```json
{
    "report": {
        "sr": "28",
        "groups": "All groups",
        "subset": "All foods",
        "end": 150,
        "start": 0,
        "total": 5457,
        "foods": [
            {
                "ndbno": "09002",
                "name": "Acerola juice, raw",
                "weight": 242.0,
                "measure": "1.0 cup",
                "nutrients": [
                    {
                        "nutrient_id": "221",
                        "nutrient": "Alcohol, ethyl",
                        "unit": "g",
                        "value": "0.0",
                        "gm": 0.0
                    },
                    {
                        "nutrient_id": "203",
                        "nutrient": "Protein",
                        "unit": "g",
                        "value": "0.97",
                        "gm": 0.4
                    },
                    {
                        "nutrient_id": "204",
                        "nutrient": "Total lipid (fat)",
                        "unit": "g",
                        "value": "0.73",
                        "gm": 0.3
                    },
                    {
                        "nutrient_id": "205",
                        "nutrient": "Carbohydrate, by difference",
                        "unit": "g",
                        "value": "11.62",
                        "gm": 4.8
                    },
                    {
                        "nutrient_id": "269",
                        "nutrient": "Sugars, total",
                        "unit": "g",
                        "value": "10.89",
                        "gm": 4.5
                    },
                    {
                        "nutrient_id": "207",
                        "nutrient": "Ash",
                        "unit": "g",
                        "value": "0.48",
                        "gm": 0.2
```

```json
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "56",
            "gm": 23.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "--",
            "gm": "--"
        }
    ]
},
{
    "ndbno": "09001",
    "name": "Acerola, (west indian cherry), raw",
    "weight": 98.0,
    "measure": "1.0 cup",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "0.0",
            "gm": 0.0
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.39",
            "gm": 0.4
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.29",
            "gm": 0.3
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "7.54",
            "gm": 7.69
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "--",
            "gm": "--"
```

```json
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.20",
            "gm": 0.2
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "31",
            "gm": 32.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "1.1",
            "gm": 1.1
        }
    ]
},
{
    "ndbno": "14006",
    "name": "Alcoholic beverage, beer, light",
    "weight": 29.5,
    "measure": "1.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "0.9",
            "gm": 3.1
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.07",
            "gm": 0.24
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.00",
            "gm": 0.0
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "0.48",
            "gm": 1.64
```

        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "--",
            "gm": "--"
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.03",
            "gm": 0.09
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "9",
            "gm": 29.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "--",
            "gm": "--"
        }
    ]
},
{
    "ndbno": "14007",
    "name": "Alcoholic beverage, beer, light, BUD LIGHT",
    "weight": 29.5,
    "measure": "1.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "1.0",
            "gm": 3.3
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.07",
            "gm": 0.25
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.00",
            "gm": 0.0

```json
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "0.38",
            "gm": 1.3
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "--",
            "gm": "--"
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.03",
            "gm": 0.11
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "9",
            "gm": 29.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "--",
            "gm": "--"
        }
    ]
},
{
    "ndbno": "14005",
    "name": "Alcoholic beverage, beer, light, BUDWEISER SELECT",
    "weight": 29.5,
    "measure": "1.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "1.0",
            "gm": 3.4
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.06",
            "gm": 0.2
```

```
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.00",
            "gm": 0.0
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "0.26",
            "gm": 0.87
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "--",
            "gm": "--"
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.02",
            "gm": 0.08
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "8",
            "gm": 28.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "--",
            "gm": "--"
        }
    ]
},
{
    "ndbno": "14248",
    "name": "Alcoholic beverage, beer, light, higher alcohol",
    "weight": 356.0,
    "measure": "12.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "21.4",
            "gm": 6.0
```

        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.89",
            "gm": 0.25
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.00",
            "gm": 0.0
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "2.74",
            "gm": 0.77
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "--",
            "gm": "--"
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.32",
            "gm": 0.09
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "164",
            "gm": 46.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "--",
            "gm": "--"
        }
    ]
},
{
    "ndbno": "14013",
    "name": "Alcoholic beverage, beer, light, low carb",
    "weight": 29.5,
    "measure": "1.0 fl oz",

```json
"nutrients": [
    {
        "nutrient_id": "221",
        "nutrient": "Alcohol, ethyl",
        "unit": "g",
        "value": "1.0",
        "gm": 3.3
    },
    {
        "nutrient_id": "203",
        "nutrient": "Protein",
        "unit": "g",
        "value": "0.05",
        "gm": 0.17
    },
    {
        "nutrient_id": "204",
        "nutrient": "Total lipid (fat)",
        "unit": "g",
        "value": "0.00",
        "gm": 0.0
    },
    {
        "nutrient_id": "205",
        "nutrient": "Carbohydrate, by difference",
        "unit": "g",
        "value": "0.22",
        "gm": 0.73
    },
    {
        "nutrient_id": "269",
        "nutrient": "Sugars, total",
        "unit": "g",
        "value": "--",
        "gm": "--"
    },
    {
        "nutrient_id": "207",
        "nutrient": "Ash",
        "unit": "g",
        "value": "0.02",
        "gm": 0.06
    },
    {
        "nutrient_id": "208",
        "nutrient": "Energy",
        "unit": "kcal",
        "value": "8",
        "gm": 27.0
    },
    {
        "nutrient_id": "291",
        "nutrient": "Fiber, total dietary",
        "unit": "g",
        "value": "--",
        "gm": "--"
    }
```

```
            ]
        },
        {
            "ndbno": "14003",
            "name": "Alcoholic beverage, beer, regular, all",
            "weight": 29.7,
            "measure": "1.0 fl oz",
            "nutrients": [
                {
                    "nutrient_id": "221",
                    "nutrient": "Alcohol, ethyl",
                    "unit": "g",
                    "value": "1.2",
                    "gm": 3.9
                },
                {
                    "nutrient_id": "203",
                    "nutrient": "Protein",
                    "unit": "g",
                    "value": "0.14",
                    "gm": 0.46
                },
                {
                    "nutrient_id": "204",
                    "nutrient": "Total lipid (fat)",
                    "unit": "g",
                    "value": "0.00",
                    "gm": 0.0
                },
                {
                    "nutrient_id": "205",
                    "nutrient": "Carbohydrate, by difference",
                    "unit": "g",
                    "value": "1.05",
                    "gm": 3.55
                },
                {
                    "nutrient_id": "269",
                    "nutrient": "Sugars, total",
                    "unit": "g",
                    "value": "--",
                    "gm": "--"
                },
                {
                    "nutrient_id": "207",
                    "nutrient": "Ash",
                    "unit": "g",
                    "value": "0.05",
                    "gm": 0.16
                },
                {
                    "nutrient_id": "208",
                    "nutrient": "Energy",
                    "unit": "kcal",
                    "value": "13",
                    "gm": 43.0
                },
```

```json
            {
                "nutrient_id": "291",
                "nutrient": "Fiber, total dietary",
                "unit": "g",
                "value": "--",
                "gm": "--"
            }
        ]
    },
    {
        "ndbno": "14004",
        "name": "Alcoholic beverage, beer, regular, BUDWEISER",
        "weight": 29.8,
        "measure": "1.0 fl oz",
        "nutrients": [
            {
                "nutrient_id": "221",
                "nutrient": "Alcohol, ethyl",
                "unit": "g",
                "value": "1.2",
                "gm": 3.9
            },
            {
                "nutrient_id": "203",
                "nutrient": "Protein",
                "unit": "g",
                "value": "0.11",
                "gm": 0.36
            },
            {
                "nutrient_id": "204",
                "nutrient": "Total lipid (fat)",
                "unit": "g",
                "value": "0.00",
                "gm": 0.0
            },
            {
                "nutrient_id": "205",
                "nutrient": "Carbohydrate, by difference",
                "unit": "g",
                "value": "0.89",
                "gm": 2.97
            },
            {
                "nutrient_id": "269",
                "nutrient": "Sugars, total",
                "unit": "g",
                "value": "--",
                "gm": "--"
            },
            {
                "nutrient_id": "207",
                "nutrient": "Ash",
                "unit": "g",
                "value": "0.03",
                "gm": 0.11
            },
```

```json
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "12",
            "gm": 41.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "--",
            "gm": "--"
        }
    ]
},
{
    "ndbno": "14034",
    "name": "Alcoholic beverage, creme de menthe, 72 proof",
    "weight": 33.6,
    "measure": "1.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "10.0",
            "gm": 29.8
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.00",
            "gm": 0.0
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.10",
            "gm": 0.3
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "13.98",
            "gm": 41.6
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "--",
            "gm": "--"
        },
```

```json
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.00",
            "gm": 0.01
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "125",
            "gm": 371.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "--",
            "gm": "--"
        }
    ]
},
{
    "ndbno": "14009",
    "name": "Alcoholic beverage, daiquiri, canned",
    "weight": 30.5,
    "measure": "1.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "2.9",
            "gm": 9.6
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.00",
            "gm": 0.0
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "--",
            "gm": "--"
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "4.79",
            "gm": 15.7
        },
```

```json
                {
                    "nutrient_id": "269",
                    "nutrient": "Sugars, total",
                    "unit": "g",
                    "value": "--",
                    "gm": "--"
                },
                {
                    "nutrient_id": "207",
                    "nutrient": "Ash",
                    "unit": "g",
                    "value": "0.03",
                    "gm": 0.1
                },
                {
                    "nutrient_id": "208",
                    "nutrient": "Energy",
                    "unit": "kcal",
                    "value": "38",
                    "gm": 125.0
                },
                {
                    "nutrient_id": "291",
                    "nutrient": "Fiber, total dietary",
                    "unit": "g",
                    "value": "--",
                    "gm": "--"
                }
            ]
        },
        {
            "ndbno": "14010",
            "name": "Alcoholic beverage, daiquiri, prepared-from-recipe",
            "weight": 30.2,
            "measure": "1.0 fl oz",
            "nutrients": [
                {
                    "nutrient_id": "221",
                    "nutrient": "Alcohol, ethyl",
                    "unit": "g",
                    "value": "7.0",
                    "gm": 23.1
                },
                {
                    "nutrient_id": "203",
                    "nutrient": "Protein",
                    "unit": "g",
                    "value": "0.02",
                    "gm": 0.06
                },
                {
                    "nutrient_id": "204",
                    "nutrient": "Total lipid (fat)",
                    "unit": "g",
                    "value": "--",
                    "gm": "--"
                },
```

```json
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "2.10",
            "gm": 6.94
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "1.69",
            "gm": 5.58
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.02",
            "gm": 0.08
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "56",
            "gm": 186.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "0.0",
            "gm": 0.1
        }
    ]
},
{
    "ndbno": "14533",
    "name": "Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof",
    "weight": 27.8,
    "measure": "1.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "11.8",
            "gm": 42.5
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.00",
            "gm": 0.0
        },
```

```json
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "--",
            "gm": "--"
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "--",
            "gm": "--"
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "--",
            "gm": "--"
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.00",
            "gm": 0.01
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "82",
            "gm": 295.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "--",
            "gm": "--"
        }
    ]
},
{
    "ndbno": "14037",
    "name": "Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof",
    "weight": 27.8,
    "measure": "1.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "9.3",
            "gm": 33.4
        },
```

```
            {
                "nutrient_id": "203",
                "nutrient": "Protein",
                "unit": "g",
                "value": "0.00",
                "gm": 0.0
            },
            {
                "nutrient_id": "204",
                "nutrient": "Total lipid (fat)",
                "unit": "g",
                "value": "--",
                "gm": "--"
            },
            {
                "nutrient_id": "205",
                "nutrient": "Carbohydrate, by difference",
                "unit": "g",
                "value": "--",
                "gm": "--"
            },
            {
                "nutrient_id": "269",
                "nutrient": "Sugars, total",
                "unit": "g",
                "value": "--",
                "gm": "--"
            },
            {
                "nutrient_id": "207",
                "nutrient": "Ash",
                "unit": "g",
                "value": "0.00",
                "gm": 0.01
            },
            {
                "nutrient_id": "208",
                "nutrient": "Energy",
                "unit": "kcal",
                "value": "64",
                "gm": 231.0
            },
            {
                "nutrient_id": "291",
                "nutrient": "Fiber, total dietary",
                "unit": "g",
                "value": "--",
                "gm": "--"
            }
        ]
    },
    {
        "ndbno": "14550",
        "name": "Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof",
        "weight": 27.8,
        "measure": "1.0 fl oz",
        "nutrients": [
```

```json
    {
        "nutrient_id": "221",
        "nutrient": "Alcohol, ethyl",
        "unit": "g",
        "value": "10.0",
        "gm": 36.0
    },
    {
        "nutrient_id": "203",
        "nutrient": "Protein",
        "unit": "g",
        "value": "0.00",
        "gm": 0.0
    },
    {
        "nutrient_id": "204",
        "nutrient": "Total lipid (fat)",
        "unit": "g",
        "value": "--",
        "gm": "--"
    },
    {
        "nutrient_id": "205",
        "nutrient": "Carbohydrate, by difference",
        "unit": "g",
        "value": "0.03",
        "gm": 0.1
    },
    {
        "nutrient_id": "269",
        "nutrient": "Sugars, total",
        "unit": "g",
        "value": "--",
        "gm": "--"
    },
    {
        "nutrient_id": "207",
        "nutrient": "Ash",
        "unit": "g",
        "value": "0.00",
        "gm": 0.01
    },
    {
        "nutrient_id": "208",
        "nutrient": "Energy",
        "unit": "kcal",
        "value": "70",
        "gm": 250.0
    },
    {
        "nutrient_id": "291",
        "nutrient": "Fiber, total dietary",
        "unit": "g",
        "value": "--",
        "gm": "--"
    }
]
```

```
    },
    {
        "ndbno": "14551",
        "name": "Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof",
        "weight": 27.8,
        "measure": "1.0 fl oz",
        "nutrients": [
            {
                "nutrient_id": "221",
                "nutrient": "Alcohol, ethyl",
                "unit": "g",
                "value": "10.5",
                "gm": 37.9
            },
            {
                "nutrient_id": "203",
                "nutrient": "Protein",
                "unit": "g",
                "value": "0.00",
                "gm": 0.0
            },
            {
                "nutrient_id": "204",
                "nutrient": "Total lipid (fat)",
                "unit": "g",
                "value": "--",
                "gm": "--"
            },
            {
                "nutrient_id": "205",
                "nutrient": "Carbohydrate, by difference",
                "unit": "g",
                "value": "--",
                "gm": "--"
            },
            {
                "nutrient_id": "269",
                "nutrient": "Sugars, total",
                "unit": "g",
                "value": "--",
                "gm": "--"
            },
            {
                "nutrient_id": "207",
                "nutrient": "Ash",
                "unit": "g",
                "value": "0.00",
                "gm": 0.01
            },
            {
                "nutrient_id": "208",
                "nutrient": "Energy",
                "unit": "kcal",
                "value": "73",
                "gm": 263.0
            },
            {
```

```json
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "--",
          "gm": "--"
        }
      ]
    },
    {
      "ndbno": "14532",
      "name": "Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof",
      "weight": 27.8,
      "measure": "1.0 fl oz",
      "nutrients": [
        {
          "nutrient_id": "221",
          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "11.0",
          "gm": 39.7
        },
        {
          "nutrient_id": "203",
          "nutrient": "Protein",
          "unit": "g",
          "value": "0.00",
          "gm": 0.0
        },
        {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "--",
          "gm": "--"
        },
        {
          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
          "value": "--",
          "gm": "--"
        },
        {
          "nutrient_id": "269",
          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "--",
          "gm": "--"
        },
        {
          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "--",
          "gm": "--"
        },
        {
```

```json
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "76",
            "gm": 275.0
        },
        {

            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "--",
            "gm": "--"
        }
    ]
},
{
    "ndbno": "14049",
    "name": "Alcoholic beverage, distilled, gin, 90 proof",
    "weight": 27.8,
    "measure": "1.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "10.5",
            "gm": 37.9
        },
        {

            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.00",
            "gm": 0.0
        },
        {

            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "--",
            "gm": "--"
        },
        {

            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "--",
            "gm": "--"
        },
        {

            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "--",
            "gm": "--"
        },
        {
```

```
      "nutrient_id": "207",
      "nutrient": "Ash",
      "unit": "g",
      "value": "--",
      "gm": "--"
   },
   {
      "nutrient_id": "208",
      "nutrient": "Energy",
      "unit": "kcal",
      "value": "73",
      "gm": 263.0
   },
   {
      "nutrient_id": "291",
      "nutrient": "Fiber, total dietary",
      "unit": "g",
      "value": "--",
      "gm": "--"
   }
  ]
},
{
   "ndbno": "14050",
   "name": "Alcoholic beverage, distilled, rum, 80 proof",
   "weight": 27.8,
   "measure": "1.0 fl oz",
   "nutrients": [
      {
         "nutrient_id": "221",
         "nutrient": "Alcohol, ethyl",
         "unit": "g",
         "value": "9.3",
         "gm": 33.4
      },
      {
         "nutrient_id": "203",
         "nutrient": "Protein",
         "unit": "g",
         "value": "0.00",
         "gm": 0.0
      },
      {
         "nutrient_id": "204",
         "nutrient": "Total lipid (fat)",
         "unit": "g",
         "value": "--",
         "gm": "--"
      },
      {
         "nutrient_id": "205",
         "nutrient": "Carbohydrate, by difference",
         "unit": "g",
         "value": "--",
         "gm": "--"
      },
      {
```

```json
          "nutrient_id": "269",
          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "--",
          "gm": "--"
        },
        {
          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "0.00",
          "gm": 0.01
        },
        {
          "nutrient_id": "208",
          "nutrient": "Energy",
          "unit": "kcal",
          "value": "64",
          "gm": 231.0
        },
        {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "--",
          "gm": "--"
        }
      ]
    },
    {
      "ndbno": "14051",
      "name": "Alcoholic beverage, distilled, vodka, 80 proof",
      "weight": 27.8,
      "measure": "1.0 fl oz",
      "nutrients": [
        {
          "nutrient_id": "221",
          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "9.3",
          "gm": 33.4
        },
        {
          "nutrient_id": "203",
          "nutrient": "Protein",
          "unit": "g",
          "value": "0.00",
          "gm": 0.0
        },
        {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "--",
          "gm": "--"
        },
        {
```

```
        "nutrient_id": "205",
        "nutrient": "Carbohydrate, by difference",
        "unit": "g",
        "value": "--",
        "gm": "--"
    },
    {
        "nutrient_id": "269",
        "nutrient": "Sugars, total",
        "unit": "g",
        "value": "--",
        "gm": "--"
    },
    {
        "nutrient_id": "207",
        "nutrient": "Ash",
        "unit": "g",
        "value": "0.00",
        "gm": 0.01
    },
    {
        "nutrient_id": "208",
        "nutrient": "Energy",
        "unit": "kcal",
        "value": "64",
        "gm": 231.0
    },
    {
        "nutrient_id": "291",
        "nutrient": "Fiber, total dietary",
        "unit": "g",
        "value": "--",
        "gm": "--"
    }
    ]
},
{
    "ndbno": "14052",
    "name": "Alcoholic beverage, distilled, whiskey, 86 proof",
    "weight": 27.8,
    "measure": "1.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "10.0",
            "gm": 36.0
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.00",
            "gm": 0.0
        },
        {
```

```
        "nutrient_id": "204",
        "nutrient": "Total lipid (fat)",
        "unit": "g",
        "value": "--",
        "gm": "--"
    },
    {
        "nutrient_id": "205",
        "nutrient": "Carbohydrate, by difference",
        "unit": "g",
        "value": "0.03",
        "gm": 0.1
    },
    {
        "nutrient_id": "269",
        "nutrient": "Sugars, total",
        "unit": "g",
        "value": "--",
        "gm": "--"
    },
    {
        "nutrient_id": "207",
        "nutrient": "Ash",
        "unit": "g",
        "value": "--",
        "gm": "--"
    },
    {
        "nutrient_id": "208",
        "nutrient": "Energy",
        "unit": "kcal",
        "value": "70",
        "gm": 250.0
    },
    {
        "nutrient_id": "291",
        "nutrient": "Fiber, total dietary",
        "unit": "g",
        "value": "--",
        "gm": "--"
    }
  ]
},
{
    "ndbno": "14415",
    "name": "Alcoholic beverage, liqueur, coffee with cream, 34 proof",
    "weight": 31.1,
    "measure": "1.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "4.3",
            "gm": 13.8
        },
        {
```

```json
      "nutrient_id": "203",
      "nutrient": "Protein",
      "unit": "g",
      "value": "0.87",
      "gm": 2.8
    },
    {
      "nutrient_id": "204",
      "nutrient": "Total lipid (fat)",
      "unit": "g",
      "value": "4.88",
      "gm": 15.7
    },
    {
      "nutrient_id": "205",
      "nutrient": "Carbohydrate, by difference",
      "unit": "g",
      "value": "6.50",
      "gm": 20.9
    },
    {
      "nutrient_id": "269",
      "nutrient": "Sugars, total",
      "unit": "g",
      "value": "6.15",
      "gm": 19.76
    },
    {
      "nutrient_id": "207",
      "nutrient": "Ash",
      "unit": "g",
      "value": "0.12",
      "gm": 0.4
    },
    {
      "nutrient_id": "208",
      "nutrient": "Energy",
      "unit": "kcal",
      "value": "102",
      "gm": 327.0
    },
    {
      "nutrient_id": "291",
      "nutrient": "Fiber, total dietary",
      "unit": "g",
      "value": "0.0",
      "gm": 0.0
    }
  ]
},
{
  "ndbno": "14414",
  "name": "Alcoholic beverage, liqueur, coffee, 53 proof",
  "weight": 34.8,
  "measure": "1.0 fl oz",
  "nutrients": [
    {
```

        "nutrient_id": "221",
        "nutrient": "Alcohol, ethyl",
        "unit": "g",
        "value": "7.6",
        "gm": 21.7
    },
    {

        "nutrient_id": "203",
        "nutrient": "Protein",
        "unit": "g",
        "value": "0.03",
        "gm": 0.1
    },
    {

        "nutrient_id": "204",
        "nutrient": "Total lipid (fat)",
        "unit": "g",
        "value": "0.10",
        "gm": 0.3
    },
    {

        "nutrient_id": "205",
        "nutrient": "Carbohydrate, by difference",
        "unit": "g",
        "value": "16.29",
        "gm": 46.8
    },
    {

        "nutrient_id": "269",
        "nutrient": "Sugars, total",
        "unit": "g",
        "value": "13.33",
        "gm": 38.3
    },
    {

        "nutrient_id": "207",
        "nutrient": "Ash",
        "unit": "g",
        "value": "--",
        "gm": "--"
    },
    {

        "nutrient_id": "208",
        "nutrient": "Energy",
        "unit": "kcal",
        "value": "117",
        "gm": 336.0
    },
    {

        "nutrient_id": "291",
        "nutrient": "Fiber, total dietary",
        "unit": "g",
        "value": "0.0",
        "gm": 0.0
    }
  ]
},

```json
{
    "ndbno": "14534",
    "name": "Alcoholic beverage, liqueur, coffee, 63 proof",
    "weight": 34.8,
    "measure": "1.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "9.0",
            "gm": 26.0
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.03",
            "gm": 0.1
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.10",
            "gm": 0.3
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "11.21",
            "gm": 32.2
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "--",
            "gm": "--"
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "--",
            "gm": "--"
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "107",
            "gm": 308.0
        },
        {
            "nutrient_id": "291",
```

          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "0.0",
          "gm": 0.0
        }
    ]
},
{
    "ndbno": "14239",
    "name": "Alcoholic beverage, malt beer, hard lemonade",
    "weight": 335.0,
    "measure": "11.2 fl oz",
    "nutrients": [
        {
          "nutrient_id": "221",
          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "13.4",
          "gm": 4.0
        },
        {
          "nutrient_id": "203",
          "nutrient": "Protein",
          "unit": "g",
          "value": "0.00",
          "gm": 0.0
        },
        {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "--",
          "gm": "--"
        },
        {
          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
          "value": "33.73",
          "gm": 10.07
        },
        {
          "nutrient_id": "269",
          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "32.73",
          "gm": 9.77
        },
        {
          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "0.44",
          "gm": 0.13
        },
        {
          "nutrient_id": "208",

              "nutrient": "Energy",
              "unit": "kcal",
              "value": "228",
              "gm": 68.0
          },
          {
              "nutrient_id": "291",
              "nutrient": "Fiber, total dietary",
              "unit": "g",
              "value": "--",
              "gm": "--"
          }
      ]
  },
  {
      "ndbno": "14015",
      "name": "Alcoholic beverage, pina colada, canned",
      "weight": 32.6,
      "measure": "1.0 fl oz",
      "nutrients": [
          {
              "nutrient_id": "221",
              "nutrient": "Alcohol, ethyl",
              "unit": "g",
              "value": "2.9",
              "gm": 9.0
          },
          {
              "nutrient_id": "203",
              "nutrient": "Protein",
              "unit": "g",
              "value": "0.20",
              "gm": 0.6
          },
          {
              "nutrient_id": "204",
              "nutrient": "Total lipid (fat)",
              "unit": "g",
              "value": "2.48",
              "gm": 7.6
          },
          {
              "nutrient_id": "205",
              "nutrient": "Carbohydrate, by difference",
              "unit": "g",
              "value": "9.00",
              "gm": 27.6
          },
          {
              "nutrient_id": "269",
              "nutrient": "Sugars, total",
              "unit": "g",
              "value": "--",
              "gm": "--"
          },
          {
              "nutrient_id": "207",

          "nutrient": "Ash",
          "unit": "g",
          "value": "0.10",
          "gm": 0.3
        },
        {
          "nutrient_id": "208",
          "nutrient": "Energy",
          "unit": "kcal",
          "value": "77",
          "gm": 237.0
        },
        {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "0.0",
          "gm": 0.1
        }
      ]
    },
    {
      "ndbno": "14017",
      "name": "Alcoholic beverage, pina colada, prepared-from-recipe",
      "weight": 31.4,
      "measure": "1.0 fl oz",
      "nutrients": [
        {
          "nutrient_id": "221",
          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "3.1",
          "gm": 9.9
        },
        {
          "nutrient_id": "203",
          "nutrient": "Protein",
          "unit": "g",
          "value": "0.13",
          "gm": 0.42
        },
        {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "0.59",
          "gm": 1.88
        },
        {
          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
          "value": "7.12",
          "gm": 22.66
        },
        {
          "nutrient_id": "269",

```json
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "7.01",
            "gm": 22.33
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.04",
            "gm": 0.14
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "55",
            "gm": 174.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "0.1",
            "gm": 0.3
        }
    ]
},
{
    "ndbno": "43479",
    "name": "Alcoholic beverage, rice (sake)",
    "weight": 29.1,
    "measure": "1.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "4.7",
            "gm": 16.1
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.15",
            "gm": 0.5
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.00",
            "gm": 0.0
        },
        {
            "nutrient_id": "205",
```

```json
          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
          "value": "1.46",
          "gm": 5.0
        },
        {
          "nutrient_id": "269",
          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "--",
          "gm": "--"
        },
        {
          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "--",
          "gm": "--"
        },
        {
          "nutrient_id": "208",
          "nutrient": "Energy",
          "unit": "kcal",
          "value": "39",
          "gm": 134.0
        },
        {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "--",
          "gm": "--"
        }
      ]
    },
    {
      "ndbno": "14019",
      "name": "Alcoholic beverage, tequila sunrise, canned",
      "weight": 31.1,
      "measure": "1.0 fl oz",
      "nutrients": [
        {
          "nutrient_id": "221",
          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "2.9",
          "gm": 9.4
        },
        {
          "nutrient_id": "203",
          "nutrient": "Protein",
          "unit": "g",
          "value": "0.09",
          "gm": 0.3
        },
        {
          "nutrient_id": "204",
```

          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "0.03",
          "gm": 0.1
        },
        {
          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
          "value": "3.51",
          "gm": 11.3
        },
        {
          "nutrient_id": "269",
          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "--",
          "gm": "--"
        },
        {
          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "--",
          "gm": "--"
        },
        {
          "nutrient_id": "208",
          "nutrient": "Energy",
          "unit": "kcal",
          "value": "34",
          "gm": 110.0
        },
        {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "0.0",
          "gm": 0.0
        }
      ]
    },
    {
      "ndbno": "14531",
      "name": "Alcoholic beverage, whiskey sour",
      "weight": 30.4,
      "measure": "1.0 fl oz",
      "nutrients": [
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          "unit": "g",
          "value": "4.3",
          "gm": 14.1
        },
        {
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          "nutrient": "Protein",
          "unit": "g",
          "value": "0.00",
          "gm": 0.0
      },
      {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "0.01",
          "gm": 0.03
      },
      {
          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
          "value": "4.00",
          "gm": 13.17
      },
      {
          "nutrient_id": "269",
          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "--",
          "gm": "--"
      },
      {
          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "0.03",
          "gm": 0.1
      },
      {
          "nutrient_id": "208",
          "nutrient": "Energy",
          "unit": "kcal",
          "value": "45",
          "gm": 149.0
      },
      {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "--",
          "gm": "--"
      }
    ]
  },
  {
    "ndbno": "14027",
    "name": "Alcoholic beverage, whiskey sour, canned",
    "weight": 30.8,
    "measure": "1.0 fl oz",
    "nutrients": [
      {
          "nutrient_id": "221",
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        "value": "2.9",
        "gm": 9.5
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        "nutrient": "Protein",
        "unit": "g",
        "value": "0.00",
        "gm": 0.0
    },
    {
        "nutrient_id": "204",
        "nutrient": "Total lipid (fat)",
        "unit": "g",
        "value": "--",
        "gm": "--"
    },
    {
        "nutrient_id": "205",
        "nutrient": "Carbohydrate, by difference",
        "unit": "g",
        "value": "4.13",
        "gm": 13.4
    },
    {
        "nutrient_id": "269",
        "nutrient": "Sugars, total",
        "unit": "g",
        "value": "--",
        "gm": "--"
    },
    {
        "nutrient_id": "207",
        "nutrient": "Ash",
        "unit": "g",
        "value": "0.03",
        "gm": 0.1
    },
    {
        "nutrient_id": "208",
        "nutrient": "Energy",
        "unit": "kcal",
        "value": "37",
        "gm": 119.0
    },
    {
        "nutrient_id": "291",
        "nutrient": "Fiber, total dietary",
        "unit": "g",
        "value": "--",
        "gm": "--"
    }
    ]
},
{
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"ndbno": "14029",
"name": "Alcoholic beverage, whiskey sour, prepared from item 14028",
"weight": 30.4,
"measure": "1.0 fl oz",
"nutrients": [
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        "nutrient_id": "221",
        "nutrient": "Alcohol, ethyl",
        "unit": "g",
        "value": "4.4",
        "gm": 14.5
    },
    {
        "nutrient_id": "203",
        "nutrient": "Protein",
        "unit": "g",
        "value": "0.02",
        "gm": 0.06
    },
    {
        "nutrient_id": "204",
        "nutrient": "Total lipid (fat)",
        "unit": "g",
        "value": "--",
        "gm": "--"
    },
    {
        "nutrient_id": "205",
        "nutrient": "Carbohydrate, by difference",
        "unit": "g",
        "value": "3.90",
        "gm": 12.82
    },
    {
        "nutrient_id": "269",
        "nutrient": "Sugars, total",
        "unit": "g",
        "value": "3.89",
        "gm": 12.78
    },
    {
        "nutrient_id": "207",
        "nutrient": "Ash",
        "unit": "g",
        "value": "0.04",
        "gm": 0.12
    },
    {
        "nutrient_id": "208",
        "nutrient": "Energy",
        "unit": "kcal",
        "value": "47",
        "gm": 153.0
    },
    {
        "nutrient_id": "291",
        "nutrient": "Fiber, total dietary",

```json
            "unit": "g",
            "value": "0.0",
            "gm": 0.0
          }
        ]
      },
      {
        "ndbno": "14025",
        "name": "Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix",
        "weight": 29.4,
        "measure": "1.0 fl oz",
        "nutrients": [
          {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "4.3",
            "gm": 14.6
          },
          {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.03",
            "gm": 0.1
          },
          {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.01",
            "gm": 0.02
          },
          {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "4.66",
            "gm": 15.85
          },
          {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "4.65",
            "gm": 15.81
          },
          {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.08",
            "gm": 0.27
          },
          {
            "nutrient_id": "208",
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          "nutrient": "Energy",
          "unit": "kcal",
          "value": "48",
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        },
        {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "0.0",
          "gm": 0.0
        }
      ]
    },
    {
      "ndbno": "43154",
      "name": "Alcoholic beverage, wine, cooking",
      "weight": 4.9,
      "measure": "1.0 tsp",
      "nutrients": [
        {
          "nutrient_id": "221",
          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "0.2",
          "gm": 3.3
        },
        {
          "nutrient_id": "203",
          "nutrient": "Protein",
          "unit": "g",
          "value": "0.02",
          "gm": 0.5
        },
        {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "0.00",
          "gm": 0.0
        },
        {
          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
          "value": "0.31",
          "gm": 6.3
        },
        {
          "nutrient_id": "269",
          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "0.08",
          "gm": 1.55
        },
        {
          "nutrient_id": "207",

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                "nutrient": "Ash",
                "unit": "g",
                "value": "0.05",
                "gm": 1.0
            },
            {
                "nutrient_id": "208",
                "nutrient": "Energy",
                "unit": "kcal",
                "value": "2",
                "gm": 50.0
            },
            {
                "nutrient_id": "291",
                "nutrient": "Fiber, total dietary",
                "unit": "g",
                "value": "--",
                "gm": "--"
            }
        ]
    },
    {
        "ndbno": "14536",
        "name": "Alcoholic beverage, wine, dessert, dry",
        "weight": 29.5,
        "measure": "1.0 fl oz",
        "nutrients": [
            {
                "nutrient_id": "221",
                "nutrient": "Alcohol, ethyl",
                "unit": "g",
                "value": "4.5",
                "gm": 15.3
            },
            {
                "nutrient_id": "203",
                "nutrient": "Protein",
                "unit": "g",
                "value": "0.06",
                "gm": 0.2
            },
            {
                "nutrient_id": "204",
                "nutrient": "Total lipid (fat)",
                "unit": "g",
                "value": "0.00",
                "gm": 0.0
            },
            {
                "nutrient_id": "205",
                "nutrient": "Carbohydrate, by difference",
                "unit": "g",
                "value": "3.44",
                "gm": 11.67
            },
            {
                "nutrient_id": "269",
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```
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "0.32",
            "gm": 1.09
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.09",
            "gm": 0.3
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "45",
            "gm": 152.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "--",
            "gm": "--"
        }
    ]
},
{
    "ndbno": "14057",
    "name": "Alcoholic beverage, wine, dessert, sweet",
    "weight": 29.5,
    "measure": "1.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "4.5",
            "gm": 15.3
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.06",
            "gm": 0.2
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.00",
            "gm": 0.0
        },
        {
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              "nutrient": "Carbohydrate, by difference",
              "unit": "g",
              "value": "4.04",
              "gm": 13.69
         },
         {
              "nutrient_id": "269",
              "nutrient": "Sugars, total",
              "unit": "g",
              "value": "2.30",
              "gm": 7.78
         },
         {
              "nutrient_id": "207",
              "nutrient": "Ash",
              "unit": "g",
              "value": "0.09",
              "gm": 0.3
         },
         {
              "nutrient_id": "208",
              "nutrient": "Energy",
              "unit": "kcal",
              "value": "47",
              "gm": 160.0
         },
         {
              "nutrient_id": "291",
              "nutrient": "Fiber, total dietary",
              "unit": "g",
              "value": "--",
              "gm": "--"
         }
     ]
},
{
   "ndbno": "43155",
   "name": "Alcoholic beverage, wine, light",
   "weight": 29.5,
   "measure": "1.0 fl oz",
   "nutrients": [
         {
              "nutrient_id": "221",
              "nutrient": "Alcohol, ethyl",
              "unit": "g",
              "value": "1.9",
              "gm": 6.4
         },
         {
              "nutrient_id": "203",
              "nutrient": "Protein",
              "unit": "g",
              "value": "0.02",
              "gm": 0.07
         },
         {
              "nutrient_id": "204",

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            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.00",
            "gm": 0.0
          },
          {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "0.35",
            "gm": 1.17
          },
          {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "0.34",
            "gm": 1.15
          },
          {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.04",
            "gm": 0.13
          },
          {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "14",
            "gm": 49.0
          },
          {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "--",
            "gm": "--"
          }
        ]
    },
    {
      "ndbno": "14084",
      "name": "Alcoholic beverage, wine, table, all",
      "weight": 148.0,
      "measure": "1.0 serving (5 fl oz)",
      "nutrients": [
          {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "15.4",
            "gm": 10.4
          },
          {
            "nutrient_id": "203",
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        "nutrient": "Protein",
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        "value": "0.10",
        "gm": 0.07
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    {
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        "nutrient": "Total lipid (fat)",
        "unit": "g",
        "value": "0.00",
        "gm": 0.0
    },
    {
        "nutrient_id": "205",
        "nutrient": "Carbohydrate, by difference",
        "unit": "g",
        "value": "4.03",
        "gm": 2.72
    },
    {
        "nutrient_id": "269",
        "nutrient": "Sugars, total",
        "unit": "g",
        "value": "1.17",
        "gm": 0.79
    },
    {
        "nutrient_id": "207",
        "nutrient": "Ash",
        "unit": "g",
        "value": "0.36",
        "gm": 0.24
    },
    {
        "nutrient_id": "208",
        "nutrient": "Energy",
        "unit": "kcal",
        "value": "123",
        "gm": 83.0
    },
    {
        "nutrient_id": "291",
        "nutrient": "Fiber, total dietary",
        "unit": "g",
        "value": "--",
        "gm": "--"
    }
  ]
},
{
  "ndbno": "14096",
  "name": "Alcoholic beverage, wine, table, red",
  "weight": 29.4,
  "measure": "1.0 fl oz",
  "nutrients": [
    {
        "nutrient_id": "221",
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      "unit": "g",
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      "gm": 10.6
    },
    {
      "nutrient_id": "203",
      "nutrient": "Protein",
      "unit": "g",
      "value": "0.02",
      "gm": 0.07
    },
    {
      "nutrient_id": "204",
      "nutrient": "Total lipid (fat)",
      "unit": "g",
      "value": "0.00",
      "gm": 0.0
    },
    {
      "nutrient_id": "205",
      "nutrient": "Carbohydrate, by difference",
      "unit": "g",
      "value": "0.77",
      "gm": 2.61
    },
    {
      "nutrient_id": "269",
      "nutrient": "Sugars, total",
      "unit": "g",
      "value": "0.18",
      "gm": 0.62
    },
    {
      "nutrient_id": "207",
      "nutrient": "Ash",
      "unit": "g",
      "value": "0.08",
      "gm": 0.28
    },
    {
      "nutrient_id": "208",
      "nutrient": "Energy",
      "unit": "kcal",
      "value": "25",
      "gm": 85.0
    },
    {
      "nutrient_id": "291",
      "nutrient": "Fiber, total dietary",
      "unit": "g",
      "value": "--",
      "gm": "--"
    }
  ]
},
{
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"ndbno": "14101",
"name": "Alcoholic Beverage, wine, table, red, Barbera",
"weight": 29.4,
"measure": "1.0 fl oz",
"nutrients": [
    {
        "nutrient_id": "221",
        "nutrient": "Alcohol, ethyl",
        "unit": "g",
        "value": "3.1",
        "gm": 10.6
    },
    {
        "nutrient_id": "203",
        "nutrient": "Protein",
        "unit": "g",
        "value": "0.02",
        "gm": 0.07
    },
    {
        "nutrient_id": "204",
        "nutrient": "Total lipid (fat)",
        "unit": "g",
        "value": "0.00",
        "gm": 0.0
    },
    {
        "nutrient_id": "205",
        "nutrient": "Carbohydrate, by difference",
        "unit": "g",
        "value": "0.82",
        "gm": 2.79
    },
    {
        "nutrient_id": "269",
        "nutrient": "Sugars, total",
        "unit": "g",
        "value": "--",
        "gm": "--"
    },
    {
        "nutrient_id": "207",
        "nutrient": "Ash",
        "unit": "g",
        "value": "0.07",
        "gm": 0.23
    },
    {
        "nutrient_id": "208",
        "nutrient": "Energy",
        "unit": "kcal",
        "value": "25",
        "gm": 85.0
    },
    {
        "nutrient_id": "291",
        "nutrient": "Fiber, total dietary",

```json
                    "unit": "g",
                    "value": "--",
                    "gm": "--"
                }
            ]
        },
        {
            "ndbno": "14152",
            "name": "Alcoholic Beverage, wine, table, red, Burgundy",
            "weight": 29.5,
            "measure": "1.0 fl oz",
            "nutrients": [
                {
                    "nutrient_id": "221",
                    "nutrient": "Alcohol, ethyl",
                    "unit": "g",
                    "value": "3.0",
                    "gm": 10.3
                },
                {
                    "nutrient_id": "203",
                    "nutrient": "Protein",
                    "unit": "g",
                    "value": "0.02",
                    "gm": 0.07
                },
                {
                    "nutrient_id": "204",
                    "nutrient": "Total lipid (fat)",
                    "unit": "g",
                    "value": "0.00",
                    "gm": 0.0
                },
                {
                    "nutrient_id": "205",
                    "nutrient": "Carbohydrate, by difference",
                    "unit": "g",
                    "value": "1.09",
                    "gm": 3.69
                },
                {
                    "nutrient_id": "269",
                    "nutrient": "Sugars, total",
                    "unit": "g",
                    "value": "--",
                    "gm": "--"
                },
                {
                    "nutrient_id": "207",
                    "nutrient": "Ash",
                    "unit": "g",
                    "value": "0.10",
                    "gm": 0.34
                },
                {
                    "nutrient_id": "208",
                    "nutrient": "Energy",
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            "unit": "kcal",
            "value": "25",
            "gm": 86.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "--",
            "gm": "--"
        }
    ]
},
{
    "ndbno": "14098",
    "name": "Alcoholic Beverage, wine, table, red, Cabernet Franc",
    "weight": 29.4,
    "measure": "1.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "3.1",
            "gm": 10.6
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.02",
            "gm": 0.07
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.00",
            "gm": 0.0
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "0.72",
            "gm": 2.45
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "--",
            "gm": "--"
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
```

```json
            "unit": "g",
            "value": "0.08",
            "gm": 0.27
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "24",
            "gm": 83.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "--",
            "gm": "--"
        }
    ]
},
{
    "ndbno": "14097",
    "name": "Alcoholic Beverage, wine, table, red, Cabernet Sauvignon",
    "weight": 29.4,
    "measure": "1.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "3.1",
            "gm": 10.5
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.02",
            "gm": 0.07
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.00",
            "gm": 0.0
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "0.76",
            "gm": 2.6
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
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          "unit": "g",
          "value": "--",
          "gm": "--"
        },
        {
          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "0.09",
          "gm": 0.29
        },
        {
          "nutrient_id": "208",
          "nutrient": "Energy",
          "unit": "kcal",
          "value": "24",
          "gm": 83.0
        },
        {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "--",
          "gm": "--"
        }
      ]
    },
    {
      "ndbno": "14109",
      "name": "Alcoholic Beverage, wine, table, red, Carignane",
      "weight": 29.4,
      "measure": "1.0 fl oz",
      "nutrients": [
        {
          "nutrient_id": "221",
          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "2.7",
          "gm": 9.3
        },
        {
          "nutrient_id": "203",
          "nutrient": "Protein",
          "unit": "g",
          "value": "0.02",
          "gm": 0.07
        },
        {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "0.00",
          "gm": 0.0
        },
        {
          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",

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        "unit": "g",
        "value": "0.71",
        "gm": 2.4
    },
    {
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        "nutrient": "Sugars, total",
        "unit": "g",
        "value": "--",
        "gm": "--"
    },
    {
        "nutrient_id": "207",
        "nutrient": "Ash",
        "unit": "g",
        "value": "0.09",
        "gm": 0.31
    },
    {
        "nutrient_id": "208",
        "nutrient": "Energy",
        "unit": "kcal",
        "value": "22",
        "gm": 74.0
    },
    {
        "nutrient_id": "291",
        "nutrient": "Fiber, total dietary",
        "unit": "g",
        "value": "--",
        "gm": "--"
    }
    ]
},
{
    "ndbno": "14105",
    "name": "Alcoholic Beverage, wine, table, red, Claret",
    "weight": 29.4,
    "measure": "1.0 fl oz",
    "nutrients": [
    {
        "nutrient_id": "221",
        "nutrient": "Alcohol, ethyl",
        "unit": "g",
        "value": "3.0",
        "gm": 10.2
    },
    {
        "nutrient_id": "203",
        "nutrient": "Protein",
        "unit": "g",
        "value": "0.02",
        "gm": 0.07
    },
    {
        "nutrient_id": "204",
        "nutrient": "Total lipid (fat)",
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        "unit": "g",
        "value": "0.00",
        "gm": 0.0
    },
    {
        "nutrient_id": "205",
        "nutrient": "Carbohydrate, by difference",
        "unit": "g",
        "value": "0.88",
        "gm": 3.01
    },
    {
        "nutrient_id": "269",
        "nutrient": "Sugars, total",
        "unit": "g",
        "value": "--",
        "gm": "--"
    },
    {
        "nutrient_id": "207",
        "nutrient": "Ash",
        "unit": "g",
        "value": "0.09",
        "gm": 0.29
    },
    {
        "nutrient_id": "208",
        "nutrient": "Energy",
        "unit": "kcal",
        "value": "24",
        "gm": 83.0
    },
    {
        "nutrient_id": "291",
        "nutrient": "Fiber, total dietary",
        "unit": "g",
        "value": "--",
        "gm": "--"
    }
    ]
},
{
    "ndbno": "14158",
    "name": "Alcoholic Beverage, wine, table, red, Gamay",
    "weight": 29.4,
    "measure": "1.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "2.9",
            "gm": 9.8
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
```

          "unit": "g",
          "value": "0.02",
          "gm": 0.07
      },
      {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "0.00",
          "gm": 0.0
      },
      {
          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
          "value": "0.70",
          "gm": 2.38
      },
      {
          "nutrient_id": "269",
          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "--",
          "gm": "--"
      },
      {
          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "0.06",
          "gm": 0.21
      },
      {
          "nutrient_id": "208",
          "nutrient": "Energy",
          "unit": "kcal",
          "value": "23",
          "gm": 78.0
      },
      {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "--",
          "gm": "--"
      }
    ]
},
{
    "ndbno": "14107",
    "name": "Alcoholic Beverage, wine, table, red, Lemberger",
    "weight": 29.4,
    "measure": "1.0 fl oz",
    "nutrients": [
      {
          "nutrient_id": "221",
          "nutrient": "Alcohol, ethyl",

```json
                    "unit": "g",
                    "value": "3.0",
                    "gm": 10.2
                },
                {
                    "nutrient_id": "203",
                    "nutrient": "Protein",
                    "unit": "g",
                    "value": "0.02",
                    "gm": 0.07
                },
                {
                    "nutrient_id": "204",
                    "nutrient": "Total lipid (fat)",
                    "unit": "g",
                    "value": "0.00",
                    "gm": 0.0
                },
                {
                    "nutrient_id": "205",
                    "nutrient": "Carbohydrate, by difference",
                    "unit": "g",
                    "value": "0.72",
                    "gm": 2.46
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                {
                    "nutrient_id": "269",
                    "nutrient": "Sugars, total",
                    "unit": "g",
                    "value": "--",
                    "gm": "--"
                },
                {
                    "nutrient_id": "207",
                    "nutrient": "Ash",
                    "unit": "g",
                    "value": "0.07",
                    "gm": 0.25
                },
                {
                    "nutrient_id": "208",
                    "nutrient": "Energy",
                    "unit": "kcal",
                    "value": "24",
                    "gm": 80.0
                },
                {
                    "nutrient_id": "291",
                    "nutrient": "Fiber, total dietary",
                    "unit": "g",
                    "value": "--",
                    "gm": "--"
                }
            ]
        },
        {
            "ndbno": "14602",
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"name": "Alcoholic Beverage, wine, table, red, Merlot",
"weight": 29.4,
"measure": "1.0 fl oz",
"nutrients": [
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        "nutrient": "Alcohol, ethyl",
        "unit": "g",
        "value": "3.1",
        "gm": 10.6
    },
    {
        "nutrient_id": "203",
        "nutrient": "Protein",
        "unit": "g",
        "value": "0.02",
        "gm": 0.07
    },
    {
        "nutrient_id": "204",
        "nutrient": "Total lipid (fat)",
        "unit": "g",
        "value": "0.00",
        "gm": 0.0
    },
    {
        "nutrient_id": "205",
        "nutrient": "Carbohydrate, by difference",
        "unit": "g",
        "value": "0.74",
        "gm": 2.51
    },
    {
        "nutrient_id": "269",
        "nutrient": "Sugars, total",
        "unit": "g",
        "value": "0.18",
        "gm": 0.62
    },
    {
        "nutrient_id": "207",
        "nutrient": "Ash",
        "unit": "g",
        "value": "0.08",
        "gm": 0.27
    },
    {
        "nutrient_id": "208",
        "nutrient": "Energy",
        "unit": "kcal",
        "value": "24",
        "gm": 83.0
    },
    {
        "nutrient_id": "291",
        "nutrient": "Fiber, total dietary",
        "unit": "g",

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                    "value": "--",
                    "gm": "--"
                }
            ]
        },
        {
            "ndbno": "14159",
            "name": "Alcoholic Beverage, wine, table, red, Mouvedre",
            "weight": 29.4,
            "measure": "1.0 fl oz",
            "nutrients": [
                {
                    "nutrient_id": "221",
                    "nutrient": "Alcohol, ethyl",
                    "unit": "g",
                    "value": "3.3",
                    "gm": 11.2
                },
                {
                    "nutrient_id": "203",
                    "nutrient": "Protein",
                    "unit": "g",
                    "value": "0.02",
                    "gm": 0.07
                },
                {
                    "nutrient_id": "204",
                    "nutrient": "Total lipid (fat)",
                    "unit": "g",
                    "value": "0.00",
                    "gm": 0.0
                },
                {
                    "nutrient_id": "205",
                    "nutrient": "Carbohydrate, by difference",
                    "unit": "g",
                    "value": "0.78",
                    "gm": 2.64
                },
                {
                    "nutrient_id": "269",
                    "nutrient": "Sugars, total",
                    "unit": "g",
                    "value": "--",
                    "gm": "--"
                },
                {
                    "nutrient_id": "207",
                    "nutrient": "Ash",
                    "unit": "g",
                    "value": "0.09",
                    "gm": 0.29
                },
                {
                    "nutrient_id": "208",
                    "nutrient": "Energy",
                    "unit": "kcal",
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```
                            "value": "26",
                            "gm": 88.0
                        },
                        {
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                            "unit": "g",
                            "value": "--",
                            "gm": "--"
                        }
                    ]
                },
                {
                    "ndbno": "14103",
                    "name": "Alcoholic Beverage, wine, table, red, Petite Sirah",
                    "weight": 29.5,
                    "measure": "1.0 fl oz",
                    "nutrients": [
                        {
                            "nutrient_id": "221",
                            "nutrient": "Alcohol, ethyl",
                            "unit": "g",
                            "value": "3.2",
                            "gm": 10.7
                        },
                        {
                            "nutrient_id": "203",
                            "nutrient": "Protein",
                            "unit": "g",
                            "value": "0.02",
                            "gm": 0.07
                        },
                        {
                            "nutrient_id": "204",
                            "nutrient": "Total lipid (fat)",
                            "unit": "g",
                            "value": "0.00",
                            "gm": 0.0
                        },
                        {
                            "nutrient_id": "205",
                            "nutrient": "Carbohydrate, by difference",
                            "unit": "g",
                            "value": "0.79",
                            "gm": 2.68
                        },
                        {
                            "nutrient_id": "269",
                            "nutrient": "Sugars, total",
                            "unit": "g",
                            "value": "--",
                            "gm": "--"
                        },
                        {
                            "nutrient_id": "207",
                            "nutrient": "Ash",
                            "unit": "g",
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```
                    "value": "0.09",
                    "gm": 0.31
                },
                {

                    "nutrient_id": "208",
                    "nutrient": "Energy",
                    "unit": "kcal",
                    "value": "25",
                    "gm": 85.0
                },
                {

                    "nutrient_id": "291",
                    "nutrient": "Fiber, total dietary",
                    "unit": "g",
                    "value": "--",
                    "gm": "--"
                }
            ]
        },
        {
            "ndbno": "14099",
            "name": "Alcoholic Beverage, wine, table, red, Pinot Noir",
            "weight": 29.4,
            "measure": "1.0 fl oz",
            "nutrients": [
                {
                    "nutrient_id": "221",
                    "nutrient": "Alcohol, ethyl",
                    "unit": "g",
                    "value": "3.1",
                    "gm": 10.4
                },
                {
                    "nutrient_id": "203",
                    "nutrient": "Protein",
                    "unit": "g",
                    "value": "0.02",
                    "gm": 0.07
                },
                {
                    "nutrient_id": "204",
                    "nutrient": "Total lipid (fat)",
                    "unit": "g",
                    "value": "0.00",
                    "gm": 0.0
                },
                {
                    "nutrient_id": "205",
                    "nutrient": "Carbohydrate, by difference",
                    "unit": "g",
                    "value": "0.68",
                    "gm": 2.31
                },
                {
                    "nutrient_id": "269",
                    "nutrient": "Sugars, total",
                    "unit": "g",
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```json
          "value": "--",
          "gm": "--"
        },
        {
          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "0.07",
          "gm": 0.25
        },
        {
          "nutrient_id": "208",
          "nutrient": "Energy",
          "unit": "kcal",
          "value": "24",
          "gm": 82.0
        },
        {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "--",
          "gm": "--"
        }
      ]
    },
    {
      "ndbno": "14108",
      "name": "Alcoholic Beverage, wine, table, red, Sangiovese",
      "weight": 29.4,
      "measure": "1.0 fl oz",
      "nutrients": [
        {
          "nutrient_id": "221",
          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "3.2",
          "gm": 10.9
        },
        {
          "nutrient_id": "203",
          "nutrient": "Protein",
          "unit": "g",
          "value": "0.02",
          "gm": 0.07
        },
        {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "0.00",
          "gm": 0.0
        },
        {
          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
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```json
            "value": "0.77",
            "gm": 2.62
        },
        {

            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "--",
            "gm": "--"
        },
        {

            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.08",
            "gm": 0.26
        },
        {

            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "25",
            "gm": 86.0
        },
        {

            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "--",
            "gm": "--"
        }
    ]
},
{
    "ndbno": "14100",
    "name": "Alcoholic Beverage, wine, table, red, Syrah",
    "weight": 29.4,
    "measure": "1.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "3.1",
            "gm": 10.5
        },
        {

            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.02",
            "gm": 0.07
        },
        {

            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
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```json
              "value": "0.00",
              "gm": 0.0
          },
          {
              "nutrient_id": "205",
              "nutrient": "Carbohydrate, by difference",
              "unit": "g",
              "value": "0.76",
              "gm": 2.58
          },
          {
              "nutrient_id": "269",
              "nutrient": "Sugars, total",
              "unit": "g",
              "value": "--",
              "gm": "--"
          },
          {
              "nutrient_id": "207",
              "nutrient": "Ash",
              "unit": "g",
              "value": "0.09",
              "gm": 0.32
          },
          {
              "nutrient_id": "208",
              "nutrient": "Energy",
              "unit": "kcal",
              "value": "24",
              "gm": 83.0
          },
          {
              "nutrient_id": "291",
              "nutrient": "Fiber, total dietary",
              "unit": "g",
              "value": "--",
              "gm": "--"
          }
      ]
  },
  {
      "ndbno": "14102",
      "name": "Alcoholic Beverage, wine, table, red, Zinfandel",
      "weight": 29.4,
      "measure": "1.0 fl oz",
      "nutrients": [
          {
              "nutrient_id": "221",
              "nutrient": "Alcohol, ethyl",
              "unit": "g",
              "value": "3.3",
              "gm": 11.1
          },
          {
              "nutrient_id": "203",
              "nutrient": "Protein",
              "unit": "g",
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```json
                    "value": "0.02",
                    "gm": 0.07
                },
                {

                    "nutrient_id": "204",
                    "nutrient": "Total lipid (fat)",
                    "unit": "g",
                    "value": "0.00",
                    "gm": 0.0
                },
                {

                    "nutrient_id": "205",
                    "nutrient": "Carbohydrate, by difference",
                    "unit": "g",
                    "value": "0.84",
                    "gm": 2.86
                },
                {

                    "nutrient_id": "269",
                    "nutrient": "Sugars, total",
                    "unit": "g",
                    "value": "--",
                    "gm": "--"
                },
                {

                    "nutrient_id": "207",
                    "nutrient": "Ash",
                    "unit": "g",
                    "value": "0.08",
                    "gm": 0.27
                },
                {

                    "nutrient_id": "208",
                    "nutrient": "Energy",
                    "unit": "kcal",
                    "value": "26",
                    "gm": 88.0
                },
                {

                    "nutrient_id": "291",
                    "nutrient": "Fiber, total dietary",
                    "unit": "g",
                    "value": "--",
                    "gm": "--"
                }
            ]
        },
        {
            "ndbno": "14106",
            "name": "Alcoholic beverage, wine, table, white",
            "weight": 29.4,
            "measure": "1.0 fl oz",
            "nutrients": [
                {
                    "nutrient_id": "221",
                    "nutrient": "Alcohol, ethyl",
                    "unit": "g",
```

```
            "value": "3.0",
            "gm": 10.3
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.02",
            "gm": 0.07
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.00",
            "gm": 0.0
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "0.76",
            "gm": 2.6
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "0.28",
            "gm": 0.96
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.06",
            "gm": 0.2
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "24",
            "gm": 82.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "--",
            "gm": "--"
        }
    ]
},
{
    "ndbno": "14160",
    "name": "Alcoholic beverage, wine, table, white, Chardonnay",
```

    "weight": 29.3,
    "measure": "1.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "3.1",
            "gm": 10.7
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.02",
            "gm": 0.07
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.00",
            "gm": 0.0
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "0.63",
            "gm": 2.16
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "0.28",
            "gm": 0.96
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.06",
            "gm": 0.22
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "25",
            "gm": 84.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "--",

```
                "gm": "--"
            }
        ]
    },
    {
        "ndbno": "14116",
        "name": "Alcoholic beverage, wine, table, white, Chenin Blanc",
        "weight": 29.5,
        "measure": "1.0 fl oz",
        "nutrients": [
            {
                "nutrient_id": "221",
                "nutrient": "Alcohol, ethyl",
                "unit": "g",
                "value": "2.8",
                "gm": 9.6
            },
            {
                "nutrient_id": "203",
                "nutrient": "Protein",
                "unit": "g",
                "value": "0.02",
                "gm": 0.07
            },
            {
                "nutrient_id": "204",
                "nutrient": "Total lipid (fat)",
                "unit": "g",
                "value": "0.00",
                "gm": 0.0
            },
            {
                "nutrient_id": "205",
                "nutrient": "Carbohydrate, by difference",
                "unit": "g",
                "value": "0.98",
                "gm": 3.31
            },
            {
                "nutrient_id": "269",
                "nutrient": "Sugars, total",
                "unit": "g",
                "value": "--",
                "gm": "--"
            },
            {
                "nutrient_id": "207",
                "nutrient": "Ash",
                "unit": "g",
                "value": "0.06",
                "gm": 0.22
            },
            {
                "nutrient_id": "208",
                "nutrient": "Energy",
                "unit": "kcal",
                "value": "24",
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```json
          "gm": 80.0
        },
        {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "--",
          "gm": "--"
        }
      ]
    },
    {
      "ndbno": "14117",
      "name": "Alcoholic beverage, wine, table, white, Fume Blanc",
      "weight": 29.3,
      "measure": "1.0 fl oz",
      "nutrients": [
        {
          "nutrient_id": "221",
          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "3.1",
          "gm": 10.5
        },
        {
          "nutrient_id": "203",
          "nutrient": "Protein",
          "unit": "g",
          "value": "0.02",
          "gm": 0.07
        },
        {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "0.00",
          "gm": 0.0
        },
        {
          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
          "value": "0.67",
          "gm": 2.27
        },
        {
          "nutrient_id": "269",
          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "--",
          "gm": "--"
        },
        {
          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "0.05",
```

```
                  "gm": 0.17
               },
               {
                  "nutrient_id": "208",
                  "nutrient": "Energy",
                  "unit": "kcal",
                  "value": "24",
                  "gm": 82.0
               },
               {
                  "nutrient_id": "291",
                  "nutrient": "Fiber, total dietary",
                  "unit": "g",
                  "value": "--",
                  "gm": "--"
               }
            ]
         },
         {
            "ndbno": "14124",
            "name": "Alcoholic beverage, wine, table, white, Gewurztraminer",
            "weight": 29.5,
            "measure": "1.0 fl oz",
            "nutrients": [
               {
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                  "nutrient": "Alcohol, ethyl",
                  "unit": "g",
                  "value": "3.0",
                  "gm": 10.1
               },
               {
                  "nutrient_id": "203",
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                  "unit": "g",
                  "value": "0.02",
                  "gm": 0.07
               },
               {
                  "nutrient_id": "204",
                  "nutrient": "Total lipid (fat)",
                  "unit": "g",
                  "value": "0.00",
                  "gm": 0.0
               },
               {
                  "nutrient_id": "205",
                  "nutrient": "Carbohydrate, by difference",
                  "unit": "g",
                  "value": "0.77",
                  "gm": 2.6
               },
               {
                  "nutrient_id": "269",
                  "nutrient": "Sugars, total",
                  "unit": "g",
                  "value": "--",
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```json
              "gm": "--"
          },
          {
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              "nutrient": "Ash",
              "unit": "g",
              "value": "0.05",
              "gm": 0.17
          },
          {
              "nutrient_id": "208",
              "nutrient": "Energy",
              "unit": "kcal",
              "value": "24",
              "gm": 81.0
          },
          {
              "nutrient_id": "291",
              "nutrient": "Fiber, total dietary",
              "unit": "g",
              "value": "--",
              "gm": "--"
          }
      ]
  },
  {
      "ndbno": "14135",
      "name": "Alcoholic beverage, wine, table, white, late harvest",
      "weight": 30.8,
      "measure": "1.0 fl oz",
      "nutrients": [
          {
              "nutrient_id": "221",
              "nutrient": "Alcohol, ethyl",
              "unit": "g",
              "value": "2.6",
              "gm": 8.5
          },
          {
              "nutrient_id": "203",
              "nutrient": "Protein",
              "unit": "g",
              "value": "0.02",
              "gm": 0.07
          },
          {
              "nutrient_id": "204",
              "nutrient": "Total lipid (fat)",
              "unit": "g",
              "value": "0.00",
              "gm": 0.0
          },
          {
              "nutrient_id": "205",
              "nutrient": "Carbohydrate, by difference",
              "unit": "g",
              "value": "4.12",
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```json
        "gm": 13.39
      },
      {
        "nutrient_id": "269",
        "nutrient": "Sugars, total",
        "unit": "g",
        "value": "--",
        "gm": "--"
      },
      {
        "nutrient_id": "207",
        "nutrient": "Ash",
        "unit": "g",
        "value": "0.08",
        "gm": 0.27
      },
      {
        "nutrient_id": "208",
        "nutrient": "Energy",
        "unit": "kcal",
        "value": "34",
        "gm": 112.0
      },
      {
        "nutrient_id": "291",
        "nutrient": "Fiber, total dietary",
        "unit": "g",
        "value": "--",
        "gm": "--"
      }
    ]
  },
  {
    "ndbno": "14125",
    "name": "Alcoholic beverage, wine, table, white, late harvest, Gewurztraminer",
    "weight": 30.5,
    "measure": "1.0 fl oz",
    "nutrients": [
      {
        "nutrient_id": "221",
        "nutrient": "Alcohol, ethyl",
        "unit": "g",
        "value": "2.7",
        "gm": 8.9
      },
      {
        "nutrient_id": "203",
        "nutrient": "Protein",
        "unit": "g",
        "value": "0.02",
        "gm": 0.07
      },
      {
        "nutrient_id": "204",
        "nutrient": "Total lipid (fat)",
        "unit": "g",
        "value": "0.00",
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```json
            "gm": 0.0
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "3.47",
            "gm": 11.39
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "--",
            "gm": "--"
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.06",
            "gm": 0.2
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "33",
            "gm": 108.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "--",
            "gm": "--"
        }
    ]
},
{
    "ndbno": "14120",
    "name": "Alcoholic beverage, wine, table, white, Muller Thurgau",
    "weight": 29.5,
    "measure": "1.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "2.7",
            "gm": 9.0
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.02",
```

```json
          "gm": 0.07
        },
        {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "0.00",
          "gm": 0.0
        },
        {
          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
          "value": "1.03",
          "gm": 3.48
        },
        {
          "nutrient_id": "269",
          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "--",
          "gm": "--"
        },
        {
          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "0.04",
          "gm": 0.15
        },
        {
          "nutrient_id": "208",
          "nutrient": "Energy",
          "unit": "kcal",
          "value": "22",
          "gm": 76.0
        },
        {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "--",
          "gm": "--"
        }
      ]
    },
    {
      "ndbno": "14140",
      "name": "Alcoholic beverage, wine, table, white, Muscat",
      "weight": 30.0,
      "measure": "1.0 fl oz",
      "nutrients": [
        {
          "nutrient_id": "221",
          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "2.6",
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              "gm": 8.8
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            {
              "nutrient_id": "203",
              "nutrient": "Protein",
              "unit": "g",
              "value": "0.02",
              "gm": 0.07
            },
            {
              "nutrient_id": "204",
              "nutrient": "Total lipid (fat)",
              "unit": "g",
              "value": "0.00",
              "gm": 0.0
            },
            {
              "nutrient_id": "205",
              "nutrient": "Carbohydrate, by difference",
              "unit": "g",
              "value": "1.57",
              "gm": 5.23
            },
            {
              "nutrient_id": "269",
              "nutrient": "Sugars, total",
              "unit": "g",
              "value": "--",
              "gm": "--"
            },
            {
              "nutrient_id": "207",
              "nutrient": "Ash",
              "unit": "g",
              "value": "0.06",
              "gm": 0.21
            },
            {
              "nutrient_id": "208",
              "nutrient": "Energy",
              "unit": "kcal",
              "value": "25",
              "gm": 82.0
            },
            {
              "nutrient_id": "291",
              "nutrient": "Fiber, total dietary",
              "unit": "g",
              "value": "--",
              "gm": "--"
            }
          ]
        },
        {
          "ndbno": "14138",
          "name": "Alcoholic beverage, wine, table, white, Pinot Blanc",
          "weight": 29.3,

```json
    "measure": "1.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "3.1",
            "gm": 10.6
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.02",
            "gm": 0.07
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.00",
            "gm": 0.0
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "0.57",
            "gm": 1.94
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "--",
            "gm": "--"
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.07",
            "gm": 0.24
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "24",
            "gm": 81.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "--",
            "gm": "--"
        }
```

```json
        }
    ]
},
{
    "ndbno": "14113",
    "name": "Alcoholic beverage, wine, table, white, Pinot Gris (Grigio)",
    "weight": 29.3,
    "measure": "1.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "3.1",
            "gm": 10.7
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.02",
            "gm": 0.07
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.00",
            "gm": 0.0
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "0.60",
            "gm": 2.06
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "--",
            "gm": "--"
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.05",
            "gm": 0.16
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "24",
            "gm": 83.0
```

        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "--",
            "gm": "--"
        }
    ]
},
{
    "ndbno": "14132",
    "name": "Alcoholic beverage, wine, table, white, Riesling",
    "weight": 29.6,
    "measure": "1.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "2.8",
            "gm": 9.5
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.02",
            "gm": 0.07
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.00",
            "gm": 0.0
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "1.11",
            "gm": 3.74
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "--",
            "gm": "--"
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.05",
            "gm": 0.17

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        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "24",
            "gm": 80.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "--",
            "gm": "--"
        }
    ]
},
{
    "ndbno": "14134",
    "name": "Alcoholic beverage, wine, table, white, Sauvignon Blanc",
    "weight": 29.3,
    "measure": "1.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "3.1",
            "gm": 10.5
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.02",
            "gm": 0.07
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.00",
            "gm": 0.0
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "0.60",
            "gm": 2.05
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "--",
            "gm": "--"
```

```
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.05",
            "gm": 0.18
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "24",
            "gm": 81.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "--",
            "gm": "--"
        }
    ]
},
{
    "ndbno": "14126",
    "name": "Alcoholic beverage, wine, table, white, Semillon",
    "weight": 29.5,
    "measure": "1.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "3.0",
            "gm": 10.1
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.02",
            "gm": 0.07
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.00",
            "gm": 0.0
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "0.92",
            "gm": 3.12
```

```
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "--",
            "gm": "--"
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.06",
            "gm": 0.21
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "24",
            "gm": 82.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "--",
            "gm": "--"
        }
    ]
},
{
    "ndbno": "14251",
    "name": "Alcoholic beverages, beer, higher alcohol",
    "weight": 30.6,
    "measure": "1.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "2.4",
            "gm": 7.7
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.28",
            "gm": 0.9
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.00",
            "gm": 0.0
```

```json
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "0.08",
            "gm": 0.27
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "--",
            "gm": "--"
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.04",
            "gm": 0.12
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "18",
            "gm": 58.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "--",
            "gm": "--"
        }
    ]
},
{
    "ndbno": "14253",
    "name": "Alcoholic beverages, wine, rose",
    "weight": 30.3,
    "measure": "1.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "2.9",
            "gm": 9.6
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.11",
            "gm": 0.36
```

```
            },
            {
                "nutrient_id": "204",
                "nutrient": "Total lipid (fat)",
                "unit": "g",
                "value": "0.00",
                "gm": 0.0
            },
            {
                "nutrient_id": "205",
                "nutrient": "Carbohydrate, by difference",
                "unit": "g",
                "value": "1.15",
                "gm": 3.8
            },
            {
                "nutrient_id": "269",
                "nutrient": "Sugars, total",
                "unit": "g",
                "value": "--",
                "gm": "--"
            },
            {
                "nutrient_id": "207",
                "nutrient": "Ash",
                "unit": "g",
                "value": "0.05",
                "gm": 0.16
            },
            {
                "nutrient_id": "208",
                "nutrient": "Energy",
                "unit": "kcal",
                "value": "25",
                "gm": 83.0
            },
            {
                "nutrient_id": "291",
                "nutrient": "Fiber, total dietary",
                "unit": "g",
                "value": "--",
                "gm": "--"
            }
        ]
    },
    {
        "ndbno": "11001",
        "name": "Alfalfa seeds, sprouted, raw",
        "weight": 33.0,
        "measure": "1.0 cup",
        "nutrients": [
            {
                "nutrient_id": "221",
                "nutrient": "Alcohol, ethyl",
                "unit": "g",
                "value": "0.0",
                "gm": 0.0
```

        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "1.32",
            "gm": 3.99
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.23",
            "gm": 0.69
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "0.69",
            "gm": 2.1
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "0.07",
            "gm": 0.2
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.13",
            "gm": 0.4
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "8",
            "gm": 23.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "0.6",
            "gm": 1.9
        }
    ]
},
{
    "ndbno": "20001",
    "name": "Amaranth grain, uncooked",
    "weight": 193.0,
    "measure": "1.0 cup",

"nutrients": [
    {
        "nutrient_id": "221",
        "nutrient": "Alcohol, ethyl",
        "unit": "g",
        "value": "0.0",
        "gm": 0.0
    },
    {
        "nutrient_id": "203",
        "nutrient": "Protein",
        "unit": "g",
        "value": "26.17",
        "gm": 13.56
    },
    {
        "nutrient_id": "204",
        "nutrient": "Total lipid (fat)",
        "unit": "g",
        "value": "13.55",
        "gm": 7.02
    },
    {
        "nutrient_id": "205",
        "nutrient": "Carbohydrate, by difference",
        "unit": "g",
        "value": "125.93",
        "gm": 65.25
    },
    {
        "nutrient_id": "269",
        "nutrient": "Sugars, total",
        "unit": "g",
        "value": "3.26",
        "gm": 1.69
    },
    {
        "nutrient_id": "207",
        "nutrient": "Ash",
        "unit": "g",
        "value": "5.56",
        "gm": 2.88
    },
    {
        "nutrient_id": "208",
        "nutrient": "Energy",
        "unit": "kcal",
        "value": "716",
        "gm": 371.0
    },
    {
        "nutrient_id": "291",
        "nutrient": "Fiber, total dietary",
        "unit": "g",
        "value": "12.9",
        "gm": 6.7
    }

```json
                    ]
                },
                {
                    "ndbno": "04609",
                    "name": "Animal fat, bacon grease",
                    "weight": 4.3,
                    "measure": "1.0 tsp",
                    "nutrients": [
                        {
                            "nutrient_id": "221",
                            "nutrient": "Alcohol, ethyl",
                            "unit": "g",
                            "value": "--",
                            "gm": "--"
                        },
                        {
                            "nutrient_id": "203",
                            "nutrient": "Protein",
                            "unit": "g",
                            "value": "0.00",
                            "gm": 0.0
                        },
                        {
                            "nutrient_id": "204",
                            "nutrient": "Total lipid (fat)",
                            "unit": "g",
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                        {
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                            "unit": "g",
                            "value": "--",
                            "gm": "--"
                        },
                        {
                            "nutrient_id": "269",
                            "nutrient": "Sugars, total",
                            "unit": "g",
                            "value": "--",
                            "gm": "--"
                        },
                        {
                            "nutrient_id": "207",
                            "nutrient": "Ash",
                            "unit": "g",
                            "value": "0.02",
                            "gm": 0.5
                        },
                        {
                            "nutrient_id": "208",
                            "nutrient": "Energy",
                            "unit": "kcal",
                            "value": "39",
                            "gm": 897.0
                        },
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        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "--",
            "gm": "--"
        }
    ]
},
{
    "ndbno": "09400",
    "name": "Apple juice, canned or bottled, unsweetened, with added ascorbic acid",
    "weight": 248.0,
    "measure": "1.0 cup",
    "nutrients": [
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            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "0.0",
            "gm": 0.0
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.25",
            "gm": 0.1
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.32",
            "gm": 0.13
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "28.02",
            "gm": 11.3
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "23.86",
            "gm": 9.62
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.57",
            "gm": 0.23
        },
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        {
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            "nutrient": "Energy",
            "unit": "kcal",
            "value": "114",
            "gm": 46.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "0.5",
            "gm": 0.2
        }
    ]
},
{
    "ndbno": "09517",
    "name": "Apple juice, canned or bottled, unsweetened, with added ascorbic acid,
calcium, and potassium",
    "weight": 177.0,
    "measure": "6.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "0.0",
            "gm": 0.0
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.21",
            "gm": 0.12
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.30",
            "gm": 0.17
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "20.34",
            "gm": 11.49
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "16.76",
            "gm": 9.47
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        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.55",
            "gm": 0.31
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "85",
            "gm": 48.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "0.5",
            "gm": 0.3
        }
    ]
},
{
    "ndbno": "09016",
    "name": "Apple juice, canned or bottled, unsweetened, without added ascorbic acid",
    "weight": 248.0,
    "measure": "1.0 cup",
    "nutrients": [
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            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "0.0",
            "gm": 0.0
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.25",
            "gm": 0.1
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.32",
            "gm": 0.13
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "28.02",
            "gm": 11.3
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        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "23.86",
            "gm": 9.62
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.57",
            "gm": 0.23
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "114",
            "gm": 46.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "0.5",
            "gm": 0.2
        }
        ]
    },
    {
        "ndbno": "09018",
        "name": "Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid",
        "weight": 239.0,
        "measure": "1.0 cup",
        "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "0.0",
            "gm": 0.0
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.33",
            "gm": 0.14
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.24",

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            "gm": 0.1
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "27.58",
            "gm": 11.54
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "26.12",
            "gm": 10.93
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.76",
            "gm": 0.32
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "112",
            "gm": 47.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "--",
            "gm": "--"
        }
    ]
},
{
    "ndbno": "09017",
    "name": "Apple juice, frozen concentrate, unsweetened, undiluted, without added
ascorbic acid",
    "weight": 211.0,
    "measure": "1.0 can (6 fl oz)",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "0.0",
            "gm": 0.0
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
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            "value": "1.08",
            "gm": 0.51
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        {

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            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.78",
            "gm": 0.37
        },
        {

            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "86.51",
            "gm": 41.0
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        {

            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "81.93",
            "gm": 38.83
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        {

            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "2.36",
            "gm": 1.12
        },
        {

            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "350",
            "gm": 166.0
        },
        {

            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "0.8",
            "gm": 0.4
        }
    ]
},
{
    "ndbno": "09008",
    "name": "Apples, canned, sweetened, sliced, drained, heated",
    "weight": 204.0,
    "measure": "1.0 cup slices",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
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          "value": "0.0",
          "gm": 0.0
        },
        {
          "nutrient_id": "203",
          "nutrient": "Protein",
          "unit": "g",
          "value": "0.37",
          "gm": 0.18
        },
        {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "0.88",
          "gm": 0.43
        },
        {
          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
          "value": "34.35",
          "gm": 16.84
        },
        {
          "nutrient_id": "269",
          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "30.27",
          "gm": 14.84
        },
        {
          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "0.55",
          "gm": 0.27
        },
        {
          "nutrient_id": "208",
          "nutrient": "Energy",
          "unit": "kcal",
          "value": "137",
          "gm": 67.0
        },
        {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "4.1",
          "gm": 2.0
        }
      ]
    },
    {
      "ndbno": "09007",
      "name": "Apples, canned, sweetened, sliced, drained, unheated",

"weight": 204.0,
"measure": "1.0 cup slices",
"nutrients": [
    {
        "nutrient_id": "221",
        "nutrient": "Alcohol, ethyl",
        "unit": "g",
        "value": "0.0",
        "gm": 0.0
    },
    {
        "nutrient_id": "203",
        "nutrient": "Protein",
        "unit": "g",
        "value": "0.37",
        "gm": 0.18
    },
    {
        "nutrient_id": "204",
        "nutrient": "Total lipid (fat)",
        "unit": "g",
        "value": "1.00",
        "gm": 0.49
    },
    {
        "nutrient_id": "205",
        "nutrient": "Carbohydrate, by difference",
        "unit": "g",
        "value": "34.07",
        "gm": 16.7
    },
    {
        "nutrient_id": "269",
        "nutrient": "Sugars, total",
        "unit": "g",
        "value": "30.60",
        "gm": 15.0
    },
    {
        "nutrient_id": "207",
        "nutrient": "Ash",
        "unit": "g",
        "value": "0.55",
        "gm": 0.27
    },
    {
        "nutrient_id": "208",
        "nutrient": "Energy",
        "unit": "kcal",
        "value": "137",
        "gm": 67.0
    },
    {
        "nutrient_id": "291",
        "nutrient": "Fiber, total dietary",
        "unit": "g",
        "value": "3.5",

                "gm": 1.7
            }
        ]
    },
    {
        "ndbno": "09009",
        "name": "Apples, dehydrated (low moisture), sulfured, uncooked",
        "weight": 60.0,
        "measure": "1.0 cup",
        "nutrients": [
            {
                "nutrient_id": "221",
                "nutrient": "Alcohol, ethyl",
                "unit": "g",
                "value": "0.0",
                "gm": 0.0
            },
            {
                "nutrient_id": "203",
                "nutrient": "Protein",
                "unit": "g",
                "value": "0.79",
                "gm": 1.32
            },
            {
                "nutrient_id": "204",
                "nutrient": "Total lipid (fat)",
                "unit": "g",
                "value": "0.35",
                "gm": 0.58
            },
            {
                "nutrient_id": "205",
                "nutrient": "Carbohydrate, by difference",
                "unit": "g",
                "value": "56.12",
                "gm": 93.53
            },
            {
                "nutrient_id": "269",
                "nutrient": "Sugars, total",
                "unit": "g",
                "value": "48.68",
                "gm": 81.13
            },
            {
                "nutrient_id": "207",
                "nutrient": "Ash",
                "unit": "g",
                "value": "0.94",
                "gm": 1.57
            },
            {
                "nutrient_id": "208",
                "nutrient": "Energy",
                "unit": "kcal",
                "value": "208",

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              "gm": 346.0
          },
          {
              "nutrient_id": "291",
              "nutrient": "Fiber, total dietary",
              "unit": "g",
              "value": "7.4",
              "gm": 12.4
          }
      ]
  },
  {
      "ndbno": "09012",
      "name": "Apples, dried, sulfured, stewed, without added sugar",
      "weight": 255.0,
      "measure": "1.0 cup",
      "nutrients": [
          {
              "nutrient_id": "221",
              "nutrient": "Alcohol, ethyl",
              "unit": "g",
              "value": "0.0",
              "gm": 0.0
          },
          {
              "nutrient_id": "203",
              "nutrient": "Protein",
              "unit": "g",
              "value": "0.56",
              "gm": 0.22
          },
          {
              "nutrient_id": "204",
              "nutrient": "Total lipid (fat)",
              "unit": "g",
              "value": "0.18",
              "gm": 0.07
          },
          {
              "nutrient_id": "205",
              "nutrient": "Carbohydrate, by difference",
              "unit": "g",
              "value": "39.07",
              "gm": 15.32
          },
          {
              "nutrient_id": "269",
              "nutrient": "Sugars, total",
              "unit": "g",
              "value": "33.97",
              "gm": 13.32
          },
          {
              "nutrient_id": "207",
              "nutrient": "Ash",
              "unit": "g",
              "value": "0.66",
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            "gm": 0.26
          },
          {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "145",
            "gm": 57.0
          },
          {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "5.1",
            "gm": 2.0
          }
        ]
      },
      {
        "ndbno": "09011",
        "name": "Apples, dried, sulfured, uncooked",
        "weight": 86.0,
        "measure": "1.0 cup",
        "nutrients": [
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            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "0.0",
            "gm": 0.0
          },
          {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.80",
            "gm": 0.93
          },
          {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.28",
            "gm": 0.32
          },
          {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "56.67",
            "gm": 65.89
          },
          {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "49.18",

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        "gm": 57.19
      },
      {
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        "nutrient": "Ash",
        "unit": "g",
        "value": "0.95",
        "gm": 1.1
      },
      {
        "nutrient_id": "208",
        "nutrient": "Energy",
        "unit": "kcal",
        "value": "209",
        "gm": 243.0
      },
      {
        "nutrient_id": "291",
        "nutrient": "Fiber, total dietary",
        "unit": "g",
        "value": "7.5",
        "gm": 8.7
      }
    ]
  },
  {
    "ndbno": "09003",
    "name": "Apples, raw, with skin",
    "weight": 125.0,
    "measure": "1.0 cup, quartered or chopped",
    "nutrients": [
      {
        "nutrient_id": "221",
        "nutrient": "Alcohol, ethyl",
        "unit": "g",
        "value": "0.0",
        "gm": 0.0
      },
      {
        "nutrient_id": "203",
        "nutrient": "Protein",
        "unit": "g",
        "value": "0.32",
        "gm": 0.26
      },
      {
        "nutrient_id": "204",
        "nutrient": "Total lipid (fat)",
        "unit": "g",
        "value": "0.21",
        "gm": 0.17
      },
      {
        "nutrient_id": "205",
        "nutrient": "Carbohydrate, by difference",
        "unit": "g",
        "value": "17.26",
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              "gm": 13.81
            },
            {
              "nutrient_id": "269",
              "nutrient": "Sugars, total",
              "unit": "g",
              "value": "12.99",
              "gm": 10.39
            },
            {
              "nutrient_id": "207",
              "nutrient": "Ash",
              "unit": "g",
              "value": "0.24",
              "gm": 0.19
            },
            {
              "nutrient_id": "208",
              "nutrient": "Energy",
              "unit": "kcal",
              "value": "65",
              "gm": 52.0
            },
            {
              "nutrient_id": "291",
              "nutrient": "Fiber, total dietary",
              "unit": "g",
              "value": "3.0",
              "gm": 2.4
            }
          ]
        },
        {
          "ndbno": "09004",
          "name": "Apples, raw, without skin",
          "weight": 110.0,
          "measure": "1.0 cup slices",
          "nutrients": [
            {
              "nutrient_id": "221",
              "nutrient": "Alcohol, ethyl",
              "unit": "g",
              "value": "0.0",
              "gm": 0.0
            },
            {
              "nutrient_id": "203",
              "nutrient": "Protein",
              "unit": "g",
              "value": "0.30",
              "gm": 0.27
            },
            {
              "nutrient_id": "204",
              "nutrient": "Total lipid (fat)",
              "unit": "g",
              "value": "0.14",

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          "gm": 0.13
      },
      {
          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
          "value": "14.04",
          "gm": 12.76
      },
      {
          "nutrient_id": "269",
          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "11.11",
          "gm": 10.1
      },
      {
          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "0.19",
          "gm": 0.17
      },
      {
          "nutrient_id": "208",
          "nutrient": "Energy",
          "unit": "kcal",
          "value": "53",
          "gm": 48.0
      },
      {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "1.4",
          "gm": 1.3
      }
    ]
},
{
    "ndbno": "09005",
    "name": "Apples, raw, without skin, cooked, boiled",
    "weight": 171.0,
    "measure": "1.0 cup slices",
    "nutrients": [
      {
          "nutrient_id": "221",
          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "0.0",
          "gm": 0.0
      },
      {
          "nutrient_id": "203",
          "nutrient": "Protein",
          "unit": "g",
          "value": "0.44",
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            "gm": 0.26
          },
          {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.62",
            "gm": 0.36
          },
          {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "23.32",
            "gm": 13.64
          },
          {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "18.83",
            "gm": 11.01
          },
          {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.48",
            "gm": 0.28
          },
          {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "91",
            "gm": 53.0
          },
          {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "4.1",
            "gm": 2.4
          }
        ]
      },
      {
        "ndbno": "09006",
        "name": "Apples, raw, without skin, cooked, microwave",
        "weight": 170.0,
        "measure": "1.0 cup slices",
        "nutrients": [
          {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "0.0",
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            "gm": 0.0
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.48",
            "gm": 0.28
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.71",
            "gm": 0.42
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "24.50",
            "gm": 14.41
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "19.74",
            "gm": 11.61
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.44",
            "gm": 0.26
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "95",
            "gm": 56.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "4.8",
            "gm": 2.8
        }
    ]
},
{
    "ndbno": "09020",
    "name": "Applesauce, canned, sweetened, without salt (includes USDA commodity)",
    "weight": 246.0,
```

```json
    "measure": "1.0 cup",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "0.0",
            "gm": 0.0
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.39",
            "gm": 0.16
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.42",
            "gm": 0.17
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "43.03",
            "gm": 17.49
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "36.09",
            "gm": 14.67
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.52",
            "gm": 0.21
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "167",
            "gm": 68.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "3.0",
            "gm": 1.2
```

```json
                }
            ]
        },
        {
            "ndbno": "09019",
            "name": "Applesauce, canned, unsweetened, without added ascorbic acid (includes
USDA commodity)",
            "weight": 244.0,
            "measure": "1.0 cup",
            "nutrients": [
                {
                    "nutrient_id": "221",
                    "nutrient": "Alcohol, ethyl",
                    "unit": "g",
                    "value": "0.0",
                    "gm": 0.0
                },
                {
                    "nutrient_id": "203",
                    "nutrient": "Protein",
                    "unit": "g",
                    "value": "0.41",
                    "gm": 0.17
                },
                {
                    "nutrient_id": "204",
                    "nutrient": "Total lipid (fat)",
                    "unit": "g",
                    "value": "0.24",
                    "gm": 0.1
                },
                {
                    "nutrient_id": "205",
                    "nutrient": "Carbohydrate, by difference",
                    "unit": "g",
                    "value": "27.50",
                    "gm": 11.27
                },
                {
                    "nutrient_id": "269",
                    "nutrient": "Sugars, total",
                    "unit": "g",
                    "value": "22.91",
                    "gm": 9.39
                },
                {
                    "nutrient_id": "207",
                    "nutrient": "Ash",
                    "unit": "g",
                    "value": "0.59",
                    "gm": 0.24
                },
                {
                    "nutrient_id": "208",
                    "nutrient": "Energy",
                    "unit": "kcal",
                    "value": "102",
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          "gm": 42.0
        },
        {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "2.7",
          "gm": 1.1
        }
      ]
    },
    {
      "ndbno": "09036",
      "name": "Apricot nectar, canned, without added ascorbic acid",
      "weight": 251.0,
      "measure": "1.0 cup",
      "nutrients": [
        {
          "nutrient_id": "221",
          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "0.0",
          "gm": 0.0
        },
        {
          "nutrient_id": "203",
          "nutrient": "Protein",
          "unit": "g",
          "value": "0.93",
          "gm": 0.37
        },
        {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "0.23",
          "gm": 0.09
        },
        {
          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
          "value": "36.12",
          "gm": 14.39
        },
        {
          "nutrient_id": "269",
          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "34.61",
          "gm": 13.79
        },
        {
          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "0.73",
```

```json
          "gm": 0.29
        },
        {
          "nutrient_id": "208",
          "nutrient": "Energy",
          "unit": "kcal",
          "value": "141",
          "gm": 56.0
        },
        {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "1.5",
          "gm": 0.6
        }
      ]
    },
    {
      "ndbno": "09027",
      "name": "Apricots, canned, heavy syrup pack, with skin, solids and liquids",
      "weight": 258.0,
      "measure": "1.0 cup, halves",
      "nutrients": [
        {
          "nutrient_id": "221",
          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "0.0",
          "gm": 0.0
        },
        {
          "nutrient_id": "203",
          "nutrient": "Protein",
          "unit": "g",
          "value": "1.37",
          "gm": 0.53
        },
        {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "0.21",
          "gm": 0.08
        },
        {
          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
          "value": "55.39",
          "gm": 21.47
        },
        {
          "nutrient_id": "269",
          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "51.26",
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          "gm": 19.87
        },
        {

          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "0.95",
          "gm": 0.37
        },
        {

          "nutrient_id": "208",
          "nutrient": "Energy",
          "unit": "kcal",
          "value": "214",
          "gm": 83.0
        },
        {

          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "4.1",
          "gm": 1.6
        }
      ]
    },
    {

      "ndbno": "09357",
      "name": "Apricots, canned, heavy syrup, drained",
      "weight": 219.0,
      "measure": "1.0 cup, halves",
      "nutrients": [
        {

          "nutrient_id": "221",
          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "0.0",
          "gm": 0.0
        },
        {

          "nutrient_id": "203",
          "nutrient": "Protein",
          "unit": "g",
          "value": "1.40",
          "gm": 0.64
        },
        {

          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "0.24",
          "gm": 0.11
        },
        {

          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
          "value": "46.67",

          "gm": 21.31
        },
        {
          "nutrient_id": "269",
          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "40.84",
          "gm": 18.65
        },
        {
          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "0.83",
          "gm": 0.38
        },
        {
          "nutrient_id": "208",
          "nutrient": "Energy",
          "unit": "kcal",
          "value": "182",
          "gm": 83.0
        },
        {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "5.9",
          "gm": 2.7
        }
      ]
    },
    {
      "ndbno": "09024",
      "name": "Apricots, canned, juice pack, with skin, solids and liquids",
      "weight": 244.0,
      "measure": "1.0 cup, halves",
      "nutrients": [
        {
          "nutrient_id": "221",
          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "0.0",
          "gm": 0.0
        },
        {
          "nutrient_id": "203",
          "nutrient": "Protein",
          "unit": "g",
          "value": "1.54",
          "gm": 0.63
        },
        {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "0.10",

```
          "gm": 0.04
        },
        {
          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
          "value": "30.11",
          "gm": 12.34
        },
        {
          "nutrient_id": "269",
          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "26.21",
          "gm": 10.74
        },
        {
          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "0.90",
          "gm": 0.37
        },
        {
          "nutrient_id": "208",
          "nutrient": "Energy",
          "unit": "kcal",
          "value": "117",
          "gm": 48.0
        },
        {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "3.9",
          "gm": 1.6
        }
      ]
    },
    {
      "ndbno": "09026",
      "name": "Apricots, canned, light syrup pack, with skin, solids and liquids",
      "weight": 253.0,
      "measure": "1.0 cup, halves",
      "nutrients": [
        {
          "nutrient_id": "221",
          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "0.0",
          "gm": 0.0
        },
        {
          "nutrient_id": "203",
          "nutrient": "Protein",
          "unit": "g",
          "value": "1.34",
```

```
        "gm": 0.53
      },
      {
        "nutrient_id": "204",
        "nutrient": "Total lipid (fat)",
        "unit": "g",
        "value": "0.13",
        "gm": 0.05
      },
      {
        "nutrient_id": "205",
        "nutrient": "Carbohydrate, by difference",
        "unit": "g",
        "value": "41.72",
        "gm": 16.49
      },
      {
        "nutrient_id": "269",
        "nutrient": "Sugars, total",
        "unit": "g",
        "value": "37.67",
        "gm": 14.89
      },
      {
        "nutrient_id": "207",
        "nutrient": "Ash",
        "unit": "g",
        "value": "0.94",
        "gm": 0.37
      },
      {
        "nutrient_id": "208",
        "nutrient": "Energy",
        "unit": "kcal",
        "value": "159",
        "gm": 63.0
      },
      {
        "nutrient_id": "291",
        "nutrient": "Fiber, total dietary",
        "unit": "g",
        "value": "4.0",
        "gm": 1.6
      }
    ]
  },
  {
    "ndbno": "09022",
    "name": "Apricots, canned, water pack, with skin, solids and liquids",
    "weight": 243.0,
    "measure": "1.0 cup, halves",
    "nutrients": [
      {
        "nutrient_id": "221",
        "nutrient": "Alcohol, ethyl",
        "unit": "g",
        "value": "0.0",
```

```json
          "gm": 0.0
        },
        {
          "nutrient_id": "203",
          "nutrient": "Protein",
          "unit": "g",
          "value": "1.73",
          "gm": 0.71
        },
        {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "0.39",
          "gm": 0.16
        },
        {
          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
          "value": "15.53",
          "gm": 6.39
        },
        {
          "nutrient_id": "269",
          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "11.64",
          "gm": 4.79
        },
        {
          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "0.92",
          "gm": 0.38
        },
        {
          "nutrient_id": "208",
          "nutrient": "Energy",
          "unit": "kcal",
          "value": "66",
          "gm": 27.0
        },
        {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "3.9",
          "gm": 1.6
        }
      ]
    },
    {
      "ndbno": "09033",
      "name": "Apricots, dried, sulfured, stewed, without added sugar",
      "weight": 250.0,
```

```json
        "measure": "1.0 cup, halves",
        "nutrients": [
            {
                "nutrient_id": "221",
                "nutrient": "Alcohol, ethyl",
                "unit": "g",
                "value": "0.0",
                "gm": 0.0
            },
            {
                "nutrient_id": "203",
                "nutrient": "Protein",
                "unit": "g",
                "value": "3.00",
                "gm": 1.2
            },
            {
                "nutrient_id": "204",
                "nutrient": "Total lipid (fat)",
                "unit": "g",
                "value": "0.45",
                "gm": 0.18
            },
            {
                "nutrient_id": "205",
                "nutrient": "Carbohydrate, by difference",
                "unit": "g",
                "value": "55.38",
                "gm": 22.15
            },
            {
                "nutrient_id": "269",
                "nutrient": "Sugars, total",
                "unit": "g",
                "value": "48.92",
                "gm": 19.57
            },
            {
                "nutrient_id": "207",
                "nutrient": "Ash",
                "unit": "g",
                "value": "2.28",
                "gm": 0.91
            },
            {
                "nutrient_id": "208",
                "nutrient": "Energy",
                "unit": "kcal",
                "value": "212",
                "gm": 85.0
            },
            {
                "nutrient_id": "291",
                "nutrient": "Fiber, total dietary",
                "unit": "g",
                "value": "6.5",
                "gm": 2.6
```

```json
            }
        ]
    },
    {
        "ndbno": "09032",
        "name": "Apricots, dried, sulfured, uncooked",
        "weight": 130.0,
        "measure": "1.0 cup, halves",
        "nutrients": [
            {
                "nutrient_id": "221",
                "nutrient": "Alcohol, ethyl",
                "unit": "g",
                "value": "0.0",
                "gm": 0.0
            },
            {
                "nutrient_id": "203",
                "nutrient": "Protein",
                "unit": "g",
                "value": "4.41",
                "gm": 3.39
            },
            {
                "nutrient_id": "204",
                "nutrient": "Total lipid (fat)",
                "unit": "g",
                "value": "0.66",
                "gm": 0.51
            },
            {
                "nutrient_id": "205",
                "nutrient": "Carbohydrate, by difference",
                "unit": "g",
                "value": "81.43",
                "gm": 62.64
            },
            {
                "nutrient_id": "269",
                "nutrient": "Sugars, total",
                "unit": "g",
                "value": "69.47",
                "gm": 53.44
            },
            {
                "nutrient_id": "207",
                "nutrient": "Ash",
                "unit": "g",
                "value": "3.34",
                "gm": 2.57
            },
            {
                "nutrient_id": "208",
                "nutrient": "Energy",
                "unit": "kcal",
                "value": "313",
                "gm": 241.0
```

          },
          {
              "nutrient_id": "291",
              "nutrient": "Fiber, total dietary",
              "unit": "g",
              "value": "9.5",
              "gm": 7.3
          }
      ]
  },
  {
      "ndbno": "09035",
      "name": "Apricots, frozen, sweetened",
      "weight": 242.0,
      "measure": "1.0 cup",
      "nutrients": [
          {
              "nutrient_id": "221",
              "nutrient": "Alcohol, ethyl",
              "unit": "g",
              "value": "0.0",
              "gm": 0.0
          },
          {
              "nutrient_id": "203",
              "nutrient": "Protein",
              "unit": "g",
              "value": "1.69",
              "gm": 0.7
          },
          {
              "nutrient_id": "204",
              "nutrient": "Total lipid (fat)",
              "unit": "g",
              "value": "0.24",
              "gm": 0.1
          },
          {
              "nutrient_id": "205",
              "nutrient": "Carbohydrate, by difference",
              "unit": "g",
              "value": "60.74",
              "gm": 25.1
          },
          {
              "nutrient_id": "269",
              "nutrient": "Sugars, total",
              "unit": "g",
              "value": "--",
              "gm": "--"
          },
          {
              "nutrient_id": "207",
              "nutrient": "Ash",
              "unit": "g",
              "value": "1.94",
              "gm": 0.8

```
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "237",
            "gm": 98.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "5.3",
            "gm": 2.2
        }
    ]
},
{
    "ndbno": "09021",
    "name": "Apricots, raw",
    "weight": 155.0,
    "measure": "1.0 cup, halves",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "0.0",
            "gm": 0.0
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "2.17",
            "gm": 1.4
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.60",
            "gm": 0.39
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "17.24",
            "gm": 11.12
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "14.32",
            "gm": 9.24
```

```json
            },
            {
                "nutrient_id": "207",
                "nutrient": "Ash",
                "unit": "g",
                "value": "1.16",
                "gm": 0.75
            },
            {
                "nutrient_id": "208",
                "nutrient": "Energy",
                "unit": "kcal",
                "value": "74",
                "gm": 48.0
            },
            {
                "nutrient_id": "291",
                "nutrient": "Fiber, total dietary",
                "unit": "g",
                "value": "3.1",
                "gm": 2.0
            }
        ]
    },
    {
        "ndbno": "11702",
        "name": "Artichokes, (globe or french), cooked, boiled, drained, with salt",
        "weight": 120.0,
        "measure": "1.0 artichoke, medium",
        "nutrients": [
            {
                "nutrient_id": "221",
                "nutrient": "Alcohol, ethyl",
                "unit": "g",
                "value": "0.0",
                "gm": 0.0
            },
            {
                "nutrient_id": "203",
                "nutrient": "Protein",
                "unit": "g",
                "value": "3.47",
                "gm": 2.89
            },
            {
                "nutrient_id": "204",
                "nutrient": "Total lipid (fat)",
                "unit": "g",
                "value": "0.41",
                "gm": 0.34
            },
            {
                "nutrient_id": "205",
                "nutrient": "Carbohydrate, by difference",
                "unit": "g",
                "value": "13.67",
                "gm": 11.39
```

```
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "1.19",
            "gm": 0.99
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "1.56",
            "gm": 1.3
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "61",
            "gm": 51.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "6.8",
            "gm": 5.7
        }
    ]
},
{
    "ndbno": "11008",
    "name": "Artichokes, (globe or french), cooked, boiled, drained, without salt",
    "weight": 120.0,
    "measure": "1.0 artichoke, medium",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "0.0",
            "gm": 0.0
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "3.47",
            "gm": 2.89
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.41",
            "gm": 0.34
```

```json
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "14.34",
            "gm": 11.95
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "1.19",
            "gm": 0.99
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.89",
            "gm": 0.74
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "64",
            "gm": 53.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "6.8",
            "gm": 5.7
        }
    ]
},
{
    "ndbno": "11010",
    "name": "Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt",
    "weight": 168.0,
    "measure": "1.0 cup",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "0.0",
            "gm": 0.0
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "5.22",
            "gm": 3.11
```

```json
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.84",
            "gm": 0.5
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "15.42",
            "gm": 9.18
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "1.41",
            "gm": 0.84
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "1.19",
            "gm": 0.71
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "76",
            "gm": 45.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "7.7",
            "gm": 4.6
        }
    ]
},
{
    "ndbno": "11007",
    "name": "Artichokes, (globe or french), raw",
    "weight": 128.0,
    "measure": "1.0 artichoke, medium",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "0.0",
            "gm": 0.0
```

        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "4.19",
            "gm": 3.27
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.19",
            "gm": 0.15
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "13.45",
            "gm": 10.51
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "1.27",
            "gm": 0.99
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "1.45",
            "gm": 1.13
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "60",
            "gm": 47.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "6.9",
            "gm": 5.4
        }
    ]
},
{
    "ndbno": "11959",
    "name": "Arugula, raw",
    "weight": 2.0,
    "measure": "1.0 leaf",

"nutrients": [
    {
        "nutrient_id": "221",
        "nutrient": "Alcohol, ethyl",
        "unit": "g",
        "value": "0.0",
        "gm": 0.0
    },
    {
        "nutrient_id": "203",
        "nutrient": "Protein",
        "unit": "g",
        "value": "0.05",
        "gm": 2.58
    },
    {
        "nutrient_id": "204",
        "nutrient": "Total lipid (fat)",
        "unit": "g",
        "value": "0.01",
        "gm": 0.66
    },
    {
        "nutrient_id": "205",
        "nutrient": "Carbohydrate, by difference",
        "unit": "g",
        "value": "0.07",
        "gm": 3.65
    },
    {
        "nutrient_id": "269",
        "nutrient": "Sugars, total",
        "unit": "g",
        "value": "0.04",
        "gm": 2.05
    },
    {
        "nutrient_id": "207",
        "nutrient": "Ash",
        "unit": "g",
        "value": "0.03",
        "gm": 1.4
    },
    {
        "nutrient_id": "208",
        "nutrient": "Energy",
        "unit": "kcal",
        "value": "0",
        "gm": 25.0
    },
    {
        "nutrient_id": "291",
        "nutrient": "Fiber, total dietary",
        "unit": "g",
        "value": "0.0",
        "gm": 1.6
    }

```
        ]
    },
    {
        "ndbno": "11015",
        "name": "Asparagus, canned, drained solids",
        "weight": 242.0,
        "measure": "1.0 cup",
        "nutrients": [
            {
                "nutrient_id": "221",
                "nutrient": "Alcohol, ethyl",
                "unit": "g",
                "value": "0.0",
                "gm": 0.0
            },
            {
                "nutrient_id": "203",
                "nutrient": "Protein",
                "unit": "g",
                "value": "5.18",
                "gm": 2.14
            },
            {
                "nutrient_id": "204",
                "nutrient": "Total lipid (fat)",
                "unit": "g",
                "value": "1.57",
                "gm": 0.65
            },
            {
                "nutrient_id": "205",
                "nutrient": "Carbohydrate, by difference",
                "unit": "g",
                "value": "5.95",
                "gm": 2.46
            },
            {
                "nutrient_id": "269",
                "nutrient": "Sugars, total",
                "unit": "g",
                "value": "2.57",
                "gm": 1.06
            },
            {
                "nutrient_id": "207",
                "nutrient": "Ash",
                "unit": "g",
                "value": "1.86",
                "gm": 0.77
            },
            {
                "nutrient_id": "208",
                "nutrient": "Energy",
                "unit": "kcal",
                "value": "46",
                "gm": 19.0
            },
```

```json
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "3.9",
            "gm": 1.6
        }
    ]
},
{
    "ndbno": "11707",
    "name": "Asparagus, canned, no salt added, solids and liquids",
    "weight": 122.0,
    "measure": "0.5 cup",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "0.0",
            "gm": 0.0
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "2.20",
            "gm": 1.8
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.22",
            "gm": 0.18
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "3.03",
            "gm": 2.48
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "1.22",
            "gm": 1.0
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "1.49",
            "gm": 1.22
        },
```

```json
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "18",
            "gm": 15.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "--",
            "gm": "--"
        }
    ]
},
{
    "ndbno": "11013",
    "name": "Asparagus, canned, regular pack, solids and liquids",
    "weight": 122.0,
    "measure": "0.5 cup",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "0.0",
            "gm": 0.0
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "2.20",
            "gm": 1.8
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.22",
            "gm": 0.18
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "3.03",
            "gm": 2.48
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "--",
            "gm": "--"
        },
```

```json
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "1.49",
            "gm": 1.22
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "18",
            "gm": 15.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "1.2",
            "gm": 1.0
        }
    ]
},
{
    "ndbno": "11012",
    "name": "Asparagus, cooked, boiled, drained",
    "weight": 90.0,
    "measure": "0.5 cup",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "0.0",
            "gm": 0.0
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "2.16",
            "gm": 2.4
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.20",
            "gm": 0.22
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "3.70",
            "gm": 4.11
        },
```

```
                {
                    "nutrient_id": "269",
                    "nutrient": "Sugars, total",
                    "unit": "g",
                    "value": "1.17",
                    "gm": 1.3
                },
                {
                    "nutrient_id": "207",
                    "nutrient": "Ash",
                    "unit": "g",
                    "value": "0.57",
                    "gm": 0.63
                },
                {
                    "nutrient_id": "208",
                    "nutrient": "Energy",
                    "unit": "kcal",
                    "value": "20",
                    "gm": 22.0
                },
                {
                    "nutrient_id": "291",
                    "nutrient": "Fiber, total dietary",
                    "unit": "g",
                    "value": "1.8",
                    "gm": 2.0
                }
            ]
        },
        {
            "ndbno": "11705",
            "name": "Asparagus, cooked, boiled, drained, with salt",
            "weight": 90.0,
            "measure": "0.5 cup",
            "nutrients": [
                {
                    "nutrient_id": "221",
                    "nutrient": "Alcohol, ethyl",
                    "unit": "g",
                    "value": "0.0",
                    "gm": 0.0
                },
                {
                    "nutrient_id": "203",
                    "nutrient": "Protein",
                    "unit": "g",
                    "value": "2.16",
                    "gm": 2.4
                },
                {
                    "nutrient_id": "204",
                    "nutrient": "Total lipid (fat)",
                    "unit": "g",
                    "value": "0.20",
                    "gm": 0.22
                },
```

```json
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "3.70",
            "gm": 4.11
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "1.17",
            "gm": 1.3
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.57",
            "gm": 0.63
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "20",
            "gm": 22.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "1.8",
            "gm": 2.0
        }
    ]
},
{
    "ndbno": "11019",
    "name": "Asparagus, frozen, cooked, boiled, drained, without salt",
    "weight": 180.0,
    "measure": "1.0 cup",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "0.0",
            "gm": 0.0
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "5.31",
            "gm": 2.95
        },
```

```
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.76",
            "gm": 0.42
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "3.46",
            "gm": 1.92
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "0.58",
            "gm": 0.32
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "1.10",
            "gm": 0.61
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "32",
            "gm": 18.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "2.9",
            "gm": 1.6
        }
    ]
},
{
    "ndbno": "11018",
    "name": "Asparagus, frozen, unprepared",
    "weight": 58.0,
    "measure": "4.0 spears",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "0.0",
            "gm": 0.0
        },
```

```json
            {
                "nutrient_id": "203",
                "nutrient": "Protein",
                "unit": "g",
                "value": "1.87",
                "gm": 3.23
            },
            {
                "nutrient_id": "204",
                "nutrient": "Total lipid (fat)",
                "unit": "g",
                "value": "0.13",
                "gm": 0.23
            },
            {
                "nutrient_id": "205",
                "nutrient": "Carbohydrate, by difference",
                "unit": "g",
                "value": "2.38",
                "gm": 4.1
            },
            {
                "nutrient_id": "269",
                "nutrient": "Sugars, total",
                "unit": "g",
                "value": "--",
                "gm": "--"
            },
            {
                "nutrient_id": "207",
                "nutrient": "Ash",
                "unit": "g",
                "value": "0.36",
                "gm": 0.62
            },
            {
                "nutrient_id": "208",
                "nutrient": "Energy",
                "unit": "kcal",
                "value": "14",
                "gm": 24.0
            },
            {
                "nutrient_id": "291",
                "nutrient": "Fiber, total dietary",
                "unit": "g",
                "value": "1.1",
                "gm": 1.9
            }
        ]
    },
    {
        "ndbno": "11011",
        "name": "Asparagus, raw",
        "weight": 134.0,
        "measure": "1.0 cup",
        "nutrients": [
```

```json
    {
        "nutrient_id": "221",
        "nutrient": "Alcohol, ethyl",
        "unit": "g",
        "value": "0.0",
        "gm": 0.0
    },
    {
        "nutrient_id": "203",
        "nutrient": "Protein",
        "unit": "g",
        "value": "2.95",
        "gm": 2.2
    },
    {
        "nutrient_id": "204",
        "nutrient": "Total lipid (fat)",
        "unit": "g",
        "value": "0.16",
        "gm": 0.12
    },
    {
        "nutrient_id": "205",
        "nutrient": "Carbohydrate, by difference",
        "unit": "g",
        "value": "5.20",
        "gm": 3.88
    },
    {
        "nutrient_id": "269",
        "nutrient": "Sugars, total",
        "unit": "g",
        "value": "2.52",
        "gm": 1.88
    },
    {
        "nutrient_id": "207",
        "nutrient": "Ash",
        "unit": "g",
        "value": "0.78",
        "gm": 0.58
    },
    {
        "nutrient_id": "208",
        "nutrient": "Energy",
        "unit": "kcal",
        "value": "27",
        "gm": 20.0
    },
    {
        "nutrient_id": "291",
        "nutrient": "Fiber, total dietary",
        "unit": "g",
        "value": "2.8",
        "gm": 2.1
    }
]
```

```json
        },
        {
            "ndbno": "09037",
            "name": "Avocados, raw, all commercial varieties",
            "weight": 150.0,
            "measure": "1.0 cup, cubes",
            "nutrients": [
                {
                    "nutrient_id": "221",
                    "nutrient": "Alcohol, ethyl",
                    "unit": "g",
                    "value": "0.0",
                    "gm": 0.0
                },
                {
                    "nutrient_id": "203",
                    "nutrient": "Protein",
                    "unit": "g",
                    "value": "3.00",
                    "gm": 2.0
                },
                {
                    "nutrient_id": "204",
                    "nutrient": "Total lipid (fat)",
                    "unit": "g",
                    "value": "21.99",
                    "gm": 14.66
                },
                {
                    "nutrient_id": "205",
                    "nutrient": "Carbohydrate, by difference",
                    "unit": "g",
                    "value": "12.80",
                    "gm": 8.53
                },
                {
                    "nutrient_id": "269",
                    "nutrient": "Sugars, total",
                    "unit": "g",
                    "value": "0.99",
                    "gm": 0.66
                },
                {
                    "nutrient_id": "207",
                    "nutrient": "Ash",
                    "unit": "g",
                    "value": "2.37",
                    "gm": 1.58
                },
                {
                    "nutrient_id": "208",
                    "nutrient": "Energy",
                    "unit": "kcal",
                    "value": "240",
                    "gm": 160.0
                },
                {
```

```json
                "nutrient_id": "291",
                "nutrient": "Fiber, total dietary",
                "unit": "g",
                "value": "10.0",
                "gm": 6.7
            }
        ]
    },
    {
        "ndbno": "42150",
        "name": "Babyfood, apple yogurt dessert, strained",
        "weight": 15.0,
        "measure": "1.0 tbsp",
        "nutrients": [
            {
                "nutrient_id": "221",
                "nutrient": "Alcohol, ethyl",
                "unit": "g",
                "value": "0.0",
                "gm": 0.0
            },
            {
                "nutrient_id": "203",
                "nutrient": "Protein",
                "unit": "g",
                "value": "0.12",
                "gm": 0.8
            },
            {
                "nutrient_id": "204",
                "nutrient": "Total lipid (fat)",
                "unit": "g",
                "value": "0.24",
                "gm": 1.6
            },
            {
                "nutrient_id": "205",
                "nutrient": "Carbohydrate, by difference",
                "unit": "g",
                "value": "2.92",
                "gm": 19.5
            },
            {
                "nutrient_id": "269",
                "nutrient": "Sugars, total",
                "unit": "g",
                "value": "1.80",
                "gm": 12.02
            },
            {
                "nutrient_id": "207",
                "nutrient": "Ash",
                "unit": "g",
                "value": "0.03",
                "gm": 0.2
            },
            {
```

```json
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "14",
            "gm": 96.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "0.1",
            "gm": 0.5
        }
    ]
},
{
    "ndbno": "03167",
    "name": "Babyfood, apple-banana juice",
    "weight": 31.2,
    "measure": "1.0 fl oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "0.0",
            "gm": 0.0
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.06",
            "gm": 0.2
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.03",
            "gm": 0.1
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "3.84",
            "gm": 12.3
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "3.43",
            "gm": 11.0
        },
        {
```

```
        "nutrient_id": "207",
        "nutrient": "Ash",
        "unit": "g",
        "value": "0.08",
        "gm": 0.26
    },
    {
        "nutrient_id": "208",
        "nutrient": "Energy",
        "unit": "kcal",
        "value": "16",
        "gm": 51.0
    },
    {
        "nutrient_id": "291",
        "nutrient": "Fiber, total dietary",
        "unit": "g",
        "value": "--",
        "gm": "--"
    }
    ]
},
{
    "ndbno": "03169",
    "name": "Babyfood, apple-cranberry juice",
    "weight": 31.2,
    "measure": "1.0 fl oz",
    "nutrients": [
    {
        "nutrient_id": "221",
        "nutrient": "Alcohol, ethyl",
        "unit": "g",
        "value": "--",
        "gm": "--"
    },
    {
        "nutrient_id": "203",
        "nutrient": "Protein",
        "unit": "g",
        "value": "0.00",
        "gm": 0.0
    },
    {
        "nutrient_id": "204",
        "nutrient": "Total lipid (fat)",
        "unit": "g",
        "value": "0.01",
        "gm": 0.02
    },
    {
        "nutrient_id": "205",
        "nutrient": "Carbohydrate, by difference",
        "unit": "g",
        "value": "3.58",
        "gm": 11.49
    },
    {
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          "nutrient_id": "269",
          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "2.15",
          "gm": 6.88
        },
        {
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          "nutrient": "Ash",
          "unit": "g",
          "value": "0.06",
          "gm": 0.19
        },
        {
          "nutrient_id": "208",
          "nutrient": "Energy",
          "unit": "kcal",
          "value": "14",
          "gm": 46.0
        },
        {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "--",
          "gm": "--"
        }
      ]
    },
    {
      "ndbno": "03289",
      "name": "Babyfood, apples with ham, strained",
      "weight": 15.0,
      "measure": "1.0 tbsp",
      "nutrients": [
        {
          "nutrient_id": "221",
          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "0.0",
          "gm": 0.0
        },
        {
          "nutrient_id": "203",
          "nutrient": "Protein",
          "unit": "g",
          "value": "0.39",
          "gm": 2.6
        },
        {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "0.14",
          "gm": 0.9
        },
        {

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      "nutrient_id": "205",
      "nutrient": "Carbohydrate, by difference",
      "unit": "g",
      "value": "1.64",
      "gm": 10.9
   },
   {
      "nutrient_id": "269",
      "nutrient": "Sugars, total",
      "unit": "g",
      "value": "1.20",
      "gm": 7.98
   },
   {
      "nutrient_id": "207",
      "nutrient": "Ash",
      "unit": "g",
      "value": "0.04",
      "gm": 0.3
   },
   {
      "nutrient_id": "208",
      "nutrient": "Energy",
      "unit": "kcal",
      "value": "9",
      "gm": 62.0
   },
   {
      "nutrient_id": "291",
      "nutrient": "Fiber, total dietary",
      "unit": "g",
      "value": "0.3",
      "gm": 1.8
   }
 ]
},
{
   "ndbno": "03115",
   "name": "Babyfood, apples, dices, toddler",
   "weight": 28.35,
   "measure": "1.0 oz",
   "nutrients": [
      {
         "nutrient_id": "221",
         "nutrient": "Alcohol, ethyl",
         "unit": "g",
         "value": "0.0",
         "gm": 0.0
      },
      {
         "nutrient_id": "203",
         "nutrient": "Protein",
         "unit": "g",
         "value": "0.06",
         "gm": 0.2
      },
      {
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      "nutrient_id": "204",
      "nutrient": "Total lipid (fat)",
      "unit": "g",
      "value": "0.03",
      "gm": 0.1
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    {
      "nutrient_id": "205",
      "nutrient": "Carbohydrate, by difference",
      "unit": "g",
      "value": "3.43",
      "gm": 12.1
    },
    {
      "nutrient_id": "269",
      "nutrient": "Sugars, total",
      "unit": "g",
      "value": "3.07",
      "gm": 10.83
    },
    {
      "nutrient_id": "207",
      "nutrient": "Ash",
      "unit": "g",
      "value": "0.04",
      "gm": 0.13
    },
    {
      "nutrient_id": "208",
      "nutrient": "Energy",
      "unit": "kcal",
      "value": "14",
      "gm": 51.0
    },
    {
      "nutrient_id": "291",
      "nutrient": "Fiber, total dietary",
      "unit": "g",
      "value": "0.3",
      "gm": 0.9
    }
  ]
},
{
  "ndbno": "03997",
  "name": "Babyfood, Baby MUM MUM Rice Biscuits",
  "weight": 8.0,
  "measure": "4.0 biscuit",
  "nutrients": [
    {
      "nutrient_id": "221",
      "nutrient": "Alcohol, ethyl",
      "unit": "g",
      "value": "0.0",
      "gm": 0.0
    },
    {
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      "nutrient_id": "203",
      "nutrient": "Protein",
      "unit": "g",
      "value": "1.00",
      "gm": 12.5
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    {
      "nutrient_id": "204",
      "nutrient": "Total lipid (fat)",
      "unit": "g",
      "value": "0.07",
      "gm": 0.87
    },
    {
      "nutrient_id": "205",
      "nutrient": "Carbohydrate, by difference",
      "unit": "g",
      "value": "6.66",
      "gm": 83.21
    },
    {
      "nutrient_id": "269",
      "nutrient": "Sugars, total",
      "unit": "g",
      "value": "--",
      "gm": "--"
    },
    {
      "nutrient_id": "207",
      "nutrient": "Ash",
      "unit": "g",
      "value": "0.08",
      "gm": 0.99
    },
    {
      "nutrient_id": "208",
      "nutrient": "Energy",
      "unit": "kcal",
      "value": "31",
      "gm": 391.0
    },
    {
      "nutrient_id": "291",
      "nutrient": "Fiber, total dietary",
      "unit": "g",
      "value": "--",
      "gm": "--"
    }
  ]
},
{
  "ndbno": "42284",
  "name": "Babyfood, baked product, finger snacks cereal fortified",
  "weight": 1.7,
  "measure": "1.0 cookie",
  "nutrients": [
    {
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          "nutrient_id": "221",
          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "0.0",
          "gm": 0.0
      },
      {

          "nutrient_id": "203",
          "nutrient": "Protein",
          "unit": "g",
          "value": "0.11",
          "gm": 6.4
      },
      {

          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "0.17",
          "gm": 9.9
      },
      {

          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
          "value": "1.30",
          "gm": 76.68
      },
      {

          "nutrient_id": "269",
          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "0.48",
          "gm": 28.0
      },
      {

          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "0.06",
          "gm": 3.32
      },
      {

          "nutrient_id": "208",
          "nutrient": "Energy",
          "unit": "kcal",
          "value": "7",
          "gm": 421.0
      },
      {

          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "0.0",
          "gm": 2.3
      }
    ]
},

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{
    "ndbno": "43550",
    "name": "Babyfood, banana apple dessert, strained",
    "weight": 15.0,
    "measure": "1.0 tbsp",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "0.0",
            "gm": 0.0
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.04",
            "gm": 0.3
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.03",
            "gm": 0.2
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "2.44",
            "gm": 16.3
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "2.20",
            "gm": 14.66
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.04",
            "gm": 0.29
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "10",
            "gm": 68.0
        },
        {
            "nutrient_id": "291",
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```
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "0.2",
          "gm": 1.0
        }
      ]
  },
  {
      "ndbno": "42119",
      "name": "Babyfood, banana juice with low fat yogurt",
      "weight": 31.5,
      "measure": "1.0 fl oz",
      "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "0.0",
            "gm": 0.0
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.79",
            "gm": 2.5
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.25",
            "gm": 0.8
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "5.53",
            "gm": 17.54
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "4.18",
            "gm": 13.28
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.21",
            "gm": 0.66
        },
        {
            "nutrient_id": "208",
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            "nutrient": "Energy",
            "unit": "kcal",
            "value": "28",
            "gm": 89.0
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         {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "0.1",
            "gm": 0.4
         }
      ]
   },
   {
      "ndbno": "43546",
      "name": "Babyfood, banana no tapioca, strained",
      "weight": 15.0,
      "measure": "1.0 tbsp",
      "nutrients": [
         {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "0.0",
            "gm": 0.0
         },
         {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.15",
            "gm": 1.0
         },
         {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.03",
            "gm": 0.2
         },
         {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "3.20",
            "gm": 21.34
         },
         {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "1.70",
            "gm": 11.36
         },
         {
            "nutrient_id": "207",
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        "nutrient": "Ash",
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        "value": "0.11",
        "gm": 0.76
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    {
        "nutrient_id": "208",
        "nutrient": "Energy",
        "unit": "kcal",
        "value": "14",
        "gm": 91.0
    },
    {
        "nutrient_id": "291",
        "nutrient": "Fiber, total dietary",
        "unit": "g",
        "value": "0.2",
        "gm": 1.6
    }
    ]
},
{
    "ndbno": "03995",
    "name": "Babyfood, banana with mixed berries, strained",
    "weight": 99.0,
    "measure": "1.0 packet",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "0.0",
            "gm": 0.0
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "1.00",
            "gm": 1.01
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.36",
            "gm": 0.36
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "21.10",
            "gm": 21.31
        },
        {
            "nutrient_id": "269",
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          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "14.85",
          "gm": 15.0
        },
        {
          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "0.64",
          "gm": 0.65
        },
        {
          "nutrient_id": "208",
          "nutrient": "Energy",
          "unit": "kcal",
          "value": "91",
          "gm": 92.0
        },
        {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "1.0",
          "gm": 1.0
        }
      ]
    },
    {
      "ndbno": "03301",
      "name": "Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS",
      "weight": 113.0,
      "measure": "4.0 oz",
      "nutrients": [
        {
          "nutrient_id": "221",
          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "--",
          "gm": "--"
        },
        {
          "nutrient_id": "203",
          "nutrient": "Protein",
          "unit": "g",
          "value": "0.00",
          "gm": 0.0
        },
        {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "--",
          "gm": "--"
        },
        {
          "nutrient_id": "205",
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              "unit": "g",
              "value": "8.36",
              "gm": 7.4
          },
          {
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              "nutrient": "Sugars, total",
              "unit": "g",
              "value": "6.92",
              "gm": 6.12
          },
          {
              "nutrient_id": "207",
              "nutrient": "Ash",
              "unit": "g",
              "value": "0.17",
              "gm": 0.15
          },
          {
              "nutrient_id": "208",
              "nutrient": "Energy",
              "unit": "kcal",
              "value": "35",
              "gm": 31.0
          },
          {
              "nutrient_id": "291",
              "nutrient": "Fiber, total dietary",
              "unit": "g",
              "value": "--",
              "gm": "--"
          }
      ]
  },
  {
      "ndbno": "03290",
      "name": "Babyfood, carrots and beef, strained",
      "weight": 15.0,
      "measure": "1.0 tbsp",
      "nutrients": [
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              "nutrient_id": "221",
              "nutrient": "Alcohol, ethyl",
              "unit": "g",
              "value": "0.0",
              "gm": 0.0
          },
          {
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              "nutrient": "Protein",
              "unit": "g",
              "value": "0.51",
              "gm": 3.4
          },
          {
              "nutrient_id": "204",
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              "nutrient": "Total lipid (fat)",
              "unit": "g",
              "value": "0.38",
              "gm": 2.5
          },
          {
              "nutrient_id": "205",
              "nutrient": "Carbohydrate, by difference",
              "unit": "g",
              "value": "0.86",
              "gm": 5.7
          },
          {
              "nutrient_id": "269",
              "nutrient": "Sugars, total",
              "unit": "g",
              "value": "0.31",
              "gm": 2.04
          },
          {
              "nutrient_id": "207",
              "nutrient": "Ash",
              "unit": "g",
              "value": "0.10",
              "gm": 0.7
          },
          {
              "nutrient_id": "208",
              "nutrient": "Energy",
              "unit": "kcal",
              "value": "9",
              "gm": 59.0
          },
          {
              "nutrient_id": "291",
              "nutrient": "Fiber, total dietary",
              "unit": "g",
              "value": "0.4",
              "gm": 2.6
          }
      ]
  },
  {
      "ndbno": "42316",
      "name": "Babyfood, carrots, toddler",
      "weight": 28.35,
      "measure": "1.0 oz",
      "nutrients": [
          {
              "nutrient_id": "221",
              "nutrient": "Alcohol, ethyl",
              "unit": "g",
              "value": "0.0",
              "gm": 0.0
          },
          {
              "nutrient_id": "203",

          "nutrient": "Protein",
          "unit": "g",
          "value": "0.17",
          "gm": 0.6
      },
      {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "0.09",
          "gm": 0.3
      },
      {
          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
          "value": "1.48",
          "gm": 5.23
      },
      {
          "nutrient_id": "269",
          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "0.71",
          "gm": 2.5
      },
      {
          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "0.10",
          "gm": 0.37
      },
      {
          "nutrient_id": "208",
          "nutrient": "Energy",
          "unit": "kcal",
          "value": "7",
          "gm": 26.0
      },
      {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "0.7",
          "gm": 2.3
      }
    ]
  },
  {
    "ndbno": "03181",
    "name": "Babyfood, cereal, barley, dry fortified",
    "weight": 2.4,
    "measure": "1.0 tbsp",
    "nutrients": [
      {
          "nutrient_id": "221",

```json
        "nutrient": "Alcohol, ethyl",
        "unit": "g",
        "value": "0.0",
        "gm": 0.0
      },
      {
        "nutrient_id": "203",
        "nutrient": "Protein",
        "unit": "g",
        "value": "0.32",
        "gm": 13.2
      },
      {
        "nutrient_id": "204",
        "nutrient": "Total lipid (fat)",
        "unit": "g",
        "value": "0.16",
        "gm": 6.6
      },
      {
        "nutrient_id": "205",
        "nutrient": "Carbohydrate, by difference",
        "unit": "g",
        "value": "1.67",
        "gm": 69.4
      },
      {
        "nutrient_id": "269",
        "nutrient": "Sugars, total",
        "unit": "g",
        "value": "--",
        "gm": "--"
      },
      {
        "nutrient_id": "207",
        "nutrient": "Ash",
        "unit": "g",
        "value": "0.10",
        "gm": 4.0
      },
      {
        "nutrient_id": "208",
        "nutrient": "Energy",
        "unit": "kcal",
        "value": "9",
        "gm": 376.0
      },
      {
        "nutrient_id": "291",
        "nutrient": "Fiber, total dietary",
        "unit": "g",
        "value": "--",
        "gm": "--"
      }
    ]
  },
  {
```

"ndbno": "03681",
"name": "Babyfood, cereal, barley, prepared with whole milk",
"weight": 28.35,
"measure": "1.0 oz",
"nutrients": [
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        "nutrient_id": "221",
        "nutrient": "Alcohol, ethyl",
        "unit": "g",
        "value": "0.0",
        "gm": 0.0
    },
    {
        "nutrient_id": "203",
        "nutrient": "Protein",
        "unit": "g",
        "value": "1.06",
        "gm": 3.73
    },
    {
        "nutrient_id": "204",
        "nutrient": "Total lipid (fat)",
        "unit": "g",
        "value": "0.92",
        "gm": 3.26
    },
    {
        "nutrient_id": "205",
        "nutrient": "Carbohydrate, by difference",
        "unit": "g",
        "value": "2.82",
        "gm": 9.94
    },
    {
        "nutrient_id": "269",
        "nutrient": "Sugars, total",
        "unit": "g",
        "value": "1.45",
        "gm": 5.1
    },
    {
        "nutrient_id": "207",
        "nutrient": "Ash",
        "unit": "g",
        "value": "0.25",
        "gm": 0.87
    },
    {
        "nutrient_id": "208",
        "nutrient": "Energy",
        "unit": "kcal",
        "value": "24",
        "gm": 84.0
    },
    {
        "nutrient_id": "291",
        "nutrient": "Fiber, total dietary",

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                "unit": "g",
                "value": "0.2",
                "gm": 0.6
            }
        ]
    },
    {
        "ndbno": "42285",
        "name": "Babyfood, cereal, brown rice, dry, instant",
        "weight": 3.7,
        "measure": "1.0 tbsp",
        "nutrients": [
            {
                "nutrient_id": "221",
                "nutrient": "Alcohol, ethyl",
                "unit": "g",
                "value": "0.0",
                "gm": 0.0
            },
            {
                "nutrient_id": "203",
                "nutrient": "Protein",
                "unit": "g",
                "value": "0.32",
                "gm": 8.7
            },
            {
                "nutrient_id": "204",
                "nutrient": "Total lipid (fat)",
                "unit": "g",
                "value": "0.11",
                "gm": 3.0
            },
            {
                "nutrient_id": "205",
                "nutrient": "Carbohydrate, by difference",
                "unit": "g",
                "value": "3.18",
                "gm": 85.98
            },
            {
                "nutrient_id": "269",
                "nutrient": "Sugars, total",
                "unit": "g",
                "value": "0.03",
                "gm": 0.72
            },
            {
                "nutrient_id": "207",
                "nutrient": "Ash",
                "unit": "g",
                "value": "0.05",
                "gm": 1.32
            },
            {
                "nutrient_id": "208",
                "nutrient": "Energy",
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```json
            "unit": "kcal",
            "value": "15",
            "gm": 406.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "0.2",
            "gm": 6.5
        }
    ]
},
{
    "ndbno": "03201",
    "name": "Babyfood, cereal, egg yolks and bacon, junior",
    "weight": 28.35,
    "measure": "1.0 oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "0.0",
            "gm": 0.0
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.71",
            "gm": 2.5
        },
        {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "1.42",
            "gm": 5.0
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "1.76",
            "gm": 6.2
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "--",
            "gm": "--"
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
```

```json
          "unit": "g",
          "value": "0.11",
          "gm": 0.4
      },
      {
          "nutrient_id": "208",
          "nutrient": "Energy",
          "unit": "kcal",
          "value": "22",
          "gm": 79.0
      },
      {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "0.3",
          "gm": 0.9
      }
    ]
  },
  {
      "ndbno": "03211",
      "name": "Babyfood, cereal, high protein, with apple and orange, dry",
      "weight": 2.4,
      "measure": "1.0 tbsp",
      "nutrients": [
        {
          "nutrient_id": "221",
          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "0.0",
          "gm": 0.0
      },
      {
          "nutrient_id": "203",
          "nutrient": "Protein",
          "unit": "g",
          "value": "0.61",
          "gm": 25.4
      },
      {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "0.16",
          "gm": 6.5
      },
      {
          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
          "value": "1.38",
          "gm": 57.6
      },
      {
          "nutrient_id": "269",
          "nutrient": "Sugars, total",
```

```json
          "unit": "g",
          "value": "--",
          "gm": "--"
        },
        {
          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "0.12",
          "gm": 5.2
        },
        {
          "nutrient_id": "208",
          "nutrient": "Energy",
          "unit": "kcal",
          "value": "9",
          "gm": 374.0
        },
        {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "0.2",
          "gm": 7.1
        }
      ]
    },
    {
      "ndbno": "03185",
      "name": "Babyfood, cereal, mixed, dry fortified",
      "weight": 2.5,
      "measure": "1.0 tbsp",
      "nutrients": [
        {
          "nutrient_id": "221",
          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "0.0",
          "gm": 0.0
        },
        {
          "nutrient_id": "203",
          "nutrient": "Protein",
          "unit": "g",
          "value": "0.17",
          "gm": 6.66
        },
        {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "--",
          "gm": "--"
        },
        {
          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",
```

```json
          "unit": "g",
          "value": "1.96",
          "gm": 78.21
        },
        {
          "nutrient_id": "269",
          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "0.67",
          "gm": 26.66
        },
        {
          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "0.04",
          "gm": 1.77
        },
        {
          "nutrient_id": "208",
          "nutrient": "Energy",
          "unit": "kcal",
          "value": "10",
          "gm": 399.0
        },
        {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "0.2",
          "gm": 6.7
        }
      ]
    },
    {
      "ndbno": "03685",
      "name": "Babyfood, cereal, mixed, prepared with whole milk",
      "weight": 28.35,
      "measure": "1.0 oz",
      "nutrients": [
        {
          "nutrient_id": "221",
          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "0.0",
          "gm": 0.0
        },
        {
          "nutrient_id": "203",
          "nutrient": "Protein",
          "unit": "g",
          "value": "1.17",
          "gm": 4.14
        },
        {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
```

```
            "unit": "g",
            "value": "0.96",
            "gm": 3.38
        },
        {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "3.49",
            "gm": 12.3
        },
        {
            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "1.36",
            "gm": 4.78
        },
        {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.27",
            "gm": 0.96
        },
        {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "27",
            "gm": 96.0
        },
        {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "0.2",
            "gm": 0.8
        }
    ]
},
{
    "ndbno": "03188",
    "name": "Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified",
    "weight": 28.35,
    "measure": "1.0 oz",
    "nutrients": [
        {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "0.0",
            "gm": 0.0
        },
        {
            "nutrient_id": "203",
            "nutrient": "Protein",
```

```
              "unit": "g",
              "value": "0.20",
              "gm": 0.71
          },
          {
              "nutrient_id": "204",
              "nutrient": "Total lipid (fat)",
              "unit": "g",
              "value": "0.14",
              "gm": 0.51
          },
          {
              "nutrient_id": "205",
              "nutrient": "Carbohydrate, by difference",
              "unit": "g",
              "value": "5.33",
              "gm": 18.79
          },
          {
              "nutrient_id": "269",
              "nutrient": "Sugars, total",
              "unit": "g",
              "value": "3.15",
              "gm": 11.1
          },
          {
              "nutrient_id": "207",
              "nutrient": "Ash",
              "unit": "g",
              "value": "0.11",
              "gm": 0.4
          },
          {
              "nutrient_id": "208",
              "nutrient": "Energy",
              "unit": "kcal",
              "value": "24",
              "gm": 84.0
          },
          {
              "nutrient_id": "291",
              "nutrient": "Fiber, total dietary",
              "unit": "g",
              "value": "0.3",
              "gm": 1.0
          }
      ]
  },
  {
      "ndbno": "03187",
      "name": "Babyfood, cereal, mixed, with applesauce and bananas, strained",
      "weight": 28.35,
      "measure": "1.0 oz",
      "nutrients": [
          {
              "nutrient_id": "221",
              "nutrient": "Alcohol, ethyl",
```

```json
          "unit": "g",
          "value": "0.0",
          "gm": 0.0
        },
        {
          "nutrient_id": "203",
          "nutrient": "Protein",
          "unit": "g",
          "value": "0.20",
          "gm": 0.71
        },
        {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "0.14",
          "gm": 0.51
        },
        {
          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
          "value": "5.21",
          "gm": 18.38
        },
        {
          "nutrient_id": "269",
          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "3.15",
          "gm": 11.1
        },
        {
          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "0.11",
          "gm": 0.4
        },
        {
          "nutrient_id": "208",
          "nutrient": "Energy",
          "unit": "kcal",
          "value": "23",
          "gm": 82.0
        },
        {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "0.3",
          "gm": 1.0
        }
      ]
    },
    {
      "ndbno": "03186",
```

"name": "Babyfood, cereal, mixed, with bananas, dry",
"weight": 2.5,
"measure": "1.0 tbsp",
"nutrients": [
    {
        "nutrient_id": "221",
        "nutrient": "Alcohol, ethyl",
        "unit": "g",
        "value": "0.0",
        "gm": 0.0
    },
    {
        "nutrient_id": "203",
        "nutrient": "Protein",
        "unit": "g",
        "value": "0.27",
        "gm": 10.7
    },
    {
        "nutrient_id": "204",
        "nutrient": "Total lipid (fat)",
        "unit": "g",
        "value": "0.12",
        "gm": 4.6
    },
    {
        "nutrient_id": "205",
        "nutrient": "Carbohydrate, by difference",
        "unit": "g",
        "value": "1.93",
        "gm": 77.1
    },
    {
        "nutrient_id": "269",
        "nutrient": "Sugars, total",
        "unit": "g",
        "value": "0.17",
        "gm": 6.68
    },
    {
        "nutrient_id": "207",
        "nutrient": "Ash",
        "unit": "g",
        "value": "0.08",
        "gm": 3.1
    },
    {
        "nutrient_id": "208",
        "nutrient": "Energy",
        "unit": "kcal",
        "value": "10",
        "gm": 391.0
    },
    {
        "nutrient_id": "291",
        "nutrient": "Fiber, total dietary",
        "unit": "g",

```json
          "value": "0.2",
          "gm": 7.8
        }
      ]
    },
    {
      "ndbno": "03686",
      "name": "Babyfood, cereal, mixed, with bananas, prepared with whole milk",
      "weight": 28.35,
      "measure": "1.0 oz",
      "nutrients": [
        {
          "nutrient_id": "221",
          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "0.0",
          "gm": 0.0
        },
        {
          "nutrient_id": "203",
          "nutrient": "Protein",
          "unit": "g",
          "value": "1.08",
          "gm": 3.82
        },
        {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "0.98",
          "gm": 3.46
        },
        {
          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
          "value": "2.84",
          "gm": 10.0
        },
        {
          "nutrient_id": "269",
          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "1.67",
          "gm": 5.9
        },
        {
          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "0.26",
          "gm": 0.92
        },
        {
          "nutrient_id": "208",
          "nutrient": "Energy",
          "unit": "kcal",
```

```json
          "value": "24",
          "gm": 86.0
        },
        {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "0.1",
          "gm": 0.4
        }
      ]
    },
    {
      "ndbno": "03189",
      "name": "Babyfood, cereal, oatmeal, dry fortified",
      "weight": 3.2,
      "measure": "1.0 tbsp",
      "nutrients": [
        {
          "nutrient_id": "221",
          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "0.0",
          "gm": 0.0
        },
        {
          "nutrient_id": "203",
          "nutrient": "Protein",
          "unit": "g",
          "value": "0.35",
          "gm": 10.99
        },
        {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "0.20",
          "gm": 6.36
        },
        {
          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
          "value": "2.35",
          "gm": 73.48
        },
        {
          "nutrient_id": "269",
          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "0.37",
          "gm": 11.67
        },
        {
          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
```

```json
                    "value": "0.15",
                    "gm": 4.6
                },
                {

                    "nutrient_id": "208",
                    "nutrient": "Energy",
                    "unit": "kcal",
                    "value": "13",
                    "gm": 394.0
                },
                {

                    "nutrient_id": "291",
                    "nutrient": "Fiber, total dietary",
                    "unit": "g",
                    "value": "0.2",
                    "gm": 7.3
                }
            ]
        },
        {
            "ndbno": "03192",
            "name": "Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified",
            "weight": 28.35,
            "measure": "1.0 oz",
            "nutrients": [
                {
                    "nutrient_id": "221",
                    "nutrient": "Alcohol, ethyl",
                    "unit": "g",
                    "value": "0.0",
                    "gm": 0.0
                },
                {

                    "nutrient_id": "203",
                    "nutrient": "Protein",
                    "unit": "g",
                    "value": "0.25",
                    "gm": 0.89
                },
                {

                    "nutrient_id": "204",
                    "nutrient": "Total lipid (fat)",
                    "unit": "g",
                    "value": "--",
                    "gm": "--"
                },
                {

                    "nutrient_id": "205",
                    "nutrient": "Carbohydrate, by difference",
                    "unit": "g",
                    "value": "4.54",
                    "gm": 16.03
                },
                {

                    "nutrient_id": "269",
                    "nutrient": "Sugars, total",
                    "unit": "g",
```

```json
            "value": "2.51",
            "gm": 8.85
          },
          {
            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.11",
            "gm": 0.4
          },
          {
            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "22",
            "gm": 76.0
          },
          {
            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "0.3",
            "gm": 0.9
          }
        ]
      },
      {
        "ndbno": "03191",
        "name": "Babyfood, cereal, oatmeal, with applesauce and bananas, strained",
        "weight": 28.35,
        "measure": "1.0 oz",
        "nutrients": [
          {
            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "0.0",
            "gm": 0.0
          },
          {
            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.25",
            "gm": 0.89
          },
          {
            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "--",
            "gm": "--"
          },
          {
            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
```

```json
          "value": "4.43",
          "gm": 15.62
        },
        {
          "nutrient_id": "269",
          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "2.51",
          "gm": 8.85
        },
        {
          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "0.11",
          "gm": 0.4
        },
        {
          "nutrient_id": "208",
          "nutrient": "Energy",
          "unit": "kcal",
          "value": "21",
          "gm": 75.0
        },
        {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "0.3",
          "gm": 0.9
        }
      ]
    },
    {
      "ndbno": "03190",
      "name": "Babyfood, cereal, oatmeal, with bananas, dry",
      "weight": 15.0,
      "measure": "1.0 serving",
      "nutrients": [
        {
          "nutrient_id": "221",
          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "0.0",
          "gm": 0.0
        },
        {
          "nutrient_id": "203",
          "nutrient": "Protein",
          "unit": "g",
          "value": "1.00",
          "gm": 6.67
        },
        {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
```

```json
        "value": "--",
        "gm": "--"
    },
    {

        "nutrient_id": "205",
        "nutrient": "Carbohydrate, by difference",
        "unit": "g",
        "value": "11.71",
        "gm": 78.07
    },
    {

        "nutrient_id": "269",
        "nutrient": "Sugars, total",
        "unit": "g",
        "value": "4.00",
        "gm": 26.66
    },
    {

        "nutrient_id": "207",
        "nutrient": "Ash",
        "unit": "g",
        "value": "0.58",
        "gm": 3.9
    },
    {

        "nutrient_id": "208",
        "nutrient": "Energy",
        "unit": "kcal",
        "value": "60",
        "gm": 399.0
    },
    {

        "nutrient_id": "291",
        "nutrient": "Fiber, total dietary",
        "unit": "g",
        "value": "0.8",
        "gm": 5.2
    }
  ]
},
{
    "ndbno": "03690",
    "name": "Babyfood, cereal, oatmeal, with bananas, prepared with whole milk",
    "weight": 28.35,
    "measure": "1.0 oz",
    "nutrients": [
        {

            "nutrient_id": "221",
            "nutrient": "Alcohol, ethyl",
            "unit": "g",
            "value": "0.0",
            "gm": 0.0
        },
        {

            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
```

```json
          "value": "1.08",
          "gm": 3.82
        },
        {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "0.98",
          "gm": 3.46
        },
        {
          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
          "value": "2.84",
          "gm": 10.0
        },
        {
          "nutrient_id": "269",
          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "1.67",
          "gm": 5.9
        },
        {
          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "0.26",
          "gm": 0.92
        },
        {
          "nutrient_id": "208",
          "nutrient": "Energy",
          "unit": "kcal",
          "value": "24",
          "gm": 86.0
        },
        {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "0.1",
          "gm": 0.4
        }
      ]
    },
    {
      "ndbno": "43544",
      "name": "Babyfood, cereal, rice with pears and apple, dry, instant fortified",
      "weight": 15.0,
      "measure": "1.0 serving",
      "nutrients": [
        {
          "nutrient_id": "221",
          "nutrient": "Alcohol, ethyl",
          "unit": "g",
```

```
            "value": "0.0",
            "gm": 0.0
        },
        {

            "nutrient_id": "203",
            "nutrient": "Protein",
            "unit": "g",
            "value": "0.99",
            "gm": 6.6
        },
        {

            "nutrient_id": "204",
            "nutrient": "Total lipid (fat)",
            "unit": "g",
            "value": "0.14",
            "gm": 0.9
        },
        {

            "nutrient_id": "205",
            "nutrient": "Carbohydrate, by difference",
            "unit": "g",
            "value": "13.28",
            "gm": 88.5
        },
        {

            "nutrient_id": "269",
            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "0.20",
            "gm": 1.35
        },
        {

            "nutrient_id": "207",
            "nutrient": "Ash",
            "unit": "g",
            "value": "0.30",
            "gm": 2.0
        },
        {

            "nutrient_id": "208",
            "nutrient": "Energy",
            "unit": "kcal",
            "value": "58",
            "gm": 389.0
        },
        {

            "nutrient_id": "291",
            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "0.4",
            "gm": 2.6
        }
    ]
},
{
    "ndbno": "03194",
    "name": "Babyfood, cereal, Rice, dry, fortified",
```

    "weight": 2.5,
    "measure": "1.0 tbsp",
    "nutrients": [
        {
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            "unit": "g",
            "value": "0.0",
            "gm": 0.0
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            "nutrient": "Protein",
            "unit": "g",
            "value": "0.17",
            "gm": 6.65
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            "unit": "g",
            "value": "0.05",
            "gm": 2.19
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            "unit": "g",
            "value": "2.08",
            "gm": 83.14
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            "nutrient": "Sugars, total",
            "unit": "g",
            "value": "0.12",
            "gm": 4.85
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        {
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            "nutrient": "Ash",
            "unit": "g",
            "value": "0.07",
            "gm": 2.89
        },
        {
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            "nutrient": "Energy",
            "unit": "kcal",
            "value": "10",
            "gm": 390.0
        },
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            "nutrient": "Fiber, total dietary",
            "unit": "g",
            "value": "0.0",

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                "gm": 1.3
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        ]
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        "name": "Babyfood, cereal, rice, prepared with whole milk",
        "weight": 28.35,
        "measure": "1.0 oz",
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                "gm": 0.0
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                "nutrient": "Protein",
                "unit": "g",
                "value": "0.98",
                "gm": 3.45
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            {
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                "nutrient": "Total lipid (fat)",
                "unit": "g",
                "value": "0.96",
                "gm": 3.38
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                "unit": "g",
                "value": "2.92",
                "gm": 10.31
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                "nutrient": "Sugars, total",
                "unit": "g",
                "value": "1.38",
                "gm": 4.87
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            {
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                "nutrient": "Ash",
                "unit": "g",
                "value": "0.25",
                "gm": 0.89
            },
            {
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                "nutrient": "Energy",
                "unit": "kcal",
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          "gm": "--"
        }
      ]
    },
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      "name": "Babyfood, cereal, rice, with applesauce and bananas, strained",
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      "measure": "1.0 tbsp",
      "nutrients": [
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          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "0.0",
          "gm": 0.0
        },
        {
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          "nutrient": "Protein",
          "unit": "g",
          "value": "0.19",
          "gm": 1.2
        },
        {
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          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "0.06",
          "gm": 0.4
        },
        {
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          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
          "value": "2.74",
          "gm": 17.1
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          "nutrient_id": "269",
          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "0.36",
          "gm": 2.24
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        {
          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "0.05",

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          "gm": 0.3
        },
        {
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          "nutrient": "Energy",
          "unit": "kcal",
          "value": "13",
          "gm": 80.0
        },
        {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "0.2",
          "gm": 1.0
        }
      ]
    },
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      "name": "Babyfood, cereal, rice, with bananas, dry",
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      "measure": "1.0 tbsp",
      "nutrients": [
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          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "0.0",
          "gm": 0.0
        },
        {
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          "nutrient": "Protein",
          "unit": "g",
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          "gm": 8.7
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        {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "0.10",
          "gm": 4.2
        },
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          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
          "value": "2.00",
          "gm": 79.9
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          "nutrient": "Sugars, total",
          "unit": "g",
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          "unit": "g",
          "value": "0.06",
          "gm": 2.5
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          "nutrient": "Energy",
          "unit": "kcal",
          "value": "10",
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          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "0.0",
          "gm": 1.0
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    ]
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    "measure": "1.0 oz",
    "nutrients": [
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          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "0.0",
          "gm": 0.0
       },
       {
          "nutrient_id": "203",
          "nutrient": "Protein",
          "unit": "g",
          "value": "1.01",
          "gm": 3.57
       },
       {
          "nutrient_id": "204",
          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "0.94",
          "gm": 3.32
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       {
          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
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          "gm": 10.49
        },
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          "unit": "g",
          "value": "1.74",
          "gm": 6.13
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        {
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          "nutrient": "Ash",
          "unit": "g",
          "value": "0.23",
          "gm": 0.81
        },
        {
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          "nutrient": "Energy",
          "unit": "kcal",
          "value": "24",
          "gm": 86.0
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        {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "0.0",
          "gm": 0.1
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    },
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      "name": "Babyfood, cereal, whole wheat, with apples, dry fortified",
      "weight": 15.0,
      "measure": "0.5 oz",
      "nutrients": [
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          "nutrient_id": "221",
          "nutrient": "Alcohol, ethyl",
          "unit": "g",
          "value": "0.0",
          "gm": 0.0
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        {
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          "nutrient": "Protein",
          "unit": "g",
          "value": "0.99",
          "gm": 6.6
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        {
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          "nutrient": "Total lipid (fat)",
          "unit": "g",
          "value": "0.72",

          "gm": 4.8
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        {
          "nutrient_id": "205",
          "nutrient": "Carbohydrate, by difference",
          "unit": "g",
          "value": "12.48",
          "gm": 83.2
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        {
          "nutrient_id": "269",
          "nutrient": "Sugars, total",
          "unit": "g",
          "value": "4.00",
          "gm": 26.66
        },
        {
          "nutrient_id": "207",
          "nutrient": "Ash",
          "unit": "g",
          "value": "0.56",
          "gm": 3.7
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          "nutrient": "Energy",
          "unit": "kcal",
          "value": "60",
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        {
          "nutrient_id": "291",
          "nutrient": "Fiber, total dietary",
          "unit": "g",
          "value": "1.0",
          "gm": 6.7
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      ]
    }
  ]
}
}