149	0.361	
Manganese, Mn		0.100			4		0.248	0.602	
Selenium, Se									
Vitamins:									
Vitamin C, total ascorbic acid	ma	1.0	0		1		2.5	6.0	
Thiamin		0.039			1		0.097	0.235	
Riboflavin		0.110			1		0.273	0.662	
Niacin		0.244			1		0.605	1.469	
Pantothenic acid	-	0.280	0		4		0.694	1.686	
Vitamin B-6		0.030	0		4		0.074	0.181	
Folate, total	mcg	9	0		4		22	54	
Folic acid	mcg	0	0	Z	7		0	0	
Folate, food	mcg	9	0		4		22	54	
Folate, DFE	mcg_DFE	9	0	NC	4		22	54	
Vitamin B-12		0.20	0		4		0.50	1.20	
Vitamin A, IU		182	0		1		451	1096	
Vitamin A, RAE		21	0	NC	4		52	126	
Retinol	mcg	14	0	NC	4		35	84	
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
	incg								
Lipids:	-	1 626					4 040	0.010	
Fatty acids, total saturated		1.630 0.070			1 1		4.042	9.813	
4:0					1		0.174 0.099	0.421 0.241	
6:0		0.040			1		0.099	0.241	
8:0 10:0		0.050			1		0.074	0.181	
12:0	-	0.060			1		0.124	0.361	
13:0		0.000	. 0		-		0.149	0.301	
14:0	_	0.230	0		1		0.570	1.385	
15:0	_	0.230			-		3.370	1.505	
16:0	_	0.740	0		1		1.835	4.455	
17:0	_	040			-				
18:0	_	0.360	0		1		0.893	2.167	
20:0	_							,=+-	

NDB No. 06246 Soup, cream of onion, canned, prepared with equal volume milk, commercial

	<u>Ar</u>	mount in 100 grams	s of edible portion	<u>on</u>	Amount in edible portion of common		
		Numbe of Data	r Deriv Source	Confidence	<u>m</u> .	easures of food	
Nutrients and Units	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.320	0	1		3.274	7.946	
14:1					0.2/1	,,,,,,	
15:1 9							
16:1 undifferentiatedg	0.060	0	1		0.149	0.361	
17:1g							
18:1 undifferentiated	1.230	0	1		3.050	7.405	
20:1g	0.000	0	1		0.000	0.000	
22:1 undifferentiatedg	0.000	0	1		0.000	0.000	
24:1 cg							
Fatty acids, total polyunsaturatedg	0.640	0	1		1.587	3.853	
18:2 undifferentiatedg	0.580	0	1		1.438	3.492	
18:3 undifferentiatedg	0.070	0	1		0.174	0.421	
18:4g	0.000	0	1		0.000	0.000	
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.000	0	1		0.000	0.000	
20:5 n-3g	0.000	0	1		0.000	0.000	
22:5 n-3g	0.000	0	1		0.000	0.000	
22:6 n-3g	0.000	0	1		0.000	0.000	
Fatty acids, total transg							
Cholesterolm	•	0	1		32	78	
Phytosterolsm	g						
Others:							
Alcohol, ethylg	0.0	0	4		0.0	0.0	
Caffeine mg							
Theobrominemg							

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 602g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 3.9

NDB No. 06446 Soup, cream of onion, canned, prepared with equal volume water, commercial

		<u>A</u>	mount in 100 grams	Amount in edible portion of common					
			Number	•			<u>m</u> e	easures of food	
			of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	90.50	0		4		220.82	536.67	
Energy	kcal	44	0		4		107	261	
Energy	kj	184			4		449	1092	
Protein (N x 6.25)	g	1.13	0		1		2.76	6.70	
Total lipid (fat)	g	2.16	0		1		5.27	12.81	
Ash	g	1.10	0		4		2.68	6.52	
Carbohydrate, by difference	g	5.20	0		4		12.69	30.84	
Fiber, total dietary	g	0.4	0		4		1.0	2.4	
Sugars, total	g								
Starch	g								
Minerals:	mc	1.4	^		4		2.4	0.3	
Calcium, Ca	-	14 0.26	0		1 1		34 0.63	83 1.54	
Iron, Fe	-	2	0		4		0.63 5	1.54	
Magnesium, Mg Phosphorus, P		15	0		4		5 37	12 89	
Potassium, K	•	49	0		4		120	291	
Sodium, Na	-	380	0		4		927	2253	
Zinc, Zn		0.06	0		4		0.15	0.36	
Copper, Cu		0.060			4		0.146	0.356	
Manganese, Mn.		0.100			4		0.244	0.593	
Selenium, Se									
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.5	0		1		1.2	3.0	
Thiamin		0.021	0		1		0.051	0.125	
Riboflavin		0.031	0		1		0.076	0.184	
Niacin		0.206	0		1		0.503	1.222	
Pantothenic acid		0.120	0		4		0.293	0.712	
Vitamin B-6	mg	0.010	0		4		0.024	0.059	
Folate, total	mcg	3	0		4		7	17	
Folic acid	mcg	0	0	Z	7		0	0	
Folate, food	mcg	3	0		4		7	17	
Folate, DFE	mcg_DFE	3	0	NC	4		7	17	
Vitamin B-12		0.02	0		4		0.05	0.12	
Vitamin A, IU		121	0		1		295	718	
Vitamin A, RAE	mcg_RAE	6	0	NC	4		15	36	
Retinol	mcg	0	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
	nicg								
<u>_ipids:</u> 	a	0.600	0		1		1.464	3.558	
Fatty acids, total saturated		0.020			1		0.049	0.119	
6:0		0.020			1		0.049	0.059	
8:0		0.010			1		0.024	0.059	
10:0		0.010			1		0.024	0.059	
12:0		0.010			1		0.024	0.119	
13:0	-	0.020	. •		-		0.045	0.113	
14:0	-	0.060	0		1		0.146	0.356	
15:0		0.000	. •		-		J.140	0.550	
16:0	-	0.310	0		1		0.756	1.838	
17:0	-	0.510	. •		-		5.750	1.050	
18:0	-	0.160	0		1		0.390	0.949	
20:0	_	3.200	•		-		2.330	0.545	

NDB No. 06446 Soup, cream of onion, canned, prepared with equal volume water, commercial

		<u>Am</u>	ount in 100 grams	<u>on</u>	Amount in edible portion of common			
			Number of Data	Deriv Source	Confidence	<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean S	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	0.860	0	1		2.098	5.100	
14:1		0.000	v	-		2.096	3.100	
15:1								
16:1 undifferentiated		0.020	0	1		0.049	0.119	
17:1	g							
18:1 undifferentiated	g	0.840	0	1		2.050	4.981	
20:1	g							
22:1 undifferentiated	g							
24:1 c	g							
Fatty acids, total polyunsaturated	g	0.600	0	1		1.464	3.558	
18:2 undifferentiated	g	0.550	0	1		1.342	3.262	
18:3 undifferentiated	g	0.040	0	1		0.098	0.237	
18:4	g							
20:2 n-6 c,c	g							
20:3 undifferentiated								
20:4 undifferentiated	-							
20:5 n-3	g							
22:5 n-3	g							
22:6 n-3								
Fatty acids, total trans								
Cholesterol	_	6	0	1		15	36	
Phytosterols	mg							

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 3.9

		<u>Aı</u>	mount in 100 g	grams	of edik	ole portio	<u>n</u>		edible portion	
			Nι	ımber	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.39	0.243	13		1		214.33	260.44	
Energy	kcal	59		0	NC	4		148	180	
Energy	kj	247				4		620	753	
Protein (N x 6.25)	g	1.39	0.018	10		1		3.49	4.24	
Total lipid (fat)	g	1.88	0.135	10		1		4.72	5.73	
Ash	g	2.21	0.028	10		1		5.55	6.74	
Carbohydrate, by difference	g	9.14		0	NC	4		22.94	27.88	
Fiber, total dietary		0.4		0		4		1.0	1.2	
Sugars, total	g	1.69		0	FLA	4		4.25	5.16	
Starch	g									
Minerals:										
Calcium, Ca	ma	16	1.986	10		1		40	49	
Iron, Fe	-	0.38	0.039	10		1		0.95	1.16	
Magnesium, Mg	-	1	0.000	1		1		3	3	
Phosphorus, P		37		1		1		93	113	
Potassium, K	-	109		1		1		274	332	
Sodium, Na	-	797	52.716	5		1		2000	2431	
Zine, Zn	mg	0.50		1		1		1.26	1.53	
Copper, Cu	mg	0.200)	1		1		0.502	0.610	
Manganese, Mn	mg	0.300)	1		1		0.753	0.915	
Selenium, Se	mcg	1.9		0	BFSN	4		4.8	5.8	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1		1		0.0	0.0	
Thiamin	-	0.028	0.001	10		1		0.070	0.085	
Riboflavin	-	0.020		10		1		0.073	0.088	
Niacin	=	0.430		10		1		1.079	1.312	
Pantothenic acid	-	0.700		0		4		1.757	2.135	
Vitamin B-6	=	0.030		1		1		0.075	0.092	
Folate, total	-	2	0.629	3		1		6	7	
Folic acid		0		0	z	7		0	0	
Folate, food		2	0.629	3		1		6	7	
Folate, DFE		2		0	NC	4		6	7	
Vitamin B-12		0.04		0		4		0.10	0.12	
Vitamin A, IU	IU -	68		0	FLA	4		172	209	
Vitamin A, RAE		19		0	FLA	4		47	57	
Retinol	mcg	19		0	FLA	4		46	56	
Vitamin E (alpha-tocopherol)	mg	0.07		0	FLA	4		0.17	0.20	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D						_				
Vitamin K (phylloquinone)	mcg	1.1		0	FLA	4		2.8	3.4	
Lipids:										
Fatty acids, total saturated	g	0.970	1	0		1		2.435	2.959	
4:0		0.090)	1		1		0.226	0.275	
6:0	g	0.040)	1		1		0.100	0.122	
8:0	g	0.020)	1		1		0.050	0.061	
10:0	g	0.040	1	1		1		0.100	0.122	
12:0		0.040)	1		1		0.100	0.122	
13:0	g									
14:0	g	0.140)	1		1		0.351	0.427	
15:0	g									
16:0	g	0.420	1	1		1		1.054	1.281	
17:0	g									
18:0	g	0.150	1	1		1		0.377	0.458	
20:0	g									
22:0	g									
24:0	g									

	<u>Ar</u>	nount in 100 gram		ble portic	<u>on</u>	Amount in edible portion of common measures of food		
		Numbe				<u></u>	<u> </u>	•
Nutrients and Units	Mean	of Dat Std. Error Points	a Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.440	0		1		1.104	1.342	
14:1								
15:1	0.020	1		1		0.050	0.061	
16:1 undifferentiated	0.020	1		1		0.050	0.061	
18:1 undifferentiated 9	0.390	1		1		0.979	1.190	
20:1	0.000	0		1				
20:1	0.000	0		1		0.000 0.000	0.000	
•	0.000	U		_		0.000	0.000	
24:1 cg	0 220	0		1		0.000	1 007	
Fatty acids, total polyunsaturated9	0.330 0.300	1		1		0.828 0.753	1.007 0.915	
18:2 undifferentiated	0.300	1		1				
18:3 undifferentiated		0		1		0.075	0.092	
18:4	0.000	U		1		0.000	0.000	
20:2 n-6 c,c								
20:3 undifferentiated	0.000	0		1		0.000	0.000	
20:4 undifferentiated				1		0.000	0.000	
20:5 n-3	0.000	0				0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total trans	_	•		_			4-	
Cholesterolmg	5	0		1		13	15	
Phytosterolsmg								
Amino Acids:								
Tryptophan	0.020	0		1		0.050	0.061	
Threonine	0.049	0		1		0.123	0.149	
Isoleucine	0.061	0		1		0.153	0.186	
Leucine	0.094	0		1		0.236	0.287	
Lysine	0.066	0		1		0.166	0.201	
Methionine	0.024	0		1		0.060	0.073	
Cystineg	0.022	0		1		0.055	0.067	
Phenylalanine	0.066	0		1		0.166	0.201	
Tyrosine	0.049	0		1		0.123	0.149	
Valineg	0.074	0		1		0.186	0.226	
Arginine	0.060	0		1		0.151	0.183	
Histidine	0.031	0		1		0.131	0.095	
Alanine	0.043	0		1		0.108	0.131	
Aspartic acid	0.203	0		1		0.108	0.619	
•	0.330	0		1		0.828	1.007	
Glutamic acid	0.043	0		1				
Glycine				1		0.108	0.131	
Proline	0.103	0		1		0.259	0.314	
Serine 9	0.067	U		1		0.168	0.204	
Hydroxyproline								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	FLA	4		0	0	
Theobromine mg	0	0	FLA	4		0	0	
Carotenoids:						-	-	
Carotene, beta mcg	4	0	FLA	4		10.197	12.390	
Carotene, alpha mcg	0	0	FLA	4		0.003	0.004	
Cryptoxanthin, betamcg	0	0	FLA	4		0.021	0.025	
Lycopene mcg	0	0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	5	0	FLA	4		11.600	14.096	

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz) Measure 2 = 305g: 1 can (10.75 oz) NDB No. 06053

Soup, cream of potato, canned, condensed

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

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

NDB No. 06253 Soup, cream of potato, canned, prepared with equal volume milk, commercial

		<u>A</u>	mount in 100 gram	s of edi	ole portic	<u>on</u>	Amount in edible portion of common		
			Numbe	er			<u>m</u>	easures of food	
			of Dat	a Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	86.67	0		1		214.94	521.75	
Energy	kcal	60	0	NC	4		149	361	
Energy		251			4		623	1511	
Protein (N x 6.25)	g	2.33	0		1		5.78	14.03	
Total lipid (fat)	g	2.60	0		1		6.45	15.65	
Ash	g	1.47	0		1		3.65	8.85	
Carbohydrate, by difference	g	6.92	0	NC	4		17.16	41.66	
Fiber, total dietary	g	0.2	0		4		0.5	1.2	
Sugars, total	g								
Starch	g								
Minorala									
Minerals: Calcium, Ca	ma	67	0		1		166	403	
Iron, Fe	-	0.22	0		1		0.55	1.32	
Magnesium, Mg		7	0		1		17	42	
Phosphorus, P		65	0		1		161	391	
Potassium, K	•	130	0		1		322	783	
Sodium, Na		428	0		1		1061	2577	
Zinc, Zn		0.27	0		1		0.67	1.64	
Copper, Cu	mg	0.106	0		1		0.263	0.638	
Manganese, Mn	mg	0.153	0		1		0.379	0.921	
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.5	0		1		1.2	3.0	
Thiamin		0.033			1		0.082	0.199	
Riboflavin		0.095	5 0		1		0.236	0.572	
Niacin	mg	0.259	0		1		0.642	1.559	
Pantothenic acid	mg	0.680	0		4		1.686	4.094	
Vitamin B-6	mg	0.036	5 0		1		0.089	0.217	
Folate, total		4	0		1		9	22	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	4	0		1		9	22	
Folate, DFE		4	0	NC	4		9	22	
Vitamin B-12		0.20	0		4		0.50	1.20	
Vitamin A, IU		179	0		1		444	1078	
Vitamin A, RAE		21 15	0	NC NC	4 4		52 37	126	
Retinol		15	U	NC	4		37	90	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
Lipids:	0	1.520			1		3.770	9.150	
Fatty acids, total saturated4:0		0.100			1		0.248	0.602	
6:0		0.050			1		0.124	0.301	
8:0		0.030			1		0.124	0.181	
10:0	-	0.060			1		0.149	0.361	
12:0.	-	0.070			1		0.174	0.421	
13:0			·		•				
14:0	-	0.240	0		1		0.595	1.445	
15:0	-								
16:0	-	0.650	0		1		1.612	3.913	
17:0	-								
18:0	g	0.280	0		1		0.694	1.686	
20:0	g								
22:0	g								

	<u>Aı</u>	nount in 100 grams Numbe		<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	of Data Std. Error Points		Confidence Code	Measure 1	Measure 2	Measure 3
Du il di	0.700	0	1		1 726	4 014	
Fatty acids, total monounsaturatedg	0.700	U	1		1.736	4.214	
15:1							
16:1 undifferentiatedg	0.050	0	1		0.124	0.301	
17:1g	0.000	·	_		V	0.002	
18:1 undifferentiatedg	0.610	0	1		1.513	3.672	
20:1g	0.000		1		0.000	0.000	
22:1 undifferentiatedg	0.000		1		0.000	0.000	
24:1 cg		•	_				
Fatty acids, total polyunsaturated9	0.230	0	1		0.570	1.385	
18:2 undifferentiatedg	0.190		1		0.471	1.144	
18:3 undifferentiated	0.040		1		0.099	0.241	
18:4g	0.000		1		0.000	0.000	
20:2 n-6 c.c	0.000	· ·	-		0.000	0.000	
20:3 undifferentiatedg							
20:4 undifferentiated	0.000	0	1		0.000	0.000	
20:5 n-3	0.000		1		0.000	0.000	
22:5 n-3g	0.000		1		0.000	0.000	
22:6 n-3g	0.000		1		0.000	0.000	
Fatty acids, total trans	0.000	v	•		0.000	0.000	
Cholesterolg	9	0	1		22	54	
Phytosterols mg	9	U	1		22	34	
rilytosteroising							
Amino Acids:							
Tryptophang	0.033	0	1		0.082	0.199	
Threonineg	0.098	0	1		0.243	0.590	
Isoleucineg	0.129	0	1		0.320	0.777	
Leucineg	0.207	0	1		0.513	1.246	
Lysineg	0.162	0	1		0.402	0.975	
Methionineg	0.053	0	1		0.131	0.319	
Cystineg	0.026	0	1		0.064	0.157	
Phenylalanineg	0.112	0	1		0.278	0.674	
Tyrosineg	0.103	0	1		0.255	0.620	
Valineg	0.146	0	1		0.362	0.879	
Arginine	0.089		1		0.221	0.536	
Histidine	0.060		1		0.149	0.361	
Alanine	0.078		1		0.193	0.470	
Aspartic acid	0.226		1		0.560	1.361	
Glutamic acid	0.507		1		1.257	3.052	
Glycine	0.056		1		0.139	0.337	
Prolineg	0.210		1		0.521	1.264	
Serine 9	0.122		1		0.303	0.734	
Hydroxyproline9	V.122	v	-		3.555		
Others:							
Alcohol, ethylg	0.0	0	7		0.0	0.0	
Caffeinemg							
Theobrominemg							

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 602g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 4

NDB No. 06453 Soup, cream of potato, canned, prepared with equal volume water, commercial

		<u>A</u>	mount in 100 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			Numbei	•			<u>m</u>	easures of food	
			of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	92.49	0		1		225.68	548.47	
Energy	kcal	30	0	NC	4		73	178	
Energy		126			4		306	744	
Protein (N x 6.25)	g	0.72	0		1		1.76	4.27	
Total lipid (fat)		0.97	0		1		2.37	5.75	
Ash		1.14	0		1		2.78	6.76	
Carbohydrate, by difference		4.70	0	NC	4		11.47	27.87	
Fiber, total dietary		0.2	0		4		0.5	1.2	
Sugars, total									
Starch									
Minerals:		_			_				
Calcium, Ca	-	8	0		1		20	47	
Iron, Fe		0.20	0		1		0.49	1.19	
Magnesium, Mg		1	0		1		2	6	
Phosphorus, P	•	19 56	0		1 1		46 137	113 332	
Potassium, KSodium, Na		56 410	0		1		137	332 2431	
Zinc, Zn		0.26	0		1		0.63	1.52	
Copper, Cu		0.103			1		0.03	0.611	
Manganese, Mn		0.154			1		0.231	0.913	
Selenium, Se		0.120			_		0.0.0	0.020	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0	0		1		0.0	0.0	
Thiamin		0.014	. 0		1		0.034	0.083	
Riboflavin		0.015	5 0		1		0.037	0.089	
Niacin	mg	0.221	. 0		1		0.539	1.311	
Pantothenic acid	mg	0.340	0		4		0.830	2.016	
Vitamin B-6	mg	0.015	5 0		1		0.037	0.089	
Folate, total	mcg	1	0		1		3	7	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	1	0		1		3	7	
Folate, DFE	mcg_DFE	1	0	NC	4		3	7	
Vitamin B-12	mcg	0.02	0		4		0.05	0.12	
Vitamin A, IU		118	0		1		288	700	
Vitamin A, RAE		29	0	NC	4		70	169	
Retinol		27	0	NC	4		66	160	
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
Lipids:	5								
	a	0.500	0		1		1.220	2.965	
Fatty acids, total saturated		0.050			1		0.122	0.297	
6:0		0.020			1		0.122	0.119	
8:0		0.010			1		0.024	0.059	
10:0		0.010			1		0.024	0.119	
12:0	-	0.020			1		0.049	0.119	
13:0	-	0.020			-		0.015	0.225	
14:0	-	0.070	0		1		0.171	0.415	
15:0	-	0.070			-		3.1.1	0.415	
16:0	-	0.210	0		1		0.512	1.245	
17:0	-		J		-			=	
18:0	-	0.080	0		1		0.195	0.474	
	-							- / - · -	
20:0									

	<u>Ar</u>	nount in 100 grams Numbei		<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	of Data Std. Error Points		Confidence Code	Measure 1	Measure 2	Measure 3
			_				
Fatty acids, total monounsaturated9	0.230	0	1		0.561	1.364	
14:1g							
15:1g 16:1 undifferentiatedg	0.010	0	1		0.024	0.059	
17:1g	0.010	v	-		0.024	0.033	
18:1 undifferentiated	0.200	0	1		0.488	1.186	
20:1g	0.000	0	1		0.000	0.000	
22:1 undifferentiatedg	0.000	0	1		0.000	0.000	
24:1 cg	0.000	•	-		0.000	0.000	
Fatty acids, total polyunsaturatedg	0.170	0	1		0.415	1.008	
18:2 undifferentiatedg	0.160	0	1		0.390	0.949	
18:3 undifferentiated	0.010	0	1		0.024	0.059	
18:4g	0.000	0	1		0.000	0.000	
20:2 n-6 c,cg		-	_				
20:3 undifferentiatedg							
20:4 undifferentiated	0.000	0	1		0.000	0.000	
20:5 n-3	0.000	0	1		0.000	0.000	
22:5 n-3	0.000	0	1		0.000	0.000	
22:6 n-3g	0.000	0	1		0.000	0.000	
Fatty acids, total trans							
Cholesterol mg	2	0	1		5	12	
Phytosterolsmg							
Amino Acids:		•	_				
Tryptophan	0.010	0	1		0.024	0.059	
Threonineg	0.025	0	1		0.061	0.148	
Isoleucine	0.031	0	1		0.076	0.184	
Leucine	0.048	0	1		0.117	0.285	
Lysineg	0.034	0	1		0.083	0.202	
Methionine	0.012	0	1		0.029	0.071	
Cystineg	0.011	0	1		0.027	0.065	
Phenylalanineg	0.034	0	1		0.083	0.202	
Tyrosine9	0.025	0	1		0.061	0.148	
Valine	0.038	0	1		0.093	0.225	
Arginine	0.031	0	1		0.076	0.184	
Histidine	0.016	0	1		0.039	0.095	
Alanine	0.022	0	1		0.054	0.130	
Aspartic acid	0.104	0	1		0.254	0.617	
Glutamic acid	0.170	0	1 1		0.415	1.008	
Glycine 9	0.022				0.054	0.130	
Proline	0.053 0.034	0	1 1		0.129 0.083	0.314 0.202	
Serine	0.034	U	1		0.083	0.202	
rryuroxyprolineg							
Others:							
Alcohol, ethylg	0.0	0	7		0.0	0.0	
Caffeinemg							
Theobromine mg							

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 4

Nutrients and Unit	s	Mean	of	mber				<u>m</u> e	easures of food	ı
Proximates:	s	Mean	~ -	Data						
Proximates:	s	Mean	_	Dala	Deriv	Source	Confidence			
			Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Water	a	84.85	0.396	10		1		212.97	258.79	
Energy		72		0	NC	4		181	220	
Energy		301				4		756	919	
Protein (N x 6.25)		2.22	0.042	10		1		5.57	6.77	
Total lipid (fat)	_	4.14	0.441	10		1		10.39	12.63	
Ash		2.26	0.016	10		1		5.67	6.89	
Carbohydrate, by difference		6.53	0.010	0	NC	4		16.39	19.92	
Fiber, total dietary		0.2		0	110	4		0.5	0.6	
Sugars, total		0.2		Ů		-		0.5	0.0	
Starch										
Starcii	9									
Minerals:										
Calcium, Ca	mg	14	0.998	10		1		35	43	
Iron, Fe		0.42	0.033	10		1		1.05	1.28	
Magnesium, Mg		7		0		4		18	21	
Phosphorus, P	_	26		0		4		65	79	
Potassium, K	mg	47		0		4		118	143	
Sodium, Na		778	34.154	5		1		1953	2373	
Zinc, Zn		0.60		1		1		1.51	1.83	
Copper, Cu	mg	0.100)	0		4		0.251	0.305	
Manganese, Mn		0.300)	0		4		0.753	0.915	
Selenium, Se	mcg	4.5		0	RA	4		11.3	13.7	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1		1		0.0	0.0	
Thiamin		0.015	0.001	10		1		0.038	0.046	
Riboflavin		0.022		10		1		0.055	0.067	
Niacin		0.340		10		1		0.853	1.037	
Pantothenic acid	_	0.110		0		4		0.276	0.336	
Vitamin B-6		0.030)	0		4		0.075	0.092	
Folate, total	-	3		0		4		8	9	
Folic acid		0		0	z	7		0	0	
Folate, food		3		0		4		8	9	
Folate, DFE	mcg_DFE	3		0	NC	4		8	9	
Vitamin B-12		0.47		0		4		1.18	1.43	
Vitamin A, IU		126	9.807	10		1		316	384	
Vitamin A, RAE		32		0	NC	4		79	96	
Retinol		30		0	NC	4		75	92	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	α	2.580)	0		1		6.476	7.869	
4:0		0.130		0		1		0.326	0.397	
6:0		0.080		0		1		0.201	0.244	
8:0	-	0.050		0		1		0.126	0.153	
10:0	-	0.100		0		1		0.251	0.305	
12:0	-	0.120		0		1		0.301	0.366	
13:0	-			•		=				
14:0	-	0.420)	0		1		1.054	1.281	
15:0	-									
16:0	-	1.090)	0		1		2.736	3.325	
17:0	-									
18:0		0.500)	0		1		1.255	1.525	
20:0										
22:0	-									
24:0										

	An	nount in 100 grams	Amount in edible portion of common				
			Deriv Source	e Confidence	<u>me</u>	easures of food	
Nutrients and Units	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.190	0	1		2.987	3.630	
14:1g							
15:1g							
16:1 undifferentiatedg	0.090	0	1		0.226	0.275	
17:1g							
18:1 undifferentiatedg	1.040	0	1		2.610	3.172	
20:1g							
22:1 undifferentiatedg							
24:1 cg			_				
Fatty acids, total polyunsaturated9	0.150	0	1		0.377	0.458	
18:2 undifferentiatedg	0.100	0	1		0.251	0.305	
18:3 undifferentiated	0.060	0	1		0.151	0.183	
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiated							
20:4 undifferentiatedg 20:5 n-3g							
20:5 n-3							
22:6 n-3							
Fatty acids, total trans							
Cholesterolg	13	0	1		33	40	
Phytosterolsmg	13	v	-			-0	
Others:							
Alcohol, ethylg	0.0	0	z 7		0.0	0.0	
Caffeine mg							
Theobromine mg							

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz) Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 4.3 Fat 8.9 Carbohydrate 3.9

NDB No. 06256 Soup, cream of shrimp, canned, prepared with equal volume milk, commercial

		<u>A</u>	mount in 100	grams	ot eair	ne portio	<u>n</u>	Amount in	edible portion of	of common
			N	Number				<u>m</u>	easures of food	
			(of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	86.40		0		1		214.27	26.78	520.13
Energy	_	66		0	NC	4		164	20.70	397
Energy		276		Ū	II.C	4		685	86	1662
Protein (N x 6.25)	· -	2.75		0		1		6.82	0.85	16.56
Total lipid (fat)		3.75		0		1		9.30	1.16	22.58
Ash		1.50		0		1		3.72	0.47	9.03
Carbohydrate, by difference		5.61		0	NC	4		13.91	1.74	33.77
Fiber, total dietary		0.1		0	110	4		0.2	0.0	0.6
Sugars, total		2.35		0	FLA	4		5.83	0.73	14.16
Starch	_	2.33		Ū	LIA	•		3.03	0.73	14.10
Minarals										
Minerals: Calcium, Ca	ma	66		0		1		164	20	397
Iron, Fe	-	0.24		0		1		0.60	0.07	1.44
Magnesium, Mg	-	9		0		4		22	3	54
Phosphorus, P		59		0		4		146	18	355
Potassium, K	•	100		Ö		4		248	31	602
Sodium, Na		418		0		1		1037	130	2516
Zinc, Zn		0.32		0		1		0.80	0.10	1.94
Copper, Cu		0.055	5	0		4		0.136	0.017	0.33
Manganese, Mn	mg	0.160	ס	0		4		0.397	0.050	0.96
Selenium, Se		3.2		0	RA	4		7.9	1.0	19.3
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.5		0		1		1.2	0.2	3.0
Thiamin		0.026		0		1		0.064	0.008	0.15
Riboflavin		0.091		0		1		0.226	0.028	0.54
Niacin		0.214		0		1		0.531	0.066	1.28
Pantothenic acid		0.220		0		4		0.546	0.068	1.32
Vitamin B-6	-	0.180)	0		4		0.446	0.056	1.08
Folate, total		4		0	_	4		10	1	24
Folic acid		0		0	Z	7		0	0	0
Folate, food		4 4		0 0		4		10 10	1	24
Folate, DFE		0.42		0	NC	4 4		1.04	1 0.13	24 2.53
Vitamin B-12 Vitamin A, IU		109		0	FLA	4		1.04 271	34	658
Vitamin A, RAE		25		0	FLA	4		61	8	148
Retinol		23		0	FLA	4		57	7	138
Vitamin E (alpha-tocopherol)		0.40		0	FLA	4		0.98	0.12	2.38
Tocopherol, beta	ma	0.40		J	- 15	-		0.50	V.12	2.30
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.8		0	FLA	4		2.1	0.3	5.1
Lipids:										
Fatty acids, total saturated	g	2.330)	0		1		5.778	0.722	14.0
4:0	9	0.120)	0		1		0.298	0.037	0.7
6:0	g	0.070)	0		1		0.174	0.022	0.42
8:0	-	0.040		0		1		0.099	0.012	0.2
10:0		0.090)	0		1		0.223	0.028	0.5
12:0		0.110)	0		1		0.273	0.034	0.6
13:0			_							
14:0	-	0.380)	0		1		0.942	0.118	2.2
15:0			_							
16:0		0.990)	0		1		2.455	0.307	5.9
17:0	-									
18:0	-	0.460)	0		1		1.141	0.143	2.7
20:0	g									
22:0	_									

	<u>Ar</u>	mount in 10	0 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	1.080		0		1		2.678	0.225	6.502
Fatty acids, total monounsaturatedg	1.080		U		_		2.678	0.335	6.302
14:1g									
16:1 undifferentiated	0.080		0		1		0.198	0.025	0.482
17:1g	0.000		Ū		-		0.150	0.025	0.402
18:1 undifferentiated	0.940		0		1		2.331	0.291	5.659
20:1g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated	0.000		0		1		0.000	0.000	0.000
24:1 cg			_		_				
Fatty acids, total polyunsaturatedg	0.140		0		1		0.347	0.043	0.843
18:2 undifferentiated	0.090		0		1		0.223	0.028	0.542
18:3 undifferentiatedg	0.060		0		1		0.149	0.019	0.361
18:4g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000	0.000	0.000
20:5 n-3g	0.000		0		1		0.000	0.000	0.000
22:5 n-3g	0.000		0		1		0.000	0.000	0.000
22:6 n-3g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterolmg	14		0		1		35	4	84
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	FLA	4		0	0	0
Theobrominemg	0		0	FLA	4		0	0	0
<u>Carotenoids:</u>									
Carotene, beta mcg	20		0	FLA	4		49.014	6.127	118.978
Carotene, alphamcg	0		0	FLA	4		0.003	0.000	0.008
Cryptoxanthin, betamcg	0		0	FLA	4		0.005	0.001	0.012
Lycopene mcg	1131		0	FLA	4		2803.812	350.476	6806.027
Lutein + zeaxanthinmcg	0		0	FLA	4		0.899	0.112	2.183

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 31.0g: 1 fl oz

Measure 3 = 602g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4.3 Fat 8.9 Carbohydrate 3.9

NDB No. 06456 Soup, cream of shrimp, canned, prepared with equal volume water, commercial

		<u>A</u>	mount in 100 grams	s of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			Numbe	r			m	easures of food	•
					Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	92.21	0		1		224.99	546.81	
Energy	kcal	37	0	NC	4		90	219	
Energy		155			4		378	918	
Protein (N x 6.25)	g	1.14	0		1		2.78	6.76	
Total lipid (fat)	g	2.13	0		1		5.20	12.63	
Ash	g	1.16	0		1		2.83	6.88	
Carbohydrate, by difference	g	3.36	0	NC	4		8.20	19.92	
Fiber, total dietary	g	0.1	0		4		0.2	0.6	
Sugars, total	g	0.24	0	FLA	4		0.59	1.45	
Starch	g								
3.6° 1									
Minerals:	ma	7	0		1		17	42	
Calcium, Ca Iron, Fe	-	0.22	0		1		0.54	1.30	
Magnesium, Mg		4	0		4		10	24	
Phosphorus, P		13	0		4		32	77	
Potassium, K	-	24	0		4		59	142	
Sodium, Na		400	0		1		976	2372	
Zinc, Zn		0.31	0		1		0.75	1.83	
Copper, Cu		0.050	0		4		0.122	0.297	
Manganese, Mn		0.150	0		4		0.366	0.890	
Selenium, Se		2.3	0	RA	4		5.6	13.6	
Vitaming									
Vitamins:	ma	0.0	0		1		0.0	0.0	
Vitamin C, total ascorbic acid Thiamin		0.008			1		0.020	0.047	
Riboflavin		0.000			1		0.020	0.047	
Niacin		0.175			1		0.427	1.038	
Pantothenic acid	-	0.060			4		0.146	0.356	
Vitamin B-6		0.020			4		0.049	0.119	
Folate, total	-	2	0		4		4	9	
Folic acid		0	0	Z	7		0	0	
Folate, food		2	0		4		4	9	
Folate, DFE	mcg_DFE	2	0	NC	4		4	9	
Vitamin B-12		0.24	0		4		0.59	1.42	
Vitamin A, IU	IU	51	0	FLA	4		124	301	
Vitamin A, RAE	mcg_RAE	10	0	FLA	4		24	59	
Retinol	mcg	9	0	FLA	4		22	53	
Vitamin E (alpha-tocopherol)	mg	0.26	0	FLA	4		0.63	1.53	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D	IU	0.5	•				1 2		
Vitamin K (phylloquinone)	Ilicg	0.5	0	FLA	4		1.3	3.1	
Lipids:									
Fatty acids, total saturated	g	1.330	0		1		3.245	7.887	
4:0		0.070	0		1		0.171	0.415	
6:0	g	0.040	0		1		0.098	0.237	
8:0	g	0.020	0		1		0.049	0.119	
10:0	-	0.050			1		0.122	0.297	
12:0		0.060	0		1		0.146	0.356	
13:0	-								
14:0	-	0.210	0		1		0.512	1.245	
15:0	-	_			_				
16:0		0.560	0		1		1.366	3.321	
17:0	-				_				
18:0	-	0.260	0		1		0.634	1.542	
20:0	-								
22:0									

NDB No. 06456 Soup, cream of shrimp, canned, prepared with equal volume water, commercial

	<u>Ar</u>	nount in 100 gra		ible portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean		ata Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.610		0	1		1.488	3.617	
14:1g	0.010		· ·	-		1.400	3.017	
15:1								
16:1 undifferentiated	0.050		0	1		0.122	0.297	
17:1g	0.000		•	_		0.122	0.25.	
18:1 undifferentiated	0.540		0	1		1.318	3.202	
20:1g	0.000		0	1		0.000	0.000	
22:1 undifferentiatedg	0.000		0	1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated9	0.080		0	1		0.195	0.474	
18:2 undifferentiated	0.050		0	1		0.122	0.297	
18:3 undifferentiated	0.030		0	1		0.073	0.178	
18:4g	0.000		0	1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000		0	1		0.000	0.000	
20:5 n-3g	0.000		0	1		0.000	0.000	
22:5 n-3g	0.000		0	1		0.000	0.000	
22:6 n-3g	0.000		0	1		0.000	0.000	
Fatty acids, total transg								
Cholesterol mg	7		0	1		17	42	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0		0	7		0.0	0.0	
Caffeine mg	0		0 FLA	. 4		0	0	
Theobrominemg	0		0 FLA	. 4		0	0	
Carotenoids:								
Carotene, betamcg	13		0 FLA	. 4		30.713	74.644	
Carotene, alpha mcg	0		0 FLA			0.003	0.008	
Cryptoxanthin, beta mcg	0		0 FLA	. 4		0.005	0.011	
Lycopenemcg	797		0 FLA			1943.727	4723.894	
Lutein + zeaxanthin mcg	0		0 FLA	. 4		0.828	2.013	

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4.3 Fat 8.9 Carbohydrate 3.9

Nutrients and Units Proximates: Water Energy Energy Protein (N x 6.25) Total lipid (fat) Ash Carbohydrate, by difference.	g kcal kj g	Mean 2.90 446 1866	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	measure 1	easures of food Measure 2	•
Proximates: Water	g kcal kj g	2.90 446	Std. Error					Measure 1	Measure 2	Measure 3
Proximates: Water	g kcal kj g	2.90 446	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Water Energy Energy Protein (N x 6.25) Total lipid (fat) Ash	kj g	446								
Energy Energy Protein (N x 6.25) Total lipid (fat) Ash	kj g	446								
Energy	kj g			1		1		0.70	0.52	0.70
Protein (N x 6.25)	g	1866		0	NC	4		107	80	107
Total lipid (fat)	-					4		448	336	448
Ash	~	8.00		1		1		1.92	1.44	1.92
	g	24.10		1		1		5.78	4.34	5.78
Carbohydrate, by difference	g	12.90		1		1		3.10	2.32	3.10
	g	52.10		0	NC	4		12.50	9.38	12.50
Fiber, total dietary	g	3.0		0		4		0.7	0.5	0.7
Sugars, total	g	9.34		0	FLA	4		2.24	1.68	2.24
Starch	g									
N.C. 1										
Minerals:	mc	124		^		4		30	24	30
Calcium, Ca	-	134 2.60		0 0		4 4		32 0.62	24 0.47	32 0.62
Iron, Fe.		2.60 48		0		4		0.62 12	0.47 9	
Magnesium, Mg		48 228		1		4 1		12 55	9 41	12 55
Phosphorus, P	_	408		1		1		98	73	98
Potassium, K		408 4957		1		1			73 892	98 1190
Sodium, Na	• • • • • • • • • • • • • • • • • • • •			0		4		1190 0.38	0.29	0.38
Zinc, Zn		1.60		0		4			0.29	0.38
Copper, Cu		0.400		0		4		0.096		0.09
Manganese, Mn		0.800 20.7	•	0	RA	4		0.192 5.0	0.144 3.7	5.0
Selenium, Se	Ilicy	20.7		U	RA	4		5.0	3.7	5.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	16.6		1		1		4.0	3.0	4.0
Thiamin	mg	5.180)	1		1		1.243	0.932	1.24
Riboflavin	mg	0.450)	1		1		0.108	0.081	0.10
Niacin	mg	2.200	1	1		1		0.528	0.396	0.52
Pantothenic acid	mg	0.700)	0		4		0.168	0.126	0.16
Vitamin B-6	mg	0.100	1	0		4		0.024	0.018	0.02
Folate, total	mcg	30		0		4		7	5	7
Folic acid		0		0	Z	7		0	0	0
Folate, food		30		0		4		7	5	7
Folate, DFE		30		0	NC	4		7	5	7
Vitamin B-12		0.50		0		4		0.12	0.09	0.12
Vitamin A, IU		11996		0	FLA	4		2879	2159	2879
Vitamin A, RAE		600		0	FLA	4		144	108	144
Retinol		0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	2.41		0	FLA	4		0.58	0.43	0.58
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	32.9		0	FLA	4		7.9	5.9	7.9
Linida										
Lipids:	0	6.030		0		1		1.447	1.085	1.44
Fatty acids, total saturated		0.000		0		1		0.000	0.000	0.00
4:0		0.000		0		1			0.000	0.00
6:0	-			-		1		0.000		
8:0		0.000		0 0		1		0.000	0.000	0.00
10:0	-			0		1			0.000	
12:0		0.000	•	U		1		0.000	0.000	0.00
13:0		0 100		0		1		0.004	0.010	0.00
14:0		0.100	•	U		1		0.024	0.018	0.02
15:0		3 400		^		1		0.016	0.610	0.01
16:0	-	3.400	•	0		1		0.816	0.612	0.81
17:0	-	0 500		^		4		0 614	0.461	0.61
18:0	-	2.560	•	0		1		0.614	0.461	0.61
20:0	-									
22:0 24:0	-									

	<u>Ar</u>	nount in 100 gram		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	10.730	0		1		2.575	1.931	2.575	
14:19	201700	·		_		2.373	1.331	2.0.0	
15:1									
16:1 undifferentiated	0.000	0		1		0.000	0.000	0.000	
17:1g									
18:1 undifferentiated	10.730	0		1		2.575	1.931	2.575	
20:1g	0.000	0		1		0.000	0.000	0.000	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	6.290	0		1		1.510	1.132	1.510	
18:2 undifferentiatedg	5.910	0		1		1.418	1.064	1.418	
18:3 undifferentiatedg	0.390	0		1		0.094	0.070	0.094	
18:4g	0.000	0		1		0.000	0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	0.000	
20:5 n-3g	0.000	0		1		0.000	0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	0.000	
Fatty acids, total trans9									
Cholesterolmg	2	1		1		0	0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0	
Caffeinemg	0	0	FLA	4		0	0	0	
Theobrominemg	0	0	FLA	4		0	0	0	
Carotenoids:									
Carotene, betamcg	5620	0	FLA	4		1348.891	1011.668	1348.891	
Carotene, alphamcg	2820	0	FLA	4		676.917	507.688	676.917	
Cryptoxanthin, betamcg	334	0	FLA	4		80.179	60.135	80.179	
Lycopenemcg	2	0	FLA	4		0.441	0.331	0.441	
Lutein + zeaxanthin mcg	920	0	FLA	4		220.718	165.538	220.718	

Common Measures:

Measure 1 = 24g: 1 cup (8 fl oz)

Measure 2 = 18g: 1 packet (6 fl oz prepared)

Measure 3 = 24g: 1 portion, amount of dry mix to make 8 fl oz prepared

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 3.9

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			Numbe	er			m	easures of food	<u> </u>
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	91.18	0		1		237.07	177.80	
Energy	kcal	41	0	NC	4		107	80	
Energy		172			4		446	335	
Protein (N x 6.25)		0.73	0		1		1.90	1.42	
Total lipid (fat)		2.19	0		1		5.69	4.27	
Ash		1.17	0		1		3.04	2.28	
Carbohydrate, by difference		4.73	0	NC	4		12.30	9.22	
Fiber, total dietary		0.2	0		4		0.5	0.4	
Sugars, total	g	0.17	0	FLA	4		0.44	0.33	
Starch									
Minerals:		1.0	_		_		2.5	00	
Calcium, Ca	_	12	0		4		31	23	
Iron, Fe		0.20 4	0		4 4		0.52 10	0.39 8	
Magnesium, Mg		21	-		1		10 55	8 41	
Phosphorus, P Potassium, K	•	21 37	0		1		55 96	41 72	
Sodium, Na		450	0		1		1170	878	
Zinc, Zn		0.10	0		4		0.26	0.20	
Copper, Cu		0.040			4		0.104	0.078	
Manganese, Mn		0.070			4		0.182	0.137	
Selenium, Se		1.9	0	RA	4		4.9	3.7	
·									
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		1.5	0		1		3.9	2.9	
Thiamin		0.470			1		1.222	0.917	
Riboflavin		0.041			1		0.107	0.080	
Niacin	-	0.200			1		0.520	0.390	
Pantothenic acid		0.060			4		0.156	0.117	
Vitamin B-6	_	0.010			4		0.026	0.020	
Folate, total		3	0	_	4		8	6	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	3 3	0	NC	4 4		8 8	6 6	
Folate, DFE		0.05	0	NC	4		0.13	0.10	
Vitamin B-12 Vitamin A, IU		1	0	NC	4		0.13 3	2	
Vitamin A, IUVitamin A, RAE		0	0	FLA	4		0	0	
Retinol		0	0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		0.17	0	FLA	4		0.45	0.33	
Tocopherol, beta		0.17	v		•		0.45	0.55	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		0.7	0	FLA	4		1.8	1.3	
<u>Lipids:</u>	a	0					1 400	1 070	
Fatty acids, total saturated		0.550			1 1		1.430	1.073	
4:0		0.000			1		0.000	0.000	
6:0 8:0		0.000			1		0.000 0.000	0.000 0.000	
	-	0.000			1		0.000		
10:0 12:0	_	0.000			1		0.000	0.000 0.000	
13:0	-	0.000	. 0		_		0.000	0.000	
14:0	_	0.010	0		1		0.026	0.020	
15:0	_	0.010	·		-		0.020	0.020	
16:0	_	0.310	0		1		0.806	0.605	
17:0		0.510	·		-		3.000	0.003	
18:0	_	0.230	0		1		0.598	0.449	
20:0	_	J.230	v		-		0.000	0.445	
22:0	_								
24:0	-								

	An	nount in 100 gram Numbe		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.980	0		1		2.548	1.911		
14:1g	0.500	v		•		2.540	1.311		
15:1									
16:1 undifferentiated	0.000	0		1		0.000	0.000		
17:1g		-		_					
18:1 undifferentiated.	0.980	0		1		2.548	1.911		
20:1g	0.000	0		1		0.000	0.000		
22:1 undifferentiatedg	0.000	0		1		0.000	0.000		
24:1 cg									
Fatty acids, total polyunsaturated9	0.570	0		1		1.482	1.112		
18:2 undifferentiatedg	0.540	0		1		1.404	1.053		
18:3 undifferentiatedg	0.040	0		1		0.104	0.078		
18:4g	0.000	0		1		0.000	0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000	0		1		0.000	0.000		
20:5 n-3g	0.000	0		1		0.000	0.000		
22:5 n-3g	0.000	0		1		0.000	0.000		
22:6 n-3g	0.000	0		1		0.000	0.000		
Fatty acids, total transg									
Cholesterol mg	0	0		1		0	0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0	0		7		0.0	0.0		
Caffeinemg	0	0	FLA	4		0	0		
Theobrominemg	0	0	FLA	4		0	0		
Carotenoids:									
Carotene, beta mcg	1	0	FLA	4		1.557	1.168		
Carotene, alphamcg	0	0	FLA	4		0.378	0.284		
Cryptoxanthin, betamcg	0	0	FLA	4		0.017	0.013		
Lycopenemcg	0	0	FLA	4		0.103	0.077		
Lutein + zeaxanthin mcg	1	0	FLA	4		3.534	2.650		

Common Measures:

Measure 1 = 260g: 1 cup (8 fl oz)

Measure 2 = 195g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 3.9

		<u>A</u> :	mount in 100			ole portio	<u>on</u>		edible portion	
			ı	Number	•			<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	96.89		1		1		240.29	535.80	
Energy		11		0	NC	4		27	61	
Energy	kj	46				4		114	255	
Protein (N x 6.25)		0.62		1		1		1.54	3.43	
Total lipid (fat)	=	0.73		1		1		1.81	4.04	
Ash		1.04		1		1		2.58	5.75	
Carbohydrate, by difference		0.72		0	NC	4		1.79	3.98	
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	13		1		1		32	72	
Iron, Fe	-	0.30		1		1		0.74	1.66	
Magnesium, Mg	-	2		0		4		5	11	
Phosphorus, P		32		0		4		79	177	
Potassium, K	mg	107		0		4		265	592	
Sodium, Na	-	1558		1		1		3864	8616	
Zinc, Zn		0.90		0		4		2.23	4.98	
Copper, Cu		0.150		0		4		0.372	0.830	
Manganese, Mn		0.500)	0		4		1.240	2.765	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		1		1		4.5	10.0	
Thiamin	-	0.030)	1		1		0.074	0.166	
Riboflavin	-	0.020)	1		1		0.050	0.111	
Niacin	mg	0.930)	1		1		2.306	5.143	
Pantothenic acid	mg	0.070)	0		4		0.174	0.387	
Vitamin B-6	mg	0.090)	0		4		0.223	0.498	
Folate, total	mcg	14		0		4		35	77	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	14		0		4		35	77	
Folate, DFE		14		0	NC	4		35	77	
Vitamin B-12		0.20		0		4		0.50	1.11	
Vitamin A, IU		875		1		1		2170	4839	
Vitamin A, RAE		44		0	NC	4		109	242	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
vitamini k (phynodumone)	9									
<u>Lipids:</u>										
Fatty acids, total saturated		0.220)	0		1		0.546	1.217	
4:0	_									
6:0	_									
8:0										
10:0 12:0	-	0.000	1	0		1		0.000	0.000	
13:0		0.000	•	J		_		0.000	0.000	
14:0		0.010)	0		1		0.025	0.055	
15:0	-	0.010	-	Ü		-		3.023	0.055	
16:0		0.160)	0		1		0.397	0.885	
17:0				-		-		3.55.	0.000	
18:0	-	0.040)	0		1		0.099	0.221	
20:0	-								-	
22:0	-									
24:0	-									

	Amount in					<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg 14:1g	0.330		0		1		0.818	1.825	
15:1	0.040		0		1		0.099	0.221	
18:1 undifferentiated	0.270 0.010		0		1 1		0.670 0.025	1.493 0.055	
22:1 undifferentiatedg 24:1 cg Fatty acids, total polyunsaturatedg	0.150		0		1		0.372	0.830	
18:2 undifferentiated	0.140 0.010		0 0		1 1		0.347 0.025	0.77 4 0.055	
18:4									
20:4 undifferentiated	0.000		0		1		0.000	0.000	
Fatty acids, total trans	1		0		1		2	6	

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz) Measure 2 = 553g: 1 can (19.5 oz)

Calories Factors: Protein 4.1 Fat 9 Carbohydrate 3.9

					of edib	_	Amount in edible portion of common			
			N	Number				<u>m</u>	easures of food	•
			(of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	93.77		1		1		228.80	346.01	
Energy	kcal	19		0	NC	4		46	70	
Energy	kj	79				4		194	293	
Protein (N x 6.25)	g	2.90		0		4		7.08	10.70	
Total lipid (fat)	g	0.10		0		4		0.24	0.37	
Ash	g	1.43		1		1		3.49	5.28	
Carbohydrate, by difference	g	1.80		0	NC	4		4.39	6.64	
Fiber, total dietary	g	0.2		0		4		0.5	0.7	
Sugars, total	g	0.89		0	FLA	4		2.16	3.27	
Starch	g									
M:										
Minerals:	ma	10		1		1		24	37	
Calcium, Ca Iron, Fe	_	0.40		1		1		0.98	1.48	
Magnesium, Mg	_	3		0		4		0.98 7	1.48	
Phosphorus, P		15		1		1		, 37	55	
Potassium, K	•	92		1		1		224	339	
Sodium. Na		303		0		4		739	1118	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.10		0		4		0.24	0.37	
Copper, Cu		0.060)	0		4		0.146	0.221	
Manganese, Mn		0.300		0		4		0.732	1.107	
Selenium, Se		1.5		0	BFSN	4		3.7	5.5	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	2.9		0		4		7.1	10.7	
Thiamin	_	0.020		1		1		0.049	0.074	
Riboflavin	-	0.010		1		1		0.024	0.037	
Niacin	_	0.380		1		1		0.927	1.402	
Pantothenic acid	-	0.070		1		1		0.171	0.258	
Vitamin B-6	-	0.060)	1		1		0.146	0.221	
Folate, total		8		0	FLA	4		19	29	
Folic acid		0		0	FLA	4		0	0	
Folate, food		8		0	FLA	4		19	29	
Folate, DFE		8		0	NC	4		19	29	
Vitamin B-12		0.00		0		1		0.00	0.00	
Vitamin A, IU		122		0	FLA	4		298	451	
Vitamin A, RAE		6		0	FLA	4		15	23	
Retinol		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		0.18		0	FLA	4		0.44	0.66	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		1.9		0	FLA	4		4.6	7.0	
	9			·		-			7.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.010		0		4		0.024	0.037	
4:0		0.000		0		4		0.000	0.000	
6:0	g	0.000)	0		4		0.000	0.000	
8:0	-	0.000		0		4		0.000	0.000	
10:0		0.000		0		4		0.000	0.000	
12:0		0.000)	0		4		0.000	0.000	
13:0		<u>.</u>		_		_			_	
14:0		0.000)	0		4		0.000	0.000	
15:0			_	_		_		_		
16:0		0.007	1	0		4		0.017	0.026	
17:0	-			_		_				
18:0	-	0.002	2	0		4		0.005	0.007	
20:0	-									
22:0	-									
24:0	g									

		<u>Ar</u>	nount in 10	0 grams	of edil	<u>n</u>	Amount in edible portion of common			
				Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	3	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.010		0		4		0.024	0.037	
14:1	-									
15:1		0.000		•				0.000	0.000	
16:1 undifferentiated		0.000		0		4		0.000	0.000	
17:1 18:1 undifferentiated		0.008		0		4		0.020	0.030	
18:1 undifferentiated 20:1	-	0.008		0		4		0.020	0.030	
20:1 undifferentiated				0		4		0.000	0.000 0.000	
24:1 c		0.000		U		4		0.000	0.000	
Fatty acids, total polyunsaturated	-	0.030		0		4		0.073	0.111	
18:2 undifferentiated		0.030		0		4		0.054	0.111	
18:2 undifferentiated	-	0.022		0		4		0.034	0.081	
18:4		0.003		0		4		0.007	0.011	
20:2 n-6 c,c		0.000		U		-		0.000	0.000	
20:3 undifferentiated.										
20:4 undifferentiated		0.000		0		4		0.000	0.000	
20:5 n-3	-	0.000		0		4		0.000	0.000	
22:5 n-3	-	0.000		0		4		0.000	0.000	
22:6 n-3		0.000		0		4		0.000	0.000	
Fatty acids, total trans	-	0.000		•		-		0.000	0.000	
Cholesterol	-	0		0		1		0	0	
Phytosterols		•				_		•	-	
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine		0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mcg	69		0	FLA	4		167.264	252.953	
Carotene, alpha	-	1		0	FLA	4		2.870	4.341	
Cryptoxanthin, beta		8		0	FLA	4		20.690	31.290	
Lycopene		915		0	FLA	4		2231.834	3375.192	
Lutein + zeaxanthin	mcg	26		0	FLA	4		63.235	95.631	

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 369g: 1 can (13 oz)

Calories Factors: Protein 3.9 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 100 g	rams o	of edib	ole portio	<u>on</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	<u> </u>	
			of	Data D	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints (Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	2.47	0.622	3		1		0.42	1.93		
Energy	kcal	377		0	NC	4		64	294		
Energy	kj	1577				4		268	1230		
Protein (N x 6.25)	g	11.25		1		1		1.91	8.78		
Total lipid (fat)	g	10.90		1		1		1.85	8.50		
Ash	g	14.60		1		1		2.48	11.39		
Carbohydrate, by difference	g	60.78		0	NC	4		10.33	47.41		
Fiber, total dietary	g	3.6		0		4		0.6	2.8		
Sugars, total	g										
Starch	g										
Minerals:											
Calcium. Ca	mg	167		0		4		28	130		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.10		0		4		0.36	1.64		
Magnesium, Mg	-	54		0		4		9	42		
Phosphorus, P		169		0		4		29	132		
Potassium, K	mg	475		0		4		81	371		
Sodium, Na	mg	5140		1		1		874	4009		
Zinc, Zn		1.25	0.055	3		1		0.21	0.98		
Copper, Cu	mg	0.191		3		1		0.032	0.149		
Manganese, Mn		0.200)	0		4		0.034	0.156		
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	15.0		0		4		2.6	11.7		
Thiamin	-	0.300)	0		4		0.051	0.234		
Riboflavin		0.200)	0		4		0.034	0.156		
Niacin		1.900)	0		1		0.323	1.482		
Pantothenic acid	mg	0.600)	0		4		0.102	0.468		
Vitamin B-6	mg	0.100)	0		4		0.017	0.078		
Folate, total	mcg	45		0		4		8	35		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food		45		0		4		8	35		
Folate, DFE		45		0	NC	4		8	35		
Vitamin B-12		0.20		0		4		0.03	0.16		
Vitamin A, IU		29		0		4		5	23		
Vitamin A, RAE		1		0	NC	4		0	1		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)											
vitamin K (phynoquinone)	g										
<u>Lipids:</u>											
Fatty acids, total saturated		5.430)	0		1		0.923	4.235		
4:0											
6:0	-										
8:0	-										
10:0 12:0	-	0.100	1	0		1		0.017	0.078		
13:0		0.100	•	5		-		0.017	0.078		
14:0		0.400)	0		1		0.068	0.312		
15:0		0.400	•	v		-		0.000	0.312		
16:0		2.710)	0		1		0.461	2.114		
17:0				-		_					
18:0	_	2.060)	0		1		0.350	1.607		
20:0	_										
22:0	_										
24:0	_										

		<u>An</u>	nount in 100 grams	s of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Numbe	r			<u>m</u>	easures of food		
Nutrients and Uni	ts	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	4.560	0		1		0.775	3.557		
14:1	g									
15:1	-									
16:1 undifferentiated	-	0.460	0		1		0.078	0.359		
17:1										
18:1 undifferentiated		3.920	0		1		0.666	3.058		
20:1		0.030	0		1		0.005	0.023		
22:1 undifferentiated	•									
24:1 c										
Fatty acids, total polyunsaturated		0.440	0		1		0.075	0.343		
18:2 undifferentiated	_	0.340	0		1		0.058	0.265		
18:3 undifferentiated		0.070	0		1		0.012	0.055		
18:4	_									
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3	_									
22:5 n-3	-									
22:6 n-3	-									
Fatty acids, total trans			_				_			
Cholesterol		12	0		1		2	9		
Phytosterols	mg									
Others:										
Alcohol, ethyl	_	0.0	0	Z	7		0.0	0.0		
Caffeine	mg									
Theobromine	mg									

Common Measures:

Measure 1 = 17g: 1 cup (8 fl oz) Measure 2 = 78g: 1 packet

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 3.9

		<u>A</u> :	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			N	Number	•			<u>m</u>	easures of food	<u>.</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	92.78		0		1		235.66	235.66	1060.48	
Energy	kcal	28		0	NC	4		71	71	320	
Energy	kj	117				4		298	298	1339	
Protein (N x 6.25)	g	0.83		0		1		2.11	2.11	9.49	
Total lipid (fat)	g	0.81		0		1		2.06	2.06	9.26	
Ash	g	1.08		0		1		2.74	2.74	12.34	
Carbohydrate, by difference	g	4.50		0	NC	4		11.43	11.43	51.44	
Fiber, total dietary	g	1.2		0		4		3.0	3.0	13.7	
Sugars, total	g	0.32		0	FLA	4		0.81	0.81	3.66	
Starch	g										
Minorale.											
<u>Minerals:</u> Calcium. Ca	ma	12		0		4		30	30	137	
Iron, Fe		0.20		0		4		0.51	0.51	2.29	
Magnesium, Mg	-	4		0		4		10	10	46	
Phosphorus, P		12		0		4		30	30	137	
•	-	35		0		4		89	89	400	
Potassium, K Sodium. Na		380		0		1		965	965	4343	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.09		0		1		0.24	0.24	1.0	
Copper, Cu		0.03	i	0		1		0.036	0.036	0.1	
Manganese, Mn		0.014		0		4		0.036	0.025	0.1	
Selenium, Se		1.9	,	0	BFSN	4		4.8	4.8	21.7	
Scientini, Sc	9	1.5		·	21 511	-		1.0	1.0		
<u>'itamins:</u>											
Vitamin C, total ascorbic acid	mg	1.0		0		4		2.5	2.5	11.4	
Thiamin	mg	0.020)	0		4		0.051	0.051	0.2	
Riboflavin	mg	0.010)	0		4		0.025	0.025	0.1	
Niacin	<u>mg</u>	0.100)	0		4		0.254	0.254	1.1	
Pantothenic acid	mg	0.040)	0		4		0.102	0.102	0.4	
Vitamin B-6	mg	0.010)	0		4		0.025	0.025	0.1	
Folate, total	mcg	3		0		4		8	8	34	
Folic acid	mcg	0		0	Z	7		0	0	0	
Folate, food		3		0		4		8	8	34	
Folate, DFE	mcg_DFE	3		0	NC	4		8	8	34	
Vitamin B-12		0.01		0		4		0.03	0.03	0.1	
Vitamin A, IU	IU	14		0	FLA	4		35	35	158	
Vitamin A, RAE		1		0	FLA	4		2	2	8	
Retinol	mcg	0		0	FLA	4		0	0	0	
Vitamin E (alpha-tocopherol)	mg	0.07		0	FLA	4		0.17	0.17	0.7	
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.4		0	FLA	4		1.0	1.0	4.4	
ipids:											
	a	0.400	1	0		1		1.016	1.016	4.5	
Fatty acids, total saturated		0.000		0		1		0.000	0.000	0.0	
6:0		0.000		0		1		0.000	0.000	0.0	
8:0		0.000		0		1		0.000	0.000	0.0	
8:0 10:0.		0.000		0		1		0.000	0.000	0.0	
12:0		0.010		0		1		0.000	0.005	0.0	
13:0		0.010	•	U		1		0.023	0.025	0.1	
14:0		0.030	1	0		1		0.076	0.076	0.3	
15:0		0.030	•	3		-		0.076	0.076	0.3	
16:0		0.200	1	0		1		0.508	0.508	2.2	
17:0	_	0.200	•	U		1		0.506	0.508	2.2	
18:0	-	0.150	1	0		1		0.381	0.381	1.7	
20:0	-	0.130	•	J		-		0.361	0.301	1.7	
22:0	-										
24:0	-										

	<u>An</u>	nount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.340		0		1		0.864	0.864	3.886	
14:1g										
15:1g										
16:1 undifferentiatedg	0.030		0		1		0.076	0.076	0.343	
17:1g										
18:1 undifferentiatedg	0.290		0		1		0.737	0.737	3.315	
20:1g	0.000		0		1		0.000	0.000	0.000	
22:1 undifferentiatedg	0.000		0		1		0.000	0.000	0.000	
24:1 cg										
Fatty acids, total polyunsaturated9	0.030		0		1		0.076	0.076	0.343	
18:2 undifferentiatedg	0.030		0		1		0.076	0.076	0.343	
18:3 undifferentiatedg	0.010		0		1		0.025	0.025	0.114	
18:49	0.000		0		1		0.000	0.000	0.000	
20:2 n-6 c,cg										
20:3 undifferentiatedg	0.000		•							
20:4 undifferentiatedg	0.000		0 0		1 1		0.000	0.000	0.000	
20:5 n-3g	0.000		0		1		0.000	0.000	0.000	
22:5 n-3g	0.000		0		1		0.000	0.000	0.000	
22:6 n-3	0.000		U		_		0.000	0.000	0.000	
Cholesterolg	1		0		1		3	3	11	
Phytosterolsmg	-		Ū		-		3	3	11	
Others:										
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0	
Caffeinemg	0		0	FLA	4		0	0	0	
Theobromine mg	0		0	FLA	4		0	0	0	
Carotenoids:										
Carotene, betamcg	7		0	FLA	4		17.519	17.519	78.837	
Carotene, alphamcg	3		0	FLA	4		7.076	7.076	31.842	
Cryptoxanthin, betamcg	0		0	FLA	4		0.002	0.002	0.009	
Lycopene mcg	5		0	FLA	4		11.755	11.755	52.896	
Lutein + zeaxanthin mcg	3		0	FLA	4		6.682	6.682	30.070	

Common Measures:

Measure 1 = 254g: 1 cup

Measure 2 = 254g: 1 cup (8 fl oz)

Measure 3 = 1143g: 1 packet (36 fl oz prepared)

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 3.9

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u>.</u>	
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	_	85.75		2		1		212.66	486.20		
Energy		56		0	NC	4		139	318		
Energy		234				4		581	1329		
Protein (N x 6.25)		3.74		2		1		9.28	21.21		
Total lipid (fat)		1.12		2		1		2.78	6.35		
Ash		1.24		2		1		3.08	7.03		
Carbohydrate, by difference		8.16		0	NC	4		20.24	46.27		
Fiber, total dietary											
Sugars, total	_										
Starch	g										
Ainerals:											
Calcium, Ca	mg	17		2		1		42	96		
Iron, Fe	_	1.07		2		1		2.65	6.07		
Magnesium, Mg	-	9		0		4		22	51		
Phosphorus, P		74		1		1		184	420		
Potassium, K	•	144		0		1		357	816		
Sodium, Na	-	532		1		1		1319	3016		
Zinc, Zn	-	0.30		0		4		0.74	1.70		
Copper, Cu		0.070)	0		4		0.174	0.397		
Manganese, Mn	mg	0.120)	0		4		0.298	0.680		
Selenium, Se	mcg	0.3		0	BFSN	4		0.7	1.7		
itamins											
Vitamins:	ma	1.7		2		1		4.2	9.6		
Vitamin C, total ascorbic acid Thiamin	_	0.070	,	2		1		0.174	0.397		
Riboflavin		0.076		2		1		0.174	0.357		
Niacin		0.545		2		1		1.352	3.090		
Pantothenic acid		0.140		1		1		0.347	0.794		
Vitamin B-6	-	0.090		1		1		0.223	0.510		
Folate, total	-	20	,	1		1		50	113		
Folic acid		0		0	z	7		0	0		
Folate, food		20		1	_	1		50	113		
Folate, DFE		20		0	NC	4		50	113		
Vitamin B-12		0.12		1	2.0	1		0.30	0.68		
Vitamin A, IU		145		2		1		360	822		
Vitamin A, RAE		7		0	NC	4		18	41		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
ipids:											
Fatty acids, total saturated	a	0.450	1	0		1		1.116	2.552		
4:0		0.450	•	·		-		1.110	2.552		
6:0											
8:0											
10:0		0.000)	0		1		0.000	0.000		
12:0		0.000		0		1		0.000	0.000		
13:0											
14:0	-	0.020)	0		1		0.050	0.113		
15:0	-										
16:0	-	0.270)	0		1		0.670	1.531		
17:0	-										
18:0	-	0.160)	0		1		0.397	0.907		
20:0	-										
22:0	-										
24:0	q										

		<u>An</u>	nount in 100 grams	s of edible portion	<u>on</u>		edible portion	
Nutrients and Uni	te	Mean	Numbe of Data Std. Error Points	Deriv Source	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Numerits and one		Mean	Ota: Error			Wedsure 1	Micasare 2	Micasure o
Fatty acids, total monounsaturated	g	0.520	0	1		1.290	2.948	
14:1								
15:1		0.030	0	1		0.074	0.170	
16:1 undifferentiated		0.030	U	1		0.074	0.170	
18:1 undifferentiated	-	0.470	0	1		1.166	2.665	
20:1		0.010	0	1		0.025	0.057	
22:1 undifferentiated	-					0.020	0.00.	
24:1 c	-							
Fatty acids, total polyunsaturated	g	0.130	0	1		0.322	0.737	
18:2 undifferentiated	g	0.120	0	1		0.298	0.680	
18:3 undifferentiated	g	0.010	0	1		0.025	0.057	
18:4	g							
20:2 n-6 c,c	g							
20:3 undifferentiated	g							
20:4 undifferentiated	g							
20:5 n-3	g							
22:5 n-3	g							
22:6 n-3	g							
Fatty acids, total trans	g							
Cholesterol	mg	3	0	1		7	17	
Phytosterols	mg							

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz) Measure 2 = 567g: 1 can (20 oz)

Calories Factors: Protein 3.7 Fat 8.9 Carbohydrate 4

		<u>Aı</u>	mount in 100 g	rams	Amount in edible portion of common					
			Nu	mber	•			<u>m</u>	easures of food	•
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.72	0.304	11		1		208.13	467.42	467.42
Energy	kcal	53		0	NC	4		127	286	286
Energy	kj	222				4		532	1195	1195
Protein (N x 6.25)	g	2.13	0.089	11		1		5.11	11.48	11.48
Total lipid (fat)	g	1.17	0.014	11		1		2.81	6.31	6.31
Ash		1.35	0.016	11		1		3.24	7.28	7.28
Carbohydrate, by difference	g	8.64		0	NC	4		20.74	46.57	46.57
Fiber, total dietary	g	2.4		0		1		5.8	12.9	12.9
Sugars, total		1.91		0	FLA	4		4.58	10.28	10.28
Starch	g									
Minerals:										
Calcium, Ca	ma	25	0.689	11		1		60	135	135
Iron, Fe	-	0.74	0.065	11		1		1.78	3.99	3.99
Magnesium, Mg	-	6		0		4		14	32	32
Phosphorus, P		46		0		4		110	248	248
Potassium, K	_	255		0		4		612	1374	1374
Sodium, Na	mg	360		1		1		864	1940	1940
Zinc, Zn	mg	0.60		0		4		1.44	3.23	3.23
Copper, Cu	mg	0.100		0		4		0.240	0.539	0.539
Manganese, Mn		0.300		0		4		0.720	1.617	1.617
Selenium, Se	mcg	2.2		0	RA	4		5.3	11.9	11.9
Vitamins:										
Vitamin C, total ascorbic acid	ma	2.0	0.191	11		1		4.8	10.8	10.8
Thiamin	_	0.023		11		1		0.055	0.124	0.124
Riboflavin		0.049	0.004	11		1		0.118	0.264	0.264
Niacin	=	0.491	0.016	11		1		1.178	2.646	2.646
Pantothenic acid	mg	0.300		0		4		0.720	1.617	1.617
Vitamin B-6	mg	0.100		0		4		0.240	0.539	0.539
Folate, total	mcg	22		0	BFSN	4		53	119	119
Folic acid	mcg	9		0	NC	4		22	49	49
Folate, food		13		0		4		31	70	70
Folate, DFE	mcg_DFE	28		0	NC	4		68	153	153
Vitamin B-12		0.00		0		4		0.00	0.00	0.00
Vitamin A, IU		1783		0	NC	4		4280	9611	9611
Vitamin A, RAE		89		0	NC	4		214	481	481
Retinol		0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)		0.67		0	FLA	4		1.60	3.60	3.60
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		3.2		0	FLA	4		7.6	17.1	17.1
vitanini K (phynoquinone)	9	5.2		·		-		,,,	27.1	27.2
<u>Lipids:</u>										
Fatty acids, total saturated		0.620		0		1		1.488	3.342	3.342
4:0		0.030		0		1		0.072	0.162	0.162
6:0		0.020		0		1		0.048	0.108	0.108
8:0	_	0.010		0		1		0.024	0.054	0.054
10:0	-	0.020		0		1		0.048	0.108	0.108
12:0		0.030		0		1		0.072	0.162	0.162
13:0 14:0		0.090		0		1		0 216	0 40F	0.485
	-	0.090		U		_		0.216	0.485	0.485
15:0 16:0		0.270		0		1		0.648	1.455	1.455
17:0	-	0.270		J		1		0.048	1.455	1.455
18:0	_	0.140		0		1		0.336	0.755	0.755
20:0	_	0.140		J		1		0.550	0.735	0.755
22:0	_									
24:0	_									

	<u>Ar</u>	nount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Units	Mean	Numbe of Data Std. Error Points	a Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.380	0		1		0.912	2.048	2.048	
14:1g									
15:1g									
16:1 undifferentiatedg	0.020	0		1		0.048	0.108	0.108	
17:1g		•		_					
18:1 undifferentiatedg	0.350	0		1		0.840	1.887	1.887	
20:1g	0.000			1		0.000	0.000	0.000	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	0.000	
24:1 cg		•		_					
Fatty acids, total polyunsaturated9	0.110	0		1		0.264	0.593	0.593	
18:2 undifferentiated	0.090			1		0.216	0.485	0.485	
18:3 undifferentiated	0.020	0		1 1		0.048	0.108	0.108	
18:4g	0.000	U		1		0.000	0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiated	0.000	0		1		0.000	0.000	0.000	
20:4 undifferentiated				1		0.000	0.000	0.000	
20:5 n-3g	0.000	•		_		0.000	0.000		
22:5 n-3g	0.000	0		1 1		0.000	0.000	0.000	
22:6 n-3	0.000	0		1		0.000	0.000	0.000	
Fatty acids, total transg	2	0		1		5	11	11	
Cholesterolmg Phytosterolsmg	2	U		1		5	11	11	
Others:									
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0	
Caffeine mg	0	0	FLA	4		0	0	0	
Theobrominemg	0	0	FLA	4		0	0	0	
Carotenoids:									
Carotene, betamcg	885	0	FLA	4		2124.004	4770.159	4770.159	
Carotene, alphamcg	370	0	FLA	4		887.455	1993.076	1993.076	
Cryptoxanthin, betamcg	0	0	FLA	4		0.002	0.004	0.004	
Lycopene mcg	5963	0	FLA	4		14311.877	32142.090	32142.090	
Lutein + zeaxanthinmcg	45	0	FLA	4		108.654	244.020	244.020	

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 539g: 1 can (19 oz)

Measure 3 = 539g: 1 can (19 oz), ready-to-serve

Calories Factors: Protein 3.7 Fat 8.9 Carbohydrate 4

		<u>Aı</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nι	umbei	r			<u>m</u>	easures of food	_	
			of	f Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	82.95	0.545	13		1		204.06	247.19		
Energy	kcal	68		0	NC	4		167	203		
Energy	kj	285				4		700	848		
Protein (N x 6.25)	g	3.48	0.089	10		1		8.56	10.37		
Total lipid (fat)	g	2.05	0.031	10		1		5.04	6.11		
Ash	g	2.35	0.040	10		1		5.78	7.00		
Carbohydrate, by difference	g	9.17		0	NC	4		22.56	27.33		
Fiber, total dietary	g	0.8		0		4		2.0	2.4		
Sugars, total	g	1.50		0	FLA	4		3.68	4.46		
Starch	g										
Ainerals:											
Calcium, Ca	mg	28	0.471	10		1		69	83		
Iron, Fe	-	0.75	0.092	10		1		1.85	2.24		
Magnesium, Mg	-	6		1		1		15	18		
Phosphorus, P		46		1		1		113	137		
Potassium, K	_	255		1		1		627	760		
Sodium. Na	-	744	20.700	5		1		1830	2217		
Zinc, Zn	mg	0.60		1		1		1.48	1.79		
Copper, Cu		0.100		1		1		0.246	0.298		
Manganese, Mn		0.300		1		1		0.738	0.894		
Selenium, Se		2.8		0	RA	4		6.9	8.3		
itamins:											
Vitamin C, total ascorbic acid	ma	0.9	0.233	10		1		2.2	2.7		
Thiamin	-	0.9		10		1		0.108	0.131		
Riboflavin	-	0.044		10		1		0.089	0.107		
Niacin		0.770		10		1		1.894	2.295		
Pantothenic acid	-	0.280		0		4		0.689	0.834		
Vitamin B-6	_	0.080		1		1		0.197	0.238		
Folate, total	_	29		0	BFSN	4		71	86		
Folic acid		16		0	NC	4		39	47		
Folate, food		13	0.409	3	2.0	1		32	39		
Folate, DFE		40	0.105	0	NC	4		99	120		
Vitamin B-12		0.00		1		1		0.00	0.00		
Vitamin A, IU		1708		0	NC	4		4202	5091		
Vitamin A, RAE		85		0	NC	4		210	255		
Retinol		0		0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)		0.46		0	FLA	4		1.13	1.37		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	7.8		0	FLA	4		19.1	23.1		
ipids:											
Fatty acids, total saturated	a	0.440		0		1		1.082	1.311		
4:0		0.000		0		1		0.000	0.000		
6:0		0.000		1		1		0.000	0.000		
8:0	_	0.000		1		1		0.000	0.000		
10:0	_	0.000		1		1		0.000	0.000		
12:0	-	0.000		1		1		0.000	0.000		
13:0				_		-					
14:0		0.020		1		1		0.049	0.060		
15:0											
16:0		0.250		1		1		0.615	0.745		
17:0		30									
18:0	_	0.090		1		1		0.221	0.268		
20:0	_			_		=					
22:0	_										
24:0	_										

		<u>A</u>	mount in 10	0 grams	of edil	ble portic	<u>on</u>	Amount in edible portion of common measures of food		
				Number of Data	Deriv		Confidence	<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ntedg	0.560)	0		1		1.378	1.669	
14:1	_									
15:1 16:1 undifferentiated	_	0.010)	1		1		0.025	0.030	
17:1	_									
18:1 undifferentiated	_	0.540		1 0		1 1		1.328 0.000	1.609	
20:1 22:1 undifferentiated	_	0.000		0		1		0.000	0.000 0.000	
24:1 c	•	0.000	,	O		-		0.000	0.000	
Fatty acids, total polyunsaturat		0.910)	0		1		2.239	2.712	
18:2 undifferentiated		0.790)	1		1		1.943	2.354	
18:3 undifferentiated	g	0.110)	1		1		0.271	0.328	
18:4	g	0.000)	0		1		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.000		0		1		0.000	0.000	
20:5 n-3	_	0.000		0		1		0.000	0.000	
22:5 n-3	-	0.000		0 0		1 1		0.000	0.000	
22:6 n-3		0.000	,	U		1		0.000	0.000	
Fatty acids, total trans Cholesterol		1		0		1		2	3	
Phytosterols	_	-		Ū		-		-	3	
-	g									
Amino Acids:										
Tryptophan		0.025		0		1		0.062	0.075	
Threonine	=	0.085		0		1		0.209	0.253	
Isoleucine	-	0.106		0 0		1 1		0.261 0.472	0.316	
LeucineLysine	-	0.192 0.149		0		1		0.472	0.572 0.444	
Methionine		0.036		0		1		0.089	0.107	
Cystine		0.027		0		1		0.066	0.080	
Phenylalanine		0.125		0		1		0.308	0.373	
Tyrosine		0.069)	0		1		0.170	0.206	
Valine	g	0.146	5	0		1		0.359	0.435	
Arginine	g	0.161		0		1		0.396	0.480	
Histidine	g	0.060)	0		1		0.148	0.179	
Alanine	g	0.202	2	0		1		0.497	0.602	
Aspartic acid	g	0.299)	0		1		0.736	0.891	
Glutamic acid		0.996		0		1		2.450	2.968	
Glycine		0.320		0		1		0.787	0.954	
Proline	-	0.265		0		1		0.652	0.790	
Serine		0.118	\$	0		1		0.290	0.352	
Hydroxyproline	g									
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	
Caffeine	_	0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mcg	920		1	A	1		2263.200	2741.600	
Carotene, alpha		210		1	A	1		516.600	625.800	
Cryptoxanthin, beta		0		1	A	1		0.000	0.000	
Lycopene		1480		1	A	1		3640.800	4410.400	
Lutein + zeaxanthin	mcg	150		1	A	1		369.000	447.000	

Common Measures:

Measure 1 = 246g: 1 cup (8 fl oz) Measure 2 = 298g: 1 can (10.5 oz) NDB No. 06040

Soup, minestrone, canned, condensed, commercial

Calories Factors: Protein 3.7 Fat 8.9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

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

NDB No. 06440 Soup, minestrone, canned, prepared with equal volume water, commercial

		<u>A</u> 1	mount in 100 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Number	r			measures of food			
			of Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	91.33	0		1		220.11	535.19		
Energy	_	34	0	NC	4		82	199		
Energy		142			4		343	834		
Protein (N x 6.25)		1.77	0		1		4.27	10.37		
Total lipid (fat)		1.04	0		1		2.51	6.09		
Ash		1.19	0		1		2.87	6.97		
Carbohydrate, by difference		4.66	0	NC	4		11.23	27.31		
Fiber, total dietary		0.4	0		4		1.0	2.3		
Sugars, total										
Starch	_									
<u>Minerals:</u>										
Calcium, Ca	-	14	0		1		34	82		
Iron, Fe	-	0.38	0		1		0.92	2.23		
Magnesium, Mg		3	0		1		7	18		
Phosphorus, P	•	23	0		1		55	135		
Potassium, K	-	130	0		1 1		313	762		
Sodium, Na		378 0.31	0		1		911 0.74	2215 1.79		
Zinc, Zn		0.31			1		0.74	0.299		
Copper, Cu		0.051			1		0.123	0.891		
Selenium, Se		0.132			-		0.300	0.691		
Scientini, Sc	9									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.5	0		1		1.2	2.9		
Thiamin		0.022			1		0.053	0.129		
Riboflavin		0.018			1		0.043	0.105		
Niacin		0.391			1		0.942	2.291		
Pantothenic acid		0.140			4		0.337	0.820		
Vitamin B-6	-	0.041		D = 011	1		0.099	0.240		
Folate, total		15	0	BFSN	4		36 20	88		
Folic acid		8 7	0	NC	4 1		16	49 39		
Folate, food	meg DEE	21	0	NC	4		16 50	39 122		
Folate, DFE		0.00	0	NC	1		0.00	0.00		
Vitamin B-12 Vitamin A, IU		970	0		1		2338	5684		
Vitamin A, RAE		49	0	NC	4		117	284		
Retinol		0	0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		ŭ	v	-	•		ŭ	v		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
:										
Lipids:		0.000					0 554	1 240		
Fatty acids, total saturated		0.230			1 1		0.554	1.348		
4:0		0.000			1		0.000 0.000	0.000 0.000		
6:0		0.000			1					
8:0 10:0.		0.000			1		0.000 0.000	0.000 0.000		
12:0		0.000			1		0.000	0.000		
13:0	-	0.000	. 0		-		0.000	0.000		
14:0	-	0.010	0		1		0.024	0.059		
15:0		0.010			-		0.024	0.039		
16:0	_	0.130	0		1		0.313	0.762		
17:0	-	0.130			-		3.313	0.702		
18:0	_	0.050	0		1		0.121	0.293		
20:0	_		· ·		_		··	0.233		
	٠ع									

	<u>A</u> 1	mount in 100 grams		<u>on</u>		Amount in edible portion of common measures of food		
		Number of Data	Deriv Source	Confidence	<u></u>		•	
Nutrients and Units	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.290	0	1		0.699	1.699		
14:1g								
15:1g		_	_					
16:1 undifferentiated	0.010	0	1		0.024	0.059		
17:1	0.270	0	1		0.651	1.582		
18:1 undifferentiated			_					
20:1g	0.000		1		0.000	0.000		
22:1 undifferentiatedg	0.000	0	1		0.000	0.000		
24:1 c	0.460	•	1			0.606		
Fatty acids, total polyunsaturated9	0.460		1		1.109	2.696		
18:2 undifferentiated	0.400		1		0.964	2.344		
18:3 undifferentiated	0.060				0.145	0.352		
18:4g	0.000	0	1		0.000	0.000		
20:2 n-6 c,c								
20:3 undifferentiated	0.000	0	1		0.000	0.000		
20:4 undifferentiated	0.000		1		0.000 0.000	0.000		
20:5 n-3g			-			0.000		
22:5 n-3	0.000		1 1		0.000	0.000		
22:6 n-3	0.000	U	1		0.000	0.000		
Fatty acids, total trans	1	0	1		2	6		
Cholesterol mg	1	U	1		2	ь		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.013		1		0.031	0.076		
Threonineg	0.043	0	1		0.104	0.252		
Isoleucineg	0.054	0	1		0.130	0.316		
Leucineg	0.098	0	1		0.236	0.574		
Lysineg	0.076		1		0.183	0.445		
Methionineg	0.018		1		0.043	0.105		
Cystineg	0.014		1		0.034	0.082		
Phenylalanineg	0.064		1		0.154	0.375		
Tyrosineg	0.035		1		0.084	0.205		
Valineg	0.074	0	1		0.178	0.434		
Arginineg	0.082		1		0.198	0.481		
Histidineg	0.030		1		0.072	0.176		
Alanineg	0.103		1		0.248	0.604		
Aspartic acidg	0.152		1		0.366	0.891		
Glutamic acidg	0.506		1		1.219	2.965		
Glycine9	0.163		1		0.393	0.955		
Prolineg	0.135		1		0.325	0.791		
Serineg	0.060	0	1		0.145	0.352		
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	7		0.0	0.0		
Caffeine mg								
Theobromine mg								

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 586g: 1 can (10.5 oz), prepared

Calories Factors: Protein 3.7 Fat 8.9 Carbohydrate 4

		<u>Aı</u>	mount in 10	u grams	ot edik	ie portio	<u>on</u>	Amount in edible portion of common			
				Number				measures of food			
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	87.30				4					
Energy	kcal	50				4					
Energy	kj	209				4					
Protein	g	2.00				4					
Total lipid (fat)	g	0.80				4					
Ash	g	1.26		0	FLA	4					
Carbohydrate, by difference		9.00				4					
Fiber, total dietary		2.4				4					
Sugars, total		2.00		0	FLA	4					
Starch				-		_					
Minerals:											
Calcium, Ca	mg	20				4					
Iron, Fe.		0.72				4					
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	13				4					
Phosphorus, P		34				4					
Potassium, K		186				4					
Sodium. Na.		215				4					
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.32				4					
Copper, Cu		0.083	1			4					
Manganese, Mn.											
Selenium, Se		2.1		0	BFSN	4					
Vitamins:											
Vitamin C, total ascorbic acid	mg	5.7				4					
Thiamin	mg	0.060	1			4					
Riboflavin	mg	0.040)			4					
Niacin	mg	0.640	1			4					
Pantothenic acid	mg										
Vitamin B-6	mg	0.060)			4					
Folate, total	mcg	16		0	FLA	4					
Folic acid		1		0	FLA	4					
Folate, food	mcg	14		0	FLA	4					
Folate, DFE		17		0	NC	4					
Vitamin B-12		0.00				4					
Vitamin A, IU		665		0	NC	4					
Vitamin A, RAE	mcg RAE	33		0	FLA	4					
Retinol		0		0	FLA	4					
Vitamin E (alpha-tocopherol)		0.70		0	FLA	4					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		5.8		0	FLA	4					
Lipids:											
Fatty acids, total saturated	g	0.140	1			4					
4:0	g	0.007				4					
6:0	g	0.003	1			4					
8:0	g	0.001				4					
10:0	g	0.004				4					
12:0	g	0.005	i			4					
13:0	g										
14:0		0.009)			4					
15:0	-										
16:0		0.086	i			4					
17:0											
18:0		0.025	i			4					
20:0											
22:0	-										
24:0	-										

	<u>Aı</u>	mount in 10	00 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.280				4				
14:1g	0.200				-				
15:1g									
16:1 undifferentiated	0.004				4				
17:1g									
18:1 undifferentiated	0.230				4				
20:1g	0.000				4				
22:1 undifferentiatedg	0.000				4				
24:1 cg									
Fatty acids, total polyunsaturatedg	0.250				4				
18:2 undifferentiated	0.216				4				
18:3 undifferentiatedg	0.033				4				
18:4g	0.000				4				
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4				
20:5 n-3g	0.000				4				
22:5 n-3g	0.000				4				
22:6 n-3g	0.000				4				
Fatty acids, total transg									
Cholesterolmg	0				4				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7				
Caffeinemg	0		0	FLA	4				
Theobrominemg	0		0	FLA	4				
Carotenoids:									
Carotene, betamcg	349		0	FLA	4				
Carotene, alpha mcg	99		0	FLA	4				
Cryptoxanthin, betamcg	0		0	FLA	4				
Lycopene mcg	6359		0	FLA	4				
Lutein + zeaxanthin mcg	90		0	FLA	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.80		1		1		0.82	3.74	
Energy	kcal	358		0	NC	4		61	279	
Energy	kj	1498				4		255	1168	
Protein (N x 6.25)	g	20.00		1		1		3.40	15.60	
Total lipid (fat)	g	7.80		1		1		1.33	6.08	
Ash	g	13.80		1		1		2.35	10.76	
Carbohydrate, by difference	g	53.60		0	NC	4		9.11	41.81	
Fiber, total dietary	g	3.6		0		4		0.6	2.8	
Sugars, total	g									
Starch	g									
Minerals:										
Villierais: Calcium. Ca	ma	168		0		4		29	131	
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	4.50		0		4		0.77	3.51	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	36		0		4		6	28	
Phosphorus, P		276		0		4		47	215	
Potassium, K	-	1530		0		4		260	1193	
Sodium, Na	-	4620		1		1		785	3604	
Zinc, Zn	mg	3.60		0		4		0.61	2.81	
Copper, Cu	mg	0.600)	0		4		0.102	0.468	
Manganese, Mn	<u>mg</u>	1.800)	0		4		0.306	1.404	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	5.0		0		4		0.9	3.9	
Thiamin	-	0.300	1	0		4		0.051	0.234	
Riboflavin		0.200		0		4		0.031	0.156	
Niacin		4.600		0		4		0.782	3.588	
Pantothenic acid		1.700		0		4		0.289	1.326	
Vitamin B-6		0.500		0		4		0.085	0.390	
Folate, total	_	159		0	BFSN	4		27	124	
Folic acid		80		0	NC	4		14	62	
Folate, food		79		0		4		13	62	
Folate, DFE		215		0	NC	4		37	168	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU		1326		0		4		225	1034	
Vitamin A, RAE		66		0	NC	4		11	52	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	3.680)	0		1		0.626	2.870	
4:0										
6:0	g									
8:0	g									
10:0	g	0.000		0		1		0.000	0.000	
12:0		0.060)	0		1		0.010	0.047	
13:0										
14:0		0.240)	0		1		0.041	0.187	
15:0	_									
16:0	_	1.920)	0		1		0.326	1.498	
17:0	_									
18:0	_	1.370)	0		1		0.233	1.069	
20:0	_									
22:0	q									

		An	nount in 100 grams	Amount in edible portion of common				
	_			Deriv Source	Confidence		easures of food	•
Nutrients and Uni	ts	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	3.320	0	1		0.564	2.590	
14:1	g							
15:1	• • • • • • • • • • • • • • • • • • • •	0.300	0	1		0.051	0.234	
17:1		0.300	· ·	1		0.031	0.234	
18:1 undifferentiated	-	2.910	0	1		0.495	2.270	
20:1	g	0.040	0	1		0.007	0.031	
22:1 undifferentiated	g							
24:1 c	•							
Fatty acids, total polyunsaturated	-	0.450	0	1		0.077	0.351	
18:2 undifferentiated		0.380	0	1		0.065	0.296	
18:3 undifferentiated	_	0.060	0	1		0.010	0.047	
18:4	• • • • • • • • • • • • • • • • • • • •							
20:2 n-6 c,c	_							
20:3 undifferentiated								
20:4 undifferentiated								
20:5 n-3								
22:5 n-3								
22:6 n-3								
Fatty acids, total trans	-							
Cholesterol	_	8	0	1		1	6	
Phytosterols	mg							

Common Measures:

Measure 1 = 17g: 1 cup (8 fl oz) Measure 2 = 78g: 1 packet

Calories Factors: Protein 3.7 Fat 8.9 Carbohydrate 4

		<u>A</u>	mount in 100 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			Numbe	r			<u>m</u>	easures of food	
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	91.67	0		1		232.84	1047.79	
Energy	kcal	31	0	NC	4		79	354	
Energy		130			4		329	1483	
Protein (N x 6.25)	g	1.75	0		1		4.45	20.00	
Total lipid (fat)	g	0.68	0		1		1.73	7.77	
Ash	g	1.21	0		1		3.07	13.83	
Carbohydrate, by difference	g	4.69	0	NC	4		11.91	53.61	
Fiber, total dietary	g								
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mq	15	0		4		38	171	
Iron, Fe	_	0.40	0		4		1.02	4.57	
Magnesium, Mg		3	0		4		8	34	
Phosphorus, P		24	0		4		61	274	
Potassium, K	mg	134	0		4		340	1532	
Sodium, Na		404	0		1		1026	4618	
Zinc, Zn		0.30	0		4		0.76	3.43	
Copper, Cu		0.050			4		0.127	0.572	
Manganese, Mn		0.160			4		0.406	1.829	
Selenium, Se	mcg	1.4	0	RA	4		3.6	16.0	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.4	0		4		1.0	4.6	
Thiamin	mg	0.030	0		4		0.076	0.343	
Riboflavin	mg	0.020	0		4		0.051	0.229	
Niacin	-	0.400			4		1.016	4.572	
Pantothenic acid		0.150			4		0.381	1.715	
Vitamin B-6	_	0.040			4		0.102	0.457	
Folate, total		14	0	BFSN			36	160	
Folic acid		7 7	0	NC	4		18	80 80	
Folate, food	IIICG	, 19	0	NC	4 4		18 48	80 216	
Vitamin B-12		0.00	0	NC	4		0.00	0.00	
Vitamin A, IU		116	0		4		295	1326	
Vitamin A, RAE		6	0	NC	4		15	66	
Retinol		0	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	g	0.320	0		1		0.813	3.658	
4:0	g								
6:0	g								
8:0									
10:0		0.000			1		0.000	0.000	
12:0	-	0.010	0		1		0.025	0.114	
13:0	-	0.000	0		1		0.051	0.000	
14:0 15:0		0.020	, 0		1		0.051	0.229	
16:0	_	0.170	0		1		0.432	1.943	
17:0	_	0.170			-		0.432	1.343	
18:0	_	0.120	0		1		0.305	1.372	
20:0	_		·		_		2.222		
22:0	-								
24:0	-								

NDB No. 06492 Soup, minestrone, dehydrated, prepared with water

	Amount in	100 grams of ed	ible portion	Amount in edible portion of common			
		Number		measures of food			
Nutrients and Units	Mean Std. Err	of Data Deriv or Points Code	Source Confidence Code Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.290	0	1	0.737	3.315		
15:1	0.030	0	1	0.076	0.343		
18:1 undifferentiated	0.250 0.000	0 0	1 1	0.635 0.000	2.858 0.000		
22:1 undifferentiated							
Fatty acids, total polyunsaturatedg	0.040	0	1	0.102	0.457		
18:2 undifferentiated	0.030 0.010	0 0	1 1	0.076 0.025	0.343 0.114		
18:4							
20:4 undifferentiated							
22:6 n-3g Fatty acids, total transg							
Cholesterolmg Phytosterolsmg	1	0	1	3	11		

Common Measures:

Measure 1 = 254g: 1 cup (8 fl oz)

Measure 2 = 1143g: 1 packet (36 fl oz prepared)

Calories Factors: Protein 3.7 Fat 8.9 Carbohydrate 4

		<u>A</u>	mount in 100 grams	s of edi	ble portio	<u>n</u>	Amount in edible portion of common		
			Numbe	r			m	easures of food	<u> </u>
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	84.90	0		4		213.10	258.95	
Energy	kcal	61	0		4		153	186	
Energy		255			4		641	778	
Protein (N x 6.25)	g	1.50	1		1		3.77	4.58	
Total lipid (fat)	g	1.80	1		1		4.52	5.49	
Ash	g	2.20	0		4		5.52	6.71	
Carbohydrate, by difference	g	9.60	0		4		24.10	29.28	
Fiber, total dietary	g								
Sugars, total	g								
Starch	g								
Minanala									
Minerals: Calcium, Ca	ma	10	1		1		25	31	
Iron, Fe	-	0.40	1		1		1.00	1.22	
Magnesium, Mg		7	0		4		18	21	
Phosphorus, P		50	0		4		126	153	
Potassium, K	•	76	0		4		191	232	
Sodium, Na		730	0		4		1832	2227	
Zinc, Zn		0.40	0		4		1.00	1.22	
Copper, Cu	mg	0.160	0		4		0.402	0.488	
Manganese, Mn	<u>mg</u>	0.100	0		4		0.251	0.305	
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	1		1		0.0	0.0	
Thiamin		0.020			1		0.050	0.061	
Riboflavin		0.070			1		0.176	0.214	
Niacin		0.700			1		1.757	2.135	
Pantothenic acid		0.100	0		4		0.251	0.305	
Vitamin B-6	mg	0.140	0		4		0.351	0.427	
Folate, total	mcg	5	0		4		13	15	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	5	0		4		13	15	
Folate, DFE	mcg_DFE	5	0	NC	4		13	15	
Vitamin B-12		0.00	0		1		0.00	0.00	
Vitamin A, IU		158	1		1		397	482	
Vitamin A, RAE		8	0	NC	4		20	24	
Retinol		0	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, deltaVitamin D									
Vitamin K (phylloquinone)									
<u>Lipids:</u>									
Fatty acids, total saturated		0.350	0		1		0.879	1.068	
4:0									
6:0									
8:0									
10:0 12:0									
13:0									
14:0		0.000	0		1		0.000	0.000	
15:0	_	2.000	•		-		0.000	0.000	
16:0		0.220	0		1		0.552	0.671	
17:0			•					- · · · -	
18:0		0.130	0		1		0.326	0.397	
20:0									
22:0	g								
24:0	a								

		<u>Am</u>	ount in 100 grams	Amount in edible portion of common				
			Number of Data		Confidence	<u>m</u>	easures of food	
Nutrients and Unit	ts	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	а	0.800	0	1		2.008	2.440	
14:1								
15:1	g							
16:1 undifferentiated	g							
17:1	g							
18:1 undifferentiated	g	0.800	0	1		2.008	2.440	
20:1	g							
22:1 undifferentiated	g							
24:1 c	g							
Fatty acids, total polyunsaturated	g	0.570	0	1		1.431	1.739	
18:2 undifferentiated	g	0.540	0	1		1.355	1.647	
18:3 undifferentiated	g	0.030	0	1		0.075	0.092	
18:4	g							
20:2 n-6 c,c	g							
20:3 undifferentiated	g							
20:4 undifferentiated	g							
20:5 n-3	g							
22:5 n-3								
22:6 n-3	-							
Fatty acids, total trans	g							
Cholesterol	mg	0	0	1		0	0	
Phytosterols	mg							

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz) Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

NDB No. 06442 Soup, mushroom barley, canned, prepared with equal volume water, commercial

		<u>A</u>	mount in 100 grams	of edil	ble portio	<u>n</u>	Amount in edible portion of common		
			Numbe	r			<u>m</u>	easures of food	_
			of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	-	92.40	0		4		225.46	547.93	
Energy		30	0		4		73	178	
Energy	kj	126			4		306	744	
Protein (N x 6.25)		0.77	0		1		1.88	4.57	
Total lipid (fat)		0.93	0		1		2.27	5.51	
Ash	g	1.10	0		4		2.68	6.52	
Carbohydrate, by difference	g	4.80	0		4		11.71	28.46	
Fiber, total dietary	g	0.3	0		4		0.7	1.8	
Sugars, total	g								
Starch	g								
Minauala									
Minerals: Calcium, Ca	ma	5	0		1		12	30	
Iron, Fe	_	0.21	0		1		0.51	1.25	
Magnesium, Mg		4	0		4		10	24	
Phosphorus, P		25	0		4		61	148	
Potassium, K	•	38	0		4		93	225	
Sodium, Na	_	365	0		4		891	2164	
Zinc, Zn		0.20	0		4		0.49	1.19	
Copper, Cu		0.100	0		4		0.244	0.593	
Manganese, Mn		0.050	0		4		0.122	0.297	
Selenium, Se	mcg								
Vitamins:									
	ma	0.0	0		1		0.0	0.0	
Vitamin C, total ascorbic acid Thiamin		0.010			1		0.024	0.0 0.059	
Riboflavin		0.010			1		0.024	0.039	
Niacin		0.360			1		0.878	2.135	
Pantothenic acid		0.050			4		0.122	0.297	
Vitamin B-6		0.070			4		0.171	0.415	
Folate, total	_	2	0		4		5	12	
Folic acid		0	0	z	7		0	0	
Folate, food		2	0	_	4		5	12	
Folate, DFE	mca DFE	2	0	NC	4		5	12	
Vitamin B-12		0.00	0		4		0.00	0.00	
Vitamin A, IU		81	0		1		198	480	
Vitamin A, RAE		4	0	NC	4		10	24	
Retinol		0	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	a	0.180	0		1		0.439	1.067	
4:0		0.100	,		-		0.433	1.007	
6:0									
8:0									
10:0									
12:0									
13:0									
14:0		0.000	0		1		0.000	0.000	
15:0									
16:0		0.110	0		1		0.268	0.652	
17:0									
18:0		0.070	0		1		0.171	0.415	
20:0									
22:0	-								
24:0	a								

NDB No. 06442 Soup, mushroom barley, canned, prepared with equal volume water, commercial

	<u>Amour</u>	nt in 100 grams of edi		Amount in edible portion of common		
		Number			easures of food	
Nutrients and Units	Mean Std	of Data Deriv Error Points Code	Source Confidenc Code Code	e Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.410	o	1	1.000	2.431	
15:1	0.000	0	1	0.000	0.000	
18:1 undifferentiated 9 20:1 9 22:1 undifferentiated 9 24:1 c 9	0.410	0	1	1.000	2.431	
Fatty acids, total polyunsaturated9	0.290	0	1	0.708	1.720	
18:2 undifferentiatedg	0.280	0	1	0.683	1.660	
18:3 undifferentiatedg	0.010	0	1	0.024	0.059	
18:4						
20:4 undifferentiated						
22:6 n-3g						
Fatty acids, total trans	0	0	1	0	0	
Phytosterolsmg	v	· ·	-	Ů	v	

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.6 Fat 8.9 Carbohydrate 4

NDB No. 06044 Soup, mushroom with beef stock, canned, condensed, commercial

		<u>Aı</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>		edible portion	
			Nu	ımbeı	r			<u>m</u>	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	84.60	0.172	13		1		212.35	258.03	106.60
Energy	kcal	68		0	NC	4		171	207	86
Energy	kj	285				4		714	868	358
Protein (N x 6.25)	g	2.51	0.062	10		1		6.30	7.66	3.16
Total lipid (fat)	g	3.21	0.122	10		1		8.06	9.79	4.04
Ash		2.27	0.021	10		1		5.70	6.92	2.86
Carbohydrate, by difference	g	7.41		0	NC	4		18.60	22.60	9.34
Fiber, total dietary	g	0.1		0		4		0.3	0.3	0.1
Sugars, total	g	2.15		0	FLA	4		5.39	6.55	2.71
Starch	g									
Ainerals:										
Calcium, Ca	ma	8	0.629	10		1		20	24	10
Iron. Fe.	_	0.67	0.116	10		1		1.68	2.04	0.8
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	7	- · •	1		1		18	21	9
Phosphorus, P		29		1		1		73	88	37
Potassium, K	-	126		1		1		316	384	159
Sodium, Na		773	23.377	5		1		1940	2358	974
Zinc, Zn	mg	1.10		1		1		2.76	3.36	1.3
Copper, Cu	mg	0.200	1	1		1		0.502	0.610	0.2
Manganese, Mn	mg	0.300)	1		1		0.753	0.915	0.3
Selenium, Se	mcg	3.7		0	RA	4		9.3	11.3	4.7
itamins:										
Vitamin C, total ascorbic acid	ma	0.8	0.133	10		1		2.0	2.4	1.0
Thiamin	_	0.028		10		1		0.070	0.085	0.0
Riboflavin		0.076		10		1		0.191	0.232	0.0
Niacin		0.960		10		1		2.410	2.928	1.2
Pantothenic acid	-	0.190		0		4		0.477	0.580	0.2
Vitamin B-6	_	0.030)	1		1		0.075	0.092	0.0
Folate, total	_	7	0.470	3		1		18	22	9
Folic acid		0		0	Z	7		0	0	0
Folate, food		7	0.470	3		1		18	22	9
Folate, DFE		7		0	NC	4		18	22	9
Vitamin B-12		0.00		1		1		0.00	0.00	0.0
Vitamin A, IU		194		0	FLA	4		486	591	244
Vitamin A, RAE	mcg_RAE	17		0	FLA	4		41	50	21
Retinol	mcg	8		0	FLA	4		21	25	10
Vitamin E (alpha-tocopherol)	mg	0.89		0	FLA	4		2.22	2.70	1.1
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		2.2		•	FLA			F 0	- 1	
Vitamin K (phylloquinone)	Incg	2.3		0	F.LA	4		5.8	7.1	2.9
<u>ipids:</u>										
Fatty acids, total saturated	g	1.240	1	0		1		3.112	3.782	1.5
4:0		0.000)	0		1		0.000	0.000	0.0
6:0	g	0.020)	1		1		0.050	0.061	0.0
8:0	g	0.010)	1		1		0.025	0.031	0.0
10:0	g	0.020)	1		1		0.050	0.061	0.0
12:0		0.030)	1		1		0.075	0.092	0.0
13:0										
14:0	g	0.090	1	1		1		0.226	0.275	0.1
15:0	g									
16:0	g	0.650	1	1		1		1.632	1.983	0.8
17:0	g									
18:0	_	0.370	1	1		1		0.929	1.129	0.4
20:0	_									
22:0	n									

	<u>Aı</u>		Number	•		_	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
	1 100		•					0.44.6	1 411	
Fatty acids, total monounsaturatedg	1.120		0		1		2.811	3.416	1.411	
14:1g 15:1g										
16:1 undifferentiated	0.070		1		1		0.176	0.214	0.088	
17:1g	0.070		-		_		0.176	0.214	0.088	
18:1 undifferentiatedg	1.010		1		1		2.535	3.081	1.273	
20:1g	0.000		0		1		0.000	0.000	0.000	
22:1 undifferentiatedg	0.000		0		1		0.000	0.000	0.000	
24:1 cg	0.000		·		_		0.000	0.000	0.000	
Fatty acids, total polyunsaturatedg	0.620		0		1		1.556	1.891	0.781	
18:2 undifferentiated	0.540		1		1		1.355	1.647	0.680	
18:3 undifferentiatedg	0.080		1		1		0.201	0.244	0.101	
18:4g	0.000		0		1		0.000	0.000	0.000	
20:2 n-6 c.cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0		1		0.000	0.000	0.000	
20:5 n-3g	0.000		0		1		0.000	0.000	0.000	
22:5 n-3g	0.000		0		1		0.000	0.000	0.000	
22:6 n-3g	0.000		0		1		0.000	0.000	0.000	
Fatty acids, total transg										
Cholesterolmg	6		0		1		15	18	8	
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	0	
Theobrominemg	0		0	FLA	4		0	0	0	
Carotenoids:										
Carotene, betamcg	100		0	FLA	4		250.635	304.556	125.817	
Carotene, alphamcg	0		0	FLA	4		0.002	0.002	0.001	
Cryptoxanthin, betamcg	0		0	FLA	4		0.003	0.003	0.001	
Lycopenemcg	6632		0	FLA	4		16647.141	20228.598	8356.732	
Lutein + zeaxanthin mcg	0		0	FLA	4		0.486	0.590	0.244	

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz) Measure 2 = 305g: 1 can (10.75 oz)

Measure 3 = 126g: .5 cup

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

NDB No. 06444 Soup, mushroom with beef stock, canned, prepared with equal volume water, commercial

		<u>A</u>	mount in 100 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Number	•			measures of food			
			of Data		Source	Confidence				
Nutrients and Unit	:s	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	92.08	0		1		224.68	546.03		
Energy	kcal	35	0	NC	4		85	208		
Energy	kj	146			4		357	868		
Protein (N x 6.25)	g	1.29	0		1		3.15	7.65		
Total lipid (fat)	g	1.65	0		1		4.03	9.78		
Ash	g	1.17	0		1		2.85	6.94		
Carbohydrate, by difference	g	3.81	0	NC	4		9.30	22.59		
Fiber, total dietary	g	0.3	0		4		0.7	1.8		
Sugars, total	g									
Starch	g									
Minerals:	mc	4	•		4		10	0.4		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	4 0.34	0		1 1		10 0.83	24 2.02		
Iron, Fe	-	0.34 4	0		1		10	2.02		
Magnesium, Mg Phosphorus, P		15	0		1		37	89		
Potassium, K	•	65	0		1		37 159	385		
Sodium, Na	-	397	0		1		969	2354		
Zinc, Zn		0.57	0		1		1.38	3.36		
Copper, Cu		0.103			1		0.251	0.611		
Manganese, Mn		0.154			1		0.376	0.913		
Selenium, Se		0.20	•		_		0.0.0	0.025		
•										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.4	0		1		1.0	2.4		
Thiamin		0.014			1		0.034	0.083		
Riboflavin		0.039			1		0.095	0.231		
Niacin		0.494			1		1.205	2.929		
Pantothenic acid		0.100			1		0.244	0.593		
Vitamin B-6	-	0.015			1		0.037	0.089		
Folate, total		4	0		1		9	23		
Folic acid		0	0	Z	7		0	0		
Folate, food	mcg	4	0		1		9	23		
Folate, DFE		4	0	NC	4		9	23		
Vitamin B-12		0.00	0		1		0.00	0.00		
Vitamin A, IU		514	0		1		1254	3048		
Vitamin A, RAE		26	0	NC	4		63	152		
Retinol		0	0	Z	7		0	0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
vitannii K (phynoquinone)	g									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.640	0		1		1.562	3.795		
4:0		_			_					
6:0		0.010			1		0.024	0.059		
8:0	-	0.010			1		0.024	0.059		
10:0		0.010			1		0.024	0.059		
12:0	-	0.010	0		1		0.024	0.059		
13:0					_					
14:0	-	0.050	0		1		0.122	0.297		
15:0	-				_		_			
16:0	_	0.330	0		1		0.805	1.957		
17:0	-		_		_					
18:0	-	0.190	0		1		0.464	1.127		
20:0 22:0	-									

NDB No. 06444 Soup, mushroom with beef stock, canned, prepared with equal volume water, commercial

		<u>Am</u>	ount in 100 grams	<u>on</u>	Amount in edible portion of common			
				Deriv Source	Confidence	<u>m</u> .	easures of food	
Nutrients and Uni	ts	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
F-44	2	0.580	0	1		1.415	3.439	
Fatty acids, total monounsaturated		0.580	U	1		1.415	3.439	
15:1								
16:1 undifferentiated		0.040	0	1		0.098	0.237	
17:1								
18:1 undifferentiated	g	0.520	0	1		1.269	3.084	
20:1	g							
22:1 undifferentiated	g							
24:1 c	g							
Fatty acids, total polyunsaturated	g	0.320	0	1		0.781	1.898	
18:2 undifferentiated	g	0.280	0	1		0.683	1.660	
18:3 undifferentiated	g	0.040	0	1		0.098	0.237	
18:4	g							
20:2 n-6 c,c	g							
20:3 undifferentiated	g							
20:4 undifferentiated	g							
20:5 n-3	g							
22:5 n-3	g							
22:6 n-3	g							
Fatty acids, total trans								
Cholesterol	mg	3	0	1		7	18	
Phytosterols	mg							

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 100 gram	s of edi	ble portic	<u>on</u>	Amount in edible portion of common		
			Numbe	er			<u>m</u>	easures of food	<u>l</u>
			of Dat	a Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	3.06	10		1		2.26	0.52	
Energy	kcal	441	0	NC	4		326	75	
Energy	kj	1845			4		1365	314	
Protein (N x 6.25)	g	10.18	4		1		7.53	1.73	
Total lipid (fat)	g	22.34	4		1		16.53	3.80	
Ash	g	13.20	4		12		9.77	2.24	
Carbohydrate, by difference	g	51.18	0	NC	4		37.87	8.70	
Fiber, total dietary	g	3.5	0		4		2.6	0.6	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	306	1		1		226	52	
Iron, Fe.	_	2.50	0		4		1.85	0.43	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	24	0		4		18	4	
Phosphorus, P		354	3		1		262	60	
Potassium, K	•	915	1		1		677	156	
Sodium, Na	_	4681	4		1		3464	796	
Zinc, Zn	mg	0.40	0.007 8		1		0.30	0.07	
Copper, Cu	mg	0.135	0.005 8		1		0.100	0.023	
Manganese, Mn	mg	1.200	0		4		0.888	0.204	
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	ma	5.0	0		4		3.7	0.9	
Thiamin	_	1.291			1		0.955	0.219	
Riboflavin		0.510			1		0.377	0.087	
Niacin		2.300	2		1		1.702	0.391	
Pantothenic acid		1.110	1		4		0.821	0.189	
Vitamin B-6		0.060	0		4		0.044	0.010	
Folate, total	mcg	18	0		4		13	3	
Folic acid		0	0	z	7		0	0	
Folate, food	mcg	18	0		4		13	3	
Folate, DFE	mcg_DFE	18	0	NC	4		13	3	
Vitamin B-12		0.60	0		4		0.44	0.10	
Vitamin A, IU		30	2		1		22	5	
Vitamin A, RAE		9	0	NC	4		7	2	
Retinol		9	0	NC	4		7	2	
Vitamin E (alpha-tocopherol)	mg	2.91	0		4		2.15	0.49	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	nicg								
Lipids:									
Fatty acids, total saturated	g	3.780	0		1		2.797	0.643	
4:0									
6:0	g								
8:0	g								
10:0	g								
12:0									
13:0									
14:0		0.020	0		1		0.015	0.003	
15:0	-								
16:0		2.120	0		1		1.569	0.360	
17:0	-								
18:0	-	0.490	0		1		0.363	0.083	
20:0	-								
22:0									

		<u>An</u>	nount in 100 gran	ns of edil	<u>n</u>	Amount in edible portion of common			
				ta Deriv		Confidence	<u>m</u> e	easures of food	
Nutrients and Unit	S	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	а	10.320	0		1		7.637	1.754	
14:1			·		_			21.701	
15:1									
16:1 undifferentiated	g	0.020	0		1		0.015	0.003	
17:1	g								
18:1 undifferentiated	g	10.010	0		1		7.407	1.702	
20:1		0.290	0		1		0.215	0.049	
22:1 undifferentiated	•								
24:1 c	•								
Fatty acids, total polyunsaturated		7.150			1		5.291	1.216	
18:2 undifferentiated	-	7.150	0		1		5.291	1.216	
18:3 undifferentiated									
18:4									
20:2 n-6 c,c	_								
20:3 undifferentiated									
20:4 undifferentiated									
20:5 n-3	_								
22:5 n-3	-								
22:6 n-3	-								
Fatty acids, total trans		•	•				_	•	
Cholesterol	• • • • • • • • • • • • • • • • • • • •	2	2		1		1	0	
Phytosterols	IIIG								
Others:									
Alcohol, ethyl	g	0.0	0		7		0.0	0.0	
Caffeine									
Theobromine	<u>m</u> g								

Common Measures:

Measure 1 = 74g: 1 packet, regular Measure 2 = 17g: 1 packet, instant

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

		<u>A</u>	mount in 100) grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
			1	Number				<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.66		0		1		231.90	177.82	
Energy	kcal	38		0	NC	4		96	74	
Energy	kj	159				4		402	308	
Protein (N x 6.25)	g	0.88		0		1		2.23	1.71	
Total lipid (fat)	g	1.92		0		1		4.86	3.72	
Ash	g	1.14		0		1		2.88	2.21	
Carbohydrate, by difference	g	4.40		0	NC	4		11.13	8.54	
Fiber, total dietary	g	0.3		0		4		0.8	0.6	
Sugars, total	g	0.15		0	FLA	4		0.37	0.28	
Starch	g									
Minl.										
Minerals:	ma	26		0		1		66	50	
Calcium, Ca Iron, Fe	-	0.20		0		4		0.51	0.39	
Magnesium, Mg	-	2		0		4		5	4	
Phosphorus, P		30		0		1		76	58	
Potassium, K	-	30 79		0		1		200	153	
Sodium, Na		403		0		1		1020	782	
Zinc, Zn	-	0.03		0		1		0.09	0.07	
Copper, Cu		0.012	•	0		1		0.030	0.023	
Manganese, Mn		0.100		0		4		0.253	0.194	
Selenium, Se		2.0		0	BFSN	4		5.1	3.9	
· ·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.4		0		4		1.0	0.8	
Thiamin	-	0.111		0		1		0.281	0.215	
Riboflavin	=	0.044		0		1		0.111	0.085	
Niacin	-	0.198		0		1		0.501	0.384	
Pantothenic acid	-	0.096		0		1		0.243	0.186	
Vitamin B-6	-	0.010)	0		1		0.025	0.019	
Folate, total		2		0		1		5	4	
Folic acid		0		0	Z	7		0	0	
Folate, food		2		0		1		5	4	
Folate, DFE		2		0	NC	4		5	4	
Vitamin B-12		0.10		0		1		0.25	0.19	
Vitamin A, IU		28		0	FLA	4		70	53	
Vitamin A, RAE		6		0	FLA	4		14	11	
Retinol		5		0	FLA	4		13	10	
Vitamin E (alpha-tocopherol)		0.19		0	FLA	4		0.48	0.37	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		0.8		0	FLA	4		2.1	1.6	
	g	0.0		·		-			2.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.320		0		1		0.810	0.621	
4:0		0.000		0		1		0.000	0.000	
6:0	-	0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0		0.000)	0		1		0.000	0.000	
13:0				_		_		_	_	
14:0		0.000)	0		1		0.000	0.000	
15:0				_		_				
16:0		0.180	J	0		1		0.455	0.349	
17:0	-			_		_				
18:0	-	0.040	J	0		1		0.101	0.078	
20:0	-									
22:0	-									
24:0	g									

	<u>Ar</u>	nount in 10	0 grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
Notebooks and Halfa	Mana		Number of Data	Deriv	Source Code	Confidence Code		easures of food	•	
Nutrients and Units	Mean	Sta. Error	Folitis	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.890		0		1		2.252	1.727		
14:1g										
15:1g										
16:1 undifferentiatedg	0.000		0		1		0.000	0.000		
17:1g										
18:1 undifferentiatedg	0.860		0		1		2.176	1.668		
20:1g	0.020		0		1		0.051	0.039		
22:1 undifferentiatedg	0.000		0		1		0.000	0.000		
24:1 cg										
Fatty acids, total polyunsaturated	0.610		0		1		1.543	1.183		
18:2 undifferentiatedg	0.610		0		1		1.543	1.183		
18:3 undifferentiatedg	0.000		0		1		0.000	0.000		
18:4g	0.000		0		1		0.000	0.000		
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0		1		0.000	0.000		
20:5 n-3g	0.000		0		1		0.000	0.000		
22:5 n-3g	0.000		0		1		0.000	0.000		
22:6 n-3g	0.000		0		1		0.000	0.000		
Fatty acids, total transg										
Cholesterol mg	0		0		1		0	0		
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0		7		0.0	0.0		
Caffeinemg	0		0	FLA	4		0	0		
Theobromine mg	0		0	FLA	4		0	0		
Carotenoids:										
Carotene, betamcg	6		0	FLA	4		16.073	12.325		
Carotene, alphamcg	0		0	FLA	4		0.007	0.005		
Cryptoxanthin, betamcg	0		0	FLA	4		0.010	0.008		
Lycopenemcg	164		0	FLA	4		413.892	317.372		
Lutein + zeaxanthin mcg	1		0	FLA	4		1.827	1.401		

Common Measures:

Measure 1 = 253g: 1 cup

Measure 2 = 194g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

		<u>A</u> :	mount in 100 g	grams	of edib	ole portio	<u>n</u>		edible portion	
			Nι	ımber	•			<u>m</u>	easures of food	<u>.</u>
							Confidence			
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		3.79	0.204	4	A	1		1.48	0.27	
Energy	kcal	303		0	NC	4		118	22	
Energy	kj	1269		0	NC	4		495	90	
Protein (N x 6.25)		7.48	0.811	4	A	1		2.92	0.53	
Total lipid (fat)		5.09	2.156	4	A	1		1.99	0.36	
Ash		23.31	0.765	4	A	1		9.09	1.66	
Carbohydrate, by difference		60.32		0	NC	4		23.52	4.28	
Fiber, total dietary		6.6		2	A	1		2.6	0.5	
Sugars, total		4.65		2	A	1		1.81	0.33	
Sucrose	g	4.52		2	A	1		1.76	0.32	
Glucose (dextrose)		0.00		2	A	1		0.00	0.00	
Fructose	g	0.00		2	A	1		0.00	0.00	
Lactose	g	0.00		2	A	1		0.00	0.00	
Maltose	g	0.12		2	A	1		0.05	0.01	
Galactose		0.00		2	A	1		0.00	0.00	
Starch	g	8.84		2	A	1		3.45	0.63	
Minerals:		4.40			_				4.0	
Calcium, Ca		143	20.489	4	A	1		56	10	
Iron, Fe		4.00	1.956	4	A	1		1.56	0.28	
Magnesium, Mg		60	0.905	4	A	1		23	4	
Phosphorus, P		211 721	5.103 11.332	4	A A	1 1		82 281	15 51	
Potassium, K		8031	510.021	4 4	A	1		3132	570	
Sodium, NaZinc, Zn		1.12	0.089	4	A	1		0.44	0.08	
Copper, Cu		0.353		4	A	1		0.137	0.025	
Manganese, Mn		0.665		4	A	1		0.259	0.047	
Selenium, Se		5.0		2	A	1		2.0	0.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	22.2		2	A	1		8.7	1.6	
Thiamin		0.279)	2	A	1		0.109	0.020	
Riboflavin		0.274	Į	2	A	1		0.107	0.019	
Niacin		1.472	2	2	A	1		0.574	0.104	
Pantothenic acid	_	0.854	l	2	A	1		0.333	0.061	
Vitamin B-6	mg	0.582	2	2	A	1		0.227	0.041	
Folate, total	mcg	0		2	A	1		0	0	
Folic acid		0		0	FLA	4		0	0	
Folate, food	mcg	0		2	A	1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	5		0	NC	4		2	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		0.15		1	A	1		0.06	0.01	
Tocopherol, beta	mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma		0.66		1	A	1		0.26	0.05	
Tocopherol, delta	mg	0.28		1	A	1		0.11	0.02	
Vitamin D										
Vitamin K (phylloquinone)	mcg	1.4		0	FLA	4		0.5	0.1	
Lipids:	a	0.000		2	NO	4		0 115	0.001	
Fatty acids, total saturated		0.296		2 0	NC	4		0.115	0.021	
4:0		0.000		0		1 1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000 0.000	0.000 0.000	
10:0	-	0.000		0		1				
12:0	-	0.000		1	A	1		0.000 0.000	0.000 0.000	
13:0	y	0.001		_	A	_		0.000	0.000	
14:0	a	0.000)	2	A	1		0.000	0.000	

		<u>Ar</u>	nount in 10	Number	,	_	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:0	q	0.000			A	1		0.000	0.000	
16:0	-	0.150		2	A	1		0.059	0.011	
17:0	-	0.000		2	A	1		0.000	0.000	
18:0	g	0.125		2	A	1		0.049	0.009	
20:0	_	0.010		2	A	1		0.004	0.001	
22:0	•	0.010		2	A	1		0.004	0.001	
24:0	_	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturate		0.794		2	NC	4		0.310	0.056	
14:1	-							0.020	0.000	
15:1		0.000		2	A	1		0.000	0.000	
16:1 undifferentiated		0.000		0		1		0.000	0.000	
17:1	_	0.010		2	A	1		0.004	0.001	
18:1 undifferentiated		0.769		2	A	1		0.300	0.055	
20:1	-	0.015		2	A	1		0.006	0.001	
22:1 undifferentiated		0.000		2	A	1		0.000	0.001	
24:1 c		0.000		_		-		0.000	0.000	
Fatty acids, total polyunsaturated		0.208		2	NC	4		0.081	0.015	
18:2 undifferentiated		0.193		2	A	1		0.075	0.014	
18:3 undifferentiated	-	0.010		2	A	1		0.004	0.001	
18:4		0.000		0		1		0.000	0.000	
20:2 n-6 c.c		0.005		2	A	1		0.002	0.000	
20:3 undifferentiated	-	0.003		-	-	-		0.002	0.000	
20:4 undifferentiated	_	0.000		2	A	1		0.000	0.000	
20:5 n-3	_	0.000		0		1		0.000	0.000	
22:5 n-3	_	0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans	_	0.000		U		_		0.000	0.000	
Cholesterol		5		1		1		2	0	
Phytosterols		3		_		-		2	Ü	
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine		0		0	FLA	4		0	0	
Theobromine	-	0		0	FLA	4		0	0	
Carotenoids:	=									
Carotene, beta	mcg	3		0	FLA	4		1.163	0.212	
Carotene, alpha		0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta		0		0	FLA	4		0.000	0.000	
Lycopene		0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin		9		0	FLA	4		3.510	0.639	

Common Measures:

Measure 1 = 39g: 1 packet

Measure 2 = 7.1g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 2.5 Fat 8.5 Carbohydrate 4

Number of Data Deriv Sour	de Code	212.42 113 473 7.53 3.49 6.13 16.43 1.7 2.59	257.32 137 574 9.12 4.23 7.42 19.91 2.1 3.14	Measure 3
Nutrients and Units Mean Std. Error Points Code Code	de Code	212.42 113 473 7.53 3.49 6.13 16.43 1.7 2.59	257.32 137 574 9.12 4.23 7.42 19.91 2.1 3.14	Measure (
Proximates: Water. g 86.35 0.244 13 1 Energy. kcal 46 0 NC 4 Energy. kj 192 4 Protein (N x 6.25). g 3.06 0.107 10 1 Total lipid (fat). g 1.42 0.195 10 1 Ash. g 2.49 0.038 10 1 Carbohydrate, by difference. g 6.68 0 NC 4 Fiber, total dietary. g 0.7 0 4 Sugars, total. g 1.05 0 FLA 4 Starch. g Minerals: Calcium, Ca. mg 22 1.368 10 1 Calcium, Ca. mg 0.55 0.096 10 1 Magnesium, Mg. mg 2 1 1 Phosphorus, P. mg 9 1 1 Potass		212.42 113 473 7.53 3.49 6.13 16.43 1.7 2.59	257.32 137 574 9.12 4.23 7.42 19.91 2.1 3.14	Measure (
Water. g 86.35 0.244 13 1 Energy. kcal 46 0 NC 4 Energy. kj 192 4 Protein (N x 6.25). g 3.06 0.107 10 1 Total lipid (fat). g 1.42 0.195 10 1 Ash. g 2.49 0.038 10 1 Carbohydrate, by difference. g 6.68 0 NC 4 Fiber, total dietary. g 0.7 0 A Sugars, total. g 1.05 0 FLA 4 Starch. g 1.05 0 FLA 4 Starch. g 0 1.05 0 FLA 4 Minerals: Calcium, Ca. mg 2 1.368 10 1 Iron, Fe. mg 0.55 0.096 10 1 Magnesium, Mg mg		113 473 7.53 3.49 6.13 16.43 1.7 2.59	137 574 9.12 4.23 7.42 19.91 2.1 3.14	
Water. g 86.35 0.244 13 1 Energy. kcal 46 0 NC 4 Energy. kj 192 4 Protein (N x 6.25). g 3.06 0.107 10 1 Total lipid (fat). g 1.42 0.195 10 1 Ash. g 2.49 0.038 10 1 Carbohydrate, by difference. g 6.68 0 NC 4 Fiber, total dietary. g 0.7 0 A Sugars, total. g 1.05 0 FLA 4 Starch. g 1.05 0 FLA 4 Starch. g 1.368 10 1 Iron, Fe. mg 0.55 0.096 10 1 Magnesium, Mg mg 2 1 1 1 Phosphorus, P. mg 9 1 1 1 Pota		113 473 7.53 3.49 6.13 16.43 1.7 2.59	137 574 9.12 4.23 7.42 19.91 2.1 3.14	
Energy kcal 46 0 NC 4 Energy kj 192 4 Protein (N x 6.25) g 3.06 0.107 10 1 Total lipid (fat) g 1.42 0.195 10 1 Ash g 2.49 0.038 10 1 Carbohydrate, by difference g 6.68 0 NC 4 Fiber, total dietary g 0.7 0 4 Sugars, total g 1.05 0 FLA 4 Starch g 1.05 0 FLA 4 Starch g 0 0 FLA 4 Starch g 0 0 FLA 4 Calcium, Ca mg 0 0 0 1 Inon, Fe mg 0 0 0 1 1 Magnesium, Mg mg 9 1 1 1 <t< td=""><td></td><td>113 473 7.53 3.49 6.13 16.43 1.7 2.59</td><td>137 574 9.12 4.23 7.42 19.91 2.1 3.14</td><td></td></t<>		113 473 7.53 3.49 6.13 16.43 1.7 2.59	137 574 9.12 4.23 7.42 19.91 2.1 3.14	
Energy kj 192 4 Protein (N x 6.25) g 3.06 0.107 10 1 Total lipid (fat) g 1.42 0.195 10 1 Ash g 2.49 0.038 10 1 Carbohydrate, by difference g 6.68 0 NC 4 Fiber, total dietary g 0.7 0 4 Sugars, total g 1.05 0 FLA 4 Starch g 1.05 0 FLA 4 Starch g 1.368 10 1 1 Iron, Fe mg 0.55 0.096 10 1 Magnesium, Mg mg 2 1 1 1 Phosphorus, P mg 9 1 1 1 Potassium, K mg 56 1 1 1		473 7.53 3.49 6.13 16.43 1.7 2.59	574 9.12 4.23 7.42 19.91 2.1 3.14	
Protein (N x 6.25)		7.53 3.49 6.13 16.43 1.7 2.59	9.12 4.23 7.42 19.91 2.1 3.14	
Total lipid (fat). g 1.42 0.195 10 1 Ash. g 2.49 0.038 10 1 Carbohydrate, by difference. g 6.68 0 NC 4 Fiber, total dietary. g 0.7 0 4 Sugars, total. g 1.05 0 FLA 4 Starch. g Winerals: Calcium, Ca. mg 22 1.368 10 1 Iron, Fe. mg 0.55 0.096 10 1 Magnesium, Mg. mg 2 1 1 Phosphorus, P. mg 9 1 1 Potassium, K. mg 56 1 1		3.49 6.13 16.43 1.7 2.59 54 1.35	4.23 7.42 19.91 2.1 3.14	
Ash		6.13 16.43 1.7 2.59	7.42 19.91 2.1 3.14	
Carbohydrate, by difference g 6.68 0 NC 4 Fiber, total dietary g 0.7 0 4 Sugars, total g 1.05 0 FLA 4 Starch g Minerals: Calcium, Ca mg 22 1.368 10 1 Iron, Fe mg 0.55 0.096 10 1 Magnesium, Mg mg 2 1 1 Phosphorus, P mg 9 1 1 Potassium, K mg 56 1 1		16.43 1.7 2.59 54 1.35	19.91 2.1 3.14	
Fiber, total dietary		1.7 2.59 54 1.35	2.1 3.14	
Sugars, total. g 1.05 0 FLA 4 Starch. g Minerals: Calcium, Ca. mg 22 1.368 10 1 Iron, Fe. mg 0.55 0.096 10 1 Magnesium, Mg mg 2 1 1 1 Phosphorus, P. mg 9 1 1 1 Potassium, K. mg 56 1 1		2.59 54 1.35	3.14	
Starch		54 1.35	66	
Minerals: Calcium, Ca	L L	1.35		
Calcium, Ca. mg 22 1.368 10 1 Iron, Fe. mg 0.55 0.096 10 1 Magnesium, Mg. mg 2 1 1 Phosphorus, P. mg 9 1 1 Potassium, K. mg 56 1 1	L L	1.35		
Calcium, Ca. mg 22 1.368 10 1 Iron, Fe. mg 0.55 0.096 10 1 Magnesium, Mg. mg 2 1 1 Phosphorus, P. mg 9 1 1 Potassium, K. mg 56 1 1	L L	1.35		
Iron, Fe. mg 0.55 0.096 10 1 Magnesium, Mg. mg 2 1 1 Phosphorus, P. mg 9 1 1 Potassium, K. mg 56 1 1	L L	1.35		
Magnesium, Mg mg 2 1 1 Phosphorus, P mg 9 1 1 Potassium, K mg 56 1 1	L L		1.64	
Phosphorus, P	L	5	6	
Potassium, Kmg 56 1 1		22	27	
7 0000000000000000000000000000000000000		138	167	
		2116	2563	
Zinc, Znmg 0.50 1 1		1.23	1.49	
Copper, Cumg 0.100 1 1		0.246	0.298	
Manganese, Mnmg 0.200 1 1		0.492	0.596	
Selenium, Se		8.6	10.4	
beleinum, be	-	0.0		
<u>Vitamins:</u>				
Vitamin C, total ascorbic acidmg 1.0 0.000 10 1		2.5	3.0	
Thiaminmg 0.027 0.001 10 1		0.066	0.080	
Riboflavinmg 0.020 0.001 10 1		0.049	0.060	
Niacinmg 0.490 0.023 10 1	L	1.205	1.460	
Pantothenic acidmg 0.000 0 4	l	0.000	0.000	
Vitamin B-6mg 0.040 1 1	L	0.098	0.119	
Folate, total	L	31	37	
Folic acid	7	0	0	
Folate, foodmcg 12 0.688 3 1	L	31	37	
Folate, DFEmcg_DFE 12 0 NC 4	l	31	37	
Vitamin B-12mcg 0.00 1 1	L	0.00	0.00	
Vitamin A, IU	1	26	32	
Vitamin A, RAE	l	7	8	
Retinolmcg 3 0 FLA 4	1	6	8	
Vitamin E (alpha-tocopherol)mg 0.22 0 FLA 4	l	0.54	0.66	
Tocopherol, betamg				
Tocopherol, gammamg				
Tocopherol, deltamg				
Vitamin DIU				
Vitamin K (phylloquinone)mcg 0.4 0 FLA 4	1	0.9	1.1	
T 5 13				
Lipids:	1	0 517	0.626	
Fatty acids, total saturated		0.517	0.626	
		0.000	0.000	
6:0g 0.000 0 1		0.000	0.000	
8:0g 0.000 0 1		0.000	0.000	
10:0g 0.000 0 1		0.000	0.000	
12:0g 0.000 0 1	L	0.000	0.000	
13:0g	1			
14:0g 0.000 0 1	L	0.000	0.000	
15:0g			_	
16:0g 0.140 0 1	L	0.344	0.417	
17:0g				
18:0g 0.070 0 1	L	0.172	0.209	
20:0g				
22:0g				
24:0g				

	<u>An</u>	nount in 100	grams o	<u>n</u>	Amount in edible portion of common				
		0	umber f Data		Source Code	Confidence Code		easures of food	
Nutrients and Units	Mean	Std. Error P	omis (Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.610		0		1		1.501	1.818	
14:1g									
15:1g									
16:1 undifferentiatedg	0.010		0		1		0.025	0.030	
17:1g									
18:1 undifferentiated	0.600		0		1		1.476	1.788	
20:1g	0.000		0		1		0.000	0.000	
22:1 undifferentiatedg	0.000		0		1		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	0.530		0		1		1.304	1.579	
18:2 undifferentiatedg	0.500		0		1		1.230	1.490	
18:3 undifferentiatedg	0.040		0		1		0.098	0.119	
18:4g	0.000		0		1		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000	0.000	
20:5 n-3g	0.000		0		1		0.000	0.000	
22:5 n-3g	0.000		0		1		0.000	0.000	
22:6 n-3g	0.000		0		1		0.000	0.000	
Fatty acids, total trans									
Cholesterolmg	0		0		1		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobrominemg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta mcg	1		0	FLA	4		2.900	3.513	
Carotene, alphamcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0	FLA	4		0.000	0.000	
Lycopene mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	1		0	FLA	4		2.441	2.957	

Common Measures:

Measure 1 = 246g: 1 cup (8 fl oz) Measure 2 = 298g: 1 can (10.5 oz)

Calories Factors: Protein 2.5 Fat 8.5 Carbohydrate 4

NDB No. 06445 Soup, onion, canned, prepared with equal volume water, commercial

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Numbe	r			<u>m</u>	easures of food	<u> </u>	
			of Data	Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	93.06	0		1		224.27	545.33		
Energy	-	24	0	NC	4		58	141		
Energy		100			4		242	588		
Protein (N x 6.25)		1.56	0		1		3.76	9.14		
Total lipid (fat)		0.72	0		1		1.74	4.22		
Ash		1.27	0		1		3.06	7.44		
Carbohydrate, by difference		3.39	0	NC	4		8.17	19.87		
Fiber, total dietary		0.4	0		4		1.0	2.3		
Sugars, total		1.26	0	FLA	4		3.04	7.39		
Starch										
	5									
<u>Minerals:</u>										
Calcium, Ca	-	11	0		1		27	64		
Iron, Fe.	-	0.28	0		1		0.67	1.64		
Magnesium, Mg		1	0		1		2	6		
Phosphorus, P	-	5	0		1		12	29		
Potassium, K		28	0		1 1		67	164		
Sodium, Na		437 0.25	0		1		1053 0.61	2561 1.49		
Zinc, Zn		0.25			1		0.123	0.299		
Copper, Cu		0.031			1		0.123	0.299		
Selenium, Se		1.8	0	RA	4		4.3	10.5		
Scientini, Sc	9	1.0	· ·		•		1.5	10.5		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	<u>mg</u>	0.5	0		1		1.2	2.9		
Thiamin		0.014	0		1		0.034	0.082		
Riboflavin	mg	0.010	0		1		0.024	0.059		
Niacin		0.249	0		1		0.600	1.459		
Pantothenic acid	<u>mg</u>	0.000			4		0.000	0.000		
Vitamin B-6	-	0.020			1		0.048	0.117		
Folate, total	mcg	6	0		1		15	37		
Folic acid		0	0	Z	7		0	0		
Folate, food	mcg	6	0		1		15	37		
Folate, DFE		6	0	NC	4		15	37		
Vitamin B-12		0.00	0		1		0.00	0.00		
Vitamin A, IU		1	0	FLA	4		2	4		
Vitamin A, RAE		0	0	FLA	4		0	0		
Retinol		0	0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)		0.08	0	FLA	4		0.20	0.48		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		0.3	0	FLA	4		0.6	1.6		
vitanini K (priyrioquinone)	9	0.0	· ·		-		0.0	1.0		
<u>Lipids:</u>										
Fatty acids, total saturated		0.110			1		0.265	0.645		
4:0		0.000			1		0.000	0.000		
6:0	-	0.000			1		0.000	0.000		
8:0		0.000			1		0.000	0.000		
10:0		0.000			1		0.000	0.000		
12:0	-	0.000	0		1		0.000	0.000		
13:0					_		_			
14:0	-	0.000	0		1		0.000	0.000		
15:0	-				_		_			
16:0		0.070	0		1		0.169	0.410		
17:0	-		_		_					
18:0	-	0.040	0		1		0.096	0.234		
20:0	a									
22:0	-									

	<u>An</u>	nount in 100 grams		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fw ileal and	0.310	0		1		0.747	1 017		
Fatty acids, total monounsaturated9	0.310	U		1		0.747	1.817		
14:1g 15:1g									
16:1 undifferentiated	0.000	0		1		0.000	0.000		
17:1g	0.000	v		-		0.000	0.000		
18:1 undifferentiated	0.310	0		1		0.747	1.817		
20:1g	0.000	0		1		0.000	0.000		
22:1 undifferentiatedg	0.000	0		1		0.000	0.000		
24:1 cg	0.000	·		-		0.000	0.000		
Fatty acids, total polyunsaturated9	0.270	0		1		0.651	1.582		
18:2 undifferentiatedg	0.250	0		1		0.603	1.465		
18:3 undifferentiated	0.020	0		1		0.048	0.117		
18:4g	0.000	0		1		0.000	0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000	0		1		0.000	0.000		
20:5 n-3g	0.000	0		1		0.000	0.000		
22:5 n-3g	0.000	0		1		0.000	0.000		
22:6 n-3g	0.000	0		1		0.000	0.000		
Fatty acids, total transg									
Cholesterol mg	0	0		1		0	0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0	0		7		0.0	0.0		
Caffeinemg	0	0	FLA	4		0	0		
Theobromine mg	0	0	FLA	4		0	0		
Carotenoids:									
Carotene, betamcg	0	0	FLA	4		0.953	2.317		
Carotene, alphamcg	0	0	FLA	4		0.000	0.000		
Cryptoxanthin, betamcg	0	0	FLA	4		0.000	0.000		
Lycopenemcg	0	0	FLA	4		0.000	0.000		
Lutein + zeaxanthin mcg	1	0	FLA	4		2.876	6.994		

Common Measures:

Measure 1 = 241g: 1 cup

Measure 2 = 586g: 1 can (10.5 oz), prepared

Calories Factors: Protein 2.5 Fat 8.5 Carbohydrate 4

		<u>A</u> :	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			N	Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	96.29		0		1		236.87	177.17	
Energy	kcal	11		0	NC	4		27	20	
Energy	kj	46				4		113	85	
Protein (N x 6.25)	g	0.45		0		1		1.11	0.83	
Total lipid (fat)	g	0.23		0		1		0.57	0.42	
Ash		0.97		0		1		2.39	1.78	
Carbohydrate, by difference	g	2.06		0	NC	4		5.07	3.79	
Fiber, total dietary		0.4		0		4		1.0	0.7	
Sugars, total	g	0.76		0	FLA	4		1.87	1.40	
Starch	g									
Minerals:										
Calcium, Ca	ma	5		0		1		12	9	
Iron. Fe.	-	0.06		0		1		0.15	0.11	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	2		0		1		5	4	
Phosphorus, P		12		0		1		30	22	
Potassium, K	-	26		0		1		64	48	
Sodium, Na		345		0		1		849	635	
Zinc, Zn	mg	0.02		0		1		0.06	0.04	
Copper, Cu		0.006	5	0		1		0.015	0.011	
Manganese, Mn	mg	0.024	l	0		1		0.059	0.044	
Selenium, Se	mcg	1.0		0	BFSN	4		2.5	1.8	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.1		0		1		0.2	0.2	
Thiamin	-	0.011		0		1		0.027	0.020	
Riboflavin	-	0.011		0		1		0.057	0.042	
Niacin	=	0.196		0		1		0.482	0.361	
Pantothenic acid	-	0.000		0		4		0.000	0.000	
Vitamin B-6	-	0.000		0		4		0.000	0.000	
Folate, total	-	1		0		1		1	1	
Folic acid		0		0	Z	7		0	0	
Folate, food		1		0		1		1	1	
Folate, DFE		1		0	NC	4		1	1	
Vitamin B-12		0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		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		0.01	0.01	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		^ 1		^	ET A			0.0	0.1	
Vitamin K (phylloquinone)	nicy	0.1		0	FLA	4		0.2	0.1	
Lipids:										
Fatty acids, total saturated	g	0.050)	0		1		0.123	0.092	
4:0		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	-	0.000)	0		1		0.000	0.000	
12:0		0.000)	0		1		0.000	0.000	
13:0										
14:0	g	0.000)	0		1		0.000	0.000	
15:0										
16:0	g	0.030)	0		1		0.074	0.055	
17:0	-									
18:0	-	0.020)	0		1		0.049	0.037	
20:0	-									
22:0	-									
24:0	g									

	An	nount in 100 gr	ams of edi	Amount in edible portion of common				
Nutrients and Units	Mean	Nun of E Std. Error Poi	ata Deriv		Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.130		0	1		0.320	0.239	
14:1g								
15:1g								
16:1 undifferentiatedg	0.000		0	1		0.000	0.000	
17:1g								
18:1 undifferentiatedg	0.130		0	1		0.320	0.239	
20:1g	0.000		0	1		0.000	0.000	
22:1 undifferentiatedg	0.000		0	1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	0.030		0	1		0.074	0.055	
18:2 undifferentiatedg	0.030		0	1		0.074	0.055	
18:3 undifferentiatedg	0.000		0	1		0.000	0.000	
18:4g	0.000		0	1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000		0	1		0.000	0.000	
20:5 n-3g	0.000		0	1		0.000	0.000	
22:5 n-3g	0.000		0	1		0.000	0.000	
22:6 n-3g	0.000		0	1		0.000	0.000	
Fatty acids, total transg								
Cholesterolmg	0		0	1		0	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0		0	7		0.0	0.0	
Caffeine mg	0		0 FLA			0	0	
Theobrominemg	0		0 FLA	4		0	0	
Carotenoids:								
Carotene, beta mcg	0		0 FLA	4		0.622	0.466	
Carotene, alphamcg	0		0 FLA	4		0.000	0.000	
Cryptoxanthin, betamcg	0		0 FLA	4		0.000	0.000	
Lycopene mcg	0		0 FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	1		0 FLA	4		1.879	1.405	

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 184g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 2.5 Fat 8.5 Carbohydrate 4

		Amount in 100 grams of edible portion							Amount in edible portion of common		
				Number				<u>m</u>	easures of food	<u>l</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	-	4.80		1		1		0.82	3.55		
Energy		377		0	NC	4		64	279		
Energy	kj	1577				4		268	1167		
Protein (N x 6.25)		15.00		1		1		2.55	11.10		
Total lipid (fat)	g	13.60		1		1		2.31	10.06		
Ash		18.70		1		1		3.18	13.84		
Carbohydrate, by difference	g	47.90		0	NC	4		8.14	35.45		
Fiber, total dietary	g	0.9		0		4		0.2	0.7		
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma	60		0		4		10	44		
Iron, Fe	_	1.00		0		4		0.17	0.74		
Magnesium, Mg	_	50		0		4		9	37		
Phosphorus, P		320		0		4		54	237		
Potassium, K	_	450		0		4		77	333		
Sodium, Na	_	6460		1		1		1098	4780		
Zinc, Zn	mg	0.00		0		4		0.00	0.00		
Copper, Cu	mg	0.000		0		4		0.000	0.000		
Manganese, Mn		0.500)	0		4		0.085	0.370		
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		4		0.0	0.0		
Thiamin	_	0.100)	0		4		0.017	0.074		
Riboflavin		0.200		0		4		0.034	0.148		
Niacin		4.500)	0		4		0.765	3.330		
Pantothenic acid		0.300)	0		4		0.051	0.222		
Vitamin B-6		0.200)	0		4		0.034	0.148		
Folate, total	mcg	30		0		4		5	22		
Folic acid		0		0	z	7		0	0		
Folate, food	mcg	30		0		4		5	22		
Folate, DFE	mcg_DFE	30		0	NC	4		5	22		
Vitamin B-12		1.00		0		4		0.17	0.74		
Vitamin A, IU		50		0		4		9	37		
Vitamin A, RAE		15		0	NC	4		3	11		
Retinol		15		0	NC	4		3	11		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	nicg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	6.770)	0		1		1.151	5.010		
4:0											
6:0	-										
8:0											
10:0	-		_								
12:0		0.120)	0		1		0.020	0.089		
13:0				_		_					
14:0		0.500)	0		1		0.085	0.370		
15:0				_		_		<u> </u>			
16:0		3.390)	0		1		0.576	2.509		
17:0	-			_		_					
18:0	-	2.570)	0		1		0.437	1.902		
20:0	-										
22:0	g										

	<u>Ar</u>	nount in 100 grams	s of edible port	ion	Amount in edible portion of common		
		Numbe			<u>m</u>	easures of food	
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Source Code Code		Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	5.690	0	1		0.967	4.211	
14:1g							
15:1	0.570	0	1		0.097	0.422	
18:1 undifferentiated	4.900	0	1		0.833	3.626	
20:1g	0.040	0	1		0.007	0.030	
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturatedg	0.540	0	1		0.092	0.400	
18:2 undifferentiatedg	0.420	0	1		0.071	0.311	
18:3 undifferentiatedg	0.080	0	1		0.014	0.059	
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg							
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total trans9							
Cholesterolmg	15	0	1		3	11	
Phytosterolsmg							
Others:							
Alcohol, ethylg	0.0	0	z 7		0.0	0.0	
Caffeine mg							
Theobromine mg							

Common Measures:

Measure 1 = 17g: 1 cup (8 fl oz) Measure 2 = 74g: 1 packet

Calories Factors: Protein 4.2 Fat 9 Carbohydrate 4

		<u>A</u> 1	mount in 100	<u>grams</u>	Amount in edible portion of common					
			ı	Number	,			<u>m</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.96		0		1		226.82	235.19	28.35
Energy	kcal	28		0	NC	4		68	71	9
Energy	kj	117				4		286	296	36
Protein (N x 6.25)	g	1.11		0		1		2.71	2.81	0.34
Total lipid (fat)	g	1.01		0		1		2.46	2.56	0.31
Ash	g	1.38		0		1		3.37	3.49	0.42
Carbohydrate, by difference	g	3.54		0	NC	4		8.64	8.96	1.08
Fiber, total dietary	g	0.2		0		4		0.5	0.5	0.1
Sugars, total	g	1.06		0	FLA	4		2.58	2.67	0.32
Starch	g									
Minanala										
Minerals: Calcium. Ca	ma	4		0		4		10	10	1
Iron, Fe		0.10		0		4		0.24	0.25	0.03
Magnesium, Mg	-	4		0		4		10	10	1
Phosphorus, P		24		0		4		59	61	7
Potassium, K	-	33		0		4		81	83	10
Sodium. Na		478		0		1		1166	1209	146
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.00		0		4		0.00	0.00	0.00
Copper, Cu		0.000)	0		4		0.000	0.000	0.00
Manganese, Mn.		0.040		0		4		0.098	0.101	0.01
Selenium, Se		0.7		0	BFSN	4		1.7	1.8	0.2
	-									
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0		0		4		0.0	0.0	0.0
Thiamin	-	0.010		0		4		0.024	0.025	0.00
Riboflavin		0.010		0		4		0.024	0.025	0.00
Niacin	-	0.300		0		4		0.732	0.759	0.09
Pantothenic acid	_	0.020		0		4		0.049	0.051	0.00
Vitamin B-6	_	0.010)	0		4		0.024	0.025	0.00
Folate, total		4 0		0	FLA FLA	4 4		9 0	9	1
Folic acid		4		0	FLA	4		9	0 9	0 1
Folate, food		4		0	NC	4		9	9	1
Folate, DFE		0.10		0	NC	4		0.24	9 0.25	0.03
Vitamin B-12 Vitamin A, IU		4		0	FLA	4		10		
Vitamin A, RAE		0		0	FLA	4		0	10 1	1 0
Retinol		0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)		0.13		0	FLA	4		0.32	0.33	0.04
Tocopherol, beta		0.13		U	FLA	4		0.32	0.33	0.04
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)		0.3		0	FLA	4		0.7	0.7	0.1
<u>Lipids:</u>										
Fatty acids, total saturated		0.500		0		1		1.220	1.265	0.15
4:0		0.000		0		1		0.000	0.000	0.00
6:0	_	0.000		0		1		0.000	0.000	0.00
8:0		0.000		0		1		0.000	0.000	0.00
10:0		0.000		0		1		0.000	0.000	0.00
12:0		0.010)	0		1		0.024	0.025	0.00
13:0				_		_				
14:0		0.040	,	0		1		0.098	0.101	0.01
15:0				_		_				
16:0	_	0.250	,	0		1		0.610	0.633	0.07
17:0	_			_		_				
18:0	_	0.190	,	0		1		0.464	0.481	0.05
20:0 22:0	_									

	<u>An</u>	nount in 100 gram Numbe		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean		a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.420	0		1		1.025	1.063	0.128
14:1g	0.420	v		•		1.025	1.005	0.120
15:1 9								
16:1 undifferentiated	0.040	0		1		0.098	0.101	0.012
17:1g								
18:1 undifferentiatedg	0.360	0		1		0.878	0.911	0.110
20:1g	0.000	0		1		0.000	0.000	0.000
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
24:1 cg								
Fatty acids, total polyunsaturated	0.040	0		1		0.098	0.101	0.012
18:2 undifferentiatedg	0.030	0		1		0.073	0.076	0.009
18:3 undifferentiatedg	0.010	0		1		0.024	0.025	0.003
18:4g	0.000	0		1		0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
20:5 n-3g	0.000	0		1		0.000	0.000	0.000
22:5 n-3g	0.000	0		1		0.000	0.000	0.000
22:6 n-3g	0.000	0		1		0.000	0.000	0.000
Fatty acids, total trans								
Cholesterol mg	1	0		1		2	3	0
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeine mg	0	0	FLA	4		0	0	0
Theobromine mg	0	0	FLA	4		0	0	0
Carotenoids:								
Carotene, betamcg	2	0	FLA	4		5.812	6.027	0.727
Carotene, alphamcg	0	0	FLA	4		0.002	0.002	0.000
Cryptoxanthin, betamcg	0	0	FLA	4		0.003	0.003	0.000
Lycopenemcg	11	0	FLA	4		25.962	26.919	3.245
Lutein + zeaxanthin mcg	1	0	FLA	4		1.350	1.400	0.169

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 253g: 1 cup (8 fl oz)

Measure 3 = 30.5g: 1 fl oz

Calories Factors: Protein 4.2 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 100 g	rams	of edit	Amount in 100 grams of edible portion					
			Nu	mber				<u>m</u>	easures of food	ı	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
D											
Proximates: Water	a	89.88	0.220	10		1		221.10	267.84		
Energy		48		0	NC	4		118	143		
Energy		201				4		494	598		
Protein (N x 6.25)		1.72	0.061	10		1		4.23	5.13		
Total lipid (fat)	-	3.13	0.237	10		1		7.70	9.33		
Ash		1.95	0.017	10		1		4.80	5.81		
Carbohydrate, by difference		3.32	0.017	0	NC	4		8.17	9.89		
Fiber, total dietary		0.0		0	NC	4		0.0	0.0		
Sugars, total		0.0		U		-		0.0	0.0		
<u> </u>											
Starch	9										
Minerals:											
Calcium, Ca	mg	18	1.455	10		1		44	54		
Iron, Fe	mg	0.80	0.063	10		1		1.97	2.38		
Magnesium, Mg		4		1		1		10	12		
Phosphorus, P		39		1		1		96	116		
Potassium, K	mg	40		1		1		98	119		
Sodium, Na	mg	800	41.932	3		1		1968	2384		
Zinc, Zn	mg	8.40		1		1		20.66	25.03		
Copper, Cu	mg	1.300	1	1		1		3.198	3.874		
Manganese, Mn	mg	0.300	1	1		1		0.738	0.894		
Selenium, Se	mcg	6.8		0	RA	4		16.7	20.3		
Vitamins:											
Vitamin C, total ascorbic acid	ma	2.6	0.503	9		1		6.4	7.7		
Thiamin		0.017		10		1		0.042	0.051		
Riboflavin		0.029		10		1		0.071	0.086		
Niacin		0.190		10		1		0.467	0.566		
Pantothenic acid	-	0.100		0		4		0.246	0.298		
Vitamin B-6		0.010		1		1		0.025	0.030		
Folate, total	-	2		0		4		5	6		
Folic acid		0		0	z	7		0	0		
Folate, food		2		0		4		5	6		
Folate, DFE	mca DFE	2		0	NC	4		5	6		
Vitamin B-12		1.79		1		1		4.40	5.33		
Vitamin A, IU		58	6.218	8		1		143	173		
Vitamin A, RAE		3		0	NC	4		7	9		
Retinol		0		0	z	7		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	a	2.040		0		1		5.018	6.079		
4:0		0.120		1		1		0.295	0.358		
6:0		0.120		1		1		0.172	0.209		
8:0		0.050		1		1		0.172	0.149		
10:0		0.030		1		1		0.271	0.328		
12:0	-	0.090		1		1		0.271	0.268		
13:0	-	0.090		-		-		V.ZZI	0.200		
14:0	-	0.340	ı	1		1		0.836	1.013		
15:0	-	0.540		-		-		0.030	1.013		
16:0	-	0.770	ı	1		1		1.894	2.295		
17:0	-	3.770		-		-		1.034	2.233		
18:0		0.370	ı	1		1		0.910	1.103		
20:0		0.570		-		-		3.310	1.103		
22:0	-										
24:0											

		<u>An</u>	nount in 100 gram	s of edible porti	<u>on</u>		edible portion	
			Numbe			<u>m</u>	easures of food	
Nutrients and Units	;	Mean	of Data Std. Error Points	Deriv Source Code Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.740	0	1		1.820	2.205	
14:1 15:1								
16:1 undifferentiated		0.040	1	1		0.098	0.119	
17:1	_	0.040	-	-		0.030	0.115	
18:1 undifferentiated.		0.660	1	1		1.624	1.967	
20:1								
22:1 undifferentiated								
24:1 c	g							
Fatty acids, total polyunsaturated	g	0.130	0	1		0.320	0.387	
18:2 undifferentiated	g	0.100	1	1		0.246	0.298	
18:3 undifferentiated	g	0.020	1	1		0.049	0.060	
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	-							
Fatty acids, total trans								
Cholesterol	-	11	0	1		27	33	
Phytosterols	_{mg}							

Common Measures:

Measure 1 = 246g: 1 cup (8 fl oz) Measure 2 = 298g: 1 can (10.5 oz)

Calories Factors: Protein 4.3 Fat 8.9 Carbohydrate 3.9

NDB No. 06248 Soup, oyster stew, canned, prepared with equal volume milk, commercial

Nutrients and Units	Amount in edible portion of common			<u>n</u>	le portio	of edib	unt in 100 grams	<u>Ar</u>			
Nutrients and Units	of food	easures of food				Number					
Proximates:				Confidence	Source	Deriv	of Data				
Water	ure 2 Measure	Measure 2	Measure 1	Code	Code	Code	td. Error Points	Mean		nits	Nutrients and Un
Water											Duovimatos
Facegy	0.19	529.19	217.90		1		0	88.94		q	
Energy						NC				_	
Protein N S 625					4						0.
Total Ipride (fag)		14.93	6.15		1		0	2.51			
Ash.		19.28			1		0				
Carbolydrate, by difference		7.97			1						
Fiber, total dictary 9 9 0.0 0 4 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0		23.74	9.78		4	NC	0	3.99			
Sugars, total		0.0			4		0				
Minerals:										_	0 ,
Calcium, Ca. mg 68 0 1 1.67 405 Inon, Fe. mg 0 1 1.05 2.5 Magnesium, Mg. mg 8 0 1 1.62 393 Phosphorus, P. mg 66 0 1 1.62 393 Tolassium, K. mg 96 0 1 101 235 571 Sodium, Na. mg 4.22 0 1 10.34 225 Schium, S. mg 0.655 0 1 1.605 3.6 Manganes, Mn. mg 0.151 0 1 1.605 3.6 Watamic Cial ascorbic acid. mg 0.151 0 1 0.370 0.5 Vitamin Cial ascorbic acid. mg 1.8 0 1 0.066 0.7 Vitamin M. mg 0.025 0 1 0.066 0.7 Thair acid mg 0.127 0 1											
Ton, Fc.	_										
Magnesium, Mg. mg 8 0 1 20 48 Phosphorus, P. mg 66 0 1 162 393 Potassium, N. mg 96 0 1 235 571 Sodium, Na. mg 4.22 0 1 10.34 22.5 571 Copper, Cu. mg 0.655 0 1 1.605 3.6 Manganess, Mm. mg 0.151 0 1 1.605 3.6 Manganess, Mm. mg 0.655 0 1 1.605 3.6 Selenium, Se mcg 1.51 0 1 1.605 3.6 Selenium, Se mcg 0.151 0 1 1.605 3.6 Witamin Se mcg 0.151 0 1 4.4 10. 4.4 10. 4.4 10. 4.4 10. 5.0 1 1.0066 0. 7.0 1 1.0066 0.											, ,
Phosphorus, P.		2.56								_	*
Potassium K. mg					_		-				
Sodium, Na										•	1 ,
Zinc, Zn. mg 4.22 0 1 10.34 25.1 Copper, Cu. mg 0.655 0 1 1.605 3.6 Manganese, Mn. mg 0.151 0 1 1.605 3.6 Associated with a secondary of the control of t											-
Copper, Cu mg 0.655 0 1 1.605 3.4 Manganses, Mn mg 0.151 0 1 0.370 0.8 Vitamins. Vitamins. Vitamins. mg 1.8 0 1 4.4 10.7 Thismin. mg 0.027 0 1 0.066 0. Ribollavin. mg 0.095 0 1 0.233 0. Niacin. mg 0.137 0 1 0.336 0. Pantothenic acid. mg 0.2020 0 4 0.490 1. Pantothenic acid. mg 0.2026 0 1 0.064 0. Pantothenic acid. mg 0.2026 0 1 0.064 0. Plate, food. mg 0.024 0 2 7 0 0 0 0 0 0 0 0 0 0 </td <td></td>											
Manganese, Mn		3.897									5
Scientium, Se. mcg Mcg		0.898									• •
Vitamins: Vitamin C, total ascorbic acid. mg 1.8 0 1 4.4 10.7 Thiamin. mg 0.027 0 1 0.066 0.2 Riboflavin. mg 0.095 0 1 0.233 0.3 Niacin. mg 0.137 0 1 0.336 0.1 Pantothenic acid. mg 0.200 0 4 0.490 1.2 Vitamin B-6. mg 0.026 0 1 0.064 0.5 Folate, total. mcg 0 0 4 10 24 Folica cid. mcg 0 0 2 7 0 0 Folic pod. mcg 4 0 NC 4 10 24 Vitamin B-12. mcg 1 2.62 6 5 137 Retinol. mcg 23 0 NC 4 56 137 Retinol. mcg 2	0.050	0.030	0.570		-		· ·	0.131			ē ,
Vitamin C, total ascorbic acid										g	Scientini, Se
Thiamin. mg 0.027 0 1 0.066 0.23 Ribofavin. mg 0.055 0 1 0.233 0.3 Niacin. mg 0.137 0 1 0.336 0.4 Pantothenic acid. mg 0.200 0 4 0.490 1.2 Vitamin B-6. mg 0.026 0 1 0.064 0.2 Folate, Cod. mcg 4 0 4 10 24 Folate, Eod. mcg 4 0 4 10 24 Folate, Fod. mcg 4 0 NC 4 10 24 Folate, Fod. mcg 4 0 NC 4 10 24 Vitamin A. IU. U 92 0 1 2.62 6.3 Vitamin E. (alpha-tocopherol). mg 1 5 137 1 13 13 Vitamin E. (alpha-tocopherol). mg 1 <td></td> <td>Vitamins:</td>											Vitamins:
Riboflavin mg 0.095 0 1 0.233 0.1 Niacin mg 0.137 0 1 0.336 0.3 Pantothenic acid mg 0.200 0 4 0.490 1. Vitamin B-6 mg 0.026 0 1 0.064 0.2 Folate, total mcg 4 0 4 10 0 2 Folate, total mcg 0 z 7 0	0.7	10.7	4.4		1		0	1.8		mg	Vitamin C, total ascorbic acid
Niacin	0.161	0.161					0				
Pantothenic acid mg 0.200 0 4 0.490 1.7 Vitamin B-6 mg 0.026 0 1 0.064 0.2 Folate, Iotal mcg 4 0 4 10 024 Folia cid mcg 0 0 2 7 0 0 Folate, DFE mcg 4 0 NC 4 10 24 Folate, DFE mcg 1.07 0 1 2.62 6.5 Vitamin B-12 mcg 1.07 0 1 2.52 547 Vitamin A, IU IU 92 0 NC 4 54 54 131 Vitamin A, ROE mcg 22 0 NC 4 54 54 131 Vitamin E (alpha-tocopherol) mcg 2 0 NC 4 54 54 131 Tocopherol, beta mg 1 5 7 12 4 <	0.565	0.565	0.233		1		0	0.095			
Vitamin B-6.	0.815	0.815			_		-				
Folate, total		1.190			_						
Folic acid		0.155								_	
Folate, food											*
Folate, DFE						Z					
Vitamin B-12									DEE	mcg	Folate, food
Vitamin A, IU. IU 92 0 1 225 547 Vitamin A, RAE mcg_RAE 23 0 NC 4 56 137 Retinol. mcg 22 0 NC 4 54 131 Vitamin E (alpha-tocopherol). mg Tocopherol, beta. mg Tocopherol, gamma. mg Tocopherol, delta. mg Vitamin D. IU Lipids: Vitamin K (phylloquinone). mcg Lipids: Testy acids, total saturated. 9 2.060 0 1 5.047 12.04 4:0.0294 0.0294 0.0294 0.0294 0.0294 0.0294 0.0294 0.0294 0.0294 0.0294 0.0294 0.0294 0.0294 0.0294 0.0294 0.0294 0.0294 0.0294 0.0294 </td <td></td> <td></td> <td></td> <td></td> <td></td> <td>NC</td> <td></td> <td>=</td> <td></td> <td></td> <td></td>						NC		=			
Vitamin A, RAE mcg_RAE 23 0 NC 4 56 137 Retinol mcg 22 0 NC 4 54 131 Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated 9 2.060 0 1 5.047 12.0 4.0 4.0 9 0.120 0 1 0.294 0.0 6.0 6.0 9 0.070 0 1 0.172 0.0 0.0 1 0.098 0.0 1 0.098 0.0 1 0.021 0.021 0.0 1 0.221 0.0 1 0.221 0.0 1 0.221 0.0 1 0.221 0.0 1 0.221 0.0 1 0.833 2.0 15:0 9 0.340 0 1 0.833 <td< td=""><td></td><td>6.37</td><td></td><td></td><td>_</td><td></td><td>-</td><td></td><td></td><td></td><td></td></td<>		6.37			_		-				
Retinol mcg 22 0 NC 4 54 131 Vitamin E (alpha-tocopherol) mg						***			DAE		
Vitamin E (alpha-tocopherol). mg Tocopherol, beta											
Tocopherol, beta	1	131	54		4	NC	U	22			
Tocopherol, gamma mg Tocopherol, delta mg Vitamin D. IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated g 2.060 0 1 5.047 12.060 0 1 0.294 0.060 0 1 0.172 0.060 0 1 0.172 0.060 0 1 0.172 0.060 0 1 0.172 0.060 0 1 0.172 0.060 0 1 0.172 0.060 0 1 0.172 0.060 0 1 0.172 0.060 0 1 0.291 0.098 0.090 0 1 0.221 0.098 0.090 0 1 0.221 0.090 0 1 0.833 0.090 0 1 0.830 0 0 1 0.833 0.090 0 1 0.090 0 0 1 0.090 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0											
Tocopherol, delta											
Vitamin D. IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated 9 2.060 0 1 5.047 12.0 4:0											
Vitamin K (phylloquinone) Lipids: Fatty acids, total saturated g 2.060 0 1 5.047 12.0 4:0 g 0.120 0 1 0.294 0.0 6:0 g 0.070 0 1 0.172 0.0 8:0 g 0.040 0 1 0.098 0.0 8:0 g 0.090 0 1 0.221 0.0 10:0 g 0.090 0 1 0.221 0.0 13:0 g 0.340 0 1 0.833 2.0 15:0 g 0.830 0 1 0.833 2.034 4.0 17:0 g 0.830 0 1 2.034 4.0											
Lipids: Fatty acids, total saturated. g 2.060 0 1 5.047 12.0 4:0											
Fatty acids, total saturated. g 2.060 0 1 5.047 12.0 4:0											
4:0. g 0.120 0 1 0.294 0.60 0			_								
6:0. g 0.070 0 1 0.172 0.80 8:0. g 0.040 0 1 0.098 0.172 0.098 0.098 0.098 0.098 0.098 0.099 0 1 0.221 0.00 <td></td> <td>12.257</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>-</td>		12.257									-
8:0		0.714								_	
10:0 g 0.090 0 1 0.221 0. 12:0 g 0.090 0 1 0.221 0. 13:0 g 14:0 g 0.340 0 1 0.833 2. 15:0 g 16:0 g 0.830 0 1 2.034 4. 17:0 g		0.417									
12:0. g 0.090 0 1 0.221 0.13:0 13:0. g 14:0. g 0.340 0 1 0.833 2.15:0 15:0. g 16:0. g 0.830 0 1 2.034 4.17:0		0.238					-				
13:0		0.536					-			_	
14:0	U.536	0.536	0.221		1		0	U.090		_	
15:0	2 022	0 000	0 000		4		^	0 340		_	
16:0g 0.830 0 1 2.034 4.	2.023	2.023	0.833		1		Ü	0.340			
17:0g	4 020	4 020	2 024		4		^	0 000		_	
	4.939	4.939	2.034		1		Ü	0.830		_	
10 U U U U U U U U U U U U U U U U U U U	2 221	0 201	0.056		1		^	0 300		_	
	2.321	2.321	0.956		1		U	0.390		_	
20:0g 22:0g										_	

NDB No. 06248
Soup, oyster stew, canned, prepared with equal volume milk, commercial

	Amo	ount in 100 grams of ed	Amount in edible portion of common				
		Number of Data Deri	v Source Confidence	<u>m</u>	measures of food		
Nutrients and Units	Mean S	Std. Error Points Cod		Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.850	0	1	2.083	5.058		
14:1g 15:1g							
16:1 undifferentiated	0.060	0	1	0.147	0.357		
18:1 undifferentiated	0.750	0	1	1.838	4.463		
22:1 undifferentiatedg 24:1 cg							
Fatty acids, total polyunsaturated	0.130	0	1	0.319	0.774		
18:2 undifferentiatedg 18:3 undifferentiatedg	0.090 0.030	0	1 1	0.221 0.074	0.536 0.179		
18:4g 20:2 n-6 c,cg							
20:3 undifferentiatedg 20:4 undifferentiatedg							
20:5 n-3g 22:5 n-3g							
22:6 n-3g							
Fatty acids, total transg Cholesterolmg	13	0	1	32	77		
Phytosterolsmg		-	_				

Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz)

Measure 2 = 595g: 1 can (10.5 oz), prepared

Calories Factors: Protein 4.3 Fat 8.9 Carbohydrate 3.9

NDB No. 06448 Soup, oyster stew, canned, prepared with equal volume water, commercial

		<u>A</u>	mount in 100 gram	s of edi	ole portic	<u>on</u>	Amount in edible portion of common		
			Numbe	r			<u>m</u>	easures of food	
			of Dat	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	94.86	0		1		228.61	555.88	
Energy	kcal	24	0	NC	4		58	141	
Energy		100			4		242	588	
Protein (N x 6.25)	g	0.87	0		1		2.10	5.10	
Total lipid (fat)	g	1.59	0		1		3.83	9.32	
Ash	g	0.99	0		1		2.39	5.80	
Carbohydrate, by difference	g	1.69	0	NC	4		4.07	9.90	
Fiber, total dietary	g								
Sugars, total	g								
Starch	g								
Minopole									
Minerals: Calcium, Ca	ma	9	0		1		22	53	
Iron, Fe	-	0.41	0		1		0.99	2.40	
Magnesium, Mg		2	0		1		5	12	
Phosphorus, P		20	0		1		48	117	
Potassium, K	•	20	0		1		48	117	
Sodium, Na		407	0		1		981	2385	
Zinc, Zn	mg	4.27	0		1		10.29	25.02	
Copper, Cu	mg	0.661	. 0		1		1.593	3.873	
Manganese, Mn	mg	0.152	2 0		1		0.366	0.891	
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	ma	1.3	0		1		3.1	7.6	
Thiamin		0.009			1		0.022	0.053	
Riboflavin		0.015	0		1		0.036	0.088	
Niacin	mg	0.097	0		1		0.234	0.568	
Pantothenic acid	mg	0.050	0		4		0.121	0.293	
Vitamin B-6	mg	0.005	0		1		0.012	0.029	
Folate, total	mcg	1	0		4		2	6	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	1	0		4		2	6	
Folate, DFE		1	0	NC	4		2	6	
Vitamin B-12		0.91	0		1		2.19	5.33	
Vitamin A, IU		29	0		1		70	170	
Vitamin A, RAE		8	0	NC	4		18	44	
Retinol		7	0	NC	4		17	41	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
	-								
<u>Lipids:</u>		1 04					0 506	6 004	
Fatty acids, total saturated		1.040 0.060			1 1		2.506 0.145	6.094 0.352	
4:0 6:0		0.040			1		0.145	0.332	
8:0		0.040			1		0.048	0.117	
10:0		0.050			1		0.121	0.293	
12:0		0.050			1		0.121	0.293	
13:0	-	5.050	v		-		V.121	0.233	
14:0	-	0.170	0		1		0.410	0.996	
15:0	-						2 2		
16:0	-	0.390	0		1		0.940	2.285	
17:0	-								
18:0	g	0.190	0		1		0.458	1.113	
20:0	g								
22:0	a								

NDB No. 06448
Soup, oyster stew, canned, prepared with equal volume water, commercial

	Amount in	100 grams of ed		Amount in edible portion of common		
		Number			easures of food	
Nutrients and Units	Mean Std. Err	of Data Deri _{Or} Points Cod	v Source Confidence e Code Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg 14:1	0.380	0	1	0.916	2.227	
15:1	0.020	0	1	0.048	0.117	
18:1 undifferentiated	0.330	0	1	0.795	1.934	
Fatty acids, total polyunsaturated	0.070 0.050	0 0	1 1	0.169 0.121	0.410 0.293	
18:3 undifferentiated	0.010	0	1	0.024	0.059	
Fatty acids, total trans	6	0	1	14	35	

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 586g: 1 can (10.5 oz), prepared

Calories Factors: Protein 4.3 Fat 8.9 Carbohydrate 3.9

		<u>Aı</u>	mount in 100 g	rams	Amount in edible portion of common					
			Nu	ımber	•			<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.54	0.483	17		1		180.26	218.64	
Energy	kcal	125		0	NC	4		329	399	
Energy	kj	523				4		1375	1668	
Protein (N x 6.25)	g	6.54	0.187	14		1		17.20	20.86	
Total lipid (fat)	g	2.23	0.293	14		1		5.86	7.11	
Ash	g	2.51	0.055	14		1		6.60	8.01	
Carbohydrate, by difference	g	20.18		0	NC	4		53.07	64.37	
Fiber, total dietary	g	2.2		0		4		5.8	7.0	
Sugars, total	g	0.01		0	FLA	4		0.02	0.02	
Starch	g									
Minerals:	ma	01				4			67	
Calcium, Ca	_	21 1.48	0.088	11 14		1 1		55 3.89	67 4.72	
Iron, Fe	_	1.48 30	0.088	14		1		3.89 79	4.72 96	
Magnesium, Mg Phosphorus, P		95		2		1		250	303	
Prospriorus, P	-	95 145		2		1		381	463	
Sodium, Na	-	698		0		4		1836	2227	
Zinc, Zn	-	1.30		1		1		3.42	4.15	
Copper, Cu		0.288		2		1		0.757	0.919	
Manganese, Mn		0.500		1		1		1.315	1.595	
Selenium, Se		7.4		0	BFSN	4		19.5	23.6	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	1.3	0.134	13		1		3.4	4.1	
Thiamin	-	0.082		14		1		0.216	0.262	
Riboflavin	-	0.052		14		1		0.137	0.166	
Niacin	_	0.943		14		1		2.480	3.008	
Pantothenic acid	-	0.100		0		4		0.263	0.319	
Vitamin B-6	-	0.040		1		1		0.105	0.128	
Folate, total		1	0.135	4	_	1		4	4	
Folic acid		0	0.405	0	Z	7		0	0	
Folate, food		1	0.135	4	***	1		4	4	
Folate, DFE		1		0	NC	4		4	4	
Vitamin B-12		0.00		1 0	***	1		0.00	0.00	
Vitamin A, IU		25 7		0	NC	4		66 18	80 22	
Vitamin A, RAE		7		0	NC FLA	4 4		18	21	
Retinol		0.18		0	FLA	4		0.46	0.56	
Vitamin E (alpha-tocopherol)		0.18		U	FLIA	4		0.40	0.56	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.4		0	FLA	4		1.0	1.2	
	•									
<u>Lipids:</u>										
Fatty acids, total saturated		1.070		0		1		2.814	3.413	
4:0		0.050		0		1		0.132	0.160	
6:0		0.030		0		1		0.079	0.096	
8:0		0.020		0		1		0.053	0.064	
10:0	-	0.040		0		1		0.105	0.128	
12:0		0.040		0		1		0.105	0.128	
13:0		0 150		0		4		0 205	0.470	
14:0		0.150		0		1		0.395	0.479	
15:0		2 422		^				1 000		
16:0		0.480		0		1		1.262	1.531	
17:0	-	0.040		0		1		0 631	0.766	
18:0	-	0.240		0		1		0.631	0.766	
20:0	-									
22:0	y									

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and I	Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturat	tedg	0.760		0		1		1.999	2.424		
14:1	g										
15:1	g										
16:1 undifferentiated	g	0.030		0		1		0.079	0.096		
17:1	-										
18:1 undifferentiated	g	0.710		0		1		1.867	2.265		
20:1	g	0.000		0		1		0.000	0.000		
22:1 undifferentiated	•	0.000		0		1		0.000	0.000		
24:1 c											
Fatty acids, total polyunsaturate	edg	0.290		0		1		0.763	0.925		
18:2 undifferentiated	g	0.260		0		1		0.684	0.829		
18:3 undifferentiated	g	0.030		0		1		0.079	0.096		
18:4	g	0.000		0		1		0.000	0.000		
20:2 n-6 c,c	g										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.000		0		1		0.000	0.000		
20:5 n-3	g	0.000		0		1		0.000	0.000		
22:5 n-3	g	0.000		0		1		0.000	0.000		
22:6 n-3	g	0.000		0		1		0.000	0.000		
Fatty acids, total trans	g										
Cholesterol	mg	0		0		1		0	0		
Phytosterols	mg										
Amino Acids:											
	a	0.055		0		1		0.145	0.175		
Tryptophan Threonine		0.231		0		1		0.608	0.737		
Isoleucine	-	0.231		0		1		0.594	0.721		
Leucine		0.473		0		1		1.244	1.509		
	-	0.388		0		1		1.020	1.238		
Lysine Methionine		0.079		0		1		0.208	0.252		
		0.061		0		1		0.160	0.232		
Cystine		0.287		0		1		0.755	0.195		
Phenylalanine Tyrosine		0.191		0		1		0.502	0.609		
Valine	-	0.336		0		1		0.884	1.072		
Arginine	-	0.538		0		1		1.415	1.716		
Histidine		0.130		0		1		0.342	0.415		
	-	0.282		0		1		0.742	0.415		
Alanine		0.262		0		1		1.759	2.134		
1	-	1.231		0		1		3.238	3.927		
Glutamic acid	_			0		1					
Glycine		0.261 0.337		0		1		0.686 0.886	0.833 1.075		
		0.337		0		1		0.886	0.842		
Serine	-	0.264		U		_		0.694	0.042		
Hydroxyproline	9										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0	0.0		
Caffeine		0		0	FLA	4		0	0		
Theobromine	mg	0		0	FLA	4		0	0		
Carotenoids:											
	mca	2		0	FLA	4		4.151	5.035		
Carotene, beta		0		0	FLA	4		0.004	0.005		
Cryptoxanthin, beta		0		0	FLA	4		0.004	0.003		
Lycopene		0		0	FLA	4		0.000	0.007		
Lycopene Lutein + zeaxanthin		0		0	FLA	4		1.047	1.270		
Luteiii + zeaxantnin	y	<u> </u>		<u> </u>	E LIA	4		1.04/	1.270		

Common Measures:

Measure 1 = 263g: 1 cup (8 fl oz) Measure 2 = 319g: 1 can (11.25 oz) NDB No. 06049

Soup, pea, green, canned, condensed, commercial

Calories Factors: Protein 3.7 Fat 8.9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

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

NDB No. 06249 Soup, pea, green, canned, prepared with equal volume milk, commercial

		<u>A</u>	mount in 100 grams	s of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Numbe	r			measures of food			
				Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Provimatos										
Proximates: Water	a	77.93	0		1		197.94	480.05		
Energy	-	94	0	NC	4		239	579		
Energy		393	·	0	4		999	2423		
Protein (N x 6.25)		4.97	0		1		12.62	30.62		
Total lipid (fat)		2.77	0		1		7.04	17.06		
Ash		1.65	0		1		4.19	10.16		
Carbohydrate, by difference		12.69	0	NC	4		32.23	78.17		
Fiber, total dietary		1.1	0		4		2.8	6.8		
Sugars, total										
Starch	-									
	5									
<u> Minerals:</u>										
Calcium, Ca		68	0		1		173	419		
Iron, Fe	-	0.79	0		1		2.01	4.87		
Magnesium, Mg		22	0		1		56	136		
Phosphorus, P	•	94	0		1		239	579		
Potassium, K	-	148 382	0		1 4		376 970	912 2353		
Sodium, Na		0.69	0		1		1.76	4.26		
Zinc, Zn Copper, Cu		0.69			1		0.391	0.949		
Manganese, Mn		0.154			1		0.660	1.602		
Selenium, Se		0.200	,		-		0.000	1.002		
Scientini, Sc	g									
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	mg	1.1	0		1		2.8	6.8		
Thiamin		0.061	L 0		1		0.155	0.376		
Riboflavin		0.105	5 0		1		0.267	0.647		
Niacin		0.528			1		1.341	3.252		
Pantothenic acid		0.220			4		0.559	1.355		
Vitamin B-6	-	0.041			1		0.104	0.253		
Folate, total		3	0		1		8	19		
Folic acid		0	0	Z	7		0	0		
Folate, food	mcg	3	0		1		8	19		
Folate, DFE		3	0	NC	4		8	19		
Vitamin B-12		0.17	0		1		0.43	1.05		
Vitamin A, IU		140	0	***	1		356	862		
Vitamin A, RAE		26 22	0	NC	4 4		65	157		
Retinol		22	U	NC	4		56	136		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	-									
<u>_ipids:</u>					_					
Fatty acids, total saturated		1.580			1		4.013	9.733		
4:0		0.080			1		0.203	0.493		
6:0		0.040			1		0.102	0.246		
8:0	·····	0.030			1 1		0.076	0.185		
10:0	-	0.060			1		0.152	0.370		
12:0	-	0.070	, 0		1		0.178	0.431		
13:0	-	0.250	0		1		0.635	1 540		
14:0	-	0.250	, 0		1		0.635	1.540		
15:0	-	0.680	0		1		1.727	4.189		
16:0 17:0	-	0.680	, 0		1		1.121	4.169		
18:0	-	0.320	0		1		0.813	1.971		
20:0	-	0.320	. 0		1		0.013	1.9/1		

		<u>Am</u>	ount in 100 grams	of edible portion	<u>on</u>	Amount in edible portion of common			
			Number	r		<u>m</u>	easures of food		
Nutrients and Un	its	Mean \$	of Data Std. Error Points		Confidence Code	Measure 1	Measure 2	Measure 3	
F # 11 4 4 1	a	0.000	0	1		0.104	5 000		
Fatty acids, total monounsaturated	g	0.860	U	1		2.184	5.298		
16:1 undifferentiated	g	0.060	0	1		0.152	0.370		
18:1 undifferentiated		0.770	0	1		1.956	4.743		
20:1		0.000	0	1		0.000	0.000		
22:1 undifferentiated		0.000	0	1		0.000	0.000		
24:1 c	•	0.000	·	_		0.000	0.000		
Fatty acids, total polyunsaturated		0.210	0	1		0.533	1.294		
18:2 undifferentiated		0.170	0	1		0.432	1.047		
18:3 undifferentiated		0.040	0	1		0.102	0.246		
18:4	_	0.000	0	1		0.000	0.000		
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated		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	1		18	43		
Phytosterols	mg								
Amino Acids:									
Tryptophan		0.051	0	1		0.130	0.314		
Threonine		0.191	0	1		0.485	1.177		
Isoleucine	_	0.213	0	1		0.541	1.312		
Leucine	-	0.400	0	1		1.016	2.464		
Lysine		0.327	0	1		0.831	2.014		
Methionine	_	0.081	0	1		0.206	0.499		
Cystine		0.046	0	1		0.117	0.283		
Phenylalanine		0.225	0	1		0.572	1.386		
Tyrosine		0.176	0	1		0.447	1.084		
Valine	-	0.280	0	1		0.711	1.725		
Arginine		0.336		1 1		0.853	2.070		
Histidine	-	0.110 0.200	0	1		0.279 0.508	0.678 1.232		
Alanine		0.467	0	1		1.186			
Aspartic acid		0.467	0	1		2.461	2.877 5.969		
Glutamic acid		0.169	0	1		0.429	1.041		
Glycine Proline		0.328	0	1		0.833	2.020		
Serine	_	0.223	0	1		0.566	1.374		
Hydroxyproline		V.225	· ·	-		3.530	1.3/1		
Others:									
Alcohol, ethyl		0.0	0	7		0.0	0.0		
Caffeine									
Theobromine	mg								

Common Measures:

Measure 1 = 254g: 1 cup (8 fl oz)

Measure 2 = 616g: 1 can (11.25 oz), prepared

Calories Factors: Protein 3.7 Fat 8.9 Carbohydrate 4

NDB No. 06449 Soup, pea, green, canned, prepared with equal volume water, commercial

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Numbe	r			m	easures of food	<u>.</u>	
			of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	83.47	0		1		208.68	506.66		
Energy	kcal	66	0	NC	4		165	401		
Energy		276			4		690	1676		
Protein (N x 6.25)		3.44	0		1		8.60	20.88		
Total lipid (fat)		1.17	0		1		2.93	7.10		
Ash		1.32	0		1		3.30	8.01		
Carbohydrate, by difference	g	10.60	0	NC	4		26.50	64.34		
Fiber, total dietary	g	1.1	0		4		2.8	6.7		
Sugars, total	g	0.60	0	FLA	4		1.51	3.66		
Starch	g									
XC 1										
Minerals:	ma	11	•		4		26	67		
Calcium, Ca	-	11 0.78	0		1 1		28 1.95	67 4.73		
Iron, FeMagnesium, Mg		16	0		1		1.95 40	4.73 97		
Phosphorus, P		50	0		1		125	304		
Potassium, K	-	76	0		1		190	461		
Sodium, Na		367	0		4		918	2228		
Zinc, Zn		0.68	0		1		1.71	4.15		
Copper, Cu		0.151			1		0.378	0.917		
Manganese, Mn		0.263			1		0.658	1.596		
Selenium, Se		3.7	0	RA	4		9.3	22.5		
Vitamins:			•		_					
Vitamin C, total ascorbic acid		0.7	0		1		1.8	4.2		
Thiamin		0.043			1 1		0.108	0.261		
Riboflavin		0.027			1		0.068	0.164		
Niacin	-	0.496			4		1.240	3.011		
Pantothenic acid Vitamin B-6		0.030			1		0.125 0.053	0.304 0.127		
	-	1	. 0		1		2	4		
Folate, totalFolic acid		0	0	z	7		0	0		
Folate, food		1	0	4	1		2	4		
Folate, DFE	mca DFF	1	0	NC	4		2	4		
Vitamin B-12		0.00	0	NC	1		0.00	0.00		
Vitamin A, IU		81	0	FLA	4		202	492		
Vitamin A, RAE		4	0	FLA	4		10	25		
Retinol		0	0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)		0.15	0	FLA	4		0.38	0.92		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.9	0	FLA	4		7.3	17.6		
Lipids:										
	a	0.560	0		1		1.400	3.399		
Fatty acids, total saturated4:0		0.030			1		0.075	0.182		
6:0		0.020	•		1		0.050	0.121		
8:0		0.010			1		0.025	0.061		
10:0	-	0.020			1		0.050	0.121		
12:0	_	0.020			1		0.050	0.121		
13:0	-									
14:0	_	0.080	0		1		0.200	0.486		
15:0	_									
16:0	_	0.250	0		1		0.625	1.518		
17:0										
18:0	_	0.120	0		1		0.300	0.728		
20:0	_									
22:0	_									
24:0	~									

	<u>A</u> 1	mount in 10	0 grams	of edil	Amount in edible portion of common				
			Number	•			<u>m</u>	easures of food	
			of Data		Source	Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.400		0		1		1.000	2.428	
15:1	0.020		0		1		0.050	0.121	
18:1 undifferentiated	0.370		0		1		0.925	2.246	
20:1g	0.000		0		1		0.000	0.000	
22:1 undifferentiatedg	0.000		0		1		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated9	0.150		0		1		0.375	0.911	
18:2 undifferentiatedg	0.140		0		1		0.350	0.850	
18:3 undifferentiatedg	0.020		0		1		0.050	0.121	
18:4g	0.000		0		1		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg	0.000		0		1		0.000	0.000	
20:4 undifferentiated	0.000		0		1		0.000 0.000	0.000 0.000	
20.5 n-3g	0.000		0		1		0.000	0.000	
22:6 n-3g	0.000		0		1		0.000	0.000	
Fatty acids, total trans			•		_		0.000	0.000	
Cholesterolmg	0		0		1		0	0	
Phytosterolsmg									
Amino Acids:	0.000		•				0.073	0 176	
Tryptophang	0.029 0.121		0 0		1 1		0.073 0.303	0.176	
Threonine	0.121		0		1		0.303	0.73 4 0.722	
Isoleucine	0.119		0		1		0.298	1.511	
Lysineg	0.243		0		1		0.510	1.238	
Methionineg	0.204		0		1		0.105	0.255	
Cystineg	0.032		0		1		0.103	0.194	
Phenylalanineg	0.151		0		1		0.378	0.134	
Tyrosineg	0.100		0		1		0.250	0.607	
Valineg	0.177		0		1		0.443	1.074	
Arginineg	0.283		0		1		0.708	1.718	
Histidineg	0.068		0		1		0.170	0.413	
Alanineg	0.148		0		1		0.370	0.898	
Aspartic acidg	0.352		0		1		0.880	2.137	
Glutamic acidg	0.647		0		1		1.618	3.927	
Glycine9	0.137		0		1		0.343	0.832	
Prolineg	0.177		0		1		0.443	1.074	
Serineg	0.139		0		1		0.348	0.844	
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, betamcg	47		0	FLA	4		118.694	288.189	
Carotene, beta	2		0	FLA	4		5.600	13.597	
Cryptoxanthin, betamcg	0		0	FLA	4		0.003	0.007	
Lycopenemcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	262		0	FLA	4		655.926	1592.589	

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 607g: 1 can (11.25 oz), prepared

NDB No. 06449

Soup, pea, green, canned, prepared with equal volume water, commercial

Calories Factors: Protein 3.7 Fat 8.9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u>	mount in 100	0 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			I	Number	•			<u>m</u>	easures of food	<u>.</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	4.30		0		1		4.86	1.20		
Energy	kcal	356		0	NC	4		402	100		
Energy	kj	1490				4		1683	417		
Protein (N x 6.25)	g	20.49		0		1		23.15	5.74		
Total lipid (fat)	g	4.23		0		1		4.78	1.18		
Ash	g	10.31		0		1		11.65	2.89		
Carbohydrate, by difference	g	60.68		0	NC	4		68.57	16.99		
Fiber, total dietary	g	10.0		0		4		11.3	2.8		
Sugars, total	g										
Starch	g										
#:											
<u>Minerals:</u> Calcium. Ca	ma	60		0		1		68	17		
Iron, Fe		2.69		0		1		3.04	0.75		
Magnesium, Mg	-	124		0		1		140	35		
Phosphorus, P		358		0		1		405	100		
Potassium, K	-	635		0		1		718	178		
Sodium, Na	-	3263		0		1		3687	914		
Zine, Zn	-	1.58		0		1		1.78	0.44		
Copper, Cu		0.513	3	0		1		0.580	0.144		
Manganese, Mn		0.711		0		1		0.803	0.199		
Selenium, Se											
·	-										
/itamins:											
Vitamin C, total ascorbic acid	-	1.0		0		1		1.1	0.3		
Thiamin		0.590		0		1		0.667	0.165		
Riboflavin		0.409		0		1		0.462	0.115		
Niacin		3.589		0		1		4.056	1.005		
Pantothenic acid		0.706		0		1		0.798	0.198		
Vitamin B-6	-	0.132	2	0		1		0.149	0.037		
Folate, total		4 0 0		-		1 7		45 0	11		
Folic acid		40		0 0	Z	1		45	0		
Folate, foodFolate, DFE		40		0	NC	4		45 45	11 11		
		1.00		0	NC	4		1.13	0.28		
Vitamin A, IU		130		0		1		1.13	36		
Vitamin A, RAE		7		0	NC	4		7	2		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		Ü		Ū		,		Ü	O .		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u> Lipids:</u>		1 540		•				1 740	0 421		
Fatty acids, total saturated		1.540	,	0		1		1.740	0.431		
4:0 6:0											
8:0	-										
10:0											
12:0	-										
13:0	-										
14:0	-										
15:0	-										
16:0	-	0.940)	0		1		1.062	0.263		
17:0	-			-		•					
18:0		0.600)	0		1		0.678	0.168		
20:0	_			-		•					
22:0											
24:0											

		<u>A</u>	mount in 10	00 grams	of edib	ole portio	<u>on</u>	Amount in	edible portion of	of common
				Number				me	easures of food	
Nutrients and Units	5	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	2.570)	0		1		2.904	0.720	
15:1	g g	2.570)	0		1		2.904	0.720	
20:1	g g									
Fatty acids, total polyunsaturated		1.030		0		1		1.164	0.288	
18:2 undifferentiated		0.860		0		1		0.972	0.241	
18:3 undifferentiated	g g	0.170)	0		1		0.192	0.048	
20:4 undifferentiated										
20:5 n-3	• • • • • • • • • • • • • • • • • • • •									
22:5 n-3	-									
22:6 n-3	g									
Fatty acids, total trans	g									
CholesterolPhytosterols		1		0		1		1	0	
Others:										
Alcohol, ethyl	a	0.0		0	z	7		0.0	0.0	
Caffeine				•	_	·			,	
Theobromine										

Common Measures:

Measure 1 = 113g: 1 packet

Measure 2 = 28g: 1 packet (6 fl oz)

Calories Factors: Protein 3.7 Fat 8.9 Carbohydrate 4

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
			N	lumber				<u>m</u>	easures of food	
			C	of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.79		0		1		235.20	178.79	
Energy	kcal	49		0	NC	4		133	101	
Energy	kj	205				4		556	422	
Protein (N x 6.25)	g	2.83		0		1		7.67	5.83	
Total lipid (fat)	g	0.58		0		1		1.57	1.19	
Ash	g	1.42		0		1		3.85	2.93	
Carbohydrate, by difference	g	8.37		0	NC	4		22.68	17.24	
Fiber, total dietary		1.1		0		4		3.0	2.3	
Sugars, total		0.59		0	FLA	4		1.59	1.21	
Starch	g									
Minerals:										
Calcium, Ca	ma	8		0		1		22	16	
Iron, Fe	-	0.37		0		1		1.00	0.76	
Magnesium, Mg	-	17		0		1		46	35	
Phosphorus, P		49		o		1		133	101	
Potassium, K	-	88		Ö		1		238	181	
Sodium, Na		450		0		1		1220	927	
Zinc, Zn	-	0.22		0		1		0.59	0.45	
Copper, Cu	mg	0.071	L	0		1		0.192	0.146	
Manganese, Mn	mg	0.099	•	0		1		0.268	0.204	
Selenium, Se	mcg	1.8		0	BFSN	4		4.9	3.7	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		1		0.0	0.0	
Thiamin	-	0.081		0		1		0.220	0.167	
Riboflavin	-	0.056		0		1		0.152	0.115	
Niacin	=	0.495		0		1		1.341	1.020	
Pantothenic acid	-	0.097		0		1		0.263	0.200	
Vitamin B-6	-	0.018		0		1		0.049	0.037	
Folate, total	-	16		0		1		42	32	
Folic acid		0		0	z	7		0	0	
Folate, food		16		0		1		42	32	
Folate, DFE		16		0	NC	4		42	32	
Vitamin B-12		0.10		0		4		0.27	0.21	
Vitamin A, IU		18		0	FLA	4		49	37	
Vitamin A, RAE		1		0	FLA	4		2	2	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.01		0	FLA	4		0.03	0.02	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D						_				
Vitamin K (phylloquinone)	mcg	0.9		0	FLA	4		2.3	1.8	
Lipids:										
Fatty acids, total saturated	g	0.160)	0		1		0.434	0.330	
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		0.000)	0		1		0.000	0.000	
13:0										
14:0	g	0.000)	0		1		0.000	0.000	
15:0	g									
16:0	g	0.100)	0		1		0.271	0.206	
17:0	-									
18:0	-	0.060)	0		1		0.163	0.124	
20:0	-									
22:0	-									
24:0	g									

	<u>Ar</u>	mount in 10	Number	,		_	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	0.070		•					0.556	
Fatty acids, total monounsaturatedg	0.270		0		1		0.732	0.556	
14:1									
16:1 undifferentiated	0.000		0		1		0.000	0.000	
17:1g	0.000		U		_		0.000	0.000	
18:1 undifferentiated	0.270		0		1		0.732	0.556	
20:1g	0.000		0		1		0.732	0.000	
22:1 undifferentiated	0.000		0		1		0.000	0.000	
24:1 c	0.000		·		•		0.000	0.000	
Fatty acids, total polyunsaturatedg	0.110		0		1		0.298	0.227	
18:2 undifferentiatedg	0.090		0		1		0.244	0.185	
18:3 undifferentiatedg	0.020		0		1		0.054	0.041	
18:4g	0.000		0		1		0.000	0.000	
20:2 n-6 c.cg									
20:3 undifferentiated									
20:4 undifferentiatedg	0.000		0		1		0.000	0.000	
20:5 n-3g	0.000		0		1		0.000	0.000	
22:5 n-3g	0.000		0		1		0.000	0.000	
22:6 n-3g	0.000		0		1		0.000	0.000	
Fatty acids, total trans9									
Cholesterol mg	1		0		1		3	2	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	FLA	4		0	0	
Theobrominemg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, betamcg	11		0	FLA	4		28.607	21.745	
Carotene, alphamcg	0		0	FLA	4		1.329	1.010	
Cryptoxanthin, betamcg	0		0	FLA	4		0.000	0.000	
Lycopenemcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	58		0	FLA	4		156.893	119.262	

Common Measures:

Measure 1 = 271g: 1 cup

Measure 2 = 206g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 3.7 Fat 8.9 Carbohydrate 4

		<u>A</u> 1	mount in 10	υ grams	ot edib	ie portio	<u>on</u>	Amount in edible portion of common			
				Number				measures of food			
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	83.50				1		208.75			
Energy	kcal	66				1		165			
Energy	kj	276				1		690			
Protein	g	3.40				1		8.50			
Total lipid (fat)	g	1.20				1		3.00			
Ash	g	0.70		0	FLA	4		1.76			
Carbohydrate, by difference	g	10.60			NC	4		26.50			
Fiber, total dietary	g	0.3				1		0.8			
Sugars, total	g	1.64		0	FLA	4		4.10			
Starch	-										
Minerals:											
Calcium, Ca	-	11				1		28			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.78				1		1.95			
Magnesium, Mg		16				1		40			
Phosphorus, P		50				1		125			
Potassium, K	mg	76				1		190			
Sodium, Na	mg	10				1		25			
Zinc, Zn	mg	0.68				1		1.70			
Copper, Cu	mg	0.151	L			1		0.378			
Manganese, Mn	mg										
Selenium, Se	mcg	1.8		0	BFZN	4		4.5			
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.7				1		1.8			
Thiamin	_	0.040				1		0.100			
Riboflavin	mg	0.030)			1		0.075			
Niacin	mg	0.500)			1		1.250			
Pantothenic acid	mg										
Vitamin B-6	mg	0.020)			1		0.050			
Folate, total	mcg	37		0	FLA	4		94			
Folic acid	mcg	0		0	FLA	4		0			
Folate, food		37		0	FLA	4		94			
Folate, DFE		37		0	NC	4		94			
Vitamin B-12		0.00				7		0.00			
Vitamin A, IU	IU	81		0	FLA	4		202			
Vitamin A, RAE	mcg_RAE	11		0	FLA	4		28			
Retinol		9		0	FLA	4		22			
Vitamin E (alpha-tocopherol)		0.08		0	FLA	4		0.19			
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg	4.8		0	FLA	4		12.0			
Lipids:											
Fatty acids, total saturated		0.574				4		1.435			
4:0		0.031				4		0.078			
6:0		0.021				4		0.053			
8:0	-	0.010				4		0.025			
10:0	-	0.021				4		0.053			
12:0	-	0.021	L			4		0.053			
13:0											
14:0		0.082	2			4		0.205			
15:0	g										
16:0		0.256	5			4		0.640			
17:0	g										
18:0	g	0.123	3			4		0.308			
20:0	g										
22:0	g										
24:0	g										

		<u>Ar</u>	nount in 10	00 grams	of edik	Amount in edible portion of common				
				Number	Davis	Sauraa	Confidence		easures of food	
Nutrients and Un	its	Mean	Std. Error			Code	Confidence	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.		0.410				4		1.025		
14:1	-									
15:1		0.021				4		0.053		
16:1 undifferentiated	-	0.021				4		0.053		
17:1 18:1 undifferentiated	-	0.380				4		0.950		
20:1	-	0.000				4		0.950		
22:1 undifferentiated		0.000				4		0.000		
24:1 c		0.000				-		0.000		
Fatty acids, total polyunsaturated	-	0.154				4		0.385		
18:2 undifferentiated		0.144				4		0.360		
18:3 undifferentiated	-	0.021				4		0.053		
18:4		0.000				4		0.000		
20:2 n-6 c,c										
20:3 undifferentiated										
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									
Others:										
Alcohol, ethyl	g	0.0				7		0.0		
Caffeine		0		0	FLA	4		0		
Theobromine	mg	0		0	FLA	4		0		
Carotenoids:										
Carotene, beta	mcg	31		0	FLA	4		78.339		
Carotene, alpha	_	0		0	FLA	4		0.000		
Cryptoxanthin, beta		0		0	FLA	4		0.000		
Lycopene		0		0	FLA	4		0.000		
Lutein + zeaxanthin	mcg	29		0	FLA	4		73.323		

Common Measures:

Measure 1 = 250g: 1 cup

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mbei	r			measures of food			
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Duranian											
Proximates: Water	q	80.95	0.158	13		1		194.28	436.32		
Energy		77		0	NC	4		185	415		
Energy		322				4		773	1736		
Protein (N x 6.25)		4.62	0.065	10		1		11.09	24.90		
Total lipid (fat)		1.66	0.081	10		1		3.98	8.95		
Ash		1.60	0.086	10		1		3.84	8.62		
Carbohydrate, by difference		11.17		0	NC	4		26.81	60.21		
Fiber, total dietary		1.7		0		4		4.1	9.2		
Sugars, total		1.87		0	FLA	4		4.49	10.09		
Starch											
Minerals:											
Calcium, Ca	-	14	0.680	10		1		34	75		
Iron, Fe		0.89	0.099	10		1 4		2.14	4.80		
Magnesium, Mg		16		0		_		38	86		
Phosphorus, P	-	74 127		0		4 4		178 305	399		
Potassium, K		402	13.441	10		1		965	685 2167		
Sodium, NaZinc, Zn		1.30	13.441	0		4		3.12	7.01		
Copper, Cu		0.100		0		4		0.240	0.539		
Manganese, Mn		0.250		0		4		0.600	1.348		
Selenium, Se		4.1		0	BFSN	4		9.8	22.1		
•											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		2.9	0.314	10		1		7.0	15.6		
Thiamin		0.048		10		1		0.115	0.259		
Riboflavin		0.039		10		1		0.094	0.210		
Niacin	-	1.050		10		1		2.520	5.660		
Pantothenic acid		0.200		0		4		0.480	1.078		
Vitamin B-6	-	0.090		0		4		0.216	0.485		
Folate, total		2 0	0.390	3 0	z	1 7		5 0	10 0		
Folic acid		2	0.390	3	4	1		5	10		
Folate, food	mcg DEE	2	0.390	0	NC	4		5 5	10		
Vitamin B-12		0.10		0	NC	4		0.24	0.54		
Vitamin A, IU		2030		0	FLA	4		4872	10942		
Vitamin A, RAE		102		0	FLA	4		244	547		
Retinol		0		0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)		0.20		0	FLA	4		0.48	1.09		
Tocopherol, beta						_					
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		7.5		0	FLA	4		17.9	40.2		
T :: J											
Lipids:	~	0.660		0		1		1 504	2 557		
Fatty acids, total saturated		0.660 0.010		0		1		1.584 0.024	3.557		
6:0		0.010		0		1		0.024	0.054 0.054		
8:0		0.010		0		1		0.024	0.054		
10:0		0.010		0		1		0.024	0.054		
12:0		0.010		0		1		0.024	0.054		
13:0	-	0.010		•		-		3.024	0.034		
14:0	-	0.050	ı	0		1		0.120	0.270		
15:0	-	0.050		•		-		3.120	0.270		
16:0	-	0.360	ı	0		1		0.864	1.940		
17:0		2.550		٠		-		0.004	1.540		
18:0	-	0.190	ı	0		1		0.456	1.024		
20:0	-	50		-		_					
22:0	-										
24:0	-										

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common		
				Number of Data	Deriv	Source	Confidence	<u>m</u> .	easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	0.680)	0		1		1.632	3.665	
14:1	_									
15:1	_	0.030		•				0.070	0.160	
16:1 undifferentiated	_	0.030	,	0		1		0.072	0.162	
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.630	1	0		1		1.512	3.396	
20:1	_	0.010		0		1		0.024	0.054	
22:1 undifferentiated		0.000		0		1		0.000	0.000	
24:1 c	•	0.000	•	·		_		0.000	0.000	
Fatty acids, total polyunsaturat		0.240)	0		1		0.576	1.294	
18:2 undifferentiated		0.220)	0		1		0.528	1.186	
18:3 undifferentiated		0.020)	0		1		0.048	0.108	
18:4		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		0		1		7	16	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.046	;	0		1		0.110	0.248	
Threonine		0.163		0		1		0.391	0.879	
Isoleucine	_	0.195		0		1		0.468	1.051	
Leucine	_	0.319		0		1		0.766	1.719	
Lysine	_	0.312		0		1		0.749	1.682	
Methionine		0.062		0		1		0.149	0.334	
Cystine		0.060)	0		1		0.144	0.323	
Phenylalanine		0.204	ļ	0		1		0.490	1.100	
Tyrosine		0.143	3	0		1		0.343	0.771	
Valine	g	0.219)	0		1		0.526	1.180	
Arginine	g	0.316	5	0		1		0.758	1.703	
Histidine	g	0.097	1	0		1		0.233	0.523	
Alanine	g	0.216	i	0		1		0.518	1.164	
Aspartic acid		0.471		0		1		1.130	2.539	
Glutamic acid		0.783	3	0		1		1.879	4.220	
Glycine	g	0.223	3	0		1		0.535	1.202	
Proline	g	0.210)	0		1		0.504	1.132	
Serine	g	0.199)	0		1		0.478	1.073	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	α	0.0		0		7		0.0	0.0	
Caffeine		0.0		0	FLA	4		0.0	0.0	
Theobromine		0		0	FLA	4		0	0	
Carotenoids:		ŭ		·	1	•		•	J	
Carotene, beta		995		0	FLA	4		2388.730	5364.690	
Carotene, alpha		445		0	FLA	4		1068.440	2399.539	
Cryptoxanthin, beta		0		0	FLA	4		0.000	0.000	
Lycopene		0		0	FLA	4		0.523	1.174	
Lutein + zeaxanthin	riicg	78		0	FLA	4		188.031	422.286	

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 539g: 1 can (19 oz), ready-to-serve

NDB No. 06050

Soup, pea, split with ham, canned, chunky, ready-to-serve

Calories Factors: Protein 3.7 Fat 8.9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food		
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	65.67	0.420	19		1		176.65	214.08		
Energy	kcal	141		0	NC	4		379	460		
Energy	kj	590				4		1587	1923		
Protein (N x 6.25)	g	7.68	0.126	16		1		20.66	25.04		
Total lipid (fat)	g	3.28	0.053	16		1		8.82	10.69		
Ash	g	2.57	0.099	16		1		6.91	8.38		
Carbohydrate, by difference	g	20.81		0	NC	4		55.98	67.84		
Fiber, total dietary	g	1.7		0		4		4.6	5.5		
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma	16	0.902	14		1		43	52		
Iron, Fe.	_	1.70	0.150	16		1		4.57	5.54		
Magnesium, Mg	_	36		3		1		97	117		
Phosphorus, P		159		4		1		428	518		
Potassium, K	•	297		2		1		799	968		
Sodium, Na		750	37.586	14		1		2018	2445		
Zinc, Zn	mg	0.99		6		1		2.65	3.21		
Copper, Cu	mg	0.275	i	2		1		0.740	0.897		
Manganese, Mn		0.500		1		1		1.345	1.630		
Selenium, Se	mcg	7.4		0	BFSN	4		19.9	24.1		
Vitamins:											
Vitamin C, total ascorbic acid	ma	1.1	0.023	15		1		3.0	3.6		
Thiamin	-	0.110		15		1		0.296	0.359		
Riboflavin		0.056		15		1		0.151	0.183		
Niacin	-	1.098	0.033	15		1		2.954	3.579		
Pantothenic acid	_	0.200	ı	0		4		0.538	0.652		
Vitamin B-6	-	0.050	ı	1		1		0.135	0.163		
Folate, total	mcg	2	0.301	3		1		5	6		
Folic acid		0		0	Z	7		0	0		
Folate, food		2	0.301	3		1		5	6		
Folate, DFE	mcg_DFE	2		0	NC	4		5	6		
Vitamin B-12		0.20		0		4		0.54	0.65		
Vitamin A, IU		331	23.803	15		1		890	1079		
Vitamin A, RAE		17		0	NC	4		45	54		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	-										
Vitamin D Vitamin K (phylloquinone)											
vitamin K (phynoquinone)	nicg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	1.310	1	0		1		3.524	4.271		
4:0		0.030		0		1		0.081	0.098		
6:0		0.020		0		1		0.054	0.065		
8:0	-	0.010		0		1		0.027	0.033		
10:0	-	0.020		0		1		0.054	0.065		
12:0	-	0.030		0		1		0.081	0.098		
13:0	-			•		_					
14:0	_	0.110		0		1		0.296	0.359		
15:0		0.010		•				1 010	0.015		
16:0	_	0.710		0		1		1.910	2.315		
17:0		0.380	ı	0		1		1 000	1 030		
18:0		0.380		J		1		1.022	1.239		
20:0 22:0	-										
	g										

		<u>Ar</u>	mount in 10			o <u>n</u>	Amount in edible portion of common measures of food			
				Number		_		<u></u>	cusures or roou	
Nutrients and Units		Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		1.340		0		1		3.605	4.368	
14:1	-									
15:1		0.000		0		1		0.161	0.100	
16:1 undifferentiated	-	0.060		U		1		0.161	0.196	
17:1		1 250		•				2 262	4 075	
18:1 undifferentiated		1.250		0		1		3.363	4.075	
20:1										
22:1 undifferentiated	-									
24:1 c		0.470		•		1		1 061	1 500	
Fatty acids, total polyunsaturated				0 0		1		1.264	1.532	
18:2 undifferentiated	•	0.430 0.040		0		1		1.157	1.402	
18:3 undifferentiated	-	0.040		U		1		0.108	0.130	
18:4										
20:2 n-6 c,c 20:3 undifferentiated										
20:4 undifferentiated 20:5 n-3	-									
20:5 n-3										
22:6 n-3	-									
Fatty acids, total trans	-									
Cholesterol		6		0		1		16	20	
Phytosterols	-	ŭ		·		•		10	20	
1 ily tosterois										
Amino Acids:										
Tryptophan	g	0.076		0		1		0.204	0.248	
Threonine	g	0.271		0		1		0.729	0.883	
Isoleucine	g	0.324		0		1		0.872	1.056	
Leucine	g	0.529		0		1		1.423	1.725	
Lysine	g	0.518		0		1		1.393	1.689	
Methionine	g	0.103		0		1		0.277	0.336	
Cystine	g	0.099		0		1		0.266	0.323	
Phenylalanine	g	0.339		0		1		0.912	1.105	
Tyrosine		0.238		0		1		0.640	0.776	
Valine		0.365		0		1		0.982	1.190	
Arginine	g	0.524		0		1		1.410	1.708	
Histidine	g	0.161		0		1		0.433	0.525	
Alanine	g	0.359		0		1		0.966	1.170	
Aspartic acid		0.782		0		1		2.104	2.549	
Glutamic acid	-	1.302		0		1		3.502	4.245	
Glycine		0.371		0		1		0.998	1.209	
Proline	g	0.349		0		1		0.939	1.138	
Serine	-	0.330		0		1		0.888	1.076	
Hydroxyproline	g									

Common Measures:

Measure 1 = 269g: 1 cup (8 fl oz) Measure 2 = 326g: 1 can (11.5 oz)

Calories Factors: Protein 3.7 Fat 8.9 Carbohydrate 4

NDB No. 06451 Soup, pea, split with ham, canned, prepared with equal volume water, commercial

Nutrients and Units		Amount in edible portion of common			
Nutrients and Units		<u>m</u>	easures of food	<u> </u>	
Nutrients and Units	Confidence				
Walter	Code	Measure 1	Measure 2	Measure	
Water					
Energy		206.88	502.07		
Energy		190	461		
Protein (N x 6.25)		794	1927		
Total lipid (fat)		10.32	25.05		
Ash.		4.40	10.68		
Carbohydrate, by difference		3.44	8.35		
Fiber, total dictary		27.96	67.85		
Starch		2.3	5.5		
Starch			0.0		
Calcium, Ca					
Calcium, Ca.					
Iron, Fe.					
Magnesium, Mg mg 19 0 1 Phosphorus, P mg 84 0 1 Potassium, K mg 158 0 1 Sodium, Na mg 398 0 1 Zinc, Zn mg 0.52 0 1 Copper, Cu mg 0.146 0 1 Manganese, Mn mg 0.265 0 1 Manganese, Mn mg 0.265 0 1 Selenium, Se mcg		23	55		
Phosphorus, P. mg 84 0 1 Potassium, K mg 158 0 1 Sodium, Na mg 398 0 1 Zinc, Zn mg 0.52 0 1 Copper, Cu mg 0.146 0 1 Manganese, Mn mg 0.265 0 1 Manganese, Mn mg 0.265 0 1 Sclenium, Se meg Vitamin C, total ascorbic acid mg 0.66 0 1 Thiamins mg 0.058 0 1 Riboflavin mg 0.030 0 1 Niacin mg 0.030 0 1 Pathothenic acid mg 0.583 0 1 Pathothenic acid mg 0.100 0 4 Vitamin B-C mg 0.027 0 1 Folate, total mcg 1		2.28	5.53		
Potassium, K.		48	117		
Sodium, Na		213	516		
Zinc, Zn. mg 0.52 0 1 Copper, Cu. mg 0.146 0 1 Manganese, Mn. mg 0.265 0 1 Selenium, Se. mcg 0 1 Vitamins: Vitamin C, total ascorbic acid. mg 0.6 0 1 Thiamin. mg 0.058 0 1 Riboflavin. mg 0.030 0 1 Niacin. mg 0.100 0 4 Vitamin B-6. mg 0.027 0 1 Folate, total. mcg 1 0 Nc 4 Vitamin B-6. mcg 0 0 Z 7 F		400	970		
Copper, Cu mg 0.146 0 1 Manganese, Mn mg 0.265 0 1 Selenium, Se Vitamins Vitamins Vitamin C, total ascorbic acid mg 0.6 0 1 Thiamin mg 0.058 0 1 Riboflavin mg 0.058 0 1 Riboflavin mg 0.030 0 1 Niacin mg 0.030 0 1 Niacin mg 0.100 0 4 Vitamin B-6 mg 0.027 0 1 Folate, total meg 1 0 1 Folate, food meg 1 0 1 Folate, food meg_DFE 1 0 NC 4 Vitamin B-12 meg 0.10 0 4 Retinol <td rows<="" td=""><td></td><td>1007</td><td>2444</td><td></td></td>	<td></td> <td>1007</td> <td>2444</td> <td></td>		1007	2444	
Manganese, Mn. mg 0.265 0 1 Selenium, Se. mcg 0.265 0 1 Vitamins: Vitamin C, total ascorbic acid. mg 0.66 0 1 Thiamin. mg 0.058 0 1 Riboflavin. mg 0.030 0 1 Niacin. mg 0.0583 0 1 Pantothenic acid. mg 0.0583 0 1 Pantothenic acid. mg 0.100 0 4 Vitamin B-6. mg 0.027 0 1 Folate, total mcg 0 0 2 7 Folate, food. mcg 1 0 1 1 Folate, pofe. mcg 1 0 NC 4 Vitamin B-12. mcg_DFE 1 0 NC 4 Vitamin A, RAE mcg_RAE 9 0 NC 4 Retinol. mcg		1.32	3.21		
Selenium, Se. mcg Mcg		0.369 0.670	0.896 1.627		
Vitamins: Vitamin C, total ascorbic acid. mg 0.6 0 1 Thiamin. mg 0.058 0 1 Riboflavin. mg 0.030 0 1 Niacin. mg 0.583 0 1 Pantothenic acid. mg 0.100 0 4 Vitamin B-6. mg 0.027 0 1 Folate, total. mcg 1 0 1 Folate, total. mcg 1 0 1 Folate, food. mcg 1 0 NC 4 Vitamin B-12. mcg DFE 1 0 NC 4 Vitamin A, IU. IU 176 0 NC 4 Retinol. mcg 0 0 z 7		0.670	1.627		
Vitamin C, total ascorbic acid. mg 0.6 0 1 Thiamin. mg 0.058 0 1 Riboflavin. mg 0.030 0 1 Niacin. mg 0.583 0 1 Pantothenic acid. mg 0.100 0 4 Vitamin B-6. mg 0.027 0 1 Folate, total. mcg 1 0 1 Folate, total. mcg 0 0 z 7 Folate, food. mcg 1 0 NC 4 Vitamin B-12. mcg 0.10 0 4 Vitamin A, IU. IU 176 0 NC 4 Retionl. mg 0 N <					
Thiamin. mg 0.058 0 1 Riboflavin. mg 0.030 0 1 Niacin. mg 0.583 0 1 Pantothenic acid. mg 0.100 0 4 Vitamin B-6. mg 0.027 0 1 Folate, total. mcg 1 0 1 Folate, total. mcg 1 0 1 Folate, food. mcg 1 0 1 Folate, food. mcg 1 0 NC 4 Vitamic, DFE. mcg_DFE 1 0 NC 4 Vitamin B-12. mcg 0.10 0 4 Vitamin A, RAE. mcg_RAE 9 0 NC 4 Retinol. mcg 0 0 Z 7 Vitamin E (alpha-tocopherol) mg 0 X Z 7 Vitamin K (phylloquinone) mcg X X X<					
Riboflavin.		1.5	3.7		
Niacin mg 0.583 0 1 Pantothenic acid mg 0.100 0 4 Vitamin B-6 mg 0.027 0 1 Folate, total mcg 1 0 1 Folic acid mcg 0 0 z 7 Folate, food mcg 1 0 NC 4 Vitamic, DFE mcg_DFE 1 0 NC 4 Vitamin B-12 mcg 0.10 0 4 Vitamin A, IU IU 176 0 1 Vitamin A, RAE mcg_RAE 9 0 NC 4 Retinol mcg 0 NC 4 NC 4 Retinol mcg 0 NC 4 NC NC		0.147	0.356		
Pantothenic acid mg 0.100 0 4 Vitamin B-6 mg 0.027 0 1 Folate, total mcg 1 0 1 Folic acid mcg 0 0 z 7 Folate, food mcg 1 0 NC 4 Folate, DFE mcg 1 0 NC 4 Vitamin DFE mcg 0.10 0 4 Vitamin A, IU IU 176 0 NC 4 Vitamin A, RAE mcg_RAE 9 0 NC 4 Retinol mcg 0 0 z 7 Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, delta g 0 0 1 4 0 0 1 1 6 0 </td <td></td> <td>0.076</td> <td>0.184</td> <td></td>		0.076	0.184		
Vitamin B-6. mg 0.027 0 1 Folate, total. mcg 1 0 1 Folic acid. mcg 0 0 z 7 Folate, food. mcg 1 0 NC 4 Folate, DFE. mcg_DFE 1 0 NC 4 Vitamin B-12. mcg 0.10 0 4 1 2 7 1 1 2		1.475	3.580		
Folate, total mcg 1 0 1 Folic acid mcg 0 0 0 2 7 Folate, food mcg 1 0 1 Folate, DFE mcg_DFE 1 0 NC 4 Vitamin B-12 mcg 0.10 0 1 Vitamin A, IU IU 176 0 NC 4 Retinol mcg 0 0 NC 4 Retinol mg 0 0 NC 4 Retinol mg Tocopherol, beta mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg Fatty acids, total saturated g 0.700 0 1 6:0 g 0.010 0 1 8:0 g 0.010 0 1 8:0 g 0.010 0 1 10:0 g 0.020 0 1 13:0 g 0.020 0 1 13:0 1 13:0		0.253	0.614		
Folic acid		0.068	0.166		
Folate, food		3	6		
Folate, DFE		0	0		
Vitamin B-12 mcg 0.10 4 Vitamin A, IU IU 176 0 1 Vitamin A, RAE mcg_RAE 9 0 NC 4 Retinol mcg 0 0 z 7 Vitamin E (alpha-tocopherol) mg 7 <t< td=""><td></td><td>3</td><td>6</td><td></td></t<>		3	6		
Vitamin A, IU. IU 176 0 1 Vitamin A, RAE. mcg_RAE 9 0 NC 4 Retinol. mcg 0 0 z 7 Vitamin E (alpha-tocopherol). mg <		3	6		
Vitamin A, RAE. mcg_RAE 9 0 NC 4 Retinol. mcg 0 0 z 7 Vitamin E (alpha-tocopherol). mg .		0.25	0.61		
Retinol		445	1081		
Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg Lipids: S Fatty acids, total saturated g 0.700 0 1 4:0 g 0.010 0 1 6:0 g 0.010 0 1 8:0 g 0.010 0 1 10:0 g 0.010 0 1 12:0 g 0.020 0 1 13:0 g 0.020 0 1 14:0 g 0.060 0 1		22	54		
Tocopherol, beta		0	0		
Tocopherol, gamma					
Tocopherol, delta mg Vitamin D. IU Vitamin K (phylloquinone) mcg ipids: Fatty acids, total saturated g 0.700 0 1 4:0 g 0.010 0 1 6:0 g 0.010 0 1 8:0 g 0.010 0 1 10:0 g 0.010 0 1 12:0 g 0.010 0 1 12:0 g 0.010 0 1 13:0 g 0.020 0 1 13:0 g					
Vitamin D. IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated g 0.700 0 1 4:0. g 0.010 0 1 6:0. g 0.010 0 1 8:0. g 0.010 0 1 10:0. g 0.010 0 1 12:0. g 0.020 0 1 13:0. g 14:0. g 0.060 0 1					
Vitamin K (phylloquinone) Lipids: Fatty acids, total saturated g 0.700 0 1 4:0 g 0.010 0 1 6:0 g 0.010 0 1 8:0 g 0.010 0 1 10:0 g 0.010 0 1 12:0 g 0.020 0 1 13:0 g 14:0 g 0.060 0 1					
Lipids: Fatty acids, total saturated. 9 0.700 0 1 4:0. 9 0.010 0 1 6:0. 9 0.010 0 1 8:0. 9 0.010 0 1 10:0. 9 0.010 0 1 12:0. 9 0.020 0 1 13:0. 9 14:0. 9 0.060 0 1					
Fatty acids, total saturated 9 0.700 0 1 4:0 9 0.010 0 1 6:0 9 0.010 0 1 8:0 9 0.010 0 1 10:0 9 0.010 0 1 12:0 9 0.020 0 1 13:0 9 14:0 9 0.060 0 1					
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$					
6:0. g 0.010 0 1 8:0. g 0.010 0 1 10:0. g 0.010 0 1 12:0. g 0.020 0 1 13:0. g 14:0. g 0.060 0 1		1.771	4.298		
8:0		0.025	0.061		
10:0. g 0.010 0 1 12:0. g 0.020 0 1 13:0. .g 14:0. .g 0.060 0 1		0.025	0.061		
12:0		0.025	0.061		
13:0g 14:0g 0.060 0 1		0.025	0.061		
14:0g 0.060 0 1		0.051	0.123		
		0 150	0.000		
15:0		0.152	0.368		
160		0.000	0.070		
16:0g 0.370 0 1		0.936	2.272		
17:0g 18:0		0 500	1 000		
		0.506	1.228		
20:0g 22:0g					

		<u>Aı</u>	nount in 10		<u>n</u>	Amount in edible portion of common			
				Number			<u>me</u>	easures of food	
Nutrients and Uni	its	Mean	Std. Error	of Data Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.710		0	1		1.796	4.359	
14:1	g								
15:1	_								
16:1 undifferentiated	g	0.030		0	1		0.076	0.184	
17:1	g								
18:1 undifferentiated	g	0.660		0	1		1.670	4.052	
20:1	g								
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturated	g	0.250		0	1		0.633	1.535	
18:2 undifferentiated	g	0.230		0	1		0.582	1.412	
18:3 undifferentiated	g	0.020		0	1		0.051	0.123	
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									
Fatty acids, total trans	-								
Cholesterol	-	3		0	1		8	18	
Phytosterols	mg								
Amino Acids:									
Tryptophan	а	0.040		0	1		0.101	0.246	
Threonine		0.144		0	1		0.364	0.884	
Isoleucine		0.172		0	1		0.435	1.056	
Leucine	_	0.281		0	1		0.711	1.725	
Lysine	_	0.275		0	1		0.696	1.689	
Methionine		0.055		0	1		0.139	0.338	
Cystine	-	0.053		0	1		0.134	0.325	
Phenylalanine		0.180		0	1		0.455	1.105	
Tyrosine		0.126		0	1		0.319	0.774	
Valine	_	0.194		0	1		0.491	1.191	
Arginine	-	0.278		0	1		0.703	1.707	
Histidine		0.085		0	1		0.215	0.522	
Alanine	_	0.191		0	1		0.483	1.173	
Aspartic acid	-	0.415		0	1		1.050	2.548	
Glutamic acid	-	0.691		0	1		1.748	4.243	
Glycine		0.197		0	1		0.498	1.210	
Proline		0.185		0	1		0.468	1.136	
Serine		0.175		0	1		0.443	1.075	
Hydroxyproline	-	0.173		v	-		0.445	1.075	
Try dro xypromic	y								

Common Measures:

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

Measure 2 = 614g: 1 can (11.5 oz), prepared

Calories Factors: Protein 3.7 Fat 8.9 Carbohydrate 4

		<u>Aı</u>	mount in 100 g	rams c	ot ear	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	_	
				Data I	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints (Code	Code	Code	Measure 1	Measure 2	Measure :	
Proximates: Water	a	80.62	0.246	10		1		198.33	240.25		
Energy	_	84		0	NC	4		207	250		
Energy		351		Ū	110	4		865	1047		
		5.19	0.102	10		1		12.77	15.47		
Protein (N x 6.25)		3.78	0.158	10		1		9.30	11.26		
Total lipid (fat)		2.75	0.138	10		1		6.77	8.20		
Ash		7.66	0.090	0	NC	4		18.84			
Carbohydrate, by difference				0	NC	4		18.84	22.83		
Fiber, total dietary		0.4		U		4		1.0	1.2		
Sugars, total	_										
Starch	g										
Minerals:											
Calcium, Ca	mg	19	1.242	10		1		47	57		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.73	0.040	10		1		1.80	2.18		
Magnesium, Mg	-	4		1		1		10	12		
Phosphorus, P		34		1		1		84	101		
Potassium, K	-	124		1		1		305	370		
Sodium, Na	-	792	6.442	5		1		1948	2360		
Zinc, Zn		1.00		1		1		2.46	2.98		
Copper, Cu		0.100	1	1		1		0.246	0.298		
Manganese, Mn	mg	0.500)	1		1		1.230	1.490		
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	1.1	0.143	7		1		2.7	3.3		
Thiamin		0.043	0.001	10		1		0.106	0.128		
Riboflavin		0.039		10		1		0.096	0.116		
Niacin		1.000	0.033	10		1		2.460	2.980		
Pantothenic acid		0.280)	0		4		0.689	0.834		
Vitamin B-6		0.050)	1		1		0.123	0.149		
Folate, total	-	8		0		4		20	24		
Folic acid		0		0	Z	7		0	0		
Folate, food		8		0		4		20	24		
Folate, DFE	mcg_DFE	8		0	NC	4		20	24		
Vitamin B-12		0.14		1		1		0.34	0.42		
Vitamin A, IU		706	129.120	10		1		1737	2104		
Vitamin A, RAE		35		0	NC	4		87	105		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.07		0		4		0.17	0.21		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	1.680	1	0		1		4.133	5.006		
4:0											
6:0	g										
8:0	g										
10:0		0.000)	0		1		0.000	0.000		
12:0	g	0.020)	0		1		0.049	0.060		
13:0	g										
14:0	g	0.100	1	0		1		0.246	0.298		
15:0	-										
16:0	-	0.920	1	0		1		2.263	2.742		
17:0	-										
18:0	-	0.610	1	0		1		1.501	1.818		
20:0	-										
22:0	-										
24:0											

	<u>A</u> 1	mount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3	
Nutrients and onits	Mean	Ota. Error			measure r	Micasare 2	Wedsure c	
Fatty acids, total monounsaturatedg	1.640	0	1		4.034	4.887		
14:1g								
15:1g								
16:1 undifferentiatedg	0.130	0	1		0.320	0.387		
17:1g								
18:1 undifferentiated	1.460		1		3.592	4.351		
20:1g	0.030	0	1		0.074	0.089		
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturatedg	0.290		1		0.713	0.864		
18:2 undifferentiatedg	0.250		1		0.615	0.745		
18:3 undifferentiatedg	0.030	0	1		0.074	0.089		
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg								
20:5 n-3g								
22:5 n-3g								
22:6 n-3								
Fatty acids, total transg Cholesterolg	8	0	1		20	24		
Phytosterolsmg	0	U	1		20	24		
r ilytosterois								
amino Acids:								
Tryptophang	0.034		1		0.084	0.101		
Threonineg	0.159		1		0.391	0.474		
Isoleucineg	0.191	. 0	1		0.470	0.569		
Leucineg	0.328		1		0.807	0.977		
Lysineg	0.254	0	1		0.625	0.757		
Methionineg	0.074		1		0.182	0.221		
Cystineg	0.050		1		0.123	0.149		
Phenylalanineg	0.191		1		0.470	0.569		
Tyrosineg	0.127		1		0.312	0.378		
Valineg	0.243	0	1		0.598	0.724		
Arginineg	0.403		1		0.991	1.201		
Histidineg	0.074		1		0.182	0.221		
Alanineg	0.381		1		0.937	1.135		
Aspartic acidg	0.455		1		1.119	1.356		
Glutamic acidg	0.921		1		2.266	2.745		
Glycineg	0.688		1		1.692	2.050		
Prolineg	0.487		1		1.198	1.451		
Serineg	0.191	. 0	1		0.470	0.569		
Hydroxyprolineg								
others:								
Alcohol, ethylg	0.0	0	7		0.0	0.0		
Caffeine mg	0.0	U	,		0.0	3.0		
Theobromine mg								

Common Measures:

Measure 1 = 246g: 1 cup (8 fl oz) Measure 2 = 298g: 1 can (10.5 oz)

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

NDB No. 06452 Soup, pepperpot, canned, prepared with equal volume water, commercial

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			Numbe	er			<u>m</u>	easures of food	<u> </u>	
				a Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	90.15	0		1		217.26	528.28		
Energy	-	43	0	NC	4		104	252		
Energy		180			4		434	1054		
Protein (N x 6.25)		2.64	0		1		6.36	15.47		
Total lipid (fat)		1.92	0		1		4.63	11.25		
Ash		1.40	0		1		3.37	8.20		
Carbohydrate, by difference		3.89	0	NC	4		9.37	22.80		
Fiber, total dietary		0.2	0		4		0.5	1.2		
Sugars, total		0.34	0	FLA	4		0.81	1.98		
Starch										
<u>Minerals:</u>										
Calcium, Ca	-	10	0		1		24	59		
Iron, Fe	-	0.37	0		1		0.89	2.17		
Magnesium, Mg		2 17	0		1 1		5 41	12		
Phosphorus, P	-	63	0		1			100 369		
Potassium, K		403	0		1		152 971	369 2362		
Sodium, NaZinc, Zn		0.51	0		1		1.22	2.98		
Copper, Cu		0.51			1		0.123	0.299		
Manganese, Mn		0.051			1		0.612	1.488		
Selenium, Se		1.8	. 0	BFSN	4		4.3	10.5		
			•		=		-1.0			
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid		0.6	0		1		1.4	3.5		
Thiamin		0.022			1		0.053	0.129		
Riboflavin		0.020			1		0.048	0.117		
Niacin		0.508			1		1.224	2.977		
Pantothenic acid		0.140			4		0.337	0.820		
Vitamin B-6	_	0.025			1		0.060	0.147		
Folate, total		4	0		4		10	23		
Folic acid		0	0	Z	7		0	0		
Folate, food	mcg	4	0		4		10	23		
Folate, DFE		4	0	NC	4		10	23		
Vitamin B-12		0.07 384	0	FLA	1 4		0.17 927	0.41 2253		
Vitamin A, IU Vitamin A, RAE		19	0	FLA	4		46	113		
Retinol		0	0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)		0.22	0	FLA	4		0.54	1.31		
Tocopherol, beta		0.22	U	FLIA	-		0.54	1.31		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.1	0	FLA	4		5.1	12.5		
<u> ipids:</u>										
Fatty acids, total saturated		0.850			1		2.049	4.981		
4:0		0.000			1		0.000	0.000		
6:0		0.000			1		0.000	0.000		
8:0		0.000			1 1		0.000	0.000		
10:0		0.000			1		0.000	0.000		
12:0 13:0	-	0.010	, 0		1		0.024	0.059		
14:0	-	0.050	0		1		0 101	0 202		
15:0	_	0.050	, 0		1		0.121	0.293		
16:0	_	0.470	0		1		1.133	2.754		
17:0		0.41	, 0		1		1.133	2.754		
18:0	_	0.310	0		1		0.747	1.817		
20:0	_	0.510	. 0		1		0.747	1.01/		
22:0	_									
44.V	y									

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				of Data	Deriv		Confidence			•	
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	0.830		0		1		2.000	4.864		
14:1	g										
15:1	-										
16:1 undifferentiated	-	0.070		0		1		0.169	0.410		
17:1	-										
18:1 undifferentiated	-	0.740		0		1		1.783	4.336		
20:1		0.010		0		1		0.024	0.059		
22:1 undifferentiated	•	0.000		0		1		0.000	0.000		
24:1 c											
Fatty acids, total polyunsaturated		0.150		0		1		0.362	0.879		
18:2 undifferentiated		0.130		0		1		0.313	0.762		
18:3 undifferentiated		0.020		0		1		0.048	0.117		
18:4	-	0.000		0		1		0.000	0.000		
20:2 n-6 c,c											
20:3 undifferentiated				_							
20:4 undifferentiated		0.000		0		1		0.000	0.000		
20:5 n-3	-	0.000		0		1		0.000	0.000		
22:5 n-3		0.000		0		1		0.000	0.000		
22:6 n-3		0.000		0		1		0.000	0.000		
Fatty acids, total trans											
Cholesterol		4		0		1		10	23		
Phytosterols	<u>mg</u>										
Amino Acids:											
Tryptophan	а	0.017		0		1		0.041	0.100		
Threonine		0.081		0		1		0.195	0.475		
Isoleucine	-	0.097		0		1		0.234	0.568		
Leucine		0.167		0		1		0.402	0.979		
Lysine	-	0.129		0		1		0.311	0.756		
Methionine		0.038		0		1		0.092	0.223		
Cystine		0.025		0		1		0.060	0.147		
Phenylalanine		0.097		0		1		0.234	0.568		
Tyrosine		0.065		0		1		0.157	0.381		
Valine	-	0.124		0		1		0.299	0.727		
Arginine	-	0.205		0		1		0.494	1.201		
Histidine		0.038		0		1		0.092	0.223		
Alanine		0.194		0		1		0.468	1.137		
Aspartic acid		0.134		0		1		0.557	1.354		
Glutamic acid		0.468		0		1		1.128	2.742		
Glycine		0.350		0		1		0.844	2.051		
Proline		0.248		0		1		0.598	1.453		
Serine	-	0.097		0		1		0.234	0.568		
Hydroxyproline		0.037		U		_		0.234	0.300		
nydroxyprome	9										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0	0.0		
Caffeine	mg	0		0	FLA	4		0	0		
Theobromine	mg	0		0	FLA	4		0	0		
Carotenoids:											
	mea	190		0	FLA	4		458.403	1114.623		
Carotene, beta	-	79		0	FLA	4		189.932	461.827		
Cryptoxanthin, beta	-	79 2		0	FLA	4		5.072	12.332		
		576		0	FLA	4		1387.472	3373.687		
LycopeneLutein + zeaxanthin		13		0	FLA	4		31.323	76.162		
Luteni + zeaxantnin	tirca	13		U	тън	4		31.323	70.102		

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 586g: 1 can (10.5 oz), prepared

NDB No. 06452

Soup, pepperpot, canned, prepared with equal volume water, commercial

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.30		1	A	1		459.77	204.72	
Energy	kcal	80		0	NC	4		431	192	
Energy	kj	335				4		1804	803	
Protein	g	2.70		1	A	1		14.55	6.48	
Total lipid (fat)	g	5.20		1	A	1		28.03	12.48	
Ash		1.20		1	A	1		6.47	2.88	
Carbohydrate, by difference	g	5.60		0	NC	4		30.18	13.44	
Fiber, total dietary	g	0.6		1	A	1		3.2	1.4	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe		0.70		1	A	1		3.77	1.68	
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	364		1	A	1		1962	874	
Zinc, Zn	_									
Copper, Cu										
Manganese, Mn	_									
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	1.620)	1	A	1		8.732	3.888	
Fatty acids, total monounsaturated	g	2.460)	1	A	1		13.259	5.904	
Fatty acids, total polyunsaturated	g	0.320)	1	A	1		1.725	0.768	
Fatty acids, total trans	-									
Cholesterol	mg	9		1	A	1		49	22	
Phytosterols	mg									

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

Common Measures:

Measure 1 = 539g: 1 package yields

Measure 2 = 240g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u>	mount in 100 gram	s of edil	ble portic	<u>on</u>	Amount in edible portion of common		
			Numb	er			<u>m</u>	easures of food	
			of Dat	a Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	4.70	1	A	1		2.02	4.00	
Energy		453	0	MC	9		195	385	
Energy		1895	0		9		815	1611	
Protein		9.30	1	A	1		4.00	7.91	
Total lipid (fat)	g	17.10	1	A	1		7.35	14.54	
Ash	g	3.40	1	A	1		1.46	2.89	
Carbohydrate, by difference	g	65.50	0	MC	9		28.17	55.68	
Fiber, total dietary	g	2.4	0	FLA	. 4		1.0	2.0	
Sugars, total	g	0.73	0	FLA	. 4		0.31	0.62	
Starch	g								
M:I									
Minerals:	ma	16	0	FLA	4		7	14	
Calcium, Ca	-	4.27	1	PLA A	1		1.84	3.63	
Magnesium, Mg		24	0	FLA	4		10	20	
Phosphorus, P		108	0	FLA	4		46	92	
Potassium, K	•	120	0	FLA	4		52	102	
Sodium, Na		1160	1	A	1		499	986	
Zinc, Zn		0.63	0	FLA	4		0.27	0.54	
Copper, Cu		0.140	0	FLA	4		0.060	0.119	
Manganese, Mn	mg								
Selenium, Se	mcg	28.2	0	FLA	4		12.1	24.0	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	0	FLA	4		0.0	0.0	
Thiamin		0.660		FLA	4		0.284	0.561	
Riboflavin		0.440		FLA	4		0.189	0.374	
Niacin		5.400		FLA	4		2.322	4.590	
Pantothenic acid	-								
Vitamin B-6		0.061	. 0	FLA	4		0.026	0.052	
Folate, total		147	0	FLA	4		63	125	
Folic acid	mcg	120	0	FLA	4		52	102	
Folate, food	mcg	28	0	FLA	4		12	23	
Folate, DFE	mcg_DFE	231	0	NC	4		99	197	
Vitamin B-12		0.01	0	FLA	4		0.00	0.01	
Vitamin A, IU	IU	11	0	FLA	4		5	9	
Vitamin A, RAE		1	0	FLA	4		0	0	
Retinol		0	0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		2.03	0	FLA	4		0.87	1.72	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, deltaVitamin D									
Vitamin K (phylloquinone)		5.7	0	FLA	4		2.4	4.8	
vitamin K (phynoquinone)		3.,	Ü		-			1.0	
<u>Lipids:</u>									
Fatty acids, total saturated		7.630		FLA	4		3.281	6.486	
4:0		0.000		FLA	4		0.000	0.000	
6:0		0.000		FLA	4		0.000	0.000	
8:0		0.000		FLA	4		0.000	0.000	
10:0	-	0.000		FLA	4		0.000	0.000	
12:0	-	0.012	2 0	FLA	4		0.005	0.010	
13:0	-	0 134	5 0	FLA	4		0.050	0.116	
14:0 15:0	-	0.136	, 0	гLА	4		0.058	0.116	
16:0	-	5.950	0	FLA	4		2.559	5.058	
17:0	-	3.330	•		•		2.333	3.038	
18:0	-	0.959	0	FLA	4		0.412	0.815	
20:0			v		-		J. 112	0.013	
22:0	-								
24:0	-								

	<u>Ar</u>	mount in 10	0 grams	of edik	ole portio	<u>on</u>	Amount in edible portion of common			
			Number of Data	Deriv		Confidence	<u>m</u> .	easures of food		
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	6.400		0	FLA	4		2.752	5.440		
14:1g	0.400		Ū	LIM	-		2.732	3.440		
15:19										
16:1 undifferentiatedg	0.049		0	FLA	4		0.021	0.042		
17:1g	0.015		·		-		0.022	0.012		
18:1 undifferentiated.	6.336		0	FLA	4		2.724	5.386		
20:1g	0.015		0	FLA	4		0.006	0.013		
22:1 undifferentiated	0.000		0	FLA	4		0.000	0.000		
24:1 cg										
Fatty acids, total polyunsaturated9	2.605		0	FLA	4		1.120	2.214		
18:2 undifferentiated	2.494		0	FLA	4		1.072	2.120		
18:3 undifferentiated	0.110		0	FLA	4		0.047	0.094		
18:4g	0.000		0	FLA	4		0.000	0.000		
20:2 n-6 c.cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0	FLA	4		0.000	0.000		
20:5 n-3g	0.000		0	FLA	4		0.000	0.000		
22:5 n-3g	0.000		0	FLA	4		0.000	0.000		
22:6 n-3g	0.000		0	FLA	4		0.000	0.000		
Fatty acids, total transg										
Cholesterolmg	0		0	FLA	4		0	0		
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0		
Caffeinemg	0		0	FLA	4		0	0		
Theobromine mg	0		0	FLA	4		0	0		
Carotenoids:										
Carotene, betamcg	6		0	FLA	4		2.482	4.907		
Carotene, alphamcg	2		0	FLA	4		0.651	1.286		
Cryptoxanthin, betamcg	0		0	FLA	4		0.047	0.092		
Lycopenemcg	0		0	FLA	4		0.174	0.344		
Lutein + zeaxanthinmcg	20		0	FLA	4		8.709	17.216		

Common Measures:

Measure 1 = 43g: 1 serving Measure 2 = 85g: 1 package

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
roximates:										
Water	g	5.52	1.294	4	A	1		2.37	4.69	
Energy	kcal	436		0	NC	4		187	370	
Energy	kj	1823		0	NC	4		784	1549	
Protein	g	10.29	0.259	4	A	1		4.42	8.75	
Total lipid (fat)	g	15.71	1.999	4	A	1		6.76	13.35	
Ash		5.21	0.366	4	A	1		2.24	4.43	
Carbohydrate, by difference		63.27		0	NC	4		27.20	53.78	
Fiber, total dietary		2.2		2	A	1		1.0	1.9	
Sugars, total		1.78		2	A	1		0.76	1.51	
Sucrose		0.94		2	A	1		0.40	0.80	
Glucose (dextrose)	g	0.00		2	A	1		0.00	0.00	
Fructose	g	0.00		2	A	1		0.00	0.00	
Lactose	g	0.32		2	A	1		0.14	0.27	
Maltose		0.52		2	A	1		0.22	0.44	
Galactose		0.00		2	A	1		0.00	0.00	
Starch	9	56.15		2	A	1		24.14	47.73	
linerals: Calcium, Ca	ma	30	6.055	4	A	1		13	26	
Iron, Fe	_	4.11	0.425	4	A	1		1.77	3.49	
Magnesium, Mg		24	0.954	4	A	1		10	20	
Phosphorus, P		121	5.450	4	A	1		52	103	
Potassium, K		185	6.490	4	A	1		80	158	
Sodium, Na	mg	2002	41.363	4	A	1		861	1702	
Zinc, Zn	mg	1.08	0.508	4	A	1		0.46	0.92	
Copper, Cu	mg	0.150	0.047	4	A	1		0.065	0.128	
Manganese, Mn		0.530	0.082	4	A	1		0.228	0.451	
Selenium, Se	mcg	10.7		2	A	1		4.6	9.1	
<u>'itamins:</u>	ma	0.6		2		-		0.3	0.5	
Vitamin C, total ascorbic acid		0.6 1.500	`	2	A A	1 1		0.3 0.645	0.5 1.275	
ThiaminRiboflavin	_	0.267		2	A	1		0.645	0.227	
Niacin		4.196		2	A	1		1.804	3.566	
Pantothenic acid	-	0.302		2	A	1		0.130	0.257	
Vitamin B-6		0.087		1	A	1		0.037	0.074	
Folate, total		109		2	A	1		47	92	
Folic acid		84		0	FLA	4		36	72	
Folate, food		24		0	NC	4		11	21	
Folate, DFE		168		0	NC	4		72	142	
Vitamin B-12		0.18		1	A	1		0.08	0.16	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	1.56		2	A	1		0.67	1.33	
Tocopherol, beta		0.09		2	A	1		0.04	0.08	
Tocopherol, gamma		0.96		2	A	1		0.41	0.82	
Tocopherol, delta		0.16		2	A	1		0.07	0.14	
Vitamin D Vitamin K (phylloquinone)										
ipids:	g									
Ipius: Fatty acids, total saturated	a	7.965	5	2	NC	4		3.425	6.770	
4:0		,.,,,	-	_		•		3.423	3.7.0	
6:0										
8:0	-									
10:0	-									
		0.140)	2	A	1		0.060	0.119	
12:0										
13:0										

	<u>A</u> 1	mount in 100 g	rams mber	of edib	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		Data	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	6.785	i	2	A	1		2.918	5.767	
17:0g	0.020		1	A	1		0.009	0.017	
18:09	0.725		2	A	1		0.312	0.616	
20:0g	0.080		2	A	1		0.034	0.068	
22:0g	0.010	1	1	A	1		0.004	0.009	
24:0g									
Fatty acids, total monounsaturatedg	6.784		2	NC	4		2.917	5.766	
14:1g									
15:1g	0.020	1	1	A	1		0.009	0.017	
16:1 undifferentiatedg									
17:1g	0.045	i	2	A	1		0.019	0.038	
18:1 undifferentiatedg	6.649		2	A	1		2.859	5.652	
20:1g	0.080		2	A	1		0.034	0.068	
22:1 undifferentiated									
24:1 cg	1 500		•	***				4 000	
Fatty acids, total polyunsaturatedg	1.528		2	NC	4		0.657	1.298	
18:2 undifferentiated	1.438		2 2	A A	1 1		0.618	1.222	
18:3 undifferentiatedg 18:4	0.065	1	2	А	_		0.028	0.055	
18:4g 20:2 n-6 c.c	0.025		2	A	1		0.011	0.021	
20:2 n-6 c,cg	0.025	1	2	A	_		0.011	0.021	
20:4 undifferentiated									
20:5 n-3									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total transg									
Cholesterolmg									
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.049	ı	1	A	1		0.021	0.042	
Threonineg	0.301		1	A	1		0.129	0.256	
Isoleucineg	0.368		1	A	1		0.158	0.313	
Leucineg	0.669	ı	1	A	1		0.288	0.569	
Lysineg	0.214		1	A	1		0.092	0.182	
Methionineg	0.108		1	A	1		0.046	0.092	
Cystineg	0.143	i e	1	A	1		0.062	0.122	
Phenylalanineg	0.457		1	A	1		0.197	0.388	
Tyrosineg	0.284		1	A	1		0.122	0.241	
Valineg	0.420		1	A	1		0.181	0.357	
Arginineg	0.370		1	A	1		0.159	0.315	
Histidineg	0.198		1	A	1		0.085	0.168	
Alanineg	0.300		1	A	1		0.129	0.255	
Aspartic acidg	0.404		1	A	1		0.174	0.343	
Glutamic acidg	4.069		1	A	1		1.750	3.459	
Glycine9	0.350		1	A	1		0.151	0.298	
Prolineg	1.297		1	A	1		0.558	1.102	
Serineg	0.493		1	A	1		0.212	0.419	
Hydroxyproline9									
Others:									
Alcohol, ethylg	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, betamcg	0		0	FLA	4		0.036	0.071	
Carotene, alphamcg	0		0	FLA	4		0.016	0.032	
Cryptoxanthin, beta mcg	0		0	FLA	4		0.023	0.046	
Lycopene mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin mcg	10		0	FLA	4		4.262	8.425	

NDB No. 06982

Soup, ramen noodle, beef flavor, dehydrated, dry

Common Measures:

Measure 1 = 43g: 1 serving Measure 2 = 85g: 1 package

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u>	mount in 100 gi	rams	of edil	ole portio	<u>n</u>		edible portion	
			Nur	mber	•			<u>m</u>	easures of food	<u>.</u>
			of l	Data	Deriv	Source	Confidence			
Nutrients and U	nits	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.26	0.071	4	A	1		1.83	3.62	
Energy	kcal	437		0	NC	4		188	371	
Energy	kj	1828		0	NC	4		786	1554	
Protein	g	10.66	0.409	4	A	1		4.58	9.06	
Total lipid (fat)	g	15.55	0.745	4	A	1		6.68	13.21	
Ash		5.96	0.097	4	A	1		2.56	5.07	
Carbohydrate, by difference	g	63.57		0	NC	4		27.33	54.03	
Fiber, total dietary	g	2.4		2	A	1		1.0	2.0	
Sugars, total	g	1.35		2	A	1		0.58	1.15	
Sucrose	g	0.63		2	A	1		0.27	0.53	
Glucose (dextrose)	g	0.00		2	A	1		0.00	0.00	
Fructose	g	0.00		2	A	1		0.00	0.00	
Lactose	g	0.25		2	A	1		0.11	0.21	
Maltose	g	0.48		2	A	1		0.20	0.40	
Galactose		0.00		2	A	1		0.00	0.00	
Starch		51.13		2	A	1		21.99	43.46	
Minerals:										
Calcium, Ca		27	4.658	4	A	1		12	23	
Iron, Fe		3.92	0.377	4	A	1		1.69	3.34	
Magnesium, Mg		22	0.400	4	A	1		10	19	
Phosphorus, P		118	3.444	4	A	1		51	100	
Potassium, K		173	7.050	4	A	1		74	147	
Sodium, Na		2071	23.243	4	A	1		890	1760	
Zinc, Zn		0.61	0.053	4	A	1		0.26	0.52	
Copper, Cu		0.198		4	A	1		0.085	0.168	
Manganese, Mn		0.475	0.051	4	A	1		0.204	0.404	
Selenium, Se	rricg	9.4		2	A	1		4.0	7.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2	A	1		0.0	0.0	
Thiamin	mg	0.558	3	2	A	1		0.240	0.475	
Riboflavin	mg	0.251	L	2	A	1		0.108	0.213	
Niacin	mg	3.975	5	2	A	1		1.709	3.378	
Pantothenic acid	mg	0.249	9	2	A	1		0.107	0.212	
Vitamin B-6	mg	0.088	3	1	A	1		0.038	0.074	
Folate, total		117		2	A	1		50	99	
Folic acid	mcg	85		0	FLA	4		37	72	
Folate, food		31		0	NC	4		13	27	
Folate, DFE	mcg_DFE	176		0	NC	4		76	150	
Vitamin B-12		0.31		1	A	1		0.13	0.26	
Vitamin A, IU	IU	1		0	NC	4		0	1	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		1.45		2	A	1		0.62	1.23	
Tocopherol, beta		0.20		2	A	1		0.09	0.17	
Tocopherol, gamma		1.17		2	A	1		0.50	0.99	
Tocopherol, delta		0.19		2	A	1		0.08	0.17	
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	7.095	5	2	NC	4		3.051	6.031	
4:0										
6:0	g									
8:0										
10:0	g									
12:0	g	0.110)	2	A	1		0.047	0.094	
13:0	g									
14:0	g	0.180)	2	A	1		0.077	0.153	
15:0	g									

	<u>Ar</u>	nount in 100 grams		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	6.060	2	A	1		2.606	5.151	
17:0g								
18:0g	0.675	2	A	1		0.290	0.574	
20:0g	0.070	2	A	1		0.030	0.060	
22:0g								
24:0g								
Fatty acids, total monounsaturated9	6.148	2	NC	4		2.643	5.225	
14:1g								
15:1g								
16:1 undifferentiatedg								
17:1g	0.040	2	A	1		0.017	0.034	
18:1 undifferentiatedg	6.033	2	A	1		2.594	5.128	
20:1g	0.075	2	A	1		0.032	0.064	
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturatedg	1.387	2	NC	4		0.596	1.179	
18:2 undifferentiatedg	1.312	2	A	1		0.564	1.115	
18:3 undifferentiatedg	0.055	2	A	1		0.024	0.047	
18:4g								
20:2 n-6 c,cg	0.020	2	A	1		0.009	0.017	
20:3 undifferentiatedg								
20:4 undifferentiatedg								
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterolmg								
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.031	1	A	1		0.013	0.026	
Threonineg	0.295	1	A	1		0.127	0.251	
Isoleucineg	0.346	1	A	1		0.149	0.294	
Leucineg	0.644	1	A	1		0.277	0.547	
Lysineg	0.210	1	A	1		0.090	0.179	
Methionineg	0.104	1	A	1		0.045	0.088	
Cystineg	0.139	1	A	1		0.060	0.118	
Phenylalanineg	0.448	1	A	1		0.193	0.381	
Tyrosineg	0.268	1	A	1		0.115	0.228	
Valineg	0.403	1	A	1		0.173	0.343	
Arginineg	0.350	1	A	1		0.151	0.298	
Histidineg	0.190	1	A	1		0.082	0.162	
Alanineg	0.330	1	A	1		0.142	0.281	
Aspartic acidg	0.405	1	A	1		0.174	0.344	
Glutamic acidg	4.971	1	A	1		2.138	4.225	
Glycineg	0.343	1	A	1		0.147	0.292	
Prolineg	1.239	1	A	1		0.533	1.053	
Serineg	0.477	1	A	1		0.205	0.405	
Hydroxyproline9								
Others:								
Alcohol, ethylg	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, betamcg	1	0	FLA	4		0.262	0.517	
Carotene, alphamcg	0	0	FLA	4		0.017	0.033	
Cryptoxanthin, betamcg	0	0	FLA	4		0.024	0.047	
Lycopene mcg	0	0	FLA	4		0.000	0.000	
, -r	12	0	FLA	4		4.996	9.875	

NDB No. 06983

Soup, ramen noodle, chicken flavor, dehydrated, dry

Common Measures:

Measure 1 = 43g: 1 serving Measure 2 = 85g: 1 package

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>Aı</u>	nount in 100 g	rams o	Amount in edible portion of common					
			Nu	mber				<u>m</u> e	easures of food	<u> </u>
					Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.78	0.159	10		1		206.10	249.66	
Energy	kcal	66		0	NC	4		162	197	
Energy		276				4		679	823	
Protein (N x 6.25)	g	4.05	0.091	10		1		9.96	12.07	
Total lipid (fat)	g	2.14	0.040	10		1		5.26	6.38	
Ash	g	2.30	0.021	10		1		5.66	6.85	
Carbohydrate, by difference	g	7.73		0	NC	4		19.02	23.04	
Fiber, total dietary	g	1.0		0		4		2.4	2.9	
Sugars, total	g									
Starch	g									
Minarals										
Minerals: Calcium, Ca	ma	12	0.517	10		1		30	36	
Iron, Fe	_	0.68	0.053	10		1		1.67	2.03	
Magnesium, Mg		3	0.000	1		1		7	9	
Phosphorus, P		45		1		1		111	134	
Potassium, K	-	130		1		1		320	387	
Sodium, Na		826	28.346	5		1		2032	2461	
Zinc, Zn	mg	1.30		1		1		3.20	3.87	
Copper, Cu	mg	0.200		1		1		0.492	0.596	
Manganese, Mn	mg	0.300		1		1		0.738	0.894	
Selenium, Se	mcg	2.2		0	BFSN	4		5.4	6.6	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.7	0.153	10		1		1.7	2.1	
Thiamin		0.015		10		1		0.037	0.045	
Riboflavin		0.037		10		1		0.091	0.110	
Niacin		0.950		10		1		2.337	2.831	
Pantothenic acid	-	0.280		0		4		0.689	0.834	
Vitamin B-6		0.060		1		1		0.148	0.179	
Folate, total	mcg	8		0		4		20	24	
Folic acid		0		0	z	7		0	0	
Folate, food	mcg	8		0		4		20	24	
Folate, DFE	mcg_DFE	8		0	NC	4		20	24	
Vitamin B-12	mcg	0.22		1		1		0.54	0.66	
Vitamin A, IU		1779	252.003	10		1		4376	5301	
Vitamin A, RAE		89		0	NC	4		219	265	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.06		0		4		0.15	0.18	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Vitamin K (phylloquinone)	Ilicg									
Lipids:										
Fatty acids, total saturated	g	0.910		0		1		2.239	2.712	
4:0	g									
6:0										
8:0										
10:0										
12:0										
13:0		0.050		1		1		0 100	0 140	
14:0	-	0.050		1		T		0.123	0.149	
15:0	-	0.410		1		1		1.009	1.222	
16:0 17:0	-	0.410		-		1		1.009	1.222	
18:0	-	0.390		1		1		0.959	1.162	
20:0	-	0.390		-		-		0.333	1.102	
22:0	-									
	g									

	<u>Ar</u>	nount in 100 grams Number		<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Source Code Code	Confidence Code	Measure 1	Measure 2	Measure 3
			_				
Fatty acids, total monounsaturated9	0.630	0	1		1.550	1.877	
14:1g							
15:1g 16:1 undifferentiated	0.030	1	1		0.074	0.089	
17:1g	0.030	-	-		0.074	0.003	
18:1 undifferentiatedg	0.580	1	1		1.427	1.728	
20:1g	0.000	-	_		1.42,	1.720	
22:1 undifferentiated							
24:1 c							
Fatty acids, total polyunsaturated9	0.450	0	1		1.107	1.341	
18:2 undifferentiatedg	0.370	1	1		0.910	1.103	
18:3 undifferentiated	0.070	1	1		0.172	0.209	
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg							
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total trans9							
Cholesterolmg	4	0	1		10	12	
Phytosterolsmg							
mino Acids:							
Tryptophang	0.035	0	1		0.086	0.104	
Threonineg	0.126	0	1		0.310	0.375	
Isoleucineg	0.152	0	1		0.374	0.453	
Leucineg	0.258	0	1		0.635	0.769	
Lysineg	0.248	0	1		0.610	0.739	
Methionineg	0.068	0	1		0.167	0.203	
Cystineg	0.028	0	1		0.069	0.083	
Phenylalanine	0.148	0	1		0.364	0.441	
Tyrosineg	0.105	0	1		0.258	0.313	
Valineg	0.178	0	1		0.438	0.530	
Arginineg	0.188	0	1		0.462	0.560	
Histidine	0.089	0	1		0.219	0.265	
Alanineg	0.230	0	1		0.566	0.685	
Aspartic acidg	0.339	0	1		0.834	1.010	
Glutamic acidg	1.015	0	1		2.497	3.025	
Glycineg	0.253	0	1		0.622	0.754	
Prolineg	0.231	0	1		0.568	0.688	
Serineg	0.139	0	1		0.342	0.414	
Hydroxyproline9							
thers:							
Alcohol, ethylg	0.0	0	7		0.0	0.0	
Caffeinemg	0.0	U	•		0.0	3.0	

Common Measures:

Measure 1 = 246g: 1 cup (8 fl oz) Measure 2 = 298g: 1 can (10.5 oz)

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

NDB No. 06455 Soup, scotch broth, canned, prepared with equal volume water, commercial

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			Numbe	er			<u>m</u>	easures of food	
			of Dat	a Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	91.76	0		1		221.14	537.71	
Energy	kcal	33	0	NC	4		80	193	
Energy		138			4		333	809	
Protein (N x 6.25)		2.06	0		1		4.96	12.07	
Total lipid (fat)		1.09	0		1		2.63	6.39	
Ash		1.17	0		1		2.82	6.86	
Carbohydrate, by difference		3.93	0	NC	4		9.47	23.03	
Fiber, total dietary		0.5	0		4		1.2	2.9	
Sugars, total		0.25	0	FLA	4		0.60	1.46	
Starch									
Minerals:		_			_				
Calcium, Ca	-	6	0		1		14	35	
Iron, Fe.		0.35	0		1		0.84	2.05	
Magnesium, Mg		2	0		1		5	12	
Phosphorus, P	-	23	0		1		55	135	
Potassium, K		66	0		1 1		159 1012	387	
Sodium, Na		420	0		1		1.59	2461 3.87	
Zinc, Zn		0.66 0.102			1		0.246	0.598	
Copper, Cu		0.102			1		0.246	0.891	
Manganese, Mn Selenium, Se		1.8	. 0	RA	4		4.3	10.5	
Selemum, Se	niog	1.0	· ·	NA.	-		4.5	10.5	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.4	0		1		1.0	2.3	
Thiamin	mg	0.008	0		1		0.019	0.047	
Riboflavin	mg	0.019	0		1		0.046	0.111	
Niacin	mg	0.483	0		1		1.164	2.830	
Pantothenic acid	mg	0.100	0		1		0.241	0.586	
Vitamin B-6	mg	0.030	0		1		0.072	0.176	
Folate, total	mcg	4	0		1		10	23	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	4	0		1		10	23	
Folate, DFE	mcg_DFE	4	0	NC	4		10	23	
Vitamin B-12	mcg	0.11	0		1		0.27	0.64	
Vitamin A, IU		904	0	FLA	4		2178	5297	
Vitamin A, RAE		45	0	FLA	4		109	265	
Retinol	mcg	0	0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.13	0	FLA	4		0.31	0.75	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	nicg	2.5	0	FLA	4		5.9	14.4	
Lipids:									
Fatty acids, total saturated	g	0.460	0		1		1.109	2.696	
4:0		0.000	0		1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0		0.000	0		1		0.000	0.000	
10:0		0.000			1		0.000	0.000	
12:0	-	0.000	0		1		0.000	0.000	
13:0	-								
14:0	-	0.020	0		1		0.048	0.117	
15:0	-								
16:0	-	0.210	0		1		0.506	1.231	
17:0									
18:0	-	0.200	0		1		0.482	1.172	
20:0	-								
22:0	-								
24:0									

	<u>Aı</u>	mount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
		ı	Number				me	easures of 1000	_	
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg 14:1g	0.320		0		1		0.771	1.875		
15:1	0.020		0		1		0.048	0.117		
18:1 undifferentiatedg	0.290		0		1		0.699	1.699		
20:1g	0.000		0		1		0.000	0.000		
22:1 undifferentiatedg 24:1 cg	0.000		0		1		0.000	0.000		
Fatty acids, total polyunsaturated	0.230		0		1		0.554	1.348		
18:2 undifferentiatedg	0.190		0		1		0.458	1.113		
18:3 undifferentiatedg	0.040		0		1		0.096	0.234		
18:4g	0.000		0		1		0.000	0.000		
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0		1		0.000	0.000		
20:5 n-3g	0.000		0		1		0.000	0.000		
22:5 n-3g	0.000		0		1		0.000	0.000		
22:6 n-3g	0.000		0		1		0.000	0.000		
Fatty acids, total transg										
Cholesterolmg	2		0		1		5	12		
Phytosterolsmg										
mino Acids:										
Tryptophang	0.018		0		1		0.043	0.105		
Threonine	0.064		0		1		0.154	0.375		
Isoleucine	0.077		0		1		0.186	0.451		
Leucineg	0.131		0		1		0.316	0.768		
Lysineg	0.126		0		1		0.304	0.738		
Methionine	0.035		0		1		0.084	0.205		
Cystineg	0.014		0		1		0.034	0.082		
Phenylalanineg	0.075		0		1		0.181	0.440		
Tyrosineg	0.053		0		1		0.128	0.311		
Valine	0.090		0		1		0.217	0.527		
Arginineg	0.096		0		1		0.231	0.563		
Histidine	0.045		0		1		0.108	0.264		
Alanine 9	0.117		0		1		0.282	0.686		
Aspartic acid	0.172		0		1		0.415	1.008		
Glutamic acid	0.516		0		1		1.244	3.024		
Glycine	0.129		0		1		0.311	0.756		
Proline	0.117		0		1		0.282	0.686		
Serine	0.071		0		1		0.171	0.416		
Hydroxyprolineg			_		_		***	****		
others:										
Alcohol, ethylg	0.0		0		7		0.0	0.0		
Caffeine mg	0.0		0	FLA	4		0.0	0.0		
Theobromine mg	0		0	FLA	4		0	0		
	· ·		v	- 114	-		· ·	J		
arotenoids:										
Carotene, betamcg	440		0	FLA	4		1060.957	2579.753		
Carotene, alphamcg	204		0	FLA	4		492.254	1196.932		
Cryptoxanthin, betamcg	0		0	FLA	4		0.073	0.178		
Lycopene mcg	0		0	FLA	4		1.196	2.908		
Lutein + zeaxanthin mcg	24		0	FLA	4		58.997	143.453		

Common Measures:

Measure 1 = 241g: 1 cup

Measure 2 = 586g: 1 can (10.5 oz), prepared

NDB No. 06455

Soup, scotch broth, canned, prepared with equal volume water, commercial

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u> :	mount in 10	00 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	<u>l</u>
						Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		90.13		2	A	1		194.68		
Energy		46		0	NC	4		99		
Energy		192				4		416		
Protein (N x 6.25)		3.20		2	A	1		6.91		
Total lipid (fat)		2.00		2	A	1		4.32		
Ash		0.87		2	A	1		1.88		
Carbohydrate, by difference		3.80		0	NC	4		8.21		
Fiber, total dietary		0.0		0	BFZN	4		0.0		
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	10		2	A	1		22		
Iron, Fe	_	0.94		2	A	1		2.03		
Magnesium, Mg	_	7		2	A	1		15		
Phosphorus, P		21		2	A	1		45		
Potassium, K	-	53		2	A	1		114		
Sodium, Na	mg	501		2	A	1		1082		
Zinc, Zn	mg	0.82		2	A	1		1.77		
Copper, Cu	mg	0.108	3	2	A	1		0.233		
Manganese, Mn	mg	0.024	ļ	2	A	1		0.052		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.1		2	A	1		0.2		
Thiamin	_	0.027	,	2	A	1		0.058		
Riboflavin	_	0.039		2	A	1		0.084		
Niacin		0.493	3	2	A	1		1.065		
Pantothenic acid		0.130)	2	A	1		0.281		
Vitamin B-6	mg	0.026	5	2	A	1		0.056		
Folate, total		9		2	A	1		19		
Folic acid		0		0	z	7		0		
Folate, food	mcg	9		2	A	1		19		
Folate, DFE		9		0	NC	4		19		
Vitamin B-12	mcg	0.19		2	A	1		0.41		
Vitamin A, IU		0		2	A	1		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.										
Vitamin K (phylloquinone)	nicg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.501		0	BFFN	4		1.082		
4:0		0.000)	0	BFFN	4		0.000		
6:0	g	0.000)	0	BFFN	4		0.000		
8:0	g	0.000)	0	BFFN	4		0.000		
10:0	g	0.000		0	BFFN	4		0.000		
12:0	-	0.000)	0	BFFN	4		0.000		
13:0	-									
14:0		0.037	,	0	BFFN	4		0.080		
15:0										
16:0		0.341	-	0	BFFN	4		0.737		
17:0										
18:0		0.086	5	0	BFFN	4		0.186		
20:0										
22:0	а									

	<u>Ar</u>	mount in 100 g	grams	of edib	le portio	<u>on</u>	Amount in	edible portion o	f common
		Nι	umber				me	easures of food	
Nutrients and Units	Mean	of Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.583		0	BFFN	4		1.259		
14:1g									
15:1g									
16:1 undifferentiatedg	0.180		0	BFFN	4		0.389		
17:1g									
18:1 undifferentiatedg	0.365		0	BFFN	4		0.788		
20:1g	0.015		0	BFFN	4		0.032		
22:1 undifferentiatedg	0.000		0	BFFN	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.341		0	BFFN	4		0.737		
18:2 undifferentiatedg	0.022		0	BFFN	4		0.048		
18:3 undifferentiatedg	0.015		0	BFFN	4		0.032		
18:4g	0.007		0	BFFN	4		0.015		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.027		0	BFFN	4		0.058		
20:5 n-3g	0.086		0	BFFN	4		0.186		
22:5 n-3g	0.042		0	BFFN	4		0.091		
22:6 n-3g	0.121		0	BFFN	4		0.261		
Fatty acids, total trans9									
Cholesterolmg	2		0	BFZN	4		4		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg									
Theobromine mg									

Common Measures:

Measure 1 = 216g: 1 cup

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
				Number of Data		Source	Confidence	<u>m</u>	easures of food	,
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.10		1	A	1		453.30	201.84	
Energy	kcal	77		0	NC	4		415	185	
Energy	kj	322				4		1736	773	
Protein	g	4.20		1	A	1		22.64	10.08	
Total lipid (fat)	g	3.70		1	A	1		19.94	8.88	
Ash	g	1.20		1	A	1		6.47	2.88	
Carbohydrate, by difference	g	6.80		0	NC	4		36.65	16.32	
Fiber, total dietary	g	2.3		1	A	1		12.4	5.5	
Sugars, total	g									
Starch										
Minerals:										
Calcium, Ca										
Iron, Fe	mg	0.87		1	A	1		4.69	2.09	
Magnesium, Mg	mg									
Phosphorus, P										
Potassium, K	_									
Sodium, Na		361		1	A	1		1946	866	
Zinc, Zn										
Copper, Cu	_									
Manganese, Mn										
Selenium, Se	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated		1.330		1	A	1		7.169	3.192	
Fatty acids, total monounsaturated.		1.320		1	A	1		7.115	3.168	
Fatty acids, total polyunsaturated		0.523	3	1	A	1		2.819	1.255	
Fatty acids, total trans	-			_	_	_				
Cholesterol	_	11		1	A	1		59	26	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mcg	750		1	A	1		4042.500	1800.000	
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Lycopene										
Lutein + zeaxanthin	mcg									

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

Common Measures:

Measure 1 = 539g: 1 package yields

Measure 2 = 240g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u> 1	mount in 10	00 grams	of edit	ole portio	<u>on</u>	Amount in edible portion of common		
				Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.40		1	A	1		213.20	88.29	
Energy	kcal	140		0	NC	4		456	189	
Energy	kj	586				4		1910	791	
Protein	g	8.60		1	A	1		28.04	11.61	
Total lipid (fat)	g	2.30		1	A	1		7.50	3.11	
Ash	g	2.50		1	A	1		8.15	3.38	
Carbohydrate, by difference	g	21.20		0	NC	4		69.11	28.62	
Fiber, total dietary		3.0		1	A	1		9.8	4.1	
Sugars, total	g									
Starch										
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	1.59		1	A	1		5.18	2.15	
Magnesium, Mg	mg									
Phosphorus, P										
Potassium, K	-									
Sodium, Na		729		1	A	1		2377	984	
Zinc, Zn										
Copper, Cu	_									
Manganese, Mn										
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated		0.676		1	A	1		2.204	0.913	
Fatty acids, total monounsaturated.		0.892		1	A	1		2.908	1.204	
Fatty acids, total polyunsaturated		0.439)	1	A	1		1.431	0.593	
Fatty acids, total trans	-									
Cholesterol	-	3		1	A	1		10	4	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mcg	90		1	A	1		293.400	121.500	
Carotene, alpha										
Cryptoxanthin, beta	mcg									
Lycopene										
Lutein + zeaxanthin	mcg									

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

Common Measures:

Measure 1 = 326g: 1 package yields

Measure 2 = 135g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

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

NDB No. 06730 Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand

	<u>A</u>	mount in 100	grams)	of edit	ole portic	<u>on</u>	Amount in edible portion of common			
		1	Number				<u>m</u>	easures of food		
		-	of Data	Deriv	Source	Confidence				
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Waterg	81.00		1	A	1		436.59	196.83		
Energy kcal	76		0	NC	4		410	185		
Energykj	318				4		1714	773		
Protein 9	5.20		1	A	1		28.03	12.64		
Total lipid (fat)g	1.10		1	A	1		5.93	2.67		
Ash9	1.40		1	A	1		7.55	3.40		
Carbohydrate, by difference	11.30		0	NC	4		60.91	27.46		
	11.50		Ū	МС	-		00.31	27.40		
Fiber, total dietary9										
Sugars, total										
Starchg										
Minerals:										
Calcium, Camg										
Iron, Femg	0.92		1	A	1		4.96	2.24		
Magnesium, Mgmg										
Phosphorus, Pmg										
Potassium, Kmg										
Sodium, Namg	343		1	A	1		1849	833		
Zinc, Znmg										
Copper, Cumg										
Manganese, Mnmg										
Selenium, Semcg										
X7*4										
Vitamins:	4.0			_			20.6	10.0		
Vitamin C, total ascorbic acidmg	4.2		1	A	1		22.6	10.2		
Thiamin mg										
Riboflavinmg										
Niacinmg										
Pantothenic acidmg										
Vitamin B-6mg										
Folate, total mcg										
Folate, DFE mcg_DFE Vitamin B-12 mcg										
Vitamin B-12IU	2625		1	AS	1		14149	6379		
Vitamin A, RAEmcg_RAE	131		0	NC	4		707	319		
Vitamin E (alpha-tocopherol)mg	131		U	NC	-		707	319		
Tocopherol, betamg										
Tocopherol, gammamg										
Tocopherol, deltamg										
Vitamin DIU										
Vitamin K (phylloquinone)mcg										
<u>Lipids:</u>										
Fatty acids, total saturated9	0.300		1	A	1		1.617	0.729		
Fatty acids, total monounsaturated9	0.404		1	A	1		2.178	0.982		
Fatty acids, total polyunsaturated	0.198	3	1	A	1		1.067	0.481		
Fatty acids, total transg										
Cholesterolmg	6		1	A	1		32	15		
Phytosterolsmg										
Carotenoids:										
Carotene, betamcg	1200		1	A	1		6468.000	2916.000		
Carotene, alphamcg	750		1	A	1		4042.500	1822.500		
Cryptoxanthin, betamcg										
Lycopene mcg										
Lutein + zeaxanthinmcg										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 06730

Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand

Common Measures:

Measure 1 = 539g: 1 package yields

Measure 2 = 243g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u> :	mount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		95.89				1		230.14		
Energy	kcal	13			NC	4		31		
Energy	kj	54				4		131		
Protein	g	1.97				1		4.73		
Total lipid (fat)	g	0.09				1		0.22		
Ash	g	0.70		0	FLA	4		1.69		
Carbohydrate, by difference	g	1.20			NC	4		2.88		
Fiber, total dietary	g	0.0				7		0.0		
Sugars, total	g	0.54		0	FLA	4		1.29		
Starch										
	······································									
Minerals:										
Calcium, Ca	-	8				1		19		
Iron, Fe	-	0.27				1		0.65		
Magnesium, Mg		7				1		17		
Phosphorus, P	-	31				1		74		
Potassium, K		185				1		444		
Sodium, Na	_	198				1		475		
Zinc, Zn		0.17				1		0.41		
Copper, Cu	-	0.050)			1		0.120		
Manganese, Mn										
Selenium, Se	mcg	1.2		0	BFSN	4		2.9		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0				1		0.0		
Thiamin	-	0.033	3			1		0.079		
Riboflavin	_	0.091				1		0.218		
Niacin		0.872				1		2.093		
Pantothenic acid	-									
Vitamin B-6	_	0.055	5			1		0.132		
Folate, total		2		0	FLA	4		5		
Folic acid		0		0	FLA	4		0		
Folate, food		2		0	FLA	4		5		
Folate, DFE		2		0	NC	4		5		
Vitamin B-12		0.00				1		0.00		
Vitamin A, IU		0		0	FLA	4		1		
Vitamin A, RAE		0		0	FLA	4		0		
Retinol		0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)		0.01		0	FLA	4		0.03		
Tocopherol, beta				-		_				
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.1		0	FLA	4		0.4		
<u> Lipids:</u>										
Fatty acids, total saturated	g	0.035				1		0.084		
4:0		0.000				4		0.000		
6:0		0.000				4		0.000		
8:0	-	0.000				4		0.000		
10:0	-	0.000				4		0.000		
12:0		0.000)			4		0.000		
13:0										
14:0		0.001	-			1		0.002		
15:0										
16:0	g	0.020)			1		0.048		
17:0	g									
18:0	g	0.013	3			1		0.031		
20:0	g									
22:0	g									
24:0	g									

	<u>Am</u>	ount in 10	00 grams	Amount in edible portion of common					
			Number				<u>m</u>	easures of food	
Nutrients and Units	Mean S	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.043				1		0.103		
14:1g	0.045				-		0.103		
15:1 9									
16:1 undifferentiated	0.003				1		0.007		
17:1g									
18:1 undifferentiatedg	0.039				1		0.094		
20:1g	0.001				1		0.002		
22:1 undifferentiatedg	0.000				4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated9	0.005				1		0.012		
18:2 undifferentiatedg	0.004				1		0.010		
18:3 undifferentiated	0.000				1		0.000		
18:4g	0.000				4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4		0.000		
20:5 n-3g	0.000				4		0.000		
22:5 n-3g	0.000				4		0.000		
22:6 n-3g	0.000				4		0.000		
Fatty acids, total transg									
Cholesterolmg	0				1		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobrominemg	0		0	FLA	4		0		
Carotenoids:									
Carotene, betamcg	0		0	FLA	4		0.403		
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	1		0	FLA	4		1.218		

Common Measures:

Measure 1 = 240g: 1 cup

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			N	Number	•			measures of food			
				of Data		Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Nutricito una om		Moun	Otal Ellor					mousure i	measure 2	Micasarc	
Proximates:											
Water	g	92.15				1		221.16			
Energy	kcal	36			NC	4		86			
Energy	kj	151				4		361			
Protein	g	2.52				1		6.05			
Total lipid (fat)	g	1.20				1		2.88			
Ash	g	0.63		0	FLA	4		1.52			
Carbohydrate, by difference	g	3.53			NC	4		8.47			
Fiber, total dietary		0.0				7		0.0			
Sugars, total		1.58		0	FLA	4		3.79			
Starch	g										
Minerals:											
Calcium, Ca	mg	3				1		7			
Iron, Fe	_	0.21				1		0.50			
Magnesium, Mg	mg	4				1		10			
Phosphorus, P	mg	27				1		65			
Potassium, K		105				1		252			
Sodium, Na	-	143				1		343			
Zinc, Zn		0.14				1		0.34			
Copper, Cu		0.054	ı			1		0.130			
Manganese, Mn		2.2		0	DECM	4		5.3			
Selenium, Se	Ilicg	2.2		U	BFSN	4		5.3			
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid		0.2				1		0.5			
Thiamin		0.035				1		0.084			
Riboflavin		0.085				1		0.204			
Niacin		1.584	l			1		3.802			
Pantothenic acid		0.061						0 146			
Vitamin B-6		0.061 5	<u>.</u>	0	FLA	1 4		0.146 13			
Folic acid		0		0	FLA	4		0			
Folate, food		5		0	FLA	4		13			
Folate, DFE		5		Ö	NC	4		13			
Vitamin B-12	mcq	0.00				1		0.00			
Vitamin A, IU		3		0	FLA	4		7			
Vitamin A, RAE		1		0	FLA	4		2			
Retinol		1		0	FLA	4		1			
Vitamin E (alpha-tocopherol)	mg	0.03		0	FLA	4		0.07			
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		0.0		0				0.4			
Vitamin K (phylloquinone)	g	0.2		0	FLA	4		0.4			
<u> Lipids:</u>											
Fatty acids, total saturated	g	0.321				1		0.770			
4:0		0.000				4		0.000			
6:0		0.000				4		0.000			
8:0	-	0.000				4		0.000			
10:0	-	0.000				4		0.000			
12:0	-	0.000	,			4		0.000			
13:0	-	0.000	1			1		0.019			
14:0 15:0	-	0.008	,			1		0.019			
16:0	-	0.252	2			1		0.605			
17:0		0.202				-		2.005			
18:0		0.056	5			1		0.134			
20:0											
22:0	-										
24:0	-										

	<u>Ar</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error	Number of Data	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Nutrients and Onits	Mean	Siu. Error	1 Omits	ooue	Oode	- Code	weasure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.582				1		1.397		
14:1g									
15:1g									
16:1 undifferentiatedg	0.089				1		0.214		
17:1g									
18:1 undifferentiatedg	0.484				1		1.162		
20:1g	0.004				1		0.010		
22:1 undifferentiatedg	0.000				4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.213				1		0.511		
18:2 undifferentiatedg	0.204				1		0.490		
18:3 undifferentiatedg	0.009				1		0.022		
18:4g	0.000				4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4		0.000		
20:5 n-3g	0.000				4		0.000		
22:5 n-3g	0.000				4		0.000		
22:6 n-3g	0.000				4		0.000		
Fatty acids, total trans									
Cholesterol mg	3				1		7		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0		
Caffeinemg	0		0	FLA	4		0		
Theobrominemg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta mcg	0		0	FLA	4		1.187		
Carotene, alphamcg	0		0	FLA	4		0.000		
Cryptoxanthin, betamcg	0		0	FLA	4		0.000		
Lycopene mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin mcg	1		0	FLA	4		3.582		

Common Measures:

Measure 1 = 240g: 1 cup

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> :	mount in 10	0 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food	<u>l</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	96.96		2	A	1		225.92			
Energy	kcal	17		0	NC	4		40			
Energy	kj	71				4		166			
Protein (N x 6.25)	g	2.26		2	A	1		5.27			
Total lipid (fat)	g	0.81		2	A	1		1.89			
Ash	g	0.74		2	A	1		1.72			
Carbohydrate, by difference	g	0.00		0	NC	4		0.00			
Fiber, total dietary	g	0.0		0	Z	7		0.0			
Sugars, total	g	0.00		0	FLA	4		0.00			
Starch											
<u>Minerals:</u>		_		_	_	_		_			
Calcium, Ca	-	3		2	A	1		7			
Iron, Fe		0.01		2	A	1		0.02			
Magnesium, Mg		7		2	A	1		16			
Phosphorus, P	-	56		2	A	1		130			
Potassium, K	-	144		2	A	1		336			
Sodium, Na	-	156		2	A	1		363			
Zinc, Zn		0.06	•	2	A A	1 1		0.14			
Copper, Cu		0.058		2				0.135			
Manganese, Mn			1	2 0	A	1 4		0.121 2.3			
Selenium, Se	Ilicy	1.0		U	RA	4		2.3			
/itamins:											
Vitamin C, total ascorbic acid	mg	0.1		2	A	1		0.2			
Thiamin	mg	0.033	3	2	A	1		0.077			
Riboflavin	mg	0.076	5	2	A	1		0.177			
Niacin	mg	1.186	5	2	A	1		2.763			
Pantothenic acid	mg	0.329)	2	A	1		0.767			
Vitamin B-6	mg	0.037	,	2	A	1		0.086			
Folate, total	mcg	2		0	FLA	4		5			
Folic acid	mcg	0		0	FLA	4		0			
Folate, food		2		0	FLA	4		5			
Folate, DFE	mcg_DFE	2		0	NC	4		5			
Vitamin B-12	mcg	0.69		2	A	1		1.61			
Vitamin A, IU	IU	6		0	FLA	4		15			
Vitamin A, RAE	mcg_RAE	2		0	FLA	4		4			
Retinol	mcg	2		0	FLA	4		4			
Vitamin E (alpha-tocopherol)	mg	0.17		0	FLA	4		0.39			
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.0		0	FLA	4		0.0			
ipids:											
Fatty acids, total saturated	а	0.203	3	2	A	1		0.473			
4:0		0.000		2	A	1		0.000			
6:0		0.000		2	A	1		0.000			
8:0		0.000		2	A	1		0.000			
10:0	-	0.000		2	A	1		0.000			
12:0	-	0.000		2	A	1		0.000			
13:0				_		-					
14:0	-	0.015	5	2	A	1		0.035			
15:0				_	-						
16:0		0.138	3	2	A	1		0.322			
17:0		34		_	-						
18:0	-	0.035	i	2	A	1		0.082			
20:0	-			_		=					
22:0	-										
24:0	-										

	<u>Ar</u>	nount in 10	0 grams	Amount in edible portion of common					
			Number of Data	Deriv		Confidence	_	easures of food	•
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.236		2	A	1		0.550		
14:1g	0.200		_		_		0.550		
15:1									
16:1 undifferentiated	0.073		2	A	1		0.170		
17:1g									
18:1 undifferentiatedg	0.148		2	A	1		0.345		
20:1g	0.006		2	A	1		0.014		
22:1 undifferentiatedg	0.000		2	A	1		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.138		2	A	1		0.322		
18:2 undifferentiatedg	0.009		2	A	1		0.021		
18:3 undifferentiatedg	0.006		2	A	1		0.014		
18:4g	0.003		2	A	1		0.007		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.011		2	A	1		0.026		
20:5 n-3g	0.035		2	A	1		0.082		
22:5 n-3g	0.017		2	A	1		0.040		
22:6 n-3g	0.049		2	A	1		0.114		
Fatty acids, total trans9									
Cholesterolmg	1		2	A	1		2		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	0		0	FLA	4		0		
Theobromine mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, betamcg	0		0	FLA	4		0.000		
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		

Common Measures:

Measure 1 = 233g: 1 cup

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 100 gra		edible p	ortion		Amount in edible portion of common			
			Nun	nber				<u>m</u>	easures of food	<u>.</u>	
			of D	ata De	riv So	urce C	onfidence				
Nutrients and Unit	s	Mean	Std. Error Poi	nts Co	de C	ode	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	81.89	0.161	8		1		210.46	255.50		
Energy	kcal	78		0	NC	4		200	243		
Energy	kj	326				4		839	1018		
Protein (N x 6.25)	g	3.79	0.137	8		1		9.74	11.82		
Total lipid (fat)	g	3.04	0.145	8		1		7.81	9.48		
Ash	g	2.34	0.026	8		1		6.01	7.30		
Carbohydrate, by difference	g	8.95		0	NC	4		23.00	27.92		
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma	17	0.811	8		1		44	53		
Iron, Fe	-	0.68	0.011	8		1		1.75	2.12		
Magnesium, Mg	-	3		1		1		8	9		
Phosphorus, P		42		1		1		108	131		
Potassium, K	•	185		1		1		475	577		
Sodium, Na	_	816		1		1		2097	2546		
Zinc, Zn	-	0.90		1		1		2.31	2.81		
Copper, Cu	mg	0.100)	1		1		0.257	0.312		
Manganese, Mn	mg	0.200	1	1		1		0.514	0.624		
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	1.6	0.183	8		1		4.1	5.0		
Thiamin	-	0.034		8		1		0.087	0.106		
Riboflavin		0.040		8		1		0.103	0.125		
Niacin		0.950		8		1		2.442	2.964		
Pantothenic acid		0.280		0		4		0.720	0.874		
Vitamin B-6		0.070		1		1		0.180	0.218		
Folate, total	-	8		0		4		21	25		
Folic acid		0		0	z	7		0	0		
Folate, food		8		0		4		21	25		
Folate, DFE		8		0 1	NC	4		21	25		
Vitamin B-12		0.00		1		1		0.00	0.00		
Vitamin A, IU		3100	179.902	8		1		7967	9672		
Vitamin A, RAE		155		0 1	NC	4		398	484		
Retinol	mcg	0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	0.670	1	0		1		1.722	2.090		
4:0											
6:0											
8:0	g										
10:0	g										
12:0		0.000	1	1		1		0.000	0.000		
13:0	g										
14:0	g	0.020	1	1		1		0.051	0.062		
15:0	g										
16:0	g	0.460	1	1		1		1.182	1.435		
17:0	_										
18:0	_	0.160	1	1		1		0.411	0.499		
• • •	a										
20:0	9										

		<u>Aı</u>	nount in 10		ole portio	<u>n</u>	Amount in edible portion of common			
				Number	_		m	easures of food		
Nutrients and Ur	nits	Mean	Std. Error	of Data Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	lg	0.790		0	1		2.030	2.465		
14:1										
15:1	-									
16:1 undifferentiated	-	0.030		1	1		0.077	0.094		
17:1										
18:1 undifferentiated		0.750		1	1		1.928	2.340		
20:1	g									
22:1 undifferentiated										
24:1 c	-									
Fatty acids, total polyunsaturated		1.370		0	1		3.521	4.274		
18:2 undifferentiated	-	1.250		1	1		3.213	3.900		
18:3 undifferentiated	g	0.100		1	1		0.257	0.312		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3										
22:5 n-3	g									
22:6 n-3										
Fatty acids, total trans	-									
Cholesterol	-	3		0	1		8	9		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.033		0	1		0.085	0.103		
Threonine		0.118		0	1		0.303	0.368		
Isoleucine		0.143		0	1		0.368	0.446		
Leucine	-	0.242		0	1		0.622	0.755		
Lysine	-	0.233		0	1		0.599	0.727		
Methionine		0.064		0	1		0.164	0.200		
Cystine	_	0.026		0	1		0.067	0.081		
Phenylalanine		0.139		0	1		0.357	0.434		
Tyrosine		0.099		0	1		0.254	0.309		
Valine	-	0.167		0	1		0.429	0.521		
Arginine	-	0.107		0	1		0.455	0.552		
Histidine		0.084		0	1		0.216	0.332		
Alanine		0.004		0	1		0.555	0.282		
Aspartic acid	-	0.319		0	1		0.820	0.995		
Glutamic acid	-	0.954		0	1		2.452	2.976		
Glycine		0.238		0	1		0.612	0.743		
Proline	-	0.238		0	1		0.558	0.743		
Serine		0.130		0	1		0.334	0.406		
Hydroxyproline	-	0.130		U	1		0.334	0.400		
11yuroxypronne	9									

Common Measures:

Measure 1 = 257g: 1 cup (8 fl oz)

Measure 2 = 312g: 1 can (11 oz), undiluted

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

NDB No. 06460 Soup, stockpot, canned, prepared with equal volume water, commercial

Nutrients and Units			<u>A</u>	mount in 100 gra	ns of edi	ble portic	<u>on</u>	Amount in	edible portion	of common
Nutrients and Units				Numl	er			<u>m</u>	easures of food	<u></u>
Proximates:				of Da	ta Deriv	Source	Confidence			
Water	Nutrients and Uni	its	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3
Energy	Proximates:									
Faregry		_	90.58						543.48	
Protein (N N o 25)	Energy	kcal		() NC	4				
Total Input (fan	Energy	kj	167			4		413	1004	
Ash. 9 1.22 0 1 3.01 7.32 Cheblydrage, by difference 9 4.65 0 NC 4 11.49 27.90 Fiber, total detary. 9 Sugars, total 9 Signars, tota										
Carbolydrae, by difference						_				
Fiber, Intol dictary										
Sugars, total			4.65	() NC	4		11.49	27.90	
Minerals:										
Minerals:	υ,	_								
Calcium, Ca.	Starch	g								
Lalcium, Ca.	Minerals:									
Iron, Fc.		mg	9	()	1		22	54	
Phosphoras P.	Iron, Fe	mg	0.35	()	1		0.86	2.10	
Potassum, K.				()	_				
Sodium Na.	Phosphorus, P	mg		()					
Zinc, Zn. mg 0.47 0 1 1.16 2.81 Copper, Cu. mg 0.0522 0 1 0.128 0.312 Manganese, Mn. mg 0.104 0 1 0.257 0.624 Vitamin C, total ascorbic acid. mg 0.88 0 1 2.0 4.8 Thiamin. mg 0.018 0 1 0.044 0.108 Riboflavin. mg 0.021 0 1 0.044 0.108 Niacin. mg 0.494 0 1 0.052 0.126 Niacin. mg 0.494 0 1 0.092 0.264 Pantothenic acid. mg 0.036 0 1 0.089 0.216 Folate, folat. mg 0.036 0 1 0.089 0.216 Folate, fold. mg 0 0 z 7 0 0 Folate, fold. mg 0	,	-				_				
Copper Cu mg 0.052 0 1 0.128 0.312 Manganese, Mn mg 0.104 0 1 0.257 0.624 Vitamins: Vitamins: Vitamins: Vitamins: Vitamins: Vitamins: Vitamins: Ribofavia. mg 0.018 0 1 0.044 0.108 Ribofavia. mg 0.021 0 1 0.052 0.126 Nikicii. mg 0.0494 0 1 1.220 2.964 Pantothenia cici. mg 0.036 0 1 0.346 0.840 Vitamin B-6 mg 0.036 0 1 0.089 0.216 Folate, total mg9 4 0 4 10 24 Folate, total mg 0 0 2 7 0 0 Vitamin A, U.	· ·									
Manganese, Mn.	-									
Selenium, Se. mog Selenium, Se. mog Selenium, Se. Selenium, Se. Selenium, Se. Selenium, Se. Selenium, Se. Selenium, Se. Selenium, Se. Selenium, Se. Selenium, Sele	• •									
Vitamins: Vitamin C, total ascorbic acid. mg 0.8 0 1 2.0 4.8 Thiamin. mg 0.018 0 1 0.044 0.108 Riboflavin. mg 0.021 0 1 0.052 0.126 Niacin. mg 0.494 0 1 0.052 0.126 Nicin. mg 0.494 0 1 0.052 0.126 Pantothenic acid. mg 0.140 0 4 0.346 0.840 Vitamin B-6 mg 0.036 0 1 0.089 0.216 Folate, total mcg 4 0 4 10 24 Folate, food mcg 4 0 X 1 10 0 Folate, food mcg 4 0 NC 4 10 24 Folate, food mcg 5 0 NC 4 19 483 Teller, Forest mcg			0.104	1 ()	1		0.257	0.624	
Vitamin C, total ascorbic acid	Selenium, Se	Tileg								
Thiamin	Vitamins:									
Riboflavin	Vitamin C, total ascorbic acid	mg	0.8	()	1		2.0	4.8	
Niacin			0.018	3 ()			0.044	0.108	
Pantobenic acid.	Riboflavin	mg	0.021	L ()	1		0.052	0.126	
Vitamin B-6. mg 0.036 0 1 0.089 0.216 Folate, total. meg 4 0 4 10 24 Folate, total. meg 0 0 2 7 0 0 Folate, food. meg 4 0 X 4 10 24 Folate, DFE. mcg_PE 4 0 NC 4 10 24 Vitamin B-12. mcg 0.00 0 1 0.00 0.00 0.00 Vitamin A, RAE mcg RAE 81 0 NC 4 199 483 Retinol. mcg 0 2 7 0 0 0 Vitamin E (alpha-tocopherol). mg 1 0 1 0 1 0 0 0 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0						_				
Folate, total						-				
Folic acid mcg 0 0 0 z 7 0 0 2 7 0 0 0 7 1 0 24 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		-								
Folate, food	*									
Folate, DFE										
Vitamin B-12. mcg 0.00 0 1 0.00 0,00 Vitamin A, IU. IU 1611 0 1 3979 9666 Vitamin A, RAE. mcg_RAE 81 0 Nc 4 199 483 Retinol. mcg 0 0 z 7 0 0 Vitamin E (alpha-tocopherol). mg 7 0 0 0 1 0	Folate, food	mcg								
Vitamin A, IU IU 1611 0 1 3979 9666 Vitamin A, RAE. mcg 0 0 NC 4 199 483 Retinol mcg 0 0 z 7 0 0 Vitamin E (alpha-tocopherol) mg 7 0 0 0 Tocopherol, beta mg 7 0			=							
Vitamin A, RAE						_				
Retinol. mcg 0 2 7 0 0 Vitamin E (alpha-tocopherol). mg 7 0 </td <td></td>										
Vitamin E (alpha-tocopherol) mg Tocopherol, beta. mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg Lipids: Tetty acids, total saturated g 0.350 0 1 0.865 2.100 4:0 g 6:0 g 8.0 9 10:0 9 10:0 9 10:0 0 1 0.000 0.000 0 0.000 0 0.000 0.000 0 0.00										
Tocopherol, beta			· ·	·	_	•		·	ŭ	
Tocopherol, gamma										
Tocopherol, delta	-									
Vitamin K (phylloquinone) Lipids: Fatty acids, total saturated 9 0.350 0 1 0.865 2.100 4:0 9 6:0 9 8:0 9 10:0 9 12:0 9 0.000 0 1 0.000 0.000 13:0 9 14:0 9 0.010 0 1 0.025 0.060 15:0 9 16:0 9 0.240 0 1 0.593 1.440 17:0 9 18:0 9 0.080 0 1 0.198 0.480 20:0 9										
Lipids: Fatty acids, total saturated g 0.350 0 1 0.865 2.100 4:0										
Fatty acids, total saturated	Vitamin K (phylloquinone)	mcg								
Fatty acids, total saturated	Linids									
4:0		а	0.350) ()	1		0.865	2.100	
6:0						_				
10:0										
12:0 g 0.000 0 1 0.000 0.000 13:0 g 14:0 g 0.010 0 1 0.025 0.060 15:0 g 16:0 g 0.240 0 1 0.593 1.440 17:0 g 18:0 g 0.080 0 1 0.198 0.480 20:0 g		-								
13:0 9 14:0 9 0.010 0 1 0.025 0.060 15:0 9 16:0 9 0.240 0 1 0.593 1.440 17:0 9 18:0 9 0.080 0 1 0.198 0.480 20:0 9	10:0	g								
14:0 g 0.010 0 1 0.025 0.060 15:0 g 16:0 g 0.240 0 1 0.593 1.440 17:0 g 18:0 g 0.080 0 1 0.198 0.480 20:0 g	12:0	g	0.000) ()	1		0.000	0.000	
15:0. 9 16:0. 9 0.240 0 1 0.593 1.440 17:0. 9 18:0. 9 0.080 0 1 0.198 0.480 20:0. 9										
16:0	14:0	g	0.010) ()	1		0.025	0.060	
17:0										
18:0g 0.080 0 1 0.198 0.480 $20:0$ g			0.240) ()	1		0.593	1.440	
20:0g		_				_		_		
		_	0.080) ()	1		0.198	0.480	
22:0		-								
24:09		-								

	<u>Ar</u>	nount in 100		of edib	le portio	o <u>n</u>	Amount in edible portion of common measures of food			
				lumber		_		<u></u>	sasares or roou	
Nutrients and Units	i	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.410		0		1		1.013	2.460	
14:1	-									
15:1		0.010		0		1		0.005	0.060	
16:1 undifferentiated	-	0.010		U		1		0.025	0.060	
17:1		0.390		0		1		0.060	0.240	
18:1 undifferentiated		0.390		U		1		0.963	2.340	
20:1										
22:1 undifferentiated	-									
24:1 c		0.710		0		1		1 75.	4 000	
Fatty acids, total polyunsaturated		0.710		0		1		1.754	4.260	
18:2 undifferentiated	•	0.650		0		1		1.606	3.900	
18:3 undifferentiated	-	0.050		0		1		0.124	0.300	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	-									
20:5 n-3										
22:5 n-3	-									
22:6 n-3	-									
Fatty acids, total trans		2		•		1		5	12	
Cholesterol	_	2		0		1		5	12	
Phytosterols	III									
Amino Acids:										
Tryptophan	g	0.017		0		1		0.042	0.102	
Threonine		0.061		0		1		0.151	0.366	
Isoleucine		0.074		0		1		0.183	0.444	
Leucine	-	0.126		0		1		0.311	0.756	
Lysine	-	0.121		0		1		0.299	0.726	
Methionine	-	0.033		0		1		0.082	0.198	
Cystine		0.014		0		1		0.035	0.084	
Phenylalanine		0.072		0		1		0.178	0.432	
Tyrosine		0.051		0		1		0.126	0.306	
Valine		0.087		0		1		0.215	0.522	
Arginine		0.092		0		1		0.227	0.552	
Histidine		0.044		0		1		0.109	0.264	
Alanine	-	0.112		0		1		0.277	0.672	
Aspartic acid	-	0.112		0		1		0.410	0.996	
Glutamic acid		0.496		0		1		1.225	2.976	
Glycine	-	0.124		0		1		0.306	0.744	
Proline		0.124		0		1		0.279	0.678	
Serine	-	0.113		0		1		0.168	0.408	
Hydroxyproline	-	0.068		J		1		0.100	0.400	
11yuroxypronne	9									

Common Measures:

Measure 1 = 247g: 1 cup (8 fl oz)

Measure 2 = 600g: 1 can (11 oz), prepared

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food		
			of	Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	74.08	0.370	10		1		185.94	225.94		
Energy	_	112	0.570	0	NC	4		281	342		
Energy		469		U	NC	4		1176	1429		
63	=		0.050	10		=					
Protein (N x 6.25)		3.55	0.058	10		1		8.91	10.83		
Total lipid (fat)		3.42	0.154	10		1		8.58	10.43		
Ash		2.08	0.013	10		1		5.22	6.34		
Carbohydrate, by difference		16.87		0	NC	4		42.34	51.45		
Fiber, total dietary		1.2		0		4		2.9	3.5		
Sugars, total											
Starch	g										
Minerals:											
Calcium. Ca	ma	14	0.547	10		1		35	43		
Iron, Fe		0.89	0.051	10		1		2.23	2.71		
Magnesium, Mg	-	6	3.032	1		1		15	18		
Phosphorus, P		45		1		1		113	137		
Potassium, K	-	176		1		1		442	537		
Sodium, Na		731	53.745	5		1		1835	2230		
Zinc, Zn		0.60	33.743	1		1		1.51	1.83		
Copper, Cu		0.100)	1		1		0.251	0.305		
Manganese, Mn		0.200		1		1		0.502	0.610		
Selenium, Se		4.0	,	0	RA	4		10.0	12.2		
Scientini, Sc	9			·		-					
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid		0.0		1		1		0.0	0.0		
Thiamin		0.067		10		1		0.168	0.204		
Riboflavin	mg	0.071	0.002	10		1		0.178	0.217		
Niacin	-	1.490		10		1		3.740	4.545		
Pantothenic acid	mg	0.150		0		4		0.377	0.458		
Vitamin B-6	mg	0.070)	1		1		0.176	0.214		
Folate, total	mcg	15		0	FLA	4		38	46		
Folic acid		9		0	NC	4		23	27		
Folate, food	mcg	6		0		4		15	18		
Folate, DFE	mcg_DFE	21		0	NC	4		53	65		
Vitamin B-12	mcg	0.15		1		1		0.38	0.46		
Vitamin A, IU		425	18.088	10		1		1067	1296		
Vitamin A, RAE	mcg_RAE	21		0	NC	4		53	65		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg	0.62		0		4		1.56	1.89		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
inida											
Lipids:		1 070		^				2 100	2 074		
Fatty acids, total saturated		1.270	,	0		1		3.188	3.874		
4:0	_										
6:0											
8:0											
10:0	_										
12:0											
13:0		0 050		^		4		0 151	2 22 4		
14:0		0.070	,	0		1		0.176	0.214		
15:0	_			•		_			2 42-		
16:0	_	0.700	,	0		1		1.757	2.135		
17:0	_					_					
18:0	_	0.430)	0		1		1.079	1.312		
20:0	g										
22:0											

	<u>Ar</u>	nount in 100 grams Number		<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Source Code Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.380	0	1		3.464	4.209	
14:1g	1.300	O .	-		3.404	4.209	
15:1	0.100	0	1		0.251	0.305	
17:1	1.210	0	1		3.037	3.691	
22:1 undifferentiated							
Fatty acids, total polyunsaturatedg 18:2 undifferentiatedg	0.540 0.460	0	1 1		1.355 1.155	1.647 1.403	
18:3 undifferentiated	0.070	0	1		0.176	0.214	
20:2 n-6 c,c							
20:4 undifferentiated							
22:6 n-3g Fatty acids, total transg							
Cholesterolmg Phytosterolsmg	3	0	1		8	9	
Amino Acids:							
Tryptophang	0.034	0	1		0.085	0.104	
Threonineg	0.114	0	1		0.286	0.348	
Isoleucineg	0.137	0	1		0.344	0.418	
Leucineg	0.231	0	1		0.580	0.705	
Lysineg	0.193	0	1		0.484	0.589	
Methionineg	0.066	0	1		0.166	0.201	
Cystineg	0.042	0	1		0.105	0.128	
Phenylalanine9	0.143	0	1		0.359	0.436	
Tyrosineg	0.092	0	1		0.231	0.281	
Valineg	0.153	0	1		0.384	0.467	
Arginine9	0.145	0	1		0.364	0.442	
Histidineg	0.082	0	1		0.206	0.250	
Alanineg	0.164	0	1		0.412	0.500	
Aspartic acidg	0.260	0	1		0.653	0.793	
Glutamic acid	0.980	0	1		2.460	2.989	
Glycine	0.166	0	1		0.417	0.506	
Proline	0.229	0	1		0.575	0.698	
Serine	0.127	0	1		0.319	0.387	
Hydroxyprolineg	V.127	· ·	-		3.323	0.507	
Others:							
Alcohol, ethylg	0.0	0	7		0.0	0.0	
Caffeine mg							
Theobromine mg							

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz) Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

NDB No. 06461 Soup, tomato beef with noodle, canned, prepared with equal volume water, commercial

		<u>A</u>	mount in 100 gra	ams of ed	ble portion	<u>on</u>	Amount in	edible portion	of common
			Num	ber			<u>m</u>	easures of food	<u>I</u>
			of D	ata Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	86.67		0	1		211.47	513.95	
Energy	kcal	57		0 NC	4		139	338	
Energy	kj	238			4		582	1414	
Protein (N x 6.25)		1.83		0	1		4.47	10.85	
Total lipid (fat)	g	1.76		0	1		4.29	10.44	
Ash	g	1.07		0	1		2.61	6.35	
Carbohydrate, by difference	g	8.67		0 NC	4		21.15	51.41	
Fiber, total dietary		0.6		0	4		1.5	3.6	
Sugars, total	g	1.05		0 FL	4		2.55	6.20	
Starch	g								
Minerals:									
Calcium, Ca	mq	7		0	1		17	42	
Iron, Fe	-	0.46		0	1		1.12	2.73	
Magnesium, Mg	-	3		0	1		7	18	
Phosphorus, P		23		0	1		56	136	
Potassium, K	mg	90		0	1		220	534	
Sodium, Na	mg	376		0	1		917	2230	
Zinc, Zn		0.31		0	1		0.75	1.83	
Copper, Cu		0.051		0	1		0.124	0.302	
Manganese, Mn		0.103	3	0	1		0.251	0.611	
Selenium, Se	mcg	2.0		0 RA	4		4.9	11.9	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		0	1		0.0	0.0	
Thiamin		0.034	Į	0	1		0.083	0.202	
Riboflavin		0.037	1	0	1		0.090	0.219	
Niacin	mg	0.766	5	0	1		1.869	4.542	
Pantothenic acid	mg	0.080)	0	4		0.195	0.474	
Vitamin B-6	mg	0.036	5	0	1		0.088	0.213	
Folate, total	mcg	8		0 BFSI	1 4		20	47	
Folic acid		5		0 NC	4		12	30	
Folate, food	mcg	3		0	4		7	18	
Folate, DFE		12		0 NC	4		28	68	
Vitamin B-12		0.08		0	1		0.20	0.47	
Vitamin A, IU		219		0 FLA			534	1299	
Vitamin A, RAE		12		0 FLA			28	68	
Retinol		1		0 FLA			2	4	
Vitamin E (alpha-tocopherol)	-	0.43		0 FLA	4		1.05	2.55	
Tocopherol, beta Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		1.2		0 FLA	4		3.0	7.3	
<u>Lipids:</u>									
Fatty acids, total saturated		0.650		0	1		1.586	3.855	
4:0	·····	0.000		0	1		0.000	0.000	
6:0	-	0.000		0	1		0.000	0.000	
8:0 10:0.		0.000		0	1 1		0.000 0.000	0.000	
12:0		0.000		0	1		0.000	0.000 0.000	
13:0	-	0.000	•	•	1		3.000	0.000	
14:0	-	0.040)	0	1		0.098	0.237	
15:0	-	0.040	•	-	-		3.030	0.237	
16:0	-	0.360)	0	1		0.878	2.135	
17:0					=		3.0.3	2.255	
18:0	-	0.220)	0	1		0.537	1.305	
20:0	-								
22:0	-								
24:0	α.								

	<u>A</u> ı	mount in 100 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
		Number	•			<u>m</u>	easures of food	
				Source	Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
	0.74							
Fatty acids, total monounsaturated9 14:1	0.710	0		1		1.732	4.210	
13.1	0.050	0		1		0.122	0.297	
18:1 undifferentiated	0.620	0		1		1.513	3.677	
20:1g	0.000	0		1		0.000	0.000	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	0.280			1		0.683	1.660	
18:2 undifferentiatedg	0.240			1		0.586	1.423	
18:3 undifferentiatedg	0.040			1		0.098	0.237	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,c								
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	
20:5 n-3g	0.000			1		0.000	0.000	
22:5 n-3g	0.000			1		0.000	0.000	
22:6 n-3g	0.000			1		0.000	0.000	
Fatty acids, total trans9								
Cholesterol mg	2	0		1		5	12	
Phytosterolsmg								
Amino Acides								
Amino Acids:	0.017	0		1		0.041	0 101	
Tryptophang	0.017			1		0.041	0.101 0.350	
Threonine	0.039			1		0.144	0.350	
Leucineg	0.119			1		0.290	0.706	
Lysineg	0.099			1		0.242	0.700	
Methionineg	0.034			1		0.083	0.202	
Cystineg	0.022			1		0.054	0.130	
Phenylalanineg	0.074			1		0.181	0.439	
Tyrosineg	0.047			1		0.115	0.279	
Valineg	0.079			1		0.193	0.468	
Arginineg	0.075			1		0.183	0.445	
Histidineg	0.042			1		0.102	0.249	
Alanineg	0.084	0		1		0.205	0.498	
Aspartic acidg	0.134	0		1		0.327	0.795	
Glutamic acidg	0.504	0		1		1.230	2.989	
Glycine9	0.085	0		1		0.207	0.504	
Prolineg	0.118	0		1		0.288	0.700	
Serineg	0.065	0		1		0.159	0.385	
Hydroxyprolineg								
Others:								
Alcohol, ethyl	0.0	0		7		0.0	0.0	
Caffeine mg	0.0	0	FLA	4		0	0.0	
Theobromine mg	0	0	FLA	4		0	0	
Carotenoids:	-	·		=		-	•	
		=		_			emp	
Carotene, beta mcg	114	0	FLA	4		277.816	675.183	
Carotene, alpha	30	0	FLA	4		73.820	179.406	
Cryptoxanthin, betamcg	2	0	FLA	4		5.189 7147.837	12.612	
Lycopene mcg	2929	0	FLA FLA	4 4			17371.586	
Lutein + zeaxanthin mcg	21	0	r'LA	4		50.285	122.210	

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 593g: 1 can (10.75 oz), prepared

NDB No. 06461

Soup, tomato beef with noodle, canned, prepared with equal volume water, commercial

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>Aı</u>	mount in 100 gr	rams of	edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nur	nber				<u>m</u> .	easures of food		
			of I	Data D	eriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poi	ints C	ode	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	75.32	0.277	13		1		193.57	235.00		
Energy	kcal	96		0	NC	4		247	300		
Energy		402				4		1032	1253		
Protein (N x 6.25)	g	1.76	0.058	13		1		4.52	5.49		
Total lipid (fat)	g	1.95	0.058	13		1		5.01	6.08		
Ash	g	2.49	0.035	13		1		6.40	7.77		
Carbohydrate, by difference	g	18.47		0	NC	4		47.47	57.63		
Fiber, total dietary	g	0.8		0		4		2.1	2.5		
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma	31	2.333	13		1		80	97		
Iron, Fe	_	0.64		13		1		1.64	2.00		
Magnesium, Mg		7		1		1		18	22		
Phosphorus, P		47		1		1		121	147		
Potassium, K	-	325		1		1		835	1014		
Sodium, Na		816	38.192	8		1		2097	2546		
Zinc, Zn	mg	0.46		5		1		1.17	1.43		
Copper, Cu	mg	0.100)	1		1		0.257	0.312		
Manganese, Mn		0.200)	1		1		0.514	0.624		
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	4.6		1		1		11.8	14.4		
Thiamin		0.051	0.001	13		1		0.131	0.159		
Riboflavin		0.055	0.002	13		1		0.141	0.172		
Niacin	mg	0.894	0.023	13		1		2.298	2.789		
Pantothenic acid	mg	0.100)	0		4		0.257	0.312		
Vitamin B-6	mg	0.070)	1		1		0.180	0.218		
Folate, total		12		0		4		31	37		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	12		0		4		31	37		
Folate, DFE		12		0	NC	4		31	37		
Vitamin B-12		0.00		1		1		0.00	0.00		
Vitamin A, IU		562		13		1		1444	1753		
Vitamin A, RAE		32			NC	4		81	98		
Retinol		4		0	NC	4		10	12		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
	-										
Lipids:	~	0.400		•				1 070	1 210		
Fatty acids, total saturated		0.420)	0		1		1.079	1.310		
4:0 6:0	-										
8:0											
10:0											
12:0											
13:0											
14:0		0.020)	0		1		0.051	0.062		
15:0											
16:0		0.240)	0		1		0.617	0.749		
17:0											
18:0		0.090)	0		1		0.231	0.281		
20:0	g										
22:0	g										
24:0	0										

		<u>Aı</u>	nount in 10		ole portio	<u>n</u>	Amount in edible portion of common			
				Number			<u>m</u> :	easures of food		
Nutrients and Un	its	Mean	Std. Error	of Data Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	g	0.530		0	1		1.362	1.654		
14:1										
15:1	-									
16:1 undifferentiated	_	0.010		0	1		0.026	0.031		
17:1		0 510		•	1					
18:1 undifferentiated		0.510		0	1		1.311	1.591		
20:1	-									
22:1 undifferentiated 24:1 c										
Fatty acids, total polyunsaturated	-	0.870		0	1		2.236	2.714		
18:2 undifferentiated		0.870		0	1		1.928	2.714		
18:3 undifferentiated	-	0.730		0	1		0.283	0.343		
18:4		0.110			-		0.203	0.545		
20:2 n-6 c,c	_									
20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3										
22:5 n-3										
22:6 n-3	-									
Fatty acids, total trans	g									
Cholesterol	mg	4		0	1		10	12		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.018		0	1		0.046	0.056		
Threonine		0.052		0	1		0.134	0.162		
Isoleucine		0.060		0	1		0.154	0.187		
Leucine	-	0.098		0	1		0.252	0.306		
Lysine	_	0.070		0	1		0.180	0.218		
Methionine		0.023		0	1		0.059	0.072		
Cystine	-	0.019		0	1		0.049	0.059		
Phenylalanine		0.060		0	1		0.154	0.187		
Tyrosine		0.046		0	1		0.118	0.144		
Valine	g	0.068		0	1		0.175	0.212		
Arginine	g	0.051		0	1		0.131	0.159		
Histidine		0.034		0	1		0.087	0.106		
Alanine	g	0.050		0	1		0.129	0.156		
Aspartic acid	g	0.154		0	1		0.396	0.480		
Glutamic acid	g	0.605		0	1		1.555	1.888		
Glycine	g	0.040		0	1		0.103	0.125		
Proline	g	0.108		0	1		0.278	0.337		
Serine	g	0.069		0	1		0.177	0.215		
Hydroxyproline	g									

Common Measures:

Measure 1 = 257g: 1 cup (8 fl oz)

Measure 2 = 312g: 1 can (11 oz), undiluted

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 3.9

NDB No. 06358 Soup, tomato bisque, canned, prepared with equal volume milk, commercial

		<u>A</u>	mount in 100 grar	ns of edi	ble portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	
				ta Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	81.51	C		1		204.59	496.40	
Energy	_	79			4		198	481	
Energy		331			4		830	2013	
Protein (N x 6.25)		2.51	C		1		6.30	15.29	
Total lipid (fat)		2.63			1		6.60	16.02	
Ash		1.63	0		1		4.09	9.93	
Carbohydrate, by difference		11.73		NC	4		29.44	71.44	
Fiber, total dietary		0.2			4		0.5	1.2	
Sugars, total					_				
Starch	_								
Staren	9								
<u> Minerals:</u>									
Calcium, Ca	-	74	0		1		186	451	
Iron, Fe	-	0.35	0		1		0.88	2.13	
Magnesium, Mg		10	0		1		25	61	
Phosphorus, P	•	69	0		1		173	420	
Potassium, K		241	0		1		605	1468	
Sodium, Na		442	0		1		1109	2692	
Zinc, Zn		0.25	0		1		0.63	1.53	
Copper, Cu		0.056			1		0.141	0.341	
Manganese, Mn		0.103	3 0		1		0.259	0.627	
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	2.8	0		1		7.0	17.1	
Thiamin		0.045	5 0		1		0.113	0.274	
Riboflavin		0.107			1		0.269	0.652	
Niacin		0.499	9 0		1		1.252	3.039	
Pantothenic acid		0.200			4		0.502	1.218	
Vitamin B-6		0.056	5 0		1		0.141	0.341	
Folate, total	-	9	0		4		21	52	
Folic acid		0	0	z	7		0	0	
Folate, food		9	0		4		21	52	
Folate, DFE	mca DFE	9	0	NC	4		21	52	
Vitamin B-12		0.17	0		1		0.43	1.04	
Vitamin A, IU		350	0		1		879	2132	
Vitamin A, RAE		25	0	NC	4		63	152	
Retinol		9	0		4		23	55	
Vitamin E (alpha-tocopherol)								33	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
• • •									
Lipids:	~	1 0-1	`				2 120	7 (10	
Fatty acids, total saturated		1.250			1		3.138	7.613	
4:0		0.060			1		0.151	0.365	
6:0		0.030			1 1		0.075	0.183	
8:0		0.020					0.050	0.122	
10:0	-	0.040			1		0.100	0.244	
12:0	-	0.050	0		1		0.126	0.305	
13:0	-	0 100	`		-		A	1 000	
14:0	-	0.180	0		1		0.452	1.096	
15:0	-				_				
16:0	-	0.560	0		1		1.406	3.410	
17:0	-								
18:0	-	0.240	0		1		0.602	1.462	
20:0	-								
22:0	g								

	<u>Aı</u>	nount in 10		Amount in edible portion of common				
			Number			<u>me</u>	easures of food	
Nutrients and Units	Mean	Std. Error	of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.750		0	1		1.883	4.568	
14:1g								
15:1g								
16:1 undifferentiatedg	0.050		0	1		0.126	0.305	
17:1 9								
18:1 undifferentiatedg	0.680		0	1		1.707	4.141	
20:1g								
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturated	0.490		0	1		1.230	2.984	
18:2 undifferentiatedg	0.420		0	1		1.054	2.558	
18:3 undifferentiatedg	0.080		0	1		0.201	0.487	
18:4g								
20:2 n-6 c.cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg								
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterolmg	9		0	1		23	55	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.032		0	1		0.080	0.195	
Threonine	0.099		0	1		0.248	0.603	
Isoleucine	0.128		0	1		0.321	0.780	
Leucine9	0.207		0	1		0.520	1.261	
Lysineg	0.163		0	1		0.409	0.993	
Methionineg	0.052		0	1		0.131	0.317	
Cystineg	0.024		0	1		0.060	0.146	
Phenylalanineg	0.108		0	1		0.271	0.658	
Tyrosineg	0.101		0	1		0.254	0.615	
Valineg	0.142		0	1		0.356	0.865	
Arginineg	0.084		0	1		0.211	0.512	
Histidineg	0.061		0	1		0.153	0.371	
Alanineg	0.081		0	1		0.203	0.493	
Aspartic acidg	0.201		0	1		0.505	1.224	
Glutamic acidg	0.646		0	1		1.621	3.934	
Glycineg	0.055		0	1		0.138	0.335	
Prolineg	0.211		0	1		0.530	1.285	
Serineg	0.123		0	1		0.309	0.749	
Hydroxyproline								

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz)

Measure 2 = 609g: 1 can (11 oz), prepared

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 3.9

NDB No. 06558 Soup, tomato bisque, canned, prepared with equal volume water, commercial

		<u>A</u>	mount in 100 gr	ams of ed	ible portio	<u>on</u>	Amount in edible portion of common			
			Nun	nber			measures of food			
			of E	ata Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure	
Proximates:	2	07.17		0			015 21	F02 00		
Water	_	87.17		0	1		215.31	523.02		
Energy		50		0 NC			124	300		
Energy		209			4		517	1255		
Protein (N x 6.25)		0.92		0	1		2.27	5.52		
Total lipid (fat)		1.02		0	1		2.52	6.12		
Ash	g	1.29		0	1		3.19	7.74		
Carbohydrate, by difference	g	9.60		0 NC	4		23.71	57.60		
Fiber, total dietary	g	0.2		0	4		0.5	1.2		
Sugars, total	g									
Starch	g									
	_									
Minerals:										
Calcium, Ca	-	16		0	1		40	96		
Iron, Fe	-	0.33		0	1		0.82	1.98		
Magnesium, Mg	mg	4		0	1		10	24		
Phosphorus, P		24		0	1		59	144		
Potassium, K	mg	169		0	1		417	1014		
Sodium, Na	mg	424		0	1		1047	2544		
Zinc, Zn	mg	0.24		0	1		0.59	1.43		
Copper, Cu	mg	0.052	2	0	1		0.128	0.312		
Manganese, Mn	mg	0.104	1	0	1		0.257	0.624		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.4		0	1		5.9	14.4		
Thiamin	mg	0.027	7	0	1		0.067	0.162		
Riboflavin	mg	0.029	9	0	1		0.072	0.174		
Niacin	mg	0.465	5	0	1		1.149	2.790		
Pantothenic acid	mg	0.050)	0	4		0.124	0.300		
Vitamin B-6	mg	0.036	5	0	1		0.089	0.216		
Folate, total	mcg	6		0	4		15	36		
Folic acid	mcg	0		0 z	7		0	0		
Folate, food		6		0	4		15	36		
Folate, DFE	mcg DFE	6		0 NC	4		15	36		
Vitamin B-12		0.00		0	1		0.00	0.00		
Vitamin A, IU		292		0	1		721	1752		
Vitamin A, RAE		18		0 NC	4		44	108		
Retinol		4		0 NC	4		10	24		
Vitamin E (alpha-tocopherol)		-			-					
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	a	0.220)	0	1		0.543	1.320		
4:0		0.22		-	-		3.0.3			
6:0	-									
8:0										
10:0	-									
12:0										
13:0										
14:0	-	0.010)	0	1		0.025	0.060		
		0.010	•	•	-		0.023	0.060		
15:0		0.120	1	0	1		0.296	0.720		
16:0		0.120	,	U	1		0.296	0.720		
17:0		0.044	`	0	4		0.000	0.040		
18:0		0.040	,	0	1		0.099	0.240		
20:0	-									
22:0	-									
24:0	g									

					Amount in 100 grams of edible portion							
				Number				<u>m</u> :	easures of food			
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total monounsaturated	g	0.280		0		1		0.692	1.680			
14:1	g											
15:1	-											
16:1 undifferentiated	-	0.010		0		1		0.025	0.060			
17:1												
18:1 undifferentiated		0.270		0		1		0.667	1.620			
20:1	-											
22:1 undifferentiated												
24:1 c	-											
Fatty acids, total polyunsaturated		0.450		0		1		1.112	2.700			
18:2 undifferentiated	-	0.390		0		1		0.963	2.340			
18:3 undifferentiated		0.060		0		1		0.148	0.360			
18:4	-											
20:2 n-6 c,c												
20:3 undifferentiated												
20:4 undifferentiated												
20:5 n-3												
22:5 n-3	-											
22:6 n-3Fatty acids, total trans												
Cholesterol	-	2		0		1		5	12			
Phytosterols	-	2		U		_		3	12			
T II y tostcrois	9											
Amino Acids:												
Tryptophan	g	0.009		0		1		0.022	0.054			
Threonine	g	0.027		0		1		0.067	0.162			
Isoleucine	g	0.031		0		1		0.077	0.186			
Leucine	g	0.051		0		1		0.126	0.306			
Lysine	g	0.036		0		1		0.089	0.216			
Methionine	g	0.012		0		1		0.030	0.072			
Cystine	g	0.010		0		1		0.025	0.060			
Phenylalanine	g	0.031		0		1		0.077	0.186			
Tyrosine	g	0.024		0		1		0.059	0.144			
Valine	g	0.035		0		1		0.086	0.210			
Arginine	g	0.027		0		1		0.067	0.162			
Histidine	-	0.018		0		1		0.044	0.108			
Alanine	_	0.026		0		1		0.064	0.156			
Aspartic acid	_	0.080		0		1		0.198	0.480			
Glutamic acid		0.315		0		1		0.778	1.890			
Glycine		0.021		0		1		0.052	0.126			
Proline		0.056		0		1		0.138	0.336			
Serine	_	0.036		0		1		0.089	0.216			
Hydroxyproline	g											

Common Measures:

Measure 1 = 247g: 1 cup (8 fl oz)

Measure 2 = 600g: 1 can (11 oz), prepared

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 3.9

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber				m	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	а	77.13	0.096	14		1		198.22	240.65	
Energy		93		0	NC	4		239	290	
Energy		389				4		1000	1214	
Protein (N x 6.25)	-	1.64	0.027	14		1		4.21	5.12	
Total lipid (fat)	-	2.12	0.024	14		1		5.45	6.61	
Ash		2.03	0.012	14		1		5.22	6.33	
Carbohydrate, by difference		17.08		0	NC	4		43.90	53.29	
Fiber, total dietary		1.3		0		4		3.3	4.1	
Sugars, total		8.05		0	FLA	4		20.69	25.12	
Starch										
Minerals:	ma					_				
Calcium, Ca	_	18	A AA:	11		1		46	56	
Iron, Fe.		0.62 4	0.034	14 0		1 1		1.59 10	1.93 12	
Magnesium, Mg Phosphorus, P		26		0		1		10 67	12 81	
Potassium, K	-	257		2		1		660	802	
Sodium, Na		635		6		1		1632	1981	
Zinc, Zn		0.40		1		1		1.03	1.25	
Copper, Cu		0.100)	1		1		0.257	0.312	
Manganese, Mn		0.300		1		1		0.771	0.936	
Selenium, Se		1.8		0	RA	4		4.6	5.6	
¥7:4										
Vitamins:						_				
Vitamin C, total ascorbic acid		11.5	0.655	13		1 1		29.6	35.9	
Thiamin		0.048		13 13		1		0.123 0.100	0.150	
Riboflavin		0.039		13		1		2.113	0.122 2.565	
Niacin Pantothenic acid	-	0.822		0		4		0.257	0.312	
Vitamin B-6		0.100		1		1		0.154	0.312	
Folate, total	_	11	•	0		4		28	34	
Folic acid		0		0	z	7		0	0	
Folate, food		11		0	_	4		28	34	
Folate, DFE	mca DFE	11		0	NC	4		28	34	
Vitamin B-12		0.00		1		1		0.00	0.00	
Vitamin A, IU		421		0	FLA	4		1081	1313	
Vitamin A, RAE		23		0	FLA	4		59	72	
Retinol		2		0	FLA	4		6	7	
Vitamin E (alpha-tocopherol)		1.73		0	FLA	4		4.44	5.38	
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	3.0		0	FLA	4		7.7	9.4	
Lipids:										
Fatty acids, total saturated	g	0.400)	0		1		1.028	1.248	
4:0		0.000)	0		1		0.000	0.000	
6:0		0.010)	0		1		0.026	0.031	
8:0	g	0.000)	0		1		0.000	0.000	
10:0	g	0.000)	0		1		0.000	0.000	
12:0	-	0.010)	0		1		0.026	0.031	
13:0	_									
14:0	_	0.030)	0		1		0.077	0.094	
15:0	_	_		_		_				
16:0		0.220)	0		1		0.565	0.686	
17:0	_									
18:0	_	0.100)	0		1		0.257	0.312	
20:0 22:0	_									

	An	nount in 100 gra Num		ble portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean		ata Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.470)	1		1.208	1.466	
14:1g	0.470		,	_		1.206	1.400	
15:1								
16:1 undifferentiated	0.010)	1		0.026	0.031	
17:1g	3.010		-	-		0.020	0.001	
18:1 undifferentiated	0.460)	1		1.182	1.435	
20:1g	0.000)	1		0.000	0.000	
22:1 undifferentiatedg	0.000)	1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated9	1.050)	1		2.699	3.276	
18:2 undifferentiated	0.870)	1		2.236	2.714	
18:3 undifferentiated	0.180)	1		0.463	0.562	
18:4g	0.000)	1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000)	1		0.000	0.000	
20:5 n-3g	0.000)	1		0.000	0.000	
22:5 n-3g	0.000)	1		0.000	0.000	
22:6 n-3g	0.000)	1		0.000	0.000	
Fatty acids, total transg								
Cholesterolmg	1)	1		3	3	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0)	7		0.0	0.0	
Caffeine mg	0) FLA	4		0	0	
Theobromine mg	0) FLA	4		0	0	
Carotenoids:								
Carotene, betamcg	248) FLA	4		636.601	772.838	
Carotene, alphamcg	0) FLA	4		0.010	0.012	
Cryptoxanthin, betamcg	0) FLA	4		0.014	0.017	
Lycopene mcg	17183) FLA	4		44160.163	53610.781	
Lutein + zeaxanthin mcg	3) FLA	4		6.672	8.100	

Common Measures:

Measure 1 = 257g: 1 cup (8 fl oz)

Measure 2 = 312g: 1 can (11 oz), undiluted

Calories Factors: Protein 3.7 Fat 8.9 Carbohydrate 4

NDB No. 06463 Soup, tomato rice, canned, prepared with equal volume water, commercial

Nutrients and Unite Proximates: Water	g kcal	Mean	Numb of Da Std. Error Point	ta Deriv	Source Code	Confidence		easures of food	•
Proximates: Water	g kcal								
Proximates: Water	g kcal						M 4		
Water Energy Energy Protein (N x 6.25) Total lipid (fat)	kcal	00 11				Code	Measure 1	Measure 2	Measure 3
Water Energy Energy Protein (N x 6.25) Total lipid (fat)	kcal	00 11							
Protein (N x 6.25) Total lipid (fat)		88.II	0		1		217.63	528.66	
Protein (N x 6.25) Total lipid (fat)		48	O	NC	4		119	288	
Total lipid (fat)	NJ	201			4		496	1205	
		0.85	O		1		2.10	5.10	
		1.10	O		1		2.72	6.60	
Ash		1.05	O		1		2.59	6.30	
Carbohydrate, by difference	g	8.88	O	NC	4		21.93	53.28	
Fiber, total dietary	g	0.6	0		4		1.5	3.6	
Sugars, total	g	3.92	0	FLA	4		9.69	23.53	
Starch	g								
3.4°)									
Minerals:	ma	9	0		1		22	54	
Calcium, Ca Iron, Fe	-	0.32	0		1		0.79	1.92	
Magnesium, Mg		2	0		1		5	1.92	
Phosphorus, P		14	0		1		35	84	
Potassium, K	-	134	0		1		331	804	
Sodium, Na		330	0		1		815	1980	
Zine, Zn		0.21	0		1		0.51	1.25	
Copper, Cu		0.052	. 0		1		0.128	0.312	
Manganese, Mn		0.156	. 0		1		0.385	0.936	
Selenium, Se		0.9	0	RA	4		2.2	5.4	
¥7:4									
Vitamins:							14.0	24.4	
Vitamin C, total ascorbic acid		6.0 0.025	0 5		1 1		14.8 0.062	36.0 0.150	
ThiaminRiboflavin		0.025			1		0.062	0.130	
Niacin		0.020			1		1.055	2.562	
Pantothenic acid	-	0.050			4		0.124	0.300	
Vitamin B-6		0.031			1		0.077	0.186	
Folate, total	-	6	. 0		4		14	33	
Folic acid		Ō	0		7		0	0	
Folate, food		6	0		4		14	33	
Folate, DFE	mcq DFE	6	0	NC	4		14	33	
Vitamin B-12		0.00	0		1		0.00	0.00	
Vitamin A, IU		239	0	FLA	4		591	1435	
Vitamin A, RAE		14	0	FLA	4		33	81	
Retinol		2	0	FLA	4		5	11	
Vitamin E (alpha-tocopherol)		0.99	0	FLA	4		2.44	5.93	
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D			_						
Vitamin K (phylloquinone)	mcg	1.8	0	FLA	4		4.4	10.7	
Lipids:									
Fatty acids, total saturated	g	0.210	0		1		0.519	1.260	
4:0		0.000	0		1		0.000	0.000	
6:0		0.010	0		1		0.025	0.060	
8:0		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	-	0.010	0		1		0.025	0.060	
15:0	-								
16:0		0.120	0		1		0.296	0.720	
17:0	-								
18:0	-	0.050	0		1		0.124	0.300	
20:0	-								
22:0 24:0	-								

NDB No. 06463 Soup, tomato rice, canned, prepared with equal volume water, commercial

	<u>An</u>	nount in 100 gran Numb		ble portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean		a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.240	0		1		0.593	1.440	
14:1g								
15:1g								
16:1 undifferentiatedg	0.010	0		1		0.025	0.060	
17:1g								
18:1 undifferentiatedg	0.240	0		1		0.593	1.440	
20:1g	0.000	0		1		0.000	0.000	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	0.550	0		1		1.359	3.300	
18:2 undifferentiatedg	0.450	0		1		1.112	2.700	
18:3 undifferentiatedg	0.090	0		1		0.222	0.540	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	
20:5 n-3g	0.000	0		1		0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total transg								
Cholesterol mg	1	0		1		2	6	
Phytosterols mg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	FLA	4		0	0	
Theobrominemg	0	0	FLA	4		0	0	
Carotenoids:								
Carotene, betamcg	140	0	FLA	4		345.006	838.071	
Carotene, alphamcg	0	0	FLA	4		0.004	0.009	
Cryptoxanthin, beta mcg	0	0	FLA	4		0.006	0.013	
Lycopenemcg	9856	0	FLA	4		24343.899	59134.977	
Lutein + zeaxanthin mcg	1	0	FLA	4		3.107	7.546	

Common Measures:

Measure 1 = 247g: 1 cup

Measure 2 = 600g: 1 can (11 oz), prepared

Calories Factors: Protein 3.7 Fat 8.9 Carbohydrate 4

						edible portion				
			N	lumber	r			<u>m</u>	easures of food	_
			C	of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.73		6		1		0.71	0.04	1.45
Energy	kcal	325		0	NC	4		62	4	127
Energy	kj	1360				4		258	16	530
Protein (N x 6.25)	g	11.73		4		1		2.23	0.14	4.57
Total lipid (fat)	g	5.09		4		1		0.97	0.06	1.99
Ash	g	19.54		4		1		3.71	0.23	7.62
Carbohydrate, by difference	g	59.90		0	NC	4		11.38	0.72	23.36
Fiber, total dietary	g	3.0		0		4		0.6	0.0	1.2
Sugars, total	g	3.31		0	FLA	4		0.63	0.04	1.29
Starch	g									
Minerals:										
Calcium. Ca	ma	46		1		1		9	1	18
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	3.71		2		1		0.70	0.04	1.45
Magnesium, Mg		115		2		1		22	1	45
Phosphorus, P		173		2		1		33	2	43 67
Potassium, K	_	605		1		1		115	7	236
Sodium. Na.		6722		5		1		1277	81	2622
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.98	0.029			1		0.19	0.01	0.38
Copper, Cu	_	0.190				1		0.036	0.002	0.07
Manganese, Mn.		0.980		0		4		0.186	0.012	0.38
Selenium, Se		22.6		0	BFSN	4		4.3	0.3	8.8
	_									
Vitamins:		05.0		•		_				
Vitamin C, total ascorbic acid	-	35.3		2		1		6.7	0.4	13.8
Thiamin		0.340		3		1		0.065	0.004	0.13
Riboflavin		0.266		2		1		0.051	0.003	0.10
Niacin	_	4.625		3		1		0.879	0.056	1.80
Pantothenic acid	-	0.848		1		1		0.161	0.010	0.33
Vitamin B-6	-	0.300	1	0		4		0.057	0.004	0.11
Folate, total		60 0		0 0	_	4 7		11 0	1	23
Folic acid		60			Z				0 1	0 23
Folate, food		60		0 0	NC	4 4		11 11	1	23
Folate, DFE		0.00		0	NC	4		0.00	0.00	0.00
Vitamin B-12 Vitamin A, IU		1557		0	FLA	4		296		607
Vitamin A, RAE		78		0	FLA	4		15	19 1	30
Retinol		0		0	FLA	4		0	0	0
		0.48		0	FLA	4		0.09	0.01	0.19
Vitamin E (alpha-tocopherol)		0.40		U	FLIA	4		0.09	0.01	0.19
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		25.0		0	FLA	4		4.8	0.3	9.8
<u>Lipids:</u>										
Fatty acids, total saturated		2.320		0		1		0.441	0.028	0.90
4:0		0.000		0		1		0.000	0.000	0.00
6:0	-	0.000		0		1		0.000	0.000	0.00
8:0	-	0.000		0		1		0.000	0.000	0.00
10:0	-	0.000		0		1		0.000	0.000	0.00
12:0		0.170	1	0		1		0.032	0.002	0.06
13:0				•		_				<u>.</u>
14:0		0.170	1	0		1		0.032	0.002	0.06
15:0				_		_				
16:0	-	1.160	•	0		1		0.220	0.014	0.45
17:0	-	0 000		^				0 150	0.010	
18:0	9	0.830	1	0		1		0.158	0.010	0.32
20.0	~									
20:0 22:0	-									

	<u>Aı</u>		Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	1 010		•						0.745
Fatty acids, total monounsaturatedg	1.910		0		1		0.363	0.023	0.745
14:1g 15:1g									
16:1 undifferentiated	0.090		0		1		0.017	0.001	0.035
17:1g	0.090		U		-		0.017	0.001	0.033
18:1 undifferentiatedg	1.830		0		1		0.348	0.022	0.714
20:1g	0.000		0		1		0.000	0.022	0.000
22:1 undifferentiatedg	0.000		0		1		0.000	0.000	0.000
24:1 cg	0.000		·		_		0.000	0.000	0.000
Fatty acids, total polyunsaturatedg	0.500		0		1		0.095	0.006	0.195
18:2 undifferentiatedg	0.500		0		1		0.095	0.006	0.195
18:3 undifferentiatedg	0.000		0		1		0.000	0.000	0.000
18:4g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000	0.000	0.000
20:5 n-3g	0.000		0		1		0.000	0.000	0.000
22:5 n-3g	0.000		0		1		0.000	0.000	0.000
22:6 n-3g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans9									
Cholesterolmg	3		0		1		1	0	1
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeinemg	0		0	FLA	4		0	0	0
Theobrominemg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, betamcg	774		0	FLA	4		147.141	9.293	302.026
Carotene, alphamcg	319		0	FLA	4		60.596	3.827	124.382
Cryptoxanthin, betamcg	0		0	FLA	4		0.000	0.000	0.000
Lycopenemcg	893		0	FLA	4		169.668	10.716	348.266
Lutein + zeaxanthin mcg	285		0	FLA	4		54.223	3.425	111.300

Common Measures:

Measure 1 = 19g: 1 cup (8 fl oz)

Measure 2 = 1.2g: 1 tbsp Measure 3 = 39g: 1 packet

Calories Factors: Protein 3.5 Fat 8.8 Carbohydrate 4

NDB No. 06499 Soup, tomato vegetable, dehydrated, prepared with water

		<u>A</u> 1	mount in 100	grams	of edib	ole portio	<u>n</u>		edible portion	
			N	Number				<u>me</u>	easures of food	•
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	93.52		0		1		225.38	236.61	176.75
Energy	kcal	22		0	NC	4		53	56	42
Energy	kj	92				4		222	233	174
Protein (N x 6.25)	g	0.79		0		1		1.90	2.00	1.49
Total lipid (fat)	g	0.34		0		1		0.82	0.86	0.64
Ash	g	1.32		0		1		3.18	3.34	2.49
Carbohydrate, by difference	g	4.04		0	NC	4		9.74	10.22	7.64
Fiber, total dietary	g	0.2		0		4		0.5	0.5	0.4
Sugars, total	g	1.63		0	FLA	4		3.94	4.14	3.09
Starch	g									
Aim a wales										
<u> Minerals:</u> Calcium, Ca	ma	3		0		1		7	8	6
Iron, Fe	-	0.25		0		1		0.60	0.63	0.4
Magnesium, Mg	-	8		0		1		19	20	15
Phosphorus, P		12		0		1		29	30	23
Potassium, K	-	41		0		1		99	104	77
Sodium. Na		453		0		1		1092	1146	856
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.07		0		1		0.16	0.17	0.1
Copper, Cu		0.013	1	0		1		0.031	0.033	0.0
Manganese, Mn		0.070		0		4		0.169	0.177	0.1
Selenium, Se		1.8		0	BFSN	4		4.3	4.6	3.4
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	-	2.4		0		1		5.8	6.1	4.5
Thiamin	-	0.023		0		1		0.055	0.058	0.0
Riboflavin		0.018		0		1		0.043	0.046	0.0
Niacin	-	0.312		0		1		0.752	0.789	0.5
Pantothenic acid	-	0.057		0		1		0.137	0.144	0.1
Vitamin B-6	-	0.020)	0		4		0.048	0.051	0.0
Folate, total		4		0		4		10	10	8
Folic acid		0		0	Z	7		0	0	0
Folate, food		4		0		4		10	10	8
Folate, DFE		4		0	NC	4		10	10	8
Vitamin B-12		0.00		0		4		0.00	0.00	0.0
Vitamin A, IU		73		0	NC	4		175	184	138
Vitamin A, RAE		4		0	NC	4		9	10	7
Retinol		0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)		0.14		0	FLA	4		0.34	0.36	0.2
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)		1.1		0	FLA	4		2.7	2.9	2.2
	g			·		-		2.,	2.3	2.2
<u> ipids:</u>										
Fatty acids, total saturated	g	0.150)	0		1		0.362	0.380	0.2
4:0	g	0.000)	0		1		0.000	0.000	0.0
6:0	-	0.000)	0		1		0.000	0.000	0.0
8:0		0.000		0		1		0.000	0.000	0.0
10:0		0.000		0		1		0.000	0.000	0.0
12:0		0.010)	0		1		0.024	0.025	0.0
13:0										
14:0		0.010)	0		1		0.024	0.025	0.0
15:0										
16:0	_	0.070)	0		1		0.169	0.177	0.1
17:0	-									
18:0	-	0.050)	0		1		0.121	0.127	0.0
20:0	-									
22:0	α .									

	<u>Ar</u>	nount in 100 g	rams of e	dible portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean		mber Data Deri ints Cod		Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturated9	0.120		0	1		0.289	0.304	0.227
14:1g								
15:1g	0.010		0	1		0.024	0.025	0.019
16:1 undifferentiatedg	0.010		U	1		0.024	0.025	0.019
17:1	0.120		0	1		0.289	0.304	0.227
	0.120		0	1		0.289	0.304	0.227
20:1g 22:1 undifferentiatedg	0.000		0	1		0.000	0.000	0.000
22:1 undifferentiatedg 24:1 cg	0.000		U	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated9	0.030		0	1		0.072	0.076	0.057
18:2 undifferentiated	0.030		0	1		0.072	0.076	0.057
18:3 undifferentiated 9	0.000		0	1		0.000	0.000	0.000
18:4g	0.000		0	1		0.000	0.000	0.000
20:2 n-6 c.cg	0.000		U	_		0.000	0.000	0.000
20:3 undifferentiated								
20:4 undifferentiated	0.000		0	1		0.000	0.000	0.000
20:5 n-3	0.000		0	1		0.000	0.000	0.000
20.5 n-3g	0.000		0	1		0.000	0.000	0.000
22:6 n-3	0.000		0	1		0.000	0.000	0.000
Fatty acids, total trans	0.000		•	-		0.000	0.000	0.000
Cholesterol mg	0		0	1		0	0	0
Phytosterolsmg	·		· ·	_		·	· ·	·
Others:								
Alcohol, ethylg	0.0		0	7		0.0	0.0	0.0
Caffeinemg	0		0 FL	A 4		0	0	0
Theobromine mg	0		0 FL	A 4		0	0	0
Carotenoids:								
Carotene, betamcg	43		0 FL	A 4		104.004	109.183	81.563
Carotene, alpha mcg	0		0 FL	A 4		0.091	0.096	0.072
Cryptoxanthin, beta mcg	0		0 FL	A 4		0.638	0.670	0.500
Lycopenemcg	1366		0 FL	A 4		3291.596	3455.493	2581.376
Lutein + zeaxanthin mcg	38		0 FL	A 4		92.039	96.621	72.180

Common Measures:

Measure 1 = 241g: 1 cup

Measure 2 = 253g: 1 cup (8 fl oz)

Measure 3 = 189g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 3.5 Fat 8.8 Carbohydrate 4

		<u>A</u>	mount in 100 g			ole portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.50	0.123	8	A	1		207.08	251.64	
Energy	kcal	60		0	NC	4		152	184	
Energy		253		0	NC	4		634	770	
Protein (N x 6.25)	g	1.61	0.034	8	A	1		4.04	4.91	
Total lipid (fat)		0.56	0.095	8	A	1		1.41	1.72	
Ash	g	1.91	0.012	8	A	1		4.80	5.83	
Carbohydrate, by difference	g	13.41		0	NC	4		33.67	40.91	
Fiber, total dietary	g	1.2	0.000	3	A	1		3.1	3.7	
Sugars, total	g	8.11	0.258	3	A	1		20.35	24.73	
Sucrose		2.47	0.378	3	A	1		6.19	7.52	
Glucose (dextrose)		3.13	0.332	3	A	1		7.86	9.55	
Fructose	g	2.51	0.304	3	A	1		6.30	7.66	
Lactose	q	0.00	0.000	3	A	1		0.00	0.00	
Maltose	g	0.00	0.000	3	A	1		0.00	0.00	
Galactose		0.00	0.000	3	A	1		0.00	0.00	
Starch		4.33	0.112	3	A	1		10.86	13.20	
Surei	9								20.20	
Minerals:										
Calcium, Ca		13	0.338	8	A	1		33	40	
Iron, Fe		1.11	0.071	8	A	1		2.77	3.37	
Magnesium, Mg	_	14	0.257	8	A	1		34	41	
Phosphorus, P		29	0.338	8	A	1		73	89	
Potassium, K		229	4.123	8	A	1		576	699	
Sodium, Na		551	5.484	8	A	1		1384	1682	
Zinc, Zn		0.25	0.021	8	A	1		0.62	0.75	
Copper, Cu		0.159		8	A	1		0.398	0.484	
Manganese, Mn Selenium, Se		0.119 5.1	0.009	8 2	A A	1 1		0.298 12.7	0.362 15.4	
Vitamins:	9	0.12		-		_			2011	
Vitamin C, total ascorbic acid	ma	12.9	4.729	8	A	1		32.3	39.2	
Thiamin		0.039	0.002	4	A	1		0.099	0.120	
Riboflavin	-	0.063		4	A	1		0.158	0.191	
Niacin		1.032	0.015	4	A	1		2.590	3.147	
Pantothenic acid		0.053	3	2	A	1		0.133	0.162	
Vitamin B-6		0.086	5	2	A	1		0.215	0.261	
Folate, total		0		2	A	1		0	0	
Folic acid		0		0	FLA	4		0	0	
Folate, food		0		0	NC	4		0	0	
Folate, DFE	-	0		0	NC	4		0	0	
Vitamin B-12		0.00		0		1		0.00	0.00	
Vitamin A, IU		392		0	NC	4		983	1195	
Vitamin A, RAE	mca RAE	20		0	NC	4		49	60	
Retinol		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	-	0.34		2	A	1		0.87	1.05	
Tocopherol, beta		0.00		2	A	1		0.00	0.00	
Tocopherol, gamma		0.00		2	A	1		0.00	0.00	
Tocopherol, delta		0.00		2	A	1		0.00	0.00	
Vitamin D										
Vitamin K (phylloquinone)	mcg	3.2		0	FLA	4		7.9	9.7	
Lipids:	_		_	_		_		_	_	
Fatty acids, total saturated		0.274		2	NC	4		0.688	0.836	
4:0		0.000		1		1		0.000	0.000	
6:0		0.010		1		1		0.025	0.031	
8:0		0.000		1		1		0.000	0.000	
10:0	-	0.000		1		1		0.000	0.000	
12:0	_	0.000		2	A	1		0.000	0.000	
				2	A	1		0.010	0.012	
13:0 14:0	-	0.004		2	A	1		0.063	0.012	

	Amo	ount in 10	0 grams		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean S	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:0g	0.010			A	1		0.025	0.031	
16:0g	0.175		2	A	1		0.439	0.534	
17:0g	0.030		1	A	1		0.075	0.092	
18:0g	0.050		2	A	1		0.126	0.153	
20:0g									
22:0g									
24:0g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturatedg	0.337		2	NC	4		0.845	1.026	
14:19				_	_				
15:1	0.010		2	A	1		0.025	0.031	
16:1 undifferentiatedg	0.030		1	A	1 1		0.075	0.092	
17:1	0.045 0.172		2 2	A A	1		0.113	0.137	
	0.172		2	A	1		0.430	0.523	
20:1g			2	A	1		0.151	0.183	
22:1 undifferentiated	0.035		2	A	1		0.088	0.107	
24:1 cg Fatty acids, total polyunsaturatedg	0.357		2	NC	4		0.895	1.087	
18:2 undifferentiated	0.287		2	A	1		0.895	0.874	
18:3 undifferentiated	0.055		2	A	1		0.719	0.874	
18:4g	0.000		0	A	1		0.138	0.100	
20:2 n-6 c,c	0.000		U		1		0.000	0.000	
	0.030		1	A	1		0.075	0.092	
20:3 undifferentiated	0.000		0	A	1		0.075	0.092	
20:5 n-3g	0.000		0		1		0.000	0.000	
20:5 n-3g	0.000		0		1		0.000	0.000	
22:6 n-3g	0.000		0		1		0.000	0.000	
Fatty acids, total trans	0.000		U		_		0.000	0.000	
Cholesterolg	0		0		1		0	0	
Phytosterolsmg	Ü		Ū		-		Ū	O .	
Amino Acids:									
Tryptophan9	0.016		0		1		0.040	0.049	
Threonine	0.041		0		1		0.103	0.125	
Isoleucine	0.047		0		1		0.118	0.143	
Leucine	0.079		0		1		0.198	0.241	
Lysineg	0.040		0		1		0.100	0.122	
Methionine	0.018		0		1		0.045	0.055	
Cystine	0.022		0		1		0.055	0.067	
Phenylalanine	0.056		0		1		0.141	0.171	
Tyrosine9	0.034		0		1		0.085	0.104	
Valineg	0.053		0		1		0.133	0.162	
Arginine	0.048		0		1		0.120	0.146	
Histidineg	0.029		0		1		0.073	0.088	
Alanineg	0.044		0		1		0.110	0.134	
Aspartic acid9	0.128		0		1		0.321	0.390	
Glutamic acid	0.617		0		1		1.549	1.882	
Glycine	0.042		0		1		0.105	0.128	
Prolineg	0.107		0		1		0.269	0.326	
Serineg	0.063		0		1		0.158	0.192	
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0	FLA	4		0.0	0.0	
Caffeinemg	0		0	FLA	4		0	0	
Theobromine mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, betamcg	235		2	A	1		589.850	716.750	
			1	A	1		0.000	0.000	
Carotene alpha mca	0				1				
Carotene, alphamcg	0		1	A	1				
Carotene, alphamcg Cryptoxanthin, betamcg Lycopenemcg							0.000 27409.200	0.000	

NDB No. 06159

Soup, tomato, canned, condensed, commercial

Common Measures:

Measure 1 = 251g: 1 cup

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 2.8 Fat 8.7 Carbohydrate 3.8

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>Aı</u>	mount in 10	00 grams	of edib	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u> e	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	90.40				4		220.58		
Energy	kcal	35				4		85		
Energy	kj	146				4		357		
Protein	g	0.80				4		1.95		
Total lipid (fat)	g	0.80				4		1.95		
Ash	g	0.68		0	NR	4		1.65		
Carbohydrate, by difference	g	7.33		0	NR	4		17.87		
Fiber, total dietary	g	0.2				4		0.5		
Sugars, total	g	4.78		0	FLA	4		11.67		
Starch	g									
Minerals:	ma	-						10		
Calcium, Ca	_	5 0.72				4		12 1.76		
Iron, Fe	_	3				4		7		
Magnesium, Mg Phosphorus, P		14				4		34		
Potassium, K	-	108				4		264		
Sodium, Na	-	20				4		49		
Zinc, Zn	-	0.10				4		0.24		
Copper, Cu		0.103				4		0.251		
Manganese, Mn		0.103				•		0.231		
Selenium, Se		0.2		0	BFSN	4		0.5		
·				•		=				
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	_	27.2				4		66.4		
Thiamin	-	0.040				4		0.098		
Riboflavin	-	0.020				4		0.049		
Niacin		0.580	1			4		1.415		
Pantothenic acid	-									
Vitamin B-6		0.050)	_		4		0.122		
Folate, total		6		0	FLA	4		14		
Folic acid		0		0	FLA	4		0		
Folate, food		6 6		0 0	FLA	4 4		14		
Folate, DFE		0.00		U	NC			14 0.00		
Vitamin B-12				•		7 4				
Vitamin A, IU		263 18		0	FLA FLA	4		643 44		
Vitamin A, RAE				0		4				
Retinol		6 0.97		0	FLA FLA	4		14 2.36		
Vitamin E (alpha-tocopherol)		0.97		U	FLIA	4		2.30		
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.8		0	FLA	4		4.3		
<u> ipids:</u>										
Fatty acids, total saturated		0.152				4		0.371		
4:0		0.000				4		0.000		
6:0		0.000				4		0.000		
8:0	-	0.000				4		0.000		
10:0	-	0.000				4		0.000		
12:0		0.000	1			4		0.000		
13:0		^ ^-								
14:0		0.010	1			4		0.024		
15:0		0 001						0 100		
16:0		0.081				4		0.198		
17:0		0 000						0.050		
18:0		0.030	1			4		0.073		
20:0	-									
22:0	u									

		<u>Ar</u>	nount in 10	00 grams Number	Amount in edible portion of common measures of food					
Nutrients and U	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		0.182				4		0.444		
14:1										
15:1	_									
16:1 undifferentiated	_	0.000				4		0.000		
17:1										
18:1 undifferentiated	_	0.172				4		0.420		
20:1	_	0.000				4		0.000		
22:1 undifferentiated	•	0.000				4		0.000		
24:1 c						_				
Fatty acids, total polyunsaturated		0.395				4		0.964		
18:2 undifferentiated		0.324				4		0.791		
18:3 undifferentiated	-	0.071				4		0.173		
18:4	_	0.000				4		0.000		
20:2 n-6 c,c										
20:3 undifferentiated						_				
20:4 undifferentiated	-	0.000				4		0.000		
20:5 n-3		0.000				4		0.000		
22:5 n-3	_	0.000				4		0.000		
22:6 n-3		0.000				4		0.000		
Fatty acids, total trans						_		_		
Cholesterol	_	0				7		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0				7		0.0		
Caffeine	mg	0		0	FLA	4		0		
Theobromine	mg	0		0	FLA	4		0		
Carotenoids:										
Carotene, beta		147		0	FLA	4		357.907		
Carotene, alpha	mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta		0		0	FLA	4		0.000		
Lycopene	mcg	10222		0	FLA	4		24942.500		
Lutein + zeaxanthin		4		0	FLA	4		9.036		

Common Measures:

Measure 1 = 244g: 1 cup

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100 grams	s of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			Numbe	r			m	easures of food	
					Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	84.58	0		1		209.76	509.17	
Energy	kcal	65	0	NC	4		161	391	
Energy		272			4		674	1637	
Protein (N x 6.25)	g	2.46	0		1		6.10	14.81	
Total lipid (fat)	g	2.42	0		1		6.00	14.57	
Ash	g	1.55	0		1		3.84	9.33	
Carbohydrate, by difference	g	8.99	0	NC	4		22.30	54.12	
Fiber, total dietary	g	1.1	0		4		2.7	6.6	
Sugars, total	g	4.92	0	FLA	4		12.21	29.64	
Starch									
Minerals:			_		_		150	205	
Calcium, Ca	-	64	0		1		159	385	
Iron, Fe		0.73 9	0		1 1		1.81 22	4.39 54	
Magnesium, Mg		9 60	-		1				
Phosphorus, P Potassium, K	_	60 181	0		1		149 449	361 1090	
Sodium, Na		300	0		4		744	1806	
Zinc, Zn		0.12	0		1		0.29	0.70	
Copper, Cu		0.106			1		0.263	0.638	
Manganese, Mn		0.102			1		0.253	0.614	
Selenium, Se		0.9	0.228 12	A	1		2.2	5.4	
	•								
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		27.3	0		1		67.7	164.3	
Thiamin		0.054			1		0.134	0.325	
Riboflavin		0.100			1		0.248	0.602	
Niacin	_	0.613			1		1.520	3.690	
Pantothenic acid		0.220			4		0.546	1.324	
Vitamin B-6	-	0.066			1		0.164	0.397	
Folate, total		7 0	0	FLA FLA	4 4		17 0	42 0	
Folic acid		7	0	FLA	4		17	42	
Folate, food	IIICG	7	0	NC NC	4		17 17	42 42	
Folate, DFE		0.18	0	NC	1		0.45	1.08	
Vitamin B-12 Vitamin A, IU		193	0	FLA	4		478	1160	
Vitamin A, RAE		26	0	FLA	4		66	159	
Retinol		20	0	FLA	4		50	121	
Vitamin E (alpha-tocopherol)		0.50	0	FLA	4		1.25	3.03	
Tocopherol, beta		0.50	v		•		1.23	3.03	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg	1.0	0	FLA	4		2.4	5.8	
<u>Lipids:</u>	_				_				
Fatty acids, total saturated		1.170			1 1		2.902	7.043	
4:0		0.060	-		1		0.149	0.361	
6:0		0.030			1		0.074	0.181	
8:0 10:0		0.020			1		0.050 0.099	0.120 0.241	
12:0	-	0.040			1		0.124	0.241	
13:0		0.030	,		_		0.124	0.301	
14:0	-	0.180	0		1		0.446	1.084	
15:0	-	0.100	. 0		-		0.440	1.004	
16:0	-	0.520	0		1		1.290	3.130	
17:0		0.320	•		-		1.230	3.130	
18:0	-	0.230	0		1		0.570	1.385	
20:0	-	0.230	•		-		0.570	1.505	
22:0	-								
24:0	-								

		<u>Aı</u>	mount in 100 gra	ns of edi	ble portic	<u>on</u>	Amount in edible portion of common		
			Numl	er			<u>m</u>	easures of food	<u>.</u>
				ta Deriv		Confidence			
Nutrients and l	Jnits	Mean	Std. Error Poin	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	ad O	0.650	(1		1.612	3.913	
14:1	g	0.050	`		-		1.012	3.913	
15:1	g	0.040	(1		0.099	0.241	
17:1 18:1 undifferentiated	-	0.580	(1		1.438	3.492	
20:1	-	0.000	(1		0.000	0.000	
22:1 undifferentiated	g	0.000	(1		0.000	0.000	
24:1 c	g								
Fatty acids, total polyunsaturated	dg	0.450	(1		1.116	2.709	
18:2 undifferentiated		0.360			1		0.893	2.167	
18:3 undifferentiated	-	0.090			1		0.223	0.542	
18:4		0.000	(1		0.000	0.000	
20:2 n-6 c,c	-								
20:3 undifferentiated	-								
20:4 undifferentiated	-	0.000			1		0.000	0.000	
20:5 n-3	-	0.000			1		0.000	0.000	
22:5 n-3		0.000			1		0.000	0.000	
22:6 n-3		0.000	(1		0.000	0.000	
Fatty acids, total trans	_								
Cholesterol		7	(1		17	42	
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.031	(1		0.077	0.187	
Threonine		0.094	(1		0.233	0.566	
Isoleucine	-	0.122	(1		0.303	0.734	
Leucine	-	0.199	(1		0.494	1.198	
Lysine	-	0.149	(1		0.370	0.897	
Methionine		0.050	(1		0.124	0.301	
Cystine	g	0.026	(1		0.064	0.157	
Phenylalanine		0.107	(1		0.265	0.644	
Tyrosine		0.096	(1		0.238	0.578	
Valine		0.135	(1		0.335	0.813	
Arginine	g	0.083	(1		0.206	0.500	
Histidine		0.059	(1		0.146	0.355	
Alanine		0.078	(1		0.193	0.470	
Aspartic acid		0.188	(1		0.466	1.132	
Glutamic acid		0.653	(1		1.619	3.931	
Glycine		0.056	(1		0.139	0.337	
Proline		0.212	(1		0.526	1.276	
Serine		0.120			1		0.298	0.722	
Hydroxyproline	g								
Othors									
Others:	~	0.0	,		-		0.0		
Alcohol, ethyl	-	0.0	(7 4		0.0	0.0	
Caffeine		0	(0	0	
Theobromine	9	U	•	тьа	4		U	U	
Carotenoids:									
Carotene, beta	mcg	75	(FLA	4		186.735	453.284	
Carotene, alpha		0	(FLA	4		0.005	0.013	
Cryptoxanthin, beta	mcg	0	(FLA	4		0.008	0.019	
Lycopene	mcg	5084	(12607.460	30603.593	
Lutein + zeaxanthin	mcg	1	(FLA	4		1.410	3.422	

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 602g: 1 can (10.75 oz), prepared

NDB No. 06359

Soup, tomato, canned, prepared with equal volume milk, commercial

Calories Factors: Protein 2.8 Fat 8.7 Carbohydrate 3.8

Food Group: 06 Soups, Sauces, and Gravies

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

		_	mount in 100 gran	is of ean	ore hours	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food	<u>l</u>	
			of Dat	a Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	90.36	0		1		220.48	535.83		
Energy	-	35	0	NC	4		85	208		
Energy		146	0		4		357	868		
Protein (N x 6.25)	=	0.84	0		1		2.05	4.98		
Total lipid (fat)		0.79	0		1		1.93	4.68		
Ash		1.21	0		1		2.95	7.18		
Carbohydrate, by difference		6.80	0	NC	4		16.59	40.32		
Fiber, total dietary		0.2	0		4		0.5	1.2		
Sugars, total		2.33	0	FLA			5.70	13.84		
Starch	-		·		-			13.04		
Starch	9									
<u>Minerals:</u>										
Calcium, Ca		5	0		1		12	30		
Iron, Fe	_	0.72	0		1		1.76	4.27		
Magnesium, Mg		3	0		1		7	18		
Phosphorus, P	_	14	0		1		34	83		
Potassium, K		108	0		1		264	640		
Sodium, Na		285	0		4		695	1690		
Zinc, Zn		0.10	0		1		0.24	0.59		
Copper, Cu		0.103			1		0.251	0.611		
Manganese, Mn		0.103			1		0.251	0.611		
Selenium, Se	mcg	0.2	0	RA	4		0.5	1.2		
Vitamins:										
Vitamin C, total ascorbic acid	ma	27.2	0		1		66.4	161.3		
Thiamin		0.036			1		0.088	0.213		
Riboflavin		0.021			1		0.051	0.125		
Niacin		0.581			1		1.418	3.445		
Pantothenic acid		0.060			4		0.146	0.356		
Vitamin B-6		0.046			1		0.112	0.273		
Folate, total	-	6	0		1		15	36		
Folic acid		0	0	z	7		0	0		
Folate, food		6	0	-	1		15	36		
Folate, DFE	mca DFF	6	0	NC	4		15	36		
Vitamin B-12		0.00	0	0	1		0.00	0.00		
Vitamin A, IU		196	0	FLA	4		478	1161		
Vitamin A, RAE		10	0	FLA	4		24	58		
Retinol		0	0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)		0.95	0	FLA	4		2.32	5.63		
Tocopherol, beta		0.55	· ·		•		2.32	3.03		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.6	0	FLA	4		4.0	9.8		
<u>_ipids:</u>										
Fatty acids, total saturated		0.150			1		0.366	0.890		
4:0		0.000			1		0.000	0.000		
6:0	-	0.000			1		0.000	0.000		
8:0		0.000			1		0.000	0.000		
10:0		0.000			1		0.000	0.000		
12:0	-	0.000	0		1		0.000	0.000		
13:0										
14:0	-	0.010	0		1		0.024	0.059		
15:0	-									
16:0		0.080	0		1		0.195	0.474		
17:0	-									
18:0	-	0.030	0		1		0.073	0.178		
20:0	-									
22:0	g									
24:0	g									

		<u>A</u>	mount in 100 gram		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Ui	nits	Mean		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	ı a	0.180	0		1		0.439	1.067		
14:1	g	0.100	v		-		0.433	1.007		
15:1 undifferentiated	g	0.000	0		1		0.000	0.000		
17:1 18:1 undifferentiated		0.170	0		1		0.415	1.008		
20:1	g	0.000	0		1		0.000	0.000		
22:1 undifferentiated 24:1 c	•	0.000	0		1		0.000	0.000		
Fatty acids, total polyunsaturated.		0.390	0		1		0.952	2.313		
18:2 undifferentiated		0.320			1		0.781	1.898		
18:3 undifferentiated		0.070			1		0.171	0.415		
18:4		0.000			1		0.000	0.000		
20:2 n-6 c.c										
20:3 undifferentiated	_									
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										
Cholesterol		0	0		1		0	0		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.008	0		1		0.020	0.047		
Threonine		0.021	. 0		1		0.051	0.125		
Isoleucine	g	0.024	0		1		0.059	0.142		
Leucine	g	0.041	. 0		1		0.100	0.243		
Lysine	g	0.021	. 0		1		0.051	0.125		
Methionine	g	0.009	0		1		0.022	0.053		
Cystine	g	0.011	. 0		1		0.027	0.065		
Phenylalanine	g	0.029			1		0.071	0.172		
Tyrosine	_	0.017			1		0.041	0.101		
Valine	-	0.027			1		0.066	0.160		
Arginine		0.025			1		0.061	0.148		
Histidine		0.015			1		0.037	0.089		
Alanine		0.023			1 1		0.056	0.136		
Aspartic acidGlutamic acid	_	0.066 0.317			1		0.161 0.773	0.391 1.880		
Glycine		0.022			1		0.054	0.130		
Proline		0.055			1		0.134	0.326		
Serine	=	0.032			1		0.078	0.190		
Hydroxyproline		0.002	•		_		0.070	0.200		
Others:	_		•		_					
Alcohol, ethyl		0.0	0	F7T 3	7 4		0.0	0.0		
Caffeine		0	0	FLA FLA	4		0	0 0		
Theobromine	9	U	U	r LA	4		U	U		
Carotenoids:										
Carotene, beta		118	0	FLA	4		286.700	696.775		
Carotene, alpha		0	0	FLA	4		0.003	0.006		
Cryptoxanthin, beta		0	0	FLA	4		0.004	0.009		
Lycopene		5460	0	FLA	4		13322.400	32377.800		
Lutein + zeaxanthin	riicg	45	0	FLA	4		109.800	266.850		

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

NDB No. 06559

Soup, tomato, canned, prepared with equal volume water, commercial

Calories Factors: Protein 2.8 Fat 8.7 Carbohydrate 3.8

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>Ar</u>	mount in 100	grams	of edik	le portio	<u>n</u>	Amount in edible portion of common			
			N	umber	•			<u>m</u>	easures of food	_	
Nutrients and Uni	its	Mean	Std. Error P			Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	q	3.92		6		1		0.90	0.82		
Energy	_	360		0	NC	4		83	76		
Energy		1506				4		346	316		
Protein (N x 6.25)		8.63	0.000	3		1		1.98	1.81		
Total lipid (fat)		8.35		3		1		1.92	1.75		
Ash		10.81		3		1		2.49	2.27		
Carbohydrate, by difference		68.30		0	NC	4		15.71	14.34		
Fiber, total dietary		1.9		0		4		0.4	0.4		
Sugars, total											
Starch											
Minerals:											
Calcium, Ca	_	190		1		1		44	40		
Iron, Fe	-	1.49		4		1		0.34	0.31		
Magnesium, Mg		51		2		1		12	11		
Phosphorus, P		234		2		1		54	49		
Potassium, K		1039		2		1		239	218		
Sodium, Na		3319		5		1		763	697		
Zinc, Zn	-	0.74		2		1		0.17	0.15		
Copper, Cu		0.325		2		1		0.075	0.068		
Manganese, Mn		0.300		0		4		0.069	0.063		
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	16.2		2		1		3.7	3.4		
Thiamin	_	0.217		2		1		0.050	0.046		
Riboflavin		0.166	i	2		1		0.038	0.035		
Niacin		2.752		2		1		0.633	0.578		
Pantothenic acid		0.400	1	0		4		0.092	0.084		
Vitamin B-6	-	0.343	1	2		1		0.079	0.072		
Folate, total	-	24	4.485	3		1		5	5		
Folic acid		0		0	z	7		0	0		
Folate, food		24	4.485	3		1		5	5		
Folate, DFE		24		0	NC	4		5	5		
Vitamin B-12		0.30		0		4		0.07	0.06		
Vitamin A, IU	IU	2928		2		1		673	615		
Vitamin A, RAE		146		0	NC	4		34	31		
Retinol		0		0	z	7		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	-										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:	~	2 010		•				0.076	0.000		
Fatty acids, total saturated		3.810		0		1		0.876	0.800		
4:0											
6:0											
8:0 10:0	_										
12:0		0.270		1		1		0.062	0.057		
13:0		0.270		-		-		0.002	0.037		
14:0		0.270		1		1		0.062	0.057		
15:0		0.270		-		1		0.002	0.037		
16:0		1.910		1		1		0.439	0.401		
17:0		1.510		-		-		0.433	0.401		
18:0	-	1.360		1		1		0.313	0.286		
20:0	-	1.360		-		1		0.313	0.200		
22:0	_										
ZZ.U	g										

	<u>An</u>	nount in 100 grams	of edible porti	<u>on</u>	Amount in edible portion of common		
		Numbe	r		<u>m</u>	easures of food	·
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Source Code Code		Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	3.130	0	1		0.720	0.657	
15:1	0.140	1	1		0.032	0.029	
18:1 undifferentiated	3.000	1	1		0.690	0.630	
24:1 cg Fatty acids, total polyunsaturatedg	0.820	0	1		0.189	0.172	
18:2 undifferentiated	0.820	1	1		0.189	0.172	
20:2 n-6 c,cg 20:3 undifferentiatedg 20:4 undifferentiatedg							
20:5 n-3							
Fatty acids, total trans	3	1	1		1	1	
Phytosterolsmg Others:							
Alcohol, ethyl	0.0	0	z 7		0.0	0.0	

Common Measures:

Measure 1 = 23g: 1 cup (8 fl oz) Measure 2 = 21g: 1 packet (6 fl oz)

Calories Factors: Protein 2.8 Fat 8.7 Carbohydrate 3.8

		<u>A</u>	mount in 100	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			ı	Number	•			<u>m</u>	easures of food	•	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	89.70		0		1		237.71	178.50		
Energy	kcal	39		0	NC	4		103	78		
Energy	kj	163				4		432	325		
Protein (N x 6.25)	g	0.93		0		1		2.46	1.85		
Total lipid (fat)	g	0.90		0		1		2.39	1.79		
Ash	g	1.16		0		1		3.07	2.31		
Carbohydrate, by difference	g	7.32		0	NC	4		19.40	14.57		
Fiber, total dietary		0.2		0		4		0.5	0.4		
Sugars, total	g	3.74		0	FLA	4		9.91	7.44		
Starch	g										
Minerals:											
Calcium, Ca	ma	20		0		1		53	40		
Iron, Fe	-	0.16		0		1		0.42	0.32		
Magnesium, Mg	-	5		0		1		13	10		
Phosphorus, P		25		0		1		66	50		
Potassium, K	-	111		0		1		294	221		
Sodium, Na		356		0		1		943	708		
Zinc, Zn	mg	0.08		0		1		0.21	0.16		
Copper, Cu		0.035	5	0		1		0.093	0.070		
Manganese, Mn	mg	0.030)	0		4		0.080	0.060		
Selenium, Se	mcg	0.2		0	BFSN	4		0.5	0.4		
Vitamins:											
Vitamin C, total ascorbic acid	ma	1.7		0		1		4.5	3.4		
Thiamin	-	0.023	1	0		1		0.061	0.046		
Riboflavin	-	0.018		0		1		0.048	0.036		
Niacin	=	0.295		0		1		0.782	0.587		
Pantothenic acid	-	0.040		0		4		0.106	0.080		
Vitamin B-6	-	0.037		0		1		0.098	0.074		
Folate, total	-	3		0		1		7	5		
Folic acid		0		0	z	7		0	0		
Folate, food		3		0		1		7	5		
Folate, DFE		3		0	NC	4		7	5		
Vitamin B-12		0.03		0		4		0.08	0.06		
Vitamin A, IU	IU -	314		0	FLA	4		833	625		
Vitamin A, RAE		17		0	FLA	4		44	33		
Retinol	mcg	1		0	FLA	4		3	2		
Vitamin E (alpha-tocopherol)	mg	0.21		0	FLA	4		0.56	0.42		
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg	0.8		0	FLA	4		2.1	1.6		
Lipids:											
Fatty acids, total saturated	q	0.410)	0		1		1.087	0.816		
4:0		0.000)	0		1		0.000	0.000		
6:0	g	0.000)	0		1		0.000	0.000		
8:0	_	0.000)	0		1		0.000	0.000		
10:0	g	0.000)	0		1		0.000	0.000		
12:0	g	0.030)	0		1		0.080	0.060		
13:0											
14:0	g	0.030)	0		1		0.080	0.060		
15:0	g										
16:0	g	0.200)	0		1		0.530	0.398		
17:0	g										
18:0	_	0.150)	0		1		0.398	0.299		
20:0	_										
22:0	_										
24:0	g										

	<u>Ar</u>	nount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturated	0.340		0		1		0.901	0.677		
14:1g										
15:1g										
16:1 undifferentiatedg	0.020		0		1		0.053	0.040		
17:1g										
18:1 undifferentiatedg	0.320		0		1		0.848	0.637		
20:1g	0.000		0		1		0.000	0.000		
22:1 undifferentiatedg	0.000		0		1		0.000	0.000		
24:1 cg										
Fatty acids, total polyunsaturated9	0.090		0		1		0.239	0.179		
18:2 undifferentiatedg	0.090		0		1		0.239	0.179		
18:3 undifferentiatedg	0.000		0		1		0.000	0.000		
18:4g	0.000		0		1		0.000	0.000		
20:2 n-6 c.cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0		1		0.000	0.000		
20:5 n-3g	0.000		0		1		0.000	0.000		
22:5 n-3g	0.000		0		1		0.000	0.000		
22:6 n-3g	0.000		0		1		0.000	0.000		
Fatty acids, total transg										
Cholesterolmg	0		0		1		0	0		
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0		7		0.0	0.0		
Caffeine mg	0		0	FLA	4		0	0		
Theobrominemg	0		0	FLA	4		0	0		
<u>Carotenoids:</u>										
Carotene, beta mcg	179		0	FLA	4		474.821	356.564		
Carotene, alphamcg	0		0	FLA	4		0.000	0.000		
Cryptoxanthin, betamcg	14		0	FLA	4		37.373	28.065		
Lycopenemcg	580		0	FLA	4		1536.031	1153.472		
Lutein + zeaxanthin mcg	41		0	FLA	4		107.555	80.768		

Common Measures:

Measure 1 = 265g: 1 cup

Measure 2 = 199g: 1 packet, prepared

Calories Factors: Protein 2.8 Fat 8.7 Carbohydrate 3.8

		<u>Aı</u>	mount in 10	00 grams	of edib	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u> e	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	90.40				4		220.58		
Energy	kcal	35				4		85		
Energy	kj	146				4		357		
Protein	g	0.80				4		1.95		
Total lipid (fat)	g	0.80				4		1.95		
Ash	g	0.70		0	FLA	4		1.70		
Carbohydrate, by difference	g	7.30		0	NR	4		17.82		
Fiber, total dietary	g	0.2				4		0.5		
Sugars, total	g	4.23		0	FLA	4		10.32		
Starch	g									
Minerals:	ma	5				4		12		
Calcium, Ca	-	5 0.72				4		1.76		
Iron, Fe	-	3				4		7		
Magnesium, Mg		14				4		34		
Phosphorus, P Potassium, K	-	108				4		264		
Sodium, Na	-	20				4		49		
Zinc, Zn	-	0.10				4		0.24		
Copper, Cu		0.103				4		0.251		
Manganese, Mn		0.103				•		0.231		
Selenium, Se		0.2		0	BFSN	4		0.5		
·										
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	-	27.2				4		66.4		
Thiamin	-	0.040				4		0.098		
Riboflavin	-	0.020				4		0.049		
Niacin		0.580)			4		1.415		
Pantothenic acid	-									
Vitamin B-6		0.050)			4		0.122		
Folate, total		7		0	FLA	4		16		
Folic acid		0		0	FLA	4		0		
Folate, food		7 7		0	FLA	4		16		
Folate, DFE		· ·		0	NC	4		16		
Vitamin B-12		0.00		•		7		0.00		
Vitamin A, IU		260 17		0	FLA	4		635		
Vitamin A, RAE				-	FLA	4		42		
Retinol		5		0 0	FLA	4 4		12 2.37		
Vitamin E (alpha-tocopherol)		0.97		U	FLA	4		2.37		
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.8		0	FLA	4		4.3		
	9	2.0		•		-				
<u> ipids:</u>										
Fatty acids, total saturated		0.152				4		0.371		
4:0		0.000				4		0.000		
6:0		0.000				4		0.000		
8:0	-	0.000				4		0.000		
10:0	-	0.000				4		0.000		
12:0		0.000	1			4		0.000		
13:0										
14:0		0.010	1			4		0.024		
15:0										
16:0		0.081				4		0.198		
17:0										
18:0		0.030	1			4		0.073		
20:0	-									
22:0	a									

	<u>Aı</u>	mount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9	0.182				4		0.444		
14:1g									
15:1g 16:1 undifferentiatedg	0.000				4		0.000		
16:1 undifferentiated9	0.000				4		0.000		
18:1 undifferentiated	0.172				4		0.420		
20:1	0.172				4		0.420		
22:1 undifferentiated	0.000				4		0.000		
24:1 cg	0.000				-		0.000		
Fatty acids, total polyunsaturated	0.395				4		0.964		
18:2 undifferentiatedg	0.324				4		0.791		
18:3 undifferentiated	0.071				4		0.173		
18:4g	0.000				4		0.000		
20:2 n-6 c.cg	0.000				•		0.000		
20:3 undifferentiated 9									
20:4 undifferentiated 9	0.000	ı			4		0.000		
20:5 n-3g	0.000				4		0.000		
22:5 n-3g	0.000				4		0.000		
22:6 n-3g	0.000				4		0.000		
Fatty acids, total trans									
Cholesterolmg	0				7		0		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobrominemg	0		0	FLA	4		0		
Carotenoids:									
Carotene, betamcg	146		0	FLA	4		357.410		
Carotene, alpha mcg	0		0	FLA	4		0.001		
Cryptoxanthin, beta mcg	0		0	FLA	4		0.002		
Lycopene mcg	10245		0	FLA	4		24996.717		
Lutein + zeaxanthin mcg	3		0	FLA	4		7.336		

Common Measures:

Measure 1 = 244g: 1 cup

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	•			<u>m</u>	easures of food	<u>.</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	86.37	0.141	13		1		216.79	263.43		
Energy	kcal	55		0	NC	4		138	168		
Energy	kj	230				4		578	702		
Protein (N x 6.25)	g	3.11	0.036	13		1		7.81	9.49		
Total lipid (fat)	g	1.59	0.043	13		1		3.99	4.85		
Ash	g	2.06	0.039	13		1		5.17	6.28		
Carbohydrate, by difference	g	6.88		0	NC	4		17.27	20.98		
Fiber, total dietary	g	0.6		0		4		1.5	1.8		
Sugars, total	g	0.30		0	FLA	4		0.76	0.93		
Starch	g										
Minl.											
Minerals:	ma	9	0.700	10		1		23	27		
Calcium, Ca Iron, Fe	_	9 0.75	0.700	10		1		1.88	2.29		
Magnesium, Mg	_	4	0.069	4		1		1.88	12		
Phosphorus, P		38		1		1		95	116		
Potassium, K	-	60		1		1		151	183		
Sodium, Na	-	650	9.083	5		1		1632	1983		
Zinc, Zn	-	0.46	3.003	4		1		1.16	1.42		
Copper, Cu		0.100	1	1		1		0.251	0.305		
Manganese, Mn		0.200		1		1		0.502	0.610		
Selenium, Se	-	8.9		0	BFSN	4		22.3	27.1		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	_	0.1		4		1		0.3	0.3		
Thiamin	-	0.059		13		1		0.148	0.180		
Riboflavin	-	0.051		13		1		0.128	0.156		
Niacin	_	1.112		13		1		2.791	3.392		
Pantothenic acid	-	0.140		0		4		0.351	0.427		
Vitamin B-6	-	0.030	1	1		1		0.075	0.092		
Folate, total		15		0	FLA	4		38	46		
Folic acid		13		0	NC	4		33	40		
Folate, food		2		0		4		5	5		
Folate, DFE		24		0	NC	4		61	74		
Vitamin B-12		0.13		0		4		0.33	0.40		
Vitamin A, IU		197		0	NC	4		493	600		
Vitamin A, RAE		13		0	NC	4		32	39		
Retinol		3		0	FLA FLA	4 4		9	11		
Vitamin E (alpha-tocopherol)		0.14		U	FLA	4		0.34	0.42		
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		4.4		0	FLA	4		11.1	13.4		
<u>Lipids:</u>											
Fatty acids, total saturated		0.440		0		1		1.104	1.342		
4:0		0.000		0		1		0.000	0.000		
6:0		0.000		0		1		0.000	0.000		
8:0	-	0.000		0		1		0.000	0.000		
10:0	_	0.000		0		1		0.000	0.000		
12:0		0.000	•	0		1		0.000	0.000		
13:0		0 000		1		4		0.050	2 225		
14:0		0.020	•	1		1		0.050	0.061		
15:0		0 220		1		1		0.000	1 007		
16:0		0.330	•	1		1		0.828	1.007		
17:0	-	0 000		1		1		0 201	0.244		
18:0	-	0.080	•	1		1		0.201	0.244		
20:0	-										
22:0	9										

		<u>Ar</u>	mount in 10			ole portio	<u>n</u>		edible portion of	
Nutrients and Unit	•	Mean	Std. Error	Number of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and Onit	5	Weari	Stu. Entor	1 011113			Couc	Measure 1	Weasure 2	Wedsure 3
Fatty acids, total monounsaturated	g	0.640		0		1		1.606	1.952	
14:1	g									
15:1 16:1 undifferentiated		0.090		1		1		0.226	0.275	
17:1 18:1 undifferentiated	-	0.550		1		1		1.381	1.678	
20:1	_	0.000		0		1		0.000	0.000	
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	
24:1 c	•			-		_				
Fatty acids, total polyunsaturated		0.390		0		1		0.979	1.190	
18:2 undifferentiated		0.370		1		1		0.929	1.129	
18:3 undifferentiated		0.020		1		1		0.050	0.061	
18:4	-	0.000		0		1		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated	g									
20:4 undifferentiated		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		0.000		0		1		0.000	0.000	
Fatty acids, total trans										
Cholesterol		4		0		1		10	12	
Phytosterols	_									
,	········ G									
Amino Acids:										
Tryptophan	g	0.030		0		1		0.075	0.092	
Threonine	g	0.100		0		1		0.251	0.305	
Isoleucine	g	0.121		0		1		0.304	0.369	
Leucine	g	0.203		0		1		0.510	0.619	
Lysine		0.169		0		1		0.424	0.515	
Methionine	g	0.058		0		1		0.146	0.177	
Cystine	g	0.037		0		1		0.093	0.113	
Phenylalanine	g	0.125		0		1		0.314	0.381	
Tyrosine	g	0.081		0		1		0.203	0.247	
Valine	g	0.134		0		1		0.336	0.409	
Arginine	g	0.127		0		1		0.319	0.387	
Histidine	g	0.072		0		1		0.181	0.220	
Alanine	g	0.143		0		1		0.359	0.436	
Aspartic acid	g	0.228		0		1		0.572	0.695	
Glutamic acid	g	0.859		0		1		2.156	2.620	
Glycine	g	0.146		0		1		0.366	0.445	
Proline	g	0.201		0		1		0.505	0.613	
Serine	g	0.112		0		1		0.281	0.342	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	q	0.0		0	z	7		0.0	0.0	
Caffeine		0		0	FLA	4		0	0	
Theobromine		0		0	FLA	4		0	0	
Carotenoids:								-	-	
Carotene, beta	mca	97		0	FLA	4		244.164	296.693	
Carotene, alpha		27		0	FLA	4		68.962	83.798	
Carotene, alpha				0	FLA	4		0.127	0.155	
Cryptovanthin heta	mca	()								
Cryptoxanthin, beta		0		0	FLA	4		0.127	0.133	

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz) Measure 2 = 305g: 1 can (10.75 oz) NDB No. 06065

Soup, turkey noodle, canned, condensed, commercial

Calories Factors: Protein 4.1 Fat 8.9 Carbohydrate 4.1

Food Group: 06 Soups, Sauces, and Gravies

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

NDB No. 06465 Soup, turkey noodle, canned, prepared with equal volume water, commercial

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>		edible portion	
	_			Number of Data	Deriv		Confidence		easures of food	
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.99		0		1		226.90	28.36	551.43
Energy	kcal	28		0	NC	4		68	9	166
Energy		117				4		286	36	695
Protein (N x 6.25)		1.60		0		1		3.90	0.49	9.49
Total lipid (fat)		0.82		0		1		2.00	0.25	4.86
Ash		1.06		0		1		2.59	0.32	6.29
Carbohydrate, by difference		3.54		0	NC	4		8.64	1.08	20.99
Fiber, total dietary		0.3		0		4		0.7	0.1	1.8
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	5		0		1		12	2	30
Iron, Fe	mg	0.39		0		1		0.95	0.12	2.31
Magnesium, Mg	mg	2		0		1		5	1	12
Phosphorus, P		20		0		1		49	6	119
Potassium, K		31		0		1		76	9	184
Sodium, Na		334		0		1		815	102	1981
Zinc, Zn		0.24 0.051		0		1 1		0.58 0.124	0.07 0.016	1.42 0.30
Copper, Cu		0.051		0		1		0.124	0.016	0.30
Selenium, Se		4.4	•	0	RA	4		10.7	1.3	26.1
Scienium, Sc	g			Ū	T.C.	-		10.7	1.3	20.1
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.1		0		1		0.2	0.0	0.6
Thiamin		0.030		0		1		0.073	0.009	0.17
Riboflavin		0.026		0		1		0.063	0.008	0.15
Niacin		0.572		0		1		1.396	0.174	3.39
Pantothenic acid		0.070		0		4		0.171	0.021	0.41
Vitamin B-6	-	0.015	•	0		1		0.037	0.005	0.08
Foliate, total		8 7		0	BFSN NC	4 4		20 17	2 2	47 42
Folic acid		1		0	NC	4		2	0	42 5
Folate, foodFolate, DFE		13		0	NC	4		32	4	77
Vitamin B-12		0.06		0	МС	4		0.15	0.02	0.36
Vitamin A, IU		120		0		1		293	37	712
Vitamin A, RAE		6		0	NC	4		15	2	36
Retinol		0		0	z	7		0	0	0
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.230)	0		1		0.561	0.070	1.36
4:0		0.000		0		1		0.000	0.000	0.00
6:0	_	0.000)	0		1		0.000	0.000	0.00
8:0	g	0.000)	0		1		0.000	0.000	0.00
10:0	g	0.000)	0		1		0.000	0.000	0.00
12:0	_	0.000)	0		1		0.000	0.000	0.00
13:0	-									
14:0	_	0.010)	0		1		0.024	0.003	0.05
15:0	-			_		_				
16:0	_	0.170	J	0		1		0.415	0.052	1.00
17:0		0.040	,	0		1		0.000	0 010	0.00
18:0		0.040	,	U		1		0.098	0.012	0.23
20:0										
22:0 24:0										

		<u>Amou</u>	nt in 100 grams of e	edible portion		edible portion of easures of food	
Nutrients and U	Inits	Mean Sto	of Data Dei I. Error Points Co	riv Source Confidence de Code Code	Measure 1	Measure 2	Measure 3
				_			
Fatty acids, total monounsaturate 14:1	g	0.330	0	1	0.805	0.101	1.957
16:1 undifferentiated	g	0.050	0	1	0.122	0.015	0.297
18:1 undifferentiated	-	0.280	0	1	0.683	0.085	1.660
20:1		0.000	0	1	0.000	0.000	0.000
22:1 undifferentiated	-	0.000	0	<u>-</u> 1	0.000	0.000	0.000
24:1 c	-	0.000	· ·	-	0.000	0.000	0.000
Fatty acids, total polyunsaturated		0.200	0	1	0.488	0.061	1.186
18:2 undifferentiated	-	0.190	0	1	0.464	0.058	1.127
18:3 undifferentiated	-	0.010	0	1	0.024	0.003	0.059
18:4	_	0.000	0	1	0.000	0.000	0.000
20:2 n-6 c.c		0.000	U	1	0.000	0.000	0.000
20:3 undifferentiated	-						
20:4 undifferentiated		0.000	0	1	0.000	0.000	0.000
20:5 n-3	_	0.000	0	1	0.000	0.000	0.000
20:5 n-3		0.000	0	1	0.000	0.000	0.000
22:6 n-3	-	0.000	0	1	0.000	0.000	0.000
		0.000	U	1	0.000	0.000	0.000
Fatty acids, total trans		2	0	1	5	1	12
CholesterolPhytosterols		2	U	1	5	1	12
Phytosterois							
Amino Acids:							
Tryptophan	g	0.015	0	1	0.037	0.005	0.089
Threonine	g	0.051	0	1	0.124	0.016	0.302
Isoleucine	g	0.062	0	1	0.151	0.019	0.368
Leucine	g	0.104	0	1	0.254	0.032	0.617
Lysine	g	0.087	0	1	0.212	0.027	0.516
Methionine	g	0.030	0	1	0.073	0.009	0.178
Cystine	g	0.019	0	1	0.046	0.006	0.113
Phenylalanine	g	0.064	0	1	0.156	0.020	0.380
Tyrosine	g	0.042	0	1	0.102	0.013	0.249
Valine	g	0.069	0	1	0.168	0.021	0.409
Arginine	-	0.065	0	1	0.159	0.020	0.385
Histidine		0.037	0	1	0.090	0.011	0.219
Alanine		0.074	0	1	0.181	0.023	0.439
Aspartic acid	q	0.117	0	1	0.285	0.036	0.694
Glutamic acid		0.442	0	1	1.078	0.135	2.621
Glycine	-	0.075	0	_ 1	0.183	0.023	0.445
Proline		0.103	0	_ 1	0.251	0.031	0.611
Serine		0.058	0	1	0.142	0.018	0.344
Hydroxyproline			•	=		0.023	0.011
, , , , , , , , , , , , , , , , , , ,	-						
Others:	~		•	-	0.0		
Alcohol, ethyl	-	0.0	0	7	0.0	0.0	0.0
Caffeine	_						
Theobromine	mg						

Common Measures:

Measure 1 = 244g: 1 cup Measure 2 = 30.5g: 1 fl oz

Measure 3 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4.1 Fat 8.9 Carbohydrate 4.1

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u> e	easures of food		
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
roximates:											
Water	g	86.01	0.311	10		1		211.58	26.49	256.31	
Energy	kcal	60		0	NC	4		148	18	179	
Energy	kj	251				4		618	77	748	
Protein (N x 6.25)	g	2.52	0.063	10		1		6.20	0.78	7.51	
Total lipid (fat)	g	2.47	0.132	10		1		6.08	0.76	7.36	
Ash	g	1.95	0.037	10		1		4.80	0.60	5.81	
Carbohydrate, by difference	g	7.05		0	NC	4		17.34	2.17	21.01	
Fiber, total dietary	g	0.5		0		4		1.2	0.2	1.5	
Sugars, total	g	1.36		0	FLA	4		3.35	0.42	4.06	
Starch	g										
Ain anals:											
<u>linerals:</u> Calcium, Ca	ma	14	0.958	10		1		34	4	42	
Iron, Fe	-	0.62	0.938	10		1		1.53	0.19	1.8	
Magnesium, Mg	-	3	0.037	1		1		7	1	9	
Phosphorus, P		33		1		1		, 81	10	98	
Potassium, K	-	143		1		1		352	44	426	
Sodium. Na		739	47.576	5		1		1818	228	2202	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.50	47.570	1		1		1.23	0.15	1.4	
Copper, Cu		0.100		1		1		0.246	0.031	0.2	
Manganese, Mn		0.200		1		1		0.492	0.062	0.5	
Selenium, Se		4.3		0	BFSN	4		10.6	1.3	12.8	
<u>'itamins:</u>											
Vitamin C, total ascorbic acid	-	0.0		1		1		0.0	0.0	0.0	
Thiamin		0.024		10		1		0.059	0.007	0.0	
Riboflavin		0.032		10		1		0.079	0.010	0.0	
Niacin	-	0.820		10		1		2.017	0.253	2.4	
Pantothenic acid	-	0.390		0		4		0.959	0.120	1.1	
Vitamin B-6	-	0.040		1		1		0.098	0.012	0.1	
Folate, total		4		0	_	4		10	1	12	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		4		0		4		10	1	12	
Folate, DFE		4		0	NC	4		10	1	12	
Vitamin B-12		0.14		1		1		0.34	0.04	0.4	
Vitamin A, IU	IU	1987		0	NC	4		4887	612	5920	
Vitamin A, RAE		106		0	NC	4		261	33	317	
Retinol		8		0	FLA	4		20	3	25	
Vitamin E (alpha-tocopherol)		0.34		0	FLA	4		0.85	0.11	1.0	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D	111g										
Vitamin K (phylloquinone)		4.3		0	FLA	4		10.7	1.3	12.9	
Vitanini K (phynoquinone)	11109	4.5		·	LIM	-		10.7	1.3	12.9	
<u>ipids:</u>											
Fatty acids, total saturated	g	0.730		0		1		1.796	0.225	2.1	
4:0		0.000		0		1		0.000	0.000	0.0	
6:0	g	0.000		0		1		0.000	0.000	0.0	
8:0	g	0.000		0		1		0.000	0.000	0.0	
10:0	-	0.000		0		1		0.000	0.000	0.0	
12:0		0.000		0		1		0.000	0.000	0.0	
13:0											
14:0		0.020		0		1		0.049	0.006	0.0	
15:0											
16:0	g	0.520		0		1		1.279	0.160	1.5	
17:0	_										
18:0	g	0.150	1	0		1		0.369	0.046	0.4	
20:0	_										
22:0	a										

		<u>A</u> 1	nount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number of Data	Deriv		Confidence				
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatura	tedg	1.080		0		1		2.657	0.333	3.218	
14:1	g										
15:1	-										
16:1 undifferentiated	-	0.150		0		1		0.369	0.046	0.447	
17:1 18:1 undifferentiated	-	0.910		0		1		2.239	0.280	2.712	
20:1	-	0.000		0		1		0.000	0.280	0.000	
22:1 undifferentiated		0.000		0		1		0.000	0.000	0.000	
24:1 c	-	0.000		Ū		-		0.000	0.000	0.000	
Fatty acids, total polyunsaturate		0.550		0		1		1.353	0.169	1.639	
18:2 undifferentiated		0.500		0		1		1.230	0.154	1.490	
18:3 undifferentiated		0.030		0		1		0.074	0.009	0.089	
18:4		0.000		0		1		0.000	0.000	0.000	
20:2 n-6 c,c	-										
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		1		2	0	3	
Phytosterols	mg										
Amino Acids:											
Tryptophan	а	0.022		0		1		0.054	0.007	0.066	
Threonine		0.079		0		1		0.194	0.024	0.235	
Isoleucine	-	0.095		0		1		0.234	0.029	0.283	
Leucine	-	0.161		0		1		0.396	0.050	0.480	
Lysine	-	0.155		0		1		0.381	0.048	0.462	
Methionine		0.043		0		1		0.106	0.013	0.128	
Cystine	g	0.017		0		1		0.042	0.005	0.051	
Phenylalanine		0.092		0		1		0.226	0.028	0.274	
Tyrosine	g	0.066		0		1		0.162	0.020	0.197	
Valine	g	0.111		0		1		0.273	0.034	0.331	
Arginine	g	0.118		0		1		0.290	0.036	0.352	
Histidine	g	0.056		0		1		0.138	0.017	0.167	
Alanine	g	0.143		0		1		0.352	0.044	0.426	
Aspartic acid	g	0.212		0		1		0.522	0.065	0.632	
Glutamic acid	g	0.634		0		1		1.560	0.195	1.889	
Glycine	g	0.158		0		1		0.389	0.049	0.471	
Proline	g	0.144		0		1		0.354	0.044	0.429	
Serine	g	0.087		0		1		0.214	0.027	0.259	
Hydroxyproline	g										
Others:											
Alcohol, ethyl	q	0.0		0		7		0.0	0.0	0.0	
Caffeine		0		0	FLA	4		0	0	0	
Theobromine		0		0	FLA	4		0	0	0	
Carotenoids:											
	mca	961		0	FLA	4		2364.992	296.105	2864.909	
Carotene, beta		961 428		0	FLA	4		1053.050	131.845	1275.646	
Carotene, alpha Cryptoxanthin, beta		428		0	FLA	4		0.038	0.005	0.046	
Lycopene		301		0	FLA	4		741.188	92.799	897.862	
L V CUDCIIC	y	301		•	- 111	-		,	J= . 1 J J	021.002	

Common Measures:

Measure 1 = 246g: 1 cup (8 fl oz)

Measure 2 = 30.8g: 1 fl oz

Measure 3 = 298g: 1 can (10.5 oz)

NDB No. 06066

Soup, turkey vegetable, canned, condensed, commercial

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

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

NDB No. 06466 Soup, turkey vegetable, canned, prepared with equal volume water, commercial

		<u>A</u> :	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<u>.</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	92.89		0		1		223.86	27.96	544.34	
Energy	kcal	30		0	NC	4		72	9	176	
Energy	kj	126				4		303	38	736	
Protein (N x 6.25)	g	1.28		0		1		3.08	0.39	7.50	
Total lipid (fat)	g	1.26		0		1		3.04	0.38	7.38	
Ash	g	0.99		0		1		2.39	0.30	5.80	
Carbohydrate, by difference	g	3.58		0	NC	4		8.63	1.08	20.98	
Fiber, total dietary	g	0.2		0		4		0.5	0.1	1.2	
Sugars, total	g										
Starch	g										
	_										
Minerals:		_		_		_		1.5	•		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	7		0		1		17	2	41	
Iron, Fe.		0.32		0		1		0.77	0.10	1.88	
Magnesium, Mg		2		0		1		5	1	12	
Phosphorus, P	-	17 73		0 0		1 1		41 176	5 22	100	
Potassium, K				0		1		176 906		428 2203	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	376		0		1		0.61	113	1.49	
Zinc, Zn		0.25 0.051		0		1		0.123	0.08 0.015	0.29	
Copper, Cu		0.051		0		1		0.123	0.015	0.29	
Manganese, Mn		0.102	4	U		_		0.246	0.031	0.59	
Selenium, Se	nog										
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0	
Thiamin		0.012	2	0		1		0.029	0.004	0.07	
Riboflavin	mg	0.016	5	0		1		0.039	0.005	0.09	
Niacin		0.417	7	0		1		1.005	0.126	2.44	
Pantothenic acid		0.200		0		4		0.482	0.060	1.17	
Vitamin B-6	-	0.020)	0		1		0.048	0.006	0.11	
Folate, total		2		0		4		5	1	12	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		2		0		4		5	1	12	
Folate, DFE		2		0	NC	4		5	1	12	
Vitamin B-12		0.07		0		1		0.17	0.02	0.41	
Vitamin A, IU		1014		0		1		2444	305	5942	
Vitamin A, RAE		51		0	NC	4		122	15	297	
Retinol		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	nicg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.370)	0		1		0.892	0.111	2.16	
4:0	g	0.000)	0		1		0.000	0.000	0.00	
6:0	g	0.000)	0		1		0.000	0.000	0.00	
8:0	g	0.000)	0		1		0.000	0.000	0.00	
10:0	g	0.000)	0		1		0.000	0.000	0.00	
12:0	g	0.000)	0		1		0.000	0.000	0.00	
13:0	g										
14:0	g	0.010)	0		1		0.024	0.003	0.05	
15:0	g										
16:0	g	0.270)	0		1		0.651	0.081	1.58	
17:0	g										
18:0	g	0.080)	0		1		0.193	0.024	0.46	
20:0	g										
22:0	g										
24:0	-										

		<u>Amor</u>	unt in 100 grams Number		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	iits	Mean St	of Data d. Error Points	Deriv Source Code Code	Confidence Code	Measure 1	Measure 2	Measure 3	
				_					
Fatty acids, total monounsaturated.	-	0.550	0	1		1.326	0.166	3.223	
15:1	-								
16:1 undifferentiated		0.070	0	1		0.169	0.021	0.410	
17:1		0.070	·	-		0.205	0.022	0	
18:1 undifferentiated	-	0.460	0	1		1.109	0.138	2.696	
20:1		0.000	0	1		0.000	0.000	0.000	
22:1 undifferentiated		0.000	0	1		0.000	0.000	0.000	
24:1 c	•	0.000	v	-		0.000	0.000	0.000	
Fatty acids, total polyunsaturated		0.280	0	1		0.675	0.084	1.641	
18:2 undifferentiated		0.260	0	1		0.627	0.078	1.524	
18:3 undifferentiated		0.020	0	1		0.048	0.006	0.117	
18:4	_	0.000	0	1		0.000	0.000	0.000	
20:2 n-6 c,c		0.000	·	_		0.000	0.000	0.000	
20:3 undifferentiated									
20:4 undifferentiated	-	0.000	0	1		0.000	0.000	0.000	
20:5 n-3		0.000	0	1		0.000	0.000	0.000	
22:5 n-3	-	0.000	0	1		0.000	0.000	0.000	
22:6 n-3	-	0.000	0	1		0.000	0.000	0.000	
Fatty acids, total trans		0.000	v	-		0.000	0.000	0.000	
Cholesterol		1	0	1		2	0	6	
Phytosterols		-	·	-		_	·	·	
-									
Amino Acids:									
Tryptophan		0.011	0	1		0.027	0.003	0.064	
Threonine	g	0.040	0	1		0.096	0.012	0.234	
Isoleucine	g	0.048	0	1		0.116	0.014	0.281	
Leucine	g	0.082	0	1		0.198	0.025	0.481	
Lysine	g	0.079	0	1		0.190	0.024	0.463	
Methionine	g	0.022	0	1		0.053	0.007	0.129	
Cystine	g	0.009	0	1		0.022	0.003	0.053	
Phenylalanine	g	0.047	0	1		0.113	0.014	0.275	
Tyrosine	g	0.034	0	1		0.082	0.010	0.199	
Valine	g	0.056	0	1		0.135	0.017	0.328	
Arginine	g	0.060	0	1		0.145	0.018	0.352	
Histidine	g	0.028	0	1		0.067	0.008	0.164	
Alanine	g	0.073	0	1		0.176	0.022	0.428	
Aspartic acid	g	0.108	0	1		0.260	0.033	0.633	
Glutamic acid	g	0.322	0	1		0.776	0.097	1.887	
Glycine	g	0.080	0	1		0.193	0.024	0.469	
Proline	g	0.073	0	1		0.176	0.022	0.428	
Serine	g	0.044	0	1		0.106	0.013	0.258	
Hydroxyproline	g								
Others:									
Alcohol, ethyl	a	0.0	0	7		0.0	0.0	0.0	
Caffeine		0.0	3	•		0.0	5.0	0.0	
Theobromine									

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 30.1g: 1 fl oz

Measure 3 = 586g: 1 can (10.5 oz), prepared

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

		<u>Aı</u>	mount in 100 g	Amount in edible portion of common						
			Nu	mber				<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.37	0.190	13		1		203.83	459.49	
Energy		57		0	NC	4		135	303	
Energy		238				4		563	1269	
Protein (N x 6.25)		4.33	0.075	10		1		10.22	23.04	
Total lipid (fat)		1.87	0.056	10		1		4.41	9.95	
Ash		1.47	0.052	10		1		3.47	7.82	
Carbohydrate, by difference	g	5.96		0	NC	4		14.07	31.71	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minanala										
Minerals: Calcium, Ca	ma	21	1.527	10		1		50	112	
Iron, Fe	_	0.81	0.113	10		1		1.91	4.31	
Magnesium, Mg		10	0.113	0		4		24	53	
Phosphorus, P		44		1		1		104	234	
Potassium, K	-	153		1		1		361	814	
Sodium, Na		391	13.761	10		1		923	2080	
Zinc, Zn		0.90		1		1		2.12	4.79	
Copper, Cu		0.100)	1		1		0.236	0.532	
Manganese, Mn	mg	0.100)	1		1		0.236	0.532	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	2.7	0.335	10		1		6.4	14.4	
Thiamin		0.015		10		1		0.035	0.080	
Riboflavin		0.045		10		1		0.106	0.239	
Niacin		1.520	0.057	10		1		3.587	8.086	
Pantothenic acid	-	0.390	1	0		4		0.920	2.075	
Vitamin B-6	mg	0.130	1	1		1		0.307	0.692	
Folate, total	mcg	5	1.001	3		1		11	25	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	5	1.001	3		1		11	25	
Folate, DFE	mcg_DFE	5		0	NC	4		11	25	
Vitamin B-12		0.90		1		1		2.12	4.79	
Vitamin A, IU		3032	143.012	10		1		7156	16130	
Vitamin A, RAE		152		0	NC	4		358	807	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		0.520	1	0		1		1.227	2.766	
4:0										
6:0										
8:0 10:0										
12:0										
13:0										
14:0		0.020)	0		1		0.047	0.106	
15:0	-			•						
16:0		0.390	1	0		1		0.920	2.075	
17:0										
18:0		0.090	1	0		1		0.212	0.479	
20:0										
22:0	g									
24:0	а									

		<u>Ar</u>	nount in 100		Amount in edible portion of common measures of food				
Nutrients and Units		Mean			 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.750		0	1		1.770	3.990	
14:1	-								
15:1									
16:1 undifferentiated	-	0.110		0	1		0.260	0.585	
17:1									
18:1 undifferentiated	-	0.650		0	1		1.534	3.458	
20:1	g								
22:1 undifferentiated									
24:1 c									
Fatty acids, total polyunsaturated	g	0.460		0	1		1.086	2.447	
18:2 undifferentiated	g	0.440		0	1		1.038	2.341	
18:3 undifferentiated	g	0.020		0	1		0.047	0.106	
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		0	1		9	21	
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.042		0	1		0.099	0.223	
Threonine	g	0.171		0	1		0.404	0.910	
Isoleucine	g	0.218		0	1		0.514	1.160	
Leucine	g	0.331		0	1		0.781	1.761	
Lysine	g	0.343		0	1		0.809	1.825	
Methionine	g	0.091		0	1		0.215	0.484	
Cystine	g	0.045		0	1		0.106	0.239	
Phenylalanine		0.177		0	1		0.418	0.942	
Tyrosine		0.130		0	1		0.307	0.692	
Valine	-	0.234		0	1		0.552	1.245	
Arginine		0.225		0	1		0.531	1.197	
Histidine		0.101		0	1		0.238	0.537	
Alanine	-	0.267		0	1		0.630	1.420	
Aspartic acid	-	0.424		0	1		1.001	2.256	
Glutamic acid		0.775		0	1		1.829	4.123	
Glycine	-	0.773		0	1		0.595	1.341	
Proline	-	0.232		0	1		0.467	1.053	
	_	0.198		0	1		0.467	0.803	
Serine	-	0.151		U	1		0.336	0.803	
Hydroxyproline	y								

Common Measures:

Measure 1 = 236g: 1 cup (8 fl oz)

Measure 2 = 532g: 1 can (18.75 oz), ready-to-serve

Calories Factors: Protein 4.1 Fat 8.8 Carbohydrate 3.9

		<u>A</u> 1	mount in 100 g		edible portion					
			Nu	ımbeı	•			<u>m</u>	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.69	0.123	31		1		210.06	255.25	
Energy	kcal	63		0	NC	4		158	192	
Energy	kj	264				4		662	804	
Protein (N x 6.25)	g	4.45	0.131	28		1		11.17	13.57	
Total lipid (fat)	g	1.51	0.056	28		1		3.79	4.61	
Ash	g	2.25	0.015	27		1		5.65	6.86	
Carbohydrate, by difference	g	8.11		0	NC	4		20.36	24.74	
Fiber, total dietary	g	1.6		0		1		4.0	4.9	
Sugars, total	g	1.34		0	FLA	4		3.37	4.09	
Starch	g									
Minerals:	ma	13		25		4		22	40	
Calcium, Ca	_	13 0.89	0.057	25		1 1		33 2.23	40 2.71	
Iron, Fe	_	0.89 5	0.057	28 5		1		2.23 13		
Magnesium, Mg		5 32		5 4		1		13 80	15 98	
Phosphorus, P	-	32 138		4		1		80 346	98 421	
Potassium, K	-	631		0		4		1584	1925	
Sodium, Na	-	1.23		6		1		3.09	3.75	
Zinc, Zn		0.145		4		1		0.364	0.442	
Copper, Cu		0.145		2		1		0.364	0.442	
Manganese, Mn Selenium, Se	-	2.2		2	A	1		5.5	6.7	
Seienium, Se	nicg	2.2		2	A	1		5.5	6.7	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	1.9	0.063	27		1		4.8	5.8	
Thiamin	mg	0.029	0.001	28		1		0.073	0.088	
Riboflavin	mg	0.039	0.001	28		1		0.098	0.119	
Niacin	mg	0.823	0.022	27		1		2.066	2.510	
Pantothenic acid	mg	0.280)	0		4		0.703	0.854	
Vitamin B-6	mg	0.060	0.000	4		1		0.151	0.183	
Folate, total	mcg	8	0.902	3		1		21	26	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		8	0.902	3		1		21	26	
Folate, DFE	mcg_DFE	8		0	NC	4		21	26	
Vitamin B-12		0.25		3		1		0.63	0.76	
Vitamin A, IU	IU	3104		0	NC	4		7791	9468	
Vitamin A, RAE	mcg_RAE	155		0	NC	4		390	473	
Retinol	mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.48		0	FLA	4		1.21	1.47	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	5.6		0	FLA	4		14.1	17.2	
Lipids:										
Fatty acids, total saturated	а	0.680)	0		1		1.707	2.074	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0		0.000		0		1		0.000	0.000	
13:0		2.000		-		-				
14:0		0.030)	2		1		0.075	0.092	
15:0								2		
16:0		0.370	1	2		1		0.929	1.129	
17:0				-		=		3.020		
18:0	-	0.230	1	2		1		0.577	0.702	
20:0	-	0.230		_		-		3.3	· · · · · ·	
22:0	-									
24:0	-									

		<u>Ar</u>	mount in 10	0 grams	Amount in edible portion of common					
				Number of Data Deri			Confidence	measures of food		
Nutrients and Units	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ntedg	0.640		0		1		1.606	1.952	
14:1	-									
15:1 16:1 undifferentiated	-	0.060		2		1		0.151	0.183	
17:1	-									
18:1 undifferentiated	g	0.560		2		1		1.406	1.708	
20:1		0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c				_		_				
Fatty acids, total polyunsaturat		0.090		0		1		0.226	0.275	
18:2 undifferentiated		0.080		2		1		0.201	0.244	
18:3 undifferentiated		0.010 0.000		2 0		1 1		0.025 0.000	0.031 0.000	
18:4 20:2 n-6 c.c	-	0.000		U		1		0.000	0.000	
20:2 n-o c,c 20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3	-	0.000		0		1		0.000	0.000	
22:6 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	4		0		1		10	12	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.038		0		1		0.095	0.116	
Threonine	g	0.139		0		1		0.349	0.424	
Isoleucine	g	0.168		0		1		0.422	0.512	
Leucine	g	0.285		0		1		0.715	0.869	
Lysine	g	0.274		0		1		0.688	0.836	
Methionine	g	0.075		0		1		0.188	0.229	
Cystine	g	0.031		0		1		0.078	0.095	
Phenylalanine		0.163		0		1		0.409	0.497	
Tyrosine	-	0.116		0		1		0.291	0.354	
Valine	-	0.197		0		1		0.494	0.601	
Arginine		0.208		0 0		1 1		0.522	0.634	
Histidine	• • • • • • • • • • • • • • • • • • • •	0.098 0.253		0		1		0.246 0.635	0.299 0.772	
Alanine		0.253		0		1		0.835	1.144	
Glutamic acid		1.121		0		1		2.814	3.419	
Glycine	=	0.280		0		1		0.703	0.854	
Proline		0.255		0		1		0.640	0.778	
Serine	-	0.153		0		1		0.384	0.467	
Hydroxyproline										
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine		0		0	FLA	4		0	0	
Theobromine		0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mca	1618	68.00	0 3	A	1		4061.180	4934.900	
Carotene, alpha		489	53.00		A	1		1227.390	1491.450	
Cryptoxanthin, beta		0	22.00	2	A	1		0.000	0.000	
Lycopene		364		2	A	1		913.640	1110.200	
Lutein + zeaxanthin		92		2	A	1		230.920	280.600	

Common Measures:

Measure 1 = 251g: 1 cup

Measure 2 = 305g: 1 can (10.75 oz)

NDB No. 06071

Soup, vegetable beef, canned, condensed, commercial

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u>	mount in 10	0 grams	of edil	ole portic	Amount in edible portion of common			
		Mean			of Data Deriv S		Confidence	measures of food		
Nutrients and Uni	Nutrients and Units		Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		86.00		1	A	1		256.28	116.96	
Energy	kcal	53		0	NC	4		158	72	
Energy	kj	222				4		661	302	
Protein	g	3.80		1	A	1		11.32	5.17	
Total lipid (fat)	g	0.80		1	A	1		2.38	1.09	
Ash	g	1.70		1	A	1		5.07	2.31	
Carbohydrate, by difference		7.70		0	NC	4		22.95	10.47	
Fiber, total dietary										
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	555		1	A	1		1654	755	
Zine, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	0.231	=	1	A	1		0.688	0.314	
Fatty acids, total monounsaturated	g	0.176		1	A	1		0.524	0.239	
Fatty acids, total polyunsaturated	g	0.237	'	1	A	1		0.706	0.322	
Fatty acids, total trans	g									
Cholesterol	mg	5		1	A	1		15	7	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mcg	820		1	A	1		2443.600	1115.200	
Carotene, alpha	mcg									
Cryptoxanthin, beta										
Lycopene	mcg									
Lutein + zeaxanthin	mcg									

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

Common Measures:

Measure 1 = 298g: 1 package yields

Measure 2 = 136g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

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

		<u>A</u>	mount in 100 gran	Amount in	Amount in edible portion of common				
			Numb	<u>m</u>	measures of food				
			of Da	a Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	4.64	4		1		0.79	3.43	
Energy	kcal	344	0	NC	4		58	255	
Energy	kj	1439			4		245	1065	
Protein (N x 6.25)	g	18.91	2		1		3.21	13.99	
Total lipid (fat)	g	7.20	2		1		1.22	5.33	
Ash		17.50	2		1		2.98	12.95	
Carbohydrate, by difference	g	51.74	0	NC	4		8.80	38.29	
Fiber, total dietary	g	1.8	0		4		0.3	1.3	
Sugars, total									
Starch	g								
Minerals:			_				1.		
Calcium, Ca	-	84	0		4		14	62	
Iron, Fe	-	5.51 151	1		1 4		0.94 26	4.08 112	
Magnesium, Mg Phosphorus, P		236	1		1		26 40	112 175	
Priospriorus, P	•	483	0		4		40 82	175 357	
Sodium, Na	-	463 6460	2		1		1098	4780	
Zinc, Zn		1.75	2		1		0.30	1.30	
Copper, Cu		0.198			1		0.034	0.147	
Manganese, Mn		1.800			4		0.306	1.332	
Selenium, Se									
Vitamins:			_						
Vitamin C, total ascorbic acid		8.6	0		4		1.5	6.4	
Thiamin		0.192			1		0.033	0.142	
Riboflavin		0.231			1		0.039	0.171	
Niacin		2.981			1		0.507	2.206	
Pantothenic acid		1.700			4		0.289	1.258	
Vitamin B-6	-	0.345			1		0.059	0.255	
Folate, total		51	0	_	4		9	38	
Folic acid		0 51	0	Z	7 4		0	0	
Folate, food	IIICY	51		170			9 9	38	
Folate, DFE			0	NC	4			38	
Vitamin B-12		2.00 1537	0		4 1		0.34 261	1.48	
Vitamin A, IU Vitamin A, RAE		77	0	NC	4		13	1137 57	
Retinol		0	0	NC Z	7		0	0	
Vitamin E (alpha-tocopherol)		Ū	· ·	2	,		U	U	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
	-								
<u>Lipids:</u>	_		<u>-</u>		_				
Fatty acids, total saturated		3.590	0		1		0.610	2.657	
4:0									
6:0									
8:0	_								
10:0 12:0		0.070) 0		1		0.012	0.052	
13:0		0.070			1		0.012	0.052	
14:0		0.270	0		1		0.046	0.200	
15:0		0.270			1		0.040	0.200	
16:0		1.790) 0		1		0.304	1.325	
17:0		1.790			-		0.304	1.325	
18:0	-	1.360	0		1		0.231	1.006	
20:0	-	1.500	. 0		_		0.231	1.000	
22:0	_								
44.V	g g								

	<u>Ar</u>	nount in 100 grams	s of edible port	<u>ion</u>	Amount in edible portion of common		
		Numbe			<u>m</u>	easures of food	<u> </u>
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Sourc		Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	3.010	0	1		0.512	2.227	
14:1g							
15:1	0.300	0	1		0.051	0.222	
18:1 undifferentiated	2.590	0	1		0.440	1.917	
20:1g	0.020	0	1		0.003	0.015	
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturatedg	0.290	0	1		0.049	0.215	
18:2 undifferentiatedg	0.220	0	1		0.037	0.163	
18:3 undifferentiatedg	0.040	0	1		0.007	0.030	
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg							
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total transg							
Cholesterol mg	8	0	1		1	6	
Phytosterolsmg							
Others:							
Alcohol, ethylg	0.0	0	z 7		0.0	0.0	
Caffeine mg							
Theobrominemg							

Common Measures:

Measure 1 = 17g: 1 cup (8 fl oz) Measure 2 = 74g: 1 packet

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			Numbe	er			<u>m</u>	easures of food	<u>.</u>
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	94.15	0		1		238.20	1072.37	
Energy	kcal	21	0	NC	4		53	239	
Energy		88			4		222	1001	
Protein (N x 6.25)	g	1.16	0		1		2.93	13.21	
Total lipid (fat)	g	0.44	0		1		1.11	5.01	
Ash	g	1.07	0		1		2.71	12.19	
Carbohydrate, by difference	g	3.17	0	NC	4		8.02	36.11	
Fiber, total dietary	g	0.2	0		4		0.5	2.3	
Sugars, total	g	0.22	0	FLA	4		0.55	2.47	
Starch									
Minerals:		_	_				10		
Calcium, Ca	_	5	0		4		13	57	
Iron, Fe		0.34 9	0		1 4		0.86 23	3.87 103	
Magnesium, Mg Phosphorus, P		14	0		1		23 35	103 159	
1 ,	•	30	0		4		35 76	342	
Potassium, KSodium, Na		396	0		1		1002	4510	
Zinc, Zn		0.11	0		1		0.27	1.22	
Copper, Cu		0.012			1		0.030	0.137	
Manganese, Mn		0.100			4		0.253	1.139	
Selenium, Se		1.2	0	BFSN	4		3.0	13.7	
·									
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		0.5	0		4		1.3	5.7	
Thiamin		0.012			1		0.030	0.137	
Riboflavin		0.014			1		0.035	0.159	
Niacin	-	0.183			1		0.463	2.084	
Pantothenic acid		0.100			4		0.253	1.139	
Vitamin B-6	_	0.021 3	0 0		1 4		0.053 8	0.239 34	
Foliate, total		0	0	z	7		0	0	
Folic acid		3	0	4	4		8	34	
Folate, foodFolate, DFE	mcg DEE	3	0	NC	4		8	34	
Vitamin B-12		0.10	0	NC	4		0.25	1.14	
Vitamin A, IU		94	0	FLA	4		238	1071	
Vitamin A, RAE		5	0	FLA	4		12	54	
Retinol		0	0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		0.08	0	FLA	4		0.20	0.91	
Tocopherol, beta			-		_				
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		0.5	0	FLA	4		1.3	6.0	
T :-: 3									
Lipids:	a	0.220	0		1		0.557	2.506	
Fatty acids, total saturated		0.000			1				
4:0 6:0		0.000			1		0.000 0.000	0.000 0.000	
8:0		0.000			1		0.000	0.000	
10:0	-	0.000			1		0.000	0.000	
12:0		0.000			1		0.000	0.000	
13:0	-	0.000			-		3.000	0.000	
14:0	_	0.020	0		1		0.051	0.228	
15:0	_	J.J.	·		-		3.031	J.225	
16:0	_	0.110	0		1		0.278	1.253	
17:0		J.11(·		-		0.270	1.233	
18:0	_	0.080	0		1		0.202	0.911	
20:0	_	2.000	v		-				
22:0	_								
24:0	-								

		<u>Ar</u>	nount in 10	0 grams		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	Jnits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate	-	0.180		0		1		0.455	2.050		
14:1											
15:1	_										
16:1 undifferentiated	_	0.020		0		1		0.051	0.228		
17:1											
18:1 undifferentiated	_	0.160		0		1		0.405	1.822		
20:1	-	0.000		0		1		0.000	0.000		
22:1 undifferentiated	•	0.000		0		1		0.000	0.000		
24:1 c				_		_					
Fatty acids, total polyunsaturated		0.020		0		1		0.051	0.228		
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.010		0		1		0.025	0.114		
18:3 undifferentiated	-	0.000		0		1		0.000	0.000		
18:4	-	0.000		0		1		0.000	0.000		
20:2 n-6 c,c											
20:3 undifferentiated				_		_					
20:4 undifferentiated	-	0.000		0		1		0.000	0.000		
20:5 n-3		0.000		0		1		0.000	0.000		
22:5 n-3	_	0.000		0		1		0.000	0.000		
22:6 n-3		0.000		0		1		0.000	0.000		
Fatty acids, total trans											
Cholesterol		0		0		1		0	0		
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0	0.0		
Caffeine	mg	0		0	FLA	4		0	0		
Theobromine	mg	0		0	FLA	4		0	0		
Carotenoids:											
Carotene, beta	mcg	47		0	FLA	4		118.752	534.619		
Carotene, alpha	mcg	19		0	FLA	4		47.911	215.695		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0.000	0.000		
Lycopene	mcg	141		0	FLA	4		356.603	1605.420		
Lutein + zeaxanthin	mcg	6		0	FLA	4		15.280	68.789		

Common Measures:

Measure 1 = 253g: 1 cup

Measure 2 = 1139g: 1 packet (36 fl oz prepared)

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> 1	mount in 10	00 grams	of edik	ole portic	<u>on</u>	Amount in	edible portion of	of common
				Number of Data		Source	Confidence		easures of food	
Nutrients and U	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.60		1	A	1		258.71	258.71	
Energy	kcal	44		0	NC	4		128	128	
Energy	kj	184				4		538	538	
Protein	g	6.20		1	A	1		18.10	18.10	
Total lipid (fat)	g	0.70		1	A	1		2.04	2.04	
Ash	g	1.20		1	A	1		3.50	3.50	
Carbohydrate, by difference	g	3.30		0	NC	4		9.64	9.64	
Fiber, total dietary	g	1.5		1	A	1		4.4	4.4	
Sugars, total	g									
Starch	g									
<u>linerals:</u>										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na	-	376		1	A	1		1098	1098	
Zinc, Zn	-									
Copper, Cu	-									
Manganese, Mn Selenium, Se										
•										
ipids: Fatty acids, total saturated	a	0.221		1	A	1		0.645	0.645	
Fatty acids, total monounsaturated		0.223		1	A	1		0.645	0.651	
Fatty acids, total monounsaturated.		0.112		1	A	1		0.327	0.327	
Fatty acids, total trans		0.112		-	A	-		0.327	0.327	
Cholesterol	-	3		1	А	1		9	9	
Phytosterols		J		_		_		,		
arotenoids:	9									
	mag	390		1		1		1138.800	1130 000	
Carotene, beta		390		1	A	1		1138.800	1138.800	
Carotene, alpha	-									
Cryptoxanthin, beta										
LycopeneLutein + zeaxanthin										
Luteni - Zeaxantinii	9									

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

Common Measures:

Measure 1 = 292g: 1 package yields

Measure 2 = 292g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

NDB No. 06471 Soup, vegetable beef, prepared with equal volume water, commercial

		<u>Aı</u>	mount in 100 g	rams o	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	_	
			of	Data I	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints (Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	91.61		0		1		223.53	543.25		
Energy	kcal	32		0	NC	4		78	190		
Energy	kj	134				4		327	794		
Protein (N x 6.25)	g	2.29		0		1		5.59	13.58		
Total lipid (fat)	g	0.78		0		1		1.90	4.63		
Ash	g	1.16		0		1		2.83	6.88		
Carbohydrate, by difference	g	4.17		0	NC	4		10.17	24.73		
Fiber, total dietary	g	0.2		0		4		0.5	1.2		
Sugars, total	g	0.40		0	FLA	4		0.97	2.36		
Starch											
<u>Minerals:</u>		_				_		4-	4.5		
Calcium, Ca	_	7		0		1		17	42		
Iron, Fe	_	0.46		0		1		1.12	2.73		
Magnesium, Mg		2		0		1		5	12		
Phosphorus, P	_	17		0		1		41	101		
Potassium, K		71		0		1		173	421		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	324		0		4		791	1921		
Zinc, Zn		0.63		0		1		1.54	3.75		
Copper, Cu		0.075		0		1		0.183	0.445		
Manganese, Mn		0.129		0	_	1		0.315	0.765		
Selenium, Se	mcg	1.8	0.612	3	A	1		4.4	10.7		
itamins:											
Vitamin C, total ascorbic acid	mg	1.0		0		1		2.4	5.9		
Thiamin	_	0.015	;	0		1		0.037	0.089		
Riboflavin	_	0.020)	0		1		0.049	0.119		
Niacin		0.423	3	0		1		1.032	2.508		
Pantothenic acid		0.140)	0		4		0.342	0.830		
Vitamin B-6		0.031	_	0		1		0.076	0.184		
Folate, total	-	4		0		1		10	25		
Folic acid		0		0	z	7		0	0		
Folate, food		4		0		1		10	25		
Folate, DFE		4		0	NC	4		10	25		
Vitamin B-12		0.13		0		1		0.32	0.77		
Vitamin A, IU		775		0	NC	4		1891	4595		
Vitamin A, RAE		39		0	FLA	4		95	230		
Retinol		0		0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)		0.15		0	FLA	4		0.37	0.90		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		1.8		0	FLA	4		4.5	10.9		
<u>aipids:</u>	_					_			0.006		
Fatty acids, total saturated		0.350		0		1		0.854	2.076		
4:0		0.000		0		1		0.000	0.000		
6:0	-	0.000		0		1		0.000	0.000		
8:0	-	0.000		0		1		0.000	0.000		
10:0	-	0.000		0		1		0.000	0.000		
12:0		0.000	,	0		1		0.000	0.000		
13:0		2 222		•							
14:0		0.020	,	0		1		0.049	0.119		
15:0		0 100		•							
16:0		0.190	,	0		1		0.464	1.127		
17:0	-	0.10-		•				0.000	0 =10		
18:0	-	0.120)	0		1		0.293	0.712		
20:0	-										
22:0	а										

		<u>A</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				Number of Data	Deriv	Source	Confidence	<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	tedg	0.330)	0		1		0.805	1.957	
14:1	_									
15:1 16:1 undifferentiated	_	0.030)	0		1		0.073	0.178	
17:1	_			-		_				
18:1 undifferentiated	g	0.290		0		1		0.708	1.720	
20:1	_	0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000)	0		1		0.000	0.000	
24:1 cFatty acids, total polyunsaturate		0.050	1	0		1		0.122	0.297	
18:2 undifferentiated		0.040		0		1		0.122	0.237	
18:3 undifferentiated		0.010		0		1		0.024	0.059	
18:4		0.000		0		1		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000)	0		1		0.000	0.000	
20:5 n-3	_	0.000		0		1		0.000	0.000	
22:5 n-3	_	0.000		0		1		0.000	0.000	
22:6 n-3		0.000)	0		1		0.000	0.000	
Fatty acids, total trans Cholesterol		2		0		1		5	12	
Phytosterols	_	2		U		-		3	12	
-										
Amino Acids:										
Tryptophan		0.020		0		1		0.049	0.119	
Threonine	_	0.071 0.086		0 0		1 1		0.173 0.210	0.421 0.510	
Isoleucine	_	0.147		0		1		0.359	0.872	
Lysine	-	0.141		0		1		0.344	0.836	
Methionine		0.039		0		1		0.095	0.231	
Cystine		0.016	5	0		1		0.039	0.095	
Phenylalanine		0.084	Į	0		1		0.205	0.498	
Tyrosine	g	0.060)	0		1		0.146	0.356	
Valine	g	0.101	=	0		1		0.246	0.599	
Arginine		0.107		0		1		0.261	0.635	
Histidine	-	0.050		0		1		0.122	0.297	
Alanine		0.130		0 0		1 1		0.317 0.471	0.771	
Aspartic acidGlutamic acid		0.193 0.576		0		1		1.405	1.144 3.416	
Glycine	_	0.144		0		1		0.351	0.854	
Proline		0.131		0		1		0.320	0.777	
Serine	• • • • • • • • • • • • • • • • • • • •	0.079		0		1		0.193	0.468	
Hydroxyproline										
Others: Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine		0.0		0	FLA	4		0.0	0.0	
Theobromine	-	0		0	FLA	4		0	0	
Carotenoids:	J							-	-	
·	mea	382		0	FLA	4		931.209	2263.143	
Carotene, beta		382 167		0	FLA	4		406.509	987.950	
Cryptoxanthin, beta		0		0	FLA	4		0.000	0.000	
Lycopene		190		0	FLA	4		464.107	1127.931	
Lutein + zeaxanthin		46		0	FLA	4		111.781	271.664	

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

NDB No. 06471

Soup, vegetable beef, prepared with equal volume water, commercial

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

		<u>Aı</u>	mount in 10	00 grams	of edib	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	83.40				1		200.99		
Energy	kcal	69				1		166		
Energy	kj	289				1		696		
Protein		5.10				1		12.29		
Total lipid (fat)	g	2.00				1		4.82		
Ash		0.74		0	FLA	4		1.78		
Carbohydrate, by difference		8.76		0	NR	4		21.12		
Fiber, total dietary		0.4				4		1.0		
Sugars, total		2.54		0	FLA	4		6.11		
Starch										
Starcii	9									
<u> Minerals:</u>										
Calcium, Ca	mg	11				1		27		
Iron, Fe	-	0.61				1		1.47		
Magnesium, Mg	mg	4				4		10		
Phosphorus, P	mg	44				4		106		
Potassium, K	mg	153				4		369		
Sodium, Na	mg	35				1		84		
Zinc, Zn	<u>mg</u>	0.90				4		2.17		
Copper, Cu	mg	0.100)			4		0.241		
Manganese, Mn	mg									
Selenium, Se	mcg	5.1		0	BFZN	4		12.3		
itamins:										
	ma	2.3				4		5.5		
Vitamin C, total ascorbic acid	-	0.020				4		0.048		
ThiaminRiboflavin	-	0.020				4		0.169		
	_	1.370				4		3.302		
Niacin	-	1.370	,			4		3.302		
Pantothenic acid Vitamin B-6	_	0.040				4		0.096		
		18	,	0	FLA	4		43		
Foliate, total		2		0	FLA	4		43 5		
Folic acid		16		0	FLA	4		38		
Folate, foodFolate, DFE		19		0	NC	4		47		
		0.10		U	NC	4		0.24		
Vitamin B-12		2496		0		4		6015		
Vitamin A, IU		138		0	FLA FLA	4		331		
Vitamin A, RAE										
Retinol		15		0	FLA	4		37		
Vitamin E (alpha-tocopherol)		0.30		U	FLA	4		0.72		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.		6.0		•				15.0		
Vitamin K (phylloquinone)	IIICY	6.2		0	FLA	4		15.0		
<u>lipids:</u>										
Fatty acids, total saturated	g	0.597	•			4		1.439		
4:0		0.000)			4		0.000		
6:0		0.000)			4		0.000		
8:0		0.000)			4		0.000		
10:0	_	0.000				4		0.000		
12:0	-	0.000				4		0.000		
13:0										
14:0		0.020)			4		0.048		
15:0										
16:0		0.438	3			4		1.056		
17:0										
18:0		0.119)			4		0.287		
20:0						=		3.20.		
22:0	_									
24:0	_									

	Ar	nount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.895				4		2.157		
14:1g									
15:1g									
16:1 undifferentiatedg	0.119				4		0.287		
17:1g									
18:1 undifferentiatedg	0.746				4		1.798		
20:1g	0.020				4		0.048		
22:1 undifferentiatedg	0.000				4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.418				4		1.007		
18:2 undifferentiatedg	0.388				4		0.935		
18:3 undifferentiatedg	0.020				4		0.048		
18:4g	0.000				4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000				4		0.000		
20:5 n-3g	0.000				4		0.000		
22:5 n-3g	0.000				4		0.000		
22:6 n-3g	0.000				4		0.000		
Fatty acids, total transg									
Cholesterolmg	7				4		17		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0				7		0.0		
Caffeine mg	0		0	FLA	4		0		
Theobrominemg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta mcg	1195		0	FLA	4		2879.482		
Carotene, alphamcg	536		0	FLA	4		1292.375		
Cryptoxanthin, betamcg	8		0	FLA	4		19.951		
Lycopenemcg	139		0	FLA	4		335.019		
Lutein + zeaxanthinmcg	116		0	FLA	4		280.193		

Common Measures:

Measure 1 = 241g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mbei	r			<u>m</u>	easures of food	•
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	а	83.27	0.134	23		1		204.84	248.14	
Energy	_	66	0.201	0	NC	4		162	197	
Energy		276		·	110	4		679	823	
		2.42	0.044	23		1		5.95		
Protein (N x 6.25)		1.56	0.044	23		1		3.84	7.21 4.65	
Total lipid (fat)		2.06		23		1		5.07		
Ash			0.018						6.14	
Carbohydrate, by difference		10.70		0	NC	4		26.32	31.89	
Fiber, total dietary		1.3		0		1		3.2	3.9	
Sugars, total		0.82		0	FLA	4		2.02	2.44	
Starch	g									
Minerals:										
Calcium, Ca	mg	14	0.531	20		1		34	42	
Iron, Fe	-	0.79	0.043	23		1		1.94	2.35	
Magnesium, Mg		5		6		1		12	15	
Phosphorus, P		32		2		1		79	95	
Potassium, K	_	157		2		1		386	468	
Sodium, Na		661	17.293	15		1		1626	1970	
Zinc, Zn		0.65		6		1		1.60	1.93	
Copper, Cu		0.125	i	2		1		0.308	0.373	
Manganese, Mn		0.275		2		1		0.677	0.820	
Selenium, Se		2.2		0	BFSN	4		5.4	6.6	
•										
<u>Vitamins:</u>		1.0	0.170	00				4.7		
Vitamin C, total ascorbic acid		1.9	0.170	23		1		4.7	5.7	
Thiamin		0.042		23		1		0.103	0.125	
Riboflavin		0.037		23		1		0.091	0.110	
Niacin	_	0.789		23		1		1.941	2.351	
Pantothenic acid		0.280		0		4		0.689	0.834	
Vitamin B-6	-	0.046	0.000	3		1		0.113	0.137	
Folate, total		9		0		4		21	25	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	9		0		4		21	25	
Folate, DFE	mcg_DFE	9		0	NC	4		21	25	
Vitamin B-12	mcg	0.00		2		1		0.00	0.00	
Vitamin A, IU		1707		0	FLA	4		4199	5087	
Vitamin A, RAE	mcg_RAE	85		0	FLA	4		210	254	
Retinol		0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.12		0	FLA	4		0.30	0.36	
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	2.3		0	FLA	4		5.8	7.0	
Lipids:										
Fatty acids, total saturated	a	0.360	1	0		1		0.886	1.073	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0	-	0.000		0		1		0.000	0.000	
13:0	-	0.000	•	•		-		3.000	0.000	
14:0	-	0.010	1	2		1		0.025	0.030	
15:0	-	0.010	•	_		1		0.025	0.030	
	-	0.210	1	2		1		0 F17	0.606	
16:0		0.210	,	2		1		0.517	0.626	
17.0										
17:0	-	^ 11^	•	•		-		0 071	0 200	
18:0	g	0.110)	2		1		0.271	0.328	
	g g	0.110)	2		1		0.271	0.328	

	<u>Aı</u>	mount in 100 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common measures of food		
		Number	r			<u>m</u> :	easures of food	
			Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.450	0		1		1.107	1.341	
15:1	0.020	2		1		0.049	0.060	
18:1 undifferentiatedg	0.420	2		1		1.033	1.252	
20:1g	0.000	0		1		0.000	0.000	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	0.640			1		1.574	1.907	
18:2 undifferentiatedg	0.550			1		1.353	1.639	
18:3 undifferentiatedg	0.090			1		0.221	0.268	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000			1		0.000	0.000	
20:5 n-3g	0.000			1		0.000	0.000	
22:5 n-3g	0.000			1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total trans9						_	_	
Cholesterol mg	1	0		1		2	3	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.017	0		1		0.042	0.051	
Threonine	0.059	0		1		0.145	0.176	
Isoleucineg	0.074	0		1		0.182	0.221	
Leucineg	0.134	0		1		0.330	0.399	
Lysineg	0.103	0		1		0.253	0.307	
Methionineg	0.025	0		1		0.062	0.075	
Cystineg	0.019	0		1		0.047	0.057	
Phenylalanineg	0.087	0		1		0.214	0.259	
Tyrosineg	0.048	0		1		0.118	0.143	
Valineg	0.102	0		1		0.251	0.304	
Arginine9	0.112	0		1		0.276	0.334	
Histidineg	0.041	0		1		0.101	0.122	
Alanineg	0.140	0		1		0.344	0.417	
Aspartic acidg	0.207	0		1		0.509	0.617	
Glutamic acidg	0.692	0		1		1.702	2.062	
Glycine9	0.223	0		1		0.549	0.665	
Proline 9	0.184	0		1		0.453	0.548	
Serine 9	0.082			1		0.202	0.244	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeinemg	0	0	FLA	4		0	0	
Theobromine mg	0	0	FLA	4		0	0	
Carotenoids:	•	v		-		·	•	
			_	_				
Carotene, beta mcg	831	0	FLA	4		2043.521	2475.485	
Carotene, alpha mcg	387	0	FLA	4		951.583	1152.730	
Cryptoxanthin, beta mcg	0	0	FLA	4		0.396	0.480	
Lycopene mcg	29	0	FLA	4		71.225	86.281	
Lutein + zeaxanthinmcg	35	0	FLA	4		86.883	105.249	

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 298g: 1 can (10.5 oz)

NDB No. 06072

Soup, vegetable with beef broth, canned, condensed, commercial

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

NDB No. 06472 Soup, vegetable with beef broth, canned, prepared with equal volume water, commercial

		<u>A</u>	mount in 100 gran	s of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			Numb	er			m	easures of food	<u> </u>
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	91.50	0		1		220.52	536.19	
Energy	kcal	34	0	NC	4		82	199	
Energy		142			4		343	834	
Protein (N x 6.25)		1.23	0		1		2.96	7.21	
Total lipid (fat)		0.79	0		1		1.90	4.63	
Ash		1.04	0		1		2.51	6.09	
Carbohydrate, by difference		5.44	0	NC	4		13.11	31.88	
Fiber, total dietary		0.2	0		4		0.5	1.2	
Sugars, total		2.14	0	FLA	4		5.15	12.51	
Starch									
Minerals:		_			_				
Calcium, Ca	-	7	0		1		17	41	
Iron, Fe.		0.40	0		1		0.96	2.34	
Magnesium, Mg		3 16	0		1 1		7 39	18 94	
Phosphorus, P	-	16 80	0		1		39 193		
Potassium, K		336	0		1		193 810	469 1969	
Sodium, Na		0.33	0		1		0.80	1.93	
Zinc, Zn Copper, Cu		0.33			1		0.154	0.375	
Manganese, Mn		0.140			1		0.134	0.820	
Selenium, Se		1.1	0	RA	4		2.7	6.4	
			-		=				
Vitamins:									
Vitamin C, total ascorbic acid		1.0	0		1		2.4	5.9	
Thiamin		0.021			1		0.051	0.123	
Riboflavin		0.019			1		0.046	0.111	
Niacin	-	0.401			1		0.966	2.350	
Pantothenic acid		0.140			4		0.337	0.820	
Vitamin B-6	-	0.023			1		0.055	0.135	
Folate, total		4	0	_	4		10	23	
Folic acid		0	0	Z	7		0	0	
Folate, food	IIICG	4 4	0	170	4 4		10 10	23	
Folate, DFE		0.00	0	NC	1		0.00	23 0.00	
Vitamin B-12 Vitamin A, IU		867	0	NC	4		2089	5080	
Vitamin A, RAE		43	0	FLA	4		104	254	
Retinol		0	0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)		0.23	0	FLA	4		0.56	1.36	
Tocopherol, beta		0.23	v		•		0.50	1.30	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		1.6	0	FLA	4		4.0	9.6	
T :: J									
<u>Lipids:</u>	~	0.100					0 424	1 055	
Fatty acids, total saturated		0.180			1 1		0.434	1.055	
4:0		0.000			1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0 10:0	-	0.000			1		0.000 0.000	0.000 0.000	
12:0		0.000			1		0.000	0.000	
13:0	-	0.000	, 0		_		0.000	0.000	
14:0	_	0.010	0		1		0.024	0.059	
15:0	_	0.010	, 0		1		0.024	0.059	
16:0	_	0.110	0		1		0.265	0.645	
17:0		0.110			-		3.203	0.043	
18:0	_	0.060	0		1		0.145	0.352	
20:0	_	5.000	·		-		0.140	0.552	
22:0	_								
	g g								

	<u>A</u> 1	mount in 100 gra		ible portic	<u>on</u>	Amount in edible portion of common measures of food			
		Num	ber			<u>m</u> e	easures of 1000		
			ata Deriv		Confidence				
Nutrients and Units	Mean	Std. Error Poi	its Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.230		0	1		0.554	1.348		
14:1									
16:1 undifferentiatedg 17:1g	0.010		0	1		0.024	0.059		
18:1 undifferentiated	0.220		0	1		0.530	1.289		
20:1g	0.000		0	1		0.000	0.000		
22:1 undifferentiated g 24:1 c g	0.000		0	1		0.000	0.000		
Fatty acids, total polyunsaturatedg	0.330	ı	0	1		0.795	1.934		
18:2 undifferentiatedg	0.280		0	1		0.675	1.641		
18:3 undifferentiatedg	0.050		0	1		0.121	0.293		
18:4g	0.000		0	1		0.000	0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0	1		0.000	0.000		
20:5 n-3g	0.000		0	1		0.000	0.000		
22:5 n-3g	0.000		0	1		0.000	0.000		
22:6 n-3g	0.000		0	1		0.000	0.000		
Fatty acids, total transg									
Cholesterol mg	1		0	1		2	6		
Phytosterolsmg									
mino Acids:									
Tryptophang	0.009	ı	0	1		0.022	0.053		
Threonineg	0.030		0	1		0.072	0.176		
Isoleucineg	0.038		0	1		0.092	0.223		
Leucineg	0.068		0	1		0.164	0.398		
Lysineg	0.052		0	1		0.125	0.305		
Methionine	0.013		0	1		0.031	0.076		
Cystineg	0.010		0	1		0.024	0.059		
Phenylalanineg	0.044		0	1		0.106	0.258		
Tyrosineg	0.024		0	1		0.058	0.141		
Valine	0.052		0	1		0.125	0.305		
Arginineg	0.057		0	1		0.137	0.334		
Histidine	0.021		0	1		0.051	0.123		
Alanine 9	0.071		0	1		0.171	0.416		
Aspartic acid	0.105		0	1		0.253	0.615		
Glutamic acid	0.352		0	1		0.848	2.063		
Glycine9	0.113		0	1		0.272	0.662		
Proline	0.094		0	1		0.227	0.551		
Serineg	0.042		0	1		0.101	0.246		
Hydroxyproline									
others:									
Alcohol, ethylg	0.0		0	7		0.0	0.0		
Caffeinemg	0		0 FLA	. 4		0	0		
Theobromine mg	0		0 FLA			0	0		
arotenoids:							-		
	400		0 ====	4		1020 500	250F 011		
Carotene, beta mcg	428 174		0 FLA 0 FLA			1030.588 419.068	2505.911		
Carotene, alphamcg Cryptoxanthin, betamcg	174		0 FLA 0 FLA			419.068 26.862	1018.978		
**	575						65.317		
Lycopene mcg						1386.601	3371.569		
Lutein + zeaxanthin mcg	62		0 FLA	. 4		150.364	365.615		

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 586g: 1 can (10.5 oz), prepared

NDB No. 06472

Soup, vegetable with beef broth, canned, prepared with equal volume water, commercial

Calories Factors: Protein 3.8 Fat 9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımbeı	•			m	easures of food		
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Duranian											
Proximates: Water	q	87.58	0.130	13		1		210.19	472.06		
Energy		51		0	NC	4		122	275		
Energy		213				4		512	1150		
Protein (N x 6.25)	·=	1.46	0.031	10		1		3.50	7.87		
Total lipid (fat)		1.54	0.045	10		1		3.70	8.30		
Ash		1.50	0.021	10		1		3.60	8.09		
Carbohydrate, by difference		7.92		0	NC	4		19.01	42.69		
Fiber, total dietary		0.5		0		4		1.2	2.7		
Sugars, total		1.83		0	FLA	4		4.40	9.88		
Starch											
Minerals:											
Calcium, Ca	-	23	1.176	10		1		55	124		
Iron, Fe		0.68	0.063	10		1 4		1.63	3.67		
Magnesium, Mg		3		0		_		7	16		
Phosphorus, P	-	30 165		1 1		1 1		72 396	162 889		
Potassium, K		165 421	8.393	10		1		1010	2269		
Sodium, NaZinc, Zn		1.30	0.393	1		1		3.12	7.01		
Copper, Cu		0.100		1		1		0.240	0.539		
Manganese, Mn		0.200		1		1		0.480	1.078		
Selenium, Se		2.9		0	BFSN	4		7.0	15.6		
·											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		2.5	0.224	10		1		6.0	13.5		
Thiamin		0.030		10		1		0.072	0.162		
Riboflavin		0.027		10		1		0.065	0.146		
Niacin	-	0.500		10		1		1.200	2.695		
Pantothenic acid		0.140		0		4		0.336	0.755		
Vitamin B-6	-	0.080 7		1 3		1 1		0.192	0. 4 31 37		
Foliate, total		0	1.182	0	z	7		17 0	0		
Folic acidFolate, food		7	1.182	3	4	1		17	37		
Folate, DFE	mcg DFF	7	1.102	0	NC	4		17	37 37		
Vitamin B-12		0.00		1	NC	1		0.00	0.00		
Vitamin A, IU		2425		0	NC	4		5821	13073		
Vitamin A, RAE		121		0	NC	4		291	654		
Retinol		0		0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)		0.53		0	FLA	4		1.28	2.87		
Tocopherol, beta				-		=					
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		8.1		0	FLA	4		19.5	43.8		
T :: J											
Lipids:	~	0 000		0		1		0 550	1.240		
Fatty acids, total saturated		0.230		0		1		0.552 0.000	0.000		
4:0		0.000		0		1					
6:0 8:0		0.000		0		1		0.000 0.000	0.000 0.000		
10:0		0.000		0		1		0.000	0.000		
12:0		0.000		0		1		0.000	0.000		
13:0	-	0.000		•		-		3.000	0.000		
14:0	-	0.000		0		1		0.000	0.000		
15:0	-	0.000		-		-		3.000	0.000		
16:0	-	0.150		0		1		0.360	0.809		
17:0		3.130		-		-		0.500	0.009		
18:0	-	0.080		0		1		0.192	0.431		
20:0	-	2.000		-		-		0.152	0.401		
22:0	-										
24:0	-										

	<u> </u>	nount in 100 grams		Amount in edible portion of common measures of food				
		Numbe				<u> 1110</u>	easures of 1000	
					Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.660	0		1		1.584	3.557	
14:1g	0.000	v		-		1.304	3.337	
15:1	0.010	0		1		0.024	0.054	
17:1	0.660			1		1.584	3.557	
20:1g	0.000			1		0.000	0.000	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	
24:1 cg	0.500	0				1 000	2.426	
Fatty acids, total polyunsaturated9	0.580 0.540			1 1		1.392 1.296	3.126 2.911	
18:2 undifferentiated	0.040			1		0.096	0.216	
18:4g	0.000			1		0.000	0.000	
20:2 n-6 c.cg	0.000	v		-		0.000	0.000	
20:3 undifferentiatedg								
20:4 undifferentiated	0.000	0		1		0.000	0.000	
20:5 n-3g	0.000	0		1		0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total transg								
Cholesterol mg	0	0		1		0	0	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.011	0		1		0.026	0.059	
Threonine	0.045			1		0.108	0.243	
Isoleucine	0.067			1		0.161	0.361	
Leucineg	0.113			1		0.271	0.609	
Lysineg	0.079			1		0.190	0.426	
Methionineg	0.011	0		1		0.026	0.059	
Cystineg	0.011	0		1		0.026	0.059	
Phenylalanine	0.067	0		1		0.161	0.361	
Tyrosineg	0.034	0		1		0.082	0.183	
Valineg	0.079	0		1		0.190	0.426	
Arginineg	0.079	0		1		0.190	0.426	
Histidineg	0.034	0		1		0.082	0.183	
Alanineg	0.079	0		1		0.190	0.426	
Aspartic acidg	0.191	0		1		0.458	1.029	
Glutamic acid	0.309	0		1		0.742	1.666	
Glycine9	0.056	0		1		0.134	0.302	
Prolineg	0.056			1		0.134	0.302	
Serineg	0.056	0		1		0.134	0.302	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	FLA	4		0	0	
Theobromine mg	0	0	FLA	4		0	0	
Carotenoids:								
Carotene, betamcg	1198	0	FLA	4		2874.964	6456.690	
Carotene, alphamcg	512	0	FLA	4		1227.770	2757.367	
Cryptoxanthin, betamcg	3	0	FLA	4		7.734	17.370	
Lycopenemcg	2953	0	FLA	4		7086.222	15914.473	
Lutein + zeaxanthin mcg	124	0	FLA	4		298.055	669.382	

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 539g: 1 can (19 oz), ready-to-serve

NDB No. 06067

Soup, vegetable, canned, chunky, ready-to-serve, commercial

Calories Factors: Protein 4.1 Fat 9 Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

		<u>Aı</u>	mount in 10	0 grams	of edik	ole portic	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	q	82.79			FLC	4					
Energy	-	65			NC	4					
Energy		272				4					
Protein		2.20			MC	9					
Total lipid (fat)	-	0.90			MC	9					
Ash		2.00			MC	9					
Carbohydrate, by difference		12.11			MC	9					
Fiber, total dietary		2.1			MC	9					
Sugars, total		4.31		0	FLA	4					
Starch											
5 											
Minerals:											
Calcium, Ca	-	20			MC	9					
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.66			MC	9					
Magnesium, Mg		25			FLC	4					
Phosphorus, P	_	45			FLC	4					
Potassium, K	_	433			MC	9 9					
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	385 0.40			MC FLC	4					
Zinc, Zn Copper, Cu		0.40	,		FLC	4					
Manganese, Mn	_	0.250			FLC	4					
Selenium, Se		4.0	•	0	BFSN	4					
Scientini, Sc	9			·		-					
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.8			MC	9					
Thiamin	_	0.109			FLC	4					
Riboflavin	-	0.092			FLC	4					
Niacin		1.540			FLC	4					
Pantothenic acid		0.346			FLC	4					
Vitamin B-6		0.167	'		FLC	4					
Folate, total		12		0	FLA	4					
Folic acid		1		0	FLA	4					
Folate, food		12 13		0 0	FLA	4					
Folate, DFE		0.00		U	NC FLC	4 4					
Vitamin B-12		1721		0	NC	4					
Vitamin A, IU Vitamin A, RAE	mca BAE	86		0	NC	4					
Retinol		0		0	FLA	4					
Vitamin E (alpha-tocopherol)		1.43		0	FLA	4					
Tocopherol, beta		1.45		·		•					
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		4.2		0	FLA	4					
	-										
<u>Lipids:</u>	~										
Fatty acids, total saturated		0.147			FLC	4					
4:0		0.000			FLC	4					
6:0	-	0.000			FLC	4					
8:0	-	0.000			FLC	4 4					
10:0		0.000			FLC FLC	4					
12:0		0.000	,		FTC	4					
13:0		0.002	•		FLC	4					
14:0		0.002	<u> </u>		FIC	4					
15:0		0.114	ı		FLC	4					
16:0		0.114	•		FIC	4					
17:0	-	0.030	,		FLC	4					
18:0 20:0	-	0.030	,		FIC	4					
22:0	-										
44 U	y										

	<u>Ar</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.203			FLC	4					
14:1g										
15:1g										
16:1 undifferentiatedg	0.002			FLC	4					
17:1g										
18:1 undifferentiatedg	0.201			FLC	4					
20:1g	0.000			FLC	4					
22:1 undifferentiatedg	0.000			FLC	4					
24:1 cg										
Fatty acids, total polyunsaturated	0.403			FLC	4					
18:2 undifferentiatedg	0.380			FLC	4					
18:3 undifferentiatedg	0.023			FLC	4					
18:4g	0.000			FLC	4					
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000			FLC	4					
20:5 n-3g	0.000			FLC	4					
22:5 n-3g	0.000			FLC	4					
22:6 n-3g	0.000			FLC	4					
Fatty acids, total trans										
Cholesterolmg	0			FLC	4					
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0			Z	7					
Caffeine mg	0		0	FLA	4					
Theobromine mg	0		0	FLA	4					
Carotenoids:										
Carotene, betamcg	875		0	FLA	4					
Carotene, alphamcg	314		0	FLA	4					
Cryptoxanthin, beta mcg	2		0	FLA	4					
Lycopene mcg	13848		0	FLA	4					
Lutein + zeaxanthin mcg	45		0	FLA	4					

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımbe	r			<u>m</u>	easures of food	ı	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Durationatan											
Proximates: Water	q	84.91	0.433	27		1		208.88	253.03		
Energy	_	59		0	NC	4		145	176		
Energy		247				4		607	736		
Protein (N x 6.25)		1.72	0.013	24		1		4.23	5.13		
Total lipid (fat)	-	1.58	0.032	24		1		3.89	4.71		
Ash		2.02	0.022	24		1		4.97	6.02		
Carbohydrate, by difference		9.78		0	NC	4		24.06	29.14		
Fiber, total dietary		0.5		0		4		1.2	1.5		
Sugars, total		3.86		0	FLA	4		9.50	11.50		
Starch											
Minerals:	m~	1.7		~-				40	F-1		
Calcium, Ca	-	17	0.004	21		1		42	51		
Iron, Fe		0.88 6	0.084	24 2		1 1		2.16 15	2.62 18		
Magnesium, Mg		28		3		1		15 69	83		
Phosphorus, P	_	28 171		3		1		421	510		
Potassium, KSodium, Na		672	12.681	3 19		1		1653	2003		
Zinc, Zn		0.38	12.001	2		1		0.92	1.12		
Copper, Cu		0.100	1	3		1		0.246	0.298		
Manganese, Mn		0.375		2		1		0.923	1.118		
Selenium, Se		3.5		0	BFSN	4		8.6	10.4		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		1.2	0.107	23		1		3.0	3.6		
Thiamin		0.044		21		1		0.108	0.131		
Riboflavin		0.037		21		1		0.091	0.110		
Niacin	_	0.747		24		1		1.838	2.226		
Pantothenic acid		0.280		0		4		0.689	0.834		
Vitamin B-6	-	0.045 9		2		1 1		0.111 21	0.134 26		
Foliate, total		0	0.323	3 0	z	7		0	0		
Folic acid		9	0.323	3	4	1		21	26		
Folate, foodFolate, DFE	mcg DEE	9	0.323	0	NC	4		21	26 26		
Vitamin B-12		0.00		2	NC	1		0.00	0.00		
Vitamin A, IU		2842		0	NC	4		6990	8468		
Vitamin A, RAE		142		0	NC	4		350	423		
Retinol		0		0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)		1.17		0	FLA	4		2.87	3.48		
Tocopherol, beta						_					
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	_										
Vitamin K (phylloquinone)		4.2		0	FLA	4		10.4	12.7		
Linida											
Lipids:	0	0.240		0		1		0.590	0 715		
Fatty acids, total saturated		0.240		0		1		0.590	0.715 0.000		
4:0 6:0		0.000		0		1		0.000	0.000		
8:0		0.000		0		1		0.000	0.000		
10:0		0.000		0		1		0.000	0.000		
12:0	-	0.000		0		1		0.000	0.000		
13:0	-	0.000		·		-		3.000	0.000		
14:0	-	0.000	1	0		1		0.000	0.000		
15:0		2.200		•		-		3.000	0.000		
16:0	-	0.160	1	0		1		0.394	0.477		
17:0		1.230		-		_		0.554	J.3//		
18:0	-	0.080)	0		1		0.197	0.238		
20:0	-			-							
22:0	-										
	g										

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion o	
				Number of Data	Deriv		Confidence	<u>m</u> .	easures of food	
Nutrients and I	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	redg	0.680	1	0		1		1.673	2.026	
14:1	-									
15:1 16:1 undifferentiated	-	0.010)	0		1		0.025	0.030	
17:1	-	0.670		0		1		1 640	1 007	
18:1 undifferentiated 20:1	-	0.000		0		1		1.648 0.000	1.997 0.000	
22:1 undifferentiated		0.000		0		1		0.000	0.000	
24:1 c	•	0.000		·		-		0.000	0.000	
Fatty acids, total polyunsaturate		0.590)	0		1		1.451	1.758	
18:2 undifferentiated		0.550)	0		1		1.353	1.639	
18:3 undifferentiated		0.040)	0		1		0.098	0.119	
18:4	=	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.	-									
20:3 undifferentiated										
20:4 undifferentiated	-	0.000)	0		1		0.000	0.000	
20:5 n-3	-	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	-	0.000)	0		1		0.000	0.000	
Fatty acids, total trans										
Cholesterol		0		0		1		0	0	
Phytosterols	-									
-										
Amino Acids:										
Tryptophan		0.012		0		1		0.030	0.036	
Threonine	-	0.061		0		1		0.150	0.182	
Isoleucine	-	0.081		0		1		0.199	0.241	
Leucine	-	0.121		0		1		0.298	0.361	
Lysine		0.081		0		1		0.199	0.241	
Methionine		0.020		0		1		0.049	0.060	
Cystine		0.020		0		1		0.049	0.060	
Phenylalanine		0.081		0		1		0.199	0.241	
Tyrosine	-	0.040		0		1		0.098	0.119	
Valine	-	0.081		0		1		0.199	0.241	
Arginine	-	0.081		0		1		0.199	0.241	
Histidine	-	0.040		0		1		0.098	0.119	
Alanine		0.081		0		1		0.199	0.241	
Aspartic acid		0.162		0		1		0.399	0.483	
Glutamic acid		0.364		0		1		0.895	1.085	
Glycine	-	0.061		0		1		0.150	0.182	
Proline	-	0.121		0		1		0.298	0.361	
Serine		0.061		0		1		0.150	0.182	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	FLA	4		0	0	
Theobromine	mg	0		0	FLA	4		0	0	
Carotenoids:										
Carotene, beta	mcq	1500		1	A	1		3690.000	4470.000	
Carotene, alpha		410		1	A	1		1008.600	1221.800	
Cryptoxanthin, beta	_	0		1	A	1		0.000	0.000	
Lycopene	=	1930		1	A	1		4747.800	5751.400	
Lutein + zeaxanthin		160		1	A	1		393.600	476.800	

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 298g: 1 can (10.5 oz)

NDB No. 06068

Soup, vegetarian vegetable, canned, condensed, commercial

Calories Factors: Protein 2.5 Fat 8.5 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

NDB No. 06468
Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial

		<u>A</u> 1	mount in 100 gran	ns of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food	<u>l</u>	
				a Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	92.33	0		1		222.52	541.05		
Energy	kcal	30	0	NC	4		72	176		
Energy	kj	126			4		303	736		
Protein (N x 6.25)	g	0.87	0		1		2.10	5.10		
Total lipid (fat)	g	0.80	0		1		1.93	4.69		
Ash		1.03	0		1		2.48	6.04		
Carbohydrate, by difference		4.97	0	NC	4		11.98	29.12		
Fiber, total dietary	g	0.2	0		4		0.5	1.2		
Sugars, total		1.45	0	FLA	4		3.50	8.50		
Starch										
Minerals:	m~	^	_				22	F2		
Calcium, Ca		9	0		1 1		22	53		
Iron, Fe	-	0.45 3	0		1		1.08 7	2.64		
Magnesium, Mg		3 14	0		1		34	18 82		
Phosphorus, P	-	14 87	0		1		34 210	82 510		
Potassium, KSodium, Na		341	0		1		822	1998		
Zinc, Zn		0.19	0		1		0.46	1.12		
Copper, Cu		0.051	-		1		0.123	0.299		
Manganese, Mn		0.191			1		0.460	1.119		
Selenium, Se		1.8	0.231 3	A	1		4.3	10.5		
· ·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.6	0		1		1.4	3.5		
Thiamin		0.022			1		0.053	0.129		
Riboflavin		0.019			1		0.046	0.111		
Niacin		0.380			1		0.916	2.227		
Pantothenic acid		0.140			4		0.337	0.820		
Vitamin B-6	-	0.023			1		0.055	0.135		
Folate, total		4	0	_	1		11	26		
Folic acid		0	0	Z	7		0	0		
Folate, food	IIICY	4 4	0	NC	1 4		11 11	26		
Folate, DFE		0.00	0	NC	1		0.00	26 0.00		
Vitamin B-12 Vitamin A, IU		961	0	FLA	4		2316	5632		
Vitamin A, RAE		48	0	FLA	4		116	282		
Retinol		0	0	FLA	4		0	0		
Vitamin E (alpha-tocopherol)		0.17	0	FLA	4		0.41	1.00		
Tocopherol, beta		0.17	· ·		•		0.41	1.00		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		2.6	0	FLA	4		6.2	15.2		
Lipids:					_					
Fatty acids, total saturated		0.120			1		0.289	0.703		
4:0		0.000			1		0.000	0.000		
6:0	-	0.000			1		0.000	0.000		
8:0		0.000			1 1		0.000	0.000		
10:0		0.000			1		0.000 0.000	0.000		
12:0 13:0.	-	0.000	, 0		1		0.000	0.000		
		0.000	0		1		0 000	0 000		
14:0	-	0.000	, 0		1		0.000	0.000		
15:0	-	0.000	0		1		0 102	0.460		
16:0		0.080	, 0		1		0.193	0.469		
17:0	-	0.040	0		1		0.096	0.234		
18:0 20:0	-	0.040	, 0		1		0.096	0.234		
22:0	-									

	<u>Aı</u>	mount in 100 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common measures of food		
		Number	r			<u>m</u> :	easures of food	
		of Data		Source	Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
		_						
Fatty acids, total monounsaturated9 14:1	0.340	0		1		0.819	1.992	
15:1	0.000	0		1		0.000	0.000	
18:1 undifferentiatedg	0.340	0		1		0.819	1.992	
20:1g	0.000	0		1		0.000	0.000	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	0.300			1		0.723	1.758	
18:2 undifferentiatedg	0.280			1		0.675	1.641	
18:3 undifferentiatedg	0.020			1		0.048	0.117	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000			1		0.000	0.000	
20:5 n-3g	0.000			1		0.000	0.000	
22:5 n-3g	0.000			1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total transg						_		
Cholesterol mg	0	0		1		0	0	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.006	0		1		0.014	0.035	
Threonineg	0.031	0		1		0.075	0.182	
Isoleucineg	0.041			1		0.099	0.240	
Leucineg	0.061			1		0.147	0.357	
Lysineg	0.041	0		1		0.099	0.240	
Methionineg	0.010	0		1		0.024	0.059	
Cystineg	0.010	0		1		0.024	0.059	
Phenylalanineg	0.041	0		1		0.099	0.240	
Tyrosineg	0.020			1		0.048	0.117	
Valineg	0.041			1		0.099	0.240	
Arginine	0.041			1		0.099	0.240	
Histidine	0.020			1		0.048	0.117	
Alanine	0.041	0		1		0.099	0.240	
Aspartic acid	0.082	0		1		0.198	0.481	
Glutamic acidg	0.185	0		1		0.446	1.084	
Glycine9	0.031	0		1		0.075	0.182	
Proline	0.061	0		1		0.147	0.357	
Serine	0.031	0		1		0.075	0.182	
Hydroxyprolineg								
Others:		•		_				
Alcohol, ethyl	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	FLA	4		0	0	
Theobromine mg	0	0	FLA	4		0	0	
Carotenoids:								
Carotene, beta mcg	472	0	FLA	4		1137.233	2765.221	
Carotene, alphamcg	201	0	FLA	4		484.898	1179.047	
Cryptoxanthin, beta mcg	8	0	FLA	4		20.130	48.948	
Lycopenemcg	1128	0	FLA	4		2718.009	6608.936	
Lutein + zeaxanthin mcg	203	0	FLA	4		488.155	1186.966	

Common Measures:

Measure 1 = 241g: 1 cup

Measure 2 = 586g: 1 can (10.5 oz), prepared

NDB No. 06468

Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial

Calories Factors: Protein 2.5 Fat 8.5 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

		<u>A</u>	mount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Proximates:											
Water	g	89.70				1					
Energy	kcal	36				4					
Energy	kj	151				4					
Protein	g	1.50				1					
Total lipid (fat)	g	0.20				1					
Ash	g	1.60				1					
Carbohydrate, by difference	g	7.00				4					
Fiber, total dietary		1.4				1					
Sugars, total											
Starch											
Survii											
Minerals:											
Calcium, Ca	-	12				1					
Iron, Fe	mg	2.24				1					
Magnesium, Mg		16				1					
Phosphorus, P	mg	30				1					
Potassium, K	mg	270				1					
Sodium, Na	mg	430				1					
Zinc, Zn	<u>mg</u>	0.17				1					
Copper, Cu	mg	0.096	5			4					
Manganese, Mn	<u>mg</u>										
Selenium, Se	mcg	0.4		0	BFSN	4					
¥7:4											
<u>Vitamins:</u>						_					
Vitamin C, total ascorbic acid		4.0				1					
Thiamin	-	0.050				1					
Riboflavin	-	0.030				1					
Niacin		1.080)			1					
Pantothenic acid											
Vitamin B-6		0.149)			4					
Folate, total		19				4					
Folic acid		0		0	Z	7					
Folate, food		19				4					
Folate, DFE		19		0	NC	4					
Vitamin B-12		0.00				7					
Vitamin A, IU	IU	550				1					
Vitamin A, RAE		28		0	NC	4					
Retinol		0		0	Z	7					
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	ď	0.029	•			4					
4:0		0.000				4					
6:0		0.000				4					
	_	0.000				4					
8:0 10:0		0.000				4					
12:0	-	0.000				4					
13:0		0.000	•			-					
	_	0 001				4					
14:0	-	0.001	-			4					
15:0	_	0.00	1								
16:0		0.024	•			4					
17:0		0.000									
18:0		0.003	•			4					
20:0											
22:0											
24:0	g										

		<u>Ar</u>	nount in 10	0 grams	ole portio	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	
Nutrients and Unit	s	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.016				4				
14:1										
15:1	g									
16:1 undifferentiated	_	0.001				4				
17:1										
18:1 undifferentiated		0.016				4				
20:1		0.000				4				
22:1 undifferentiated	•	0.000				4				
24:1 c	-									
Fatty acids, total polyunsaturated		0.107				4				
18:2 undifferentiated	-	0.106				4				
18:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.001				4				
18:4	-	0.000				4				
20:2 n-6 c,c										
20:3 undifferentiated	-									
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000				4				
20:5 n-3	g	0.000				4				
22:5 n-3		0.000				4				
22:6 n-3	g	0.000				4				
Fatty acids, total trans	g									
Cholesterol	mg	0				7				
Phytosterols	<u>mg</u>									
Others:										
Alcohol, ethyl	g	0.0				7				
Caffeine	mg									
Theobromine										

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 10	u grams	ot edil	ole portic	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<u> </u>	
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	а	87.10		1	A	1					
Energy	-	48		0	NC	4					
Energy		201		•	0	4					
Protein		1.20		1	A	1					
Total lipid (fat)	_	0.90		1	A	1					
Ash		2.10		1	A	1					
Carbohydrate, by difference		8.70		0	NC	4					
Fiber, total dietary		00		•	0	-					
Sugars, total		4.70		0		4					
Sucrose		0.90		1	A	1					
Glucose (dextrose)		2.00		1	A	1					
Fructose	9	1.80		1	A	1					
Lactose	9	2.00		_		_					
LactoseMaltose											
Galactose											
Starch											
Starcii	9										
Minerals:											
Calcium, Ca		20		1	A	1					
Iron, Fe		0.90		1	A	1					
Magnesium, Mg		13		1	A	1					
Phosphorus, P		25		1	A	1					
Potassium, K		292		1	A	1					
Sodium, Na		590		1	A	1					
Zinc, Zn		0.21		1	A	1					
Copper, Cu											
Manganese, Mn Selenium, Se											
Vitamins:											
Vitamin C, total ascorbic acid	mg	3.9		1	A	1					
Thiamin	mg	0.030)	1	A	1					
Riboflavin	mg	0.120	ס	1	A	1					
Niacin	<u>mg</u>	0.730)	1	A	1					
Pantothenic acid	mg										
Vitamin B-6	mg	0.060	כ	1	A	1					
Folate, total	mcg										
Folate, DFE											
Vitamin B-12		0.00		1	A	1					
Vitamin A, IU	IU	335		0		4					
Vitamin A, RAE		17		0	NC	4					
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin D Vitamin K (phylloquinone)											
Lipids:	-										
Fatty acids, total saturated	а	0.162	2	1	A	1					
4:0		0.20		_		_					
6:0	-										
8:0	-										
10:0	_										
12:0											
13:0	-										
14:0	-										
15:0	-										
16:0	g	0.120)	1	A	1					
17:0	g										
18:0	a	0.042	2	1	A	1					

		<u>An</u>	nount in 10			<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	:s	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0	q									
22:0	-									
24:0	_									
Fatty acids, total monounsaturated	-	0.210		1	A	1				
14:1		***==*		_		_				
15:1	_									
16:1 undifferentiated										
17:1										
18:1 undifferentiated		0.210		1	A	1				
20:1	_									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.510		1	A	1				
18:2 undifferentiated	g	0.453		1	A	1				
18:3 undifferentiated	g	0.057		1	A	1				
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	-									
Fatty acids, total trans	_									
Cholesterol.	mg	0		1	A	1				
Phytosterols	mg									

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

		Amount in 100 grams of edible portion							Amount in edible portion of common		
				Number	•			<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	93.50				4		236.56			
Energy	kcal	22				4		56			
Energy	kj	92				4		233			
Protein	g	0.80				4		2.02			
Total lipid (fat)	g	0.30				4		0.76			
Ash	g	0.60		0	FLA	4		1.51			
Carbohydrate, by difference	g	4.80		0	NR	4		12.15			
Fiber, total dietary	g	0.2				4		0.5			
Sugars, total	g	1.52		0	FLA	4		3.85			
Starch	g										
Minerals:											
Vilnerals: Calcium, Ca	ma	21		0	FLA	4		52			
Iron, Fe	-	0.25		U	FIR	4		0.63			
Magnesium, Mg	-	8				4		20			
Phosphorus, P		20		0	FLA	4		51			
Potassium, K	_	166		0	FLA	4		420			
Sodium, Na	_	52		0	FLA	4		131			
Zinc, Zn	-	0.07				4		0.18			
Copper, Cu		0.013	1			4		0.033			
Manganese, Mn		0.082		0	FLA	4		0.208			
Selenium, Se	mcg	1.8		0	BFZN	4		4.6			
Vitamins:											
	ma	2.4				4		6.1			
Vitamin C, total ascorbic acid Thiamin	-	0.020				4		0.051			
Riboflavin	-	0.020				4		0.051			
Niacin		0.310				4		0.784			
Pantothenic acid		0.510				•		0.704			
Vitamin B-6	-	0.020)			4		0.051			
Folate, total		10		0	FLA	4		25			
Folic acid		0		0	FLA	4		0			
Folate, food		10		0	FLA	4		25			
Folate, DFE	mcg_DFE	10		0	NC	4		25			
Vitamin B-12		0.00				7		0.00			
Vitamin A, IU	IU	71		0	NC	4		179			
Vitamin A, RAE		4		0	NC	4		9			
Retinol	mcg	0		0	FLA	4		0			
Vitamin E (alpha-tocopherol)	mg	0.10		0	FLA	4		0.24			
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		<u> </u>		_		_					
Vitamin K (phylloquinone)	mcg	8.8		0	FLA	4		22.2			
Lipids:											
Fatty acids, total saturated	g	0.199)			4		0.503			
4:0		0.000				4		0.000			
6:0		0.001				4		0.003			
8:0	_	0.016				4		0.040			
10:0	-	0.013				4		0.033			
12:0	g	0.093	}			4		0.235			
13:0	g										
14:0		0.035	i			4		0.089			
15:0											
16:0		0.031				4		0.078			
17:0											
18:0		0.009)			4		0.023			
20:0											
22:0	g										
24:0	g										

		Amount in 100 grams of edible portion Number						Amount in edible portion of common measures of food		
Nutrients and U	Inits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		0.033				4		0.083		
14:1										
15:1	-									
16:1 undifferentiated	-	0.002				4		0.005		
17:1						_				
18:1 undifferentiated	-	0.031				4		0.078		
20:1	_	0.000				4		0.000		
22:1 undifferentiated	•	0.000				4		0.000		
24:1 c						_				
Fatty acids, total polyunsaturated		0.035				4		0.089		
18:2 undifferentiated	_	0.032				4		0.081		
18:3 undifferentiated		0.002				4		0.005		
18:4	_	0.000				4		0.000		
20:2 n-6 c,c										
20:3 undifferentiated						_				
20:4 undifferentiated	_	0.000				4		0.000		
20:5 n-3		0.000				4		0.000		
22:5 n-3	-	0.000				4		0.000		
22:6 n-3		0.000				4		0.000		
Fatty acids, total trans										
Cholesterol	-	0				4		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0				7		0.0		
Caffeine	mg	0		0	FLA	4		0		
Theobromine	mg	0		0	FLA	4		0		
Carotenoids:										
Carotene, beta	mcg	38		0	FLA	4		97.177		
Carotene, alpha		8		0	FLA	4		20.436		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0.000		
Lycopene	mcg	561		0	FLA	4		1419.441		
Lutein + zeaxanthin		96		0	FLA	4		241.973		

Common Measures:

Measure 1 = 253g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies USDA National Nutrient Database for Standard Reference, Release 17 (2004)