

Acerola:

Acerola contains calcium 0.012, calories 32, carbs 7.7, cholesterol 0.0, copper 9e-05, fat 0.3, fiber 1.1, folate 1.4e-05, iron 0.0002, magnesium 0.018, monounsaturated fat 0.08, net carbs 6.6, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.011, polyunsaturated fat 0.09, potassium 0.146, protein 0.4, saturated fat 0.07, selenium 6e-07, sodium 0.007, trans fat 0.0, vitamin A (IU) 767.0, vitamin A RAE 3.8e-05, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.0004, vitamin B5 0.00031, vitamin B6 1e-05, vitamin C 1.678, zinc 0.0001, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Apple:

Apple contains calcium 0.006, calories 52, carbs 14.0, cholesterol 0.0, copper 3e-05, fat 0.17, fiber 2.4, folate 3e-06, iron 0.00012, magnesium 0.005, monounsaturated fat 0.01, net carbs 11.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.011, polyunsaturated fat 0.05, potassium 0.107, protein 0.26, saturated fat 0.03, selenium 0.0, sodium 0.001, trans fat 0.0, vitamin A (IU) 54.0, vitamin A RAE 3e-06, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 9e-05, vitamin B5 6e-05, vitamin B6 4e-05, vitamin C 0.0046, zinc 4e-05, choline 0.0034, fructose 5.9, histidine 1e-05, isoleucine 1e-05, leucine 1e-05, lysine 1e-05, manganese 4e-05, methionine 0.0, phenylalanine 1e-05, starch 0.05, sugar 10.0, threonine 1e-05, tryptophan 0.0, valine 1e-05, vitamin D 0.0, vitamin E 0.00018, vitamin K 2.2e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Apricot:

Apricot contains calcium 0.013, calories 48, carbs 11.0, cholesterol 0.0, copper 8e-05, fat 0.39, fiber 2.0, folate 9e-06, iron 0.00039, magnesium 0.01, monounsaturated fat 0.17, net carbs 9.1, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.023, polyunsaturated fat 0.08, potassium 0.259, protein 1.4, saturated fat 0.03, selenium 1e-07, sodium 0.001, trans fat 0.0, vitamin A (IU) 1279.0, vitamin A RAE 9.6e-05, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 4e-05, vitamin B3 0.0006, vitamin B5 0.00024, vitamin B6 5e-05, vitamin C 0.01, zinc 0.0002, choline 0.0028, fructose 0.94, histidine 3e-05, isoleucine 4e-05, leucine 8e-05, lysine 0.0001, manganese 8e-05, methionine 1e-05, phenylalanine 5e-05, starch nan, sugar 9.2, threonine 5e-05, tryptophan 2e-05, valine 5e-05, vitamin D 0.0, vitamin E 0.00089, vitamin K 3.3e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Dried fruit:

Dried fruit contains calcium 0.055, calories 241, carbs 63.0, cholesterol 0.0, copper 0.00034, fat 0.51, fiber 7.3, folate 1e-05, iron 0.0027, magnesium 0.032, monounsaturated fat 0.07, net carbs 55.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.071, polyunsaturated fat 0.07, potassium 1.162, protein 3.4, saturated fat 0.02, selenium 2.2e-06, sodium 0.01, trans fat nan, vitamin A (IU) 3604.0, vitamin A RAE 0.00018, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 7e-05, vitamin B3 0.0026, vitamin B5 0.00052, vitamin B6 0.00014, vitamin C 0.001, zinc 0.00039, choline 0.014, fructose 12.0, histidine 5e-05, isoleucine 6e-05, leucine 0.00011, lysine 8e-05, manganese 0.00024, methionine 2e-05, phenylalanine 6e-05, starch 0.35, sugar 53.0, threonine 7e-05, tryptophan 2e-05, valine 8e-05, vitamin D 0.0, vitamin E 0.0043, vitamin K 3.1e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Avocado:

Avocado contains calcium 0.012, calories 160, carbs 8.5, cholesterol 0.0, copper 0.00019, fat 15.0, fiber 6.7, folate 8.1e-05, iron 0.00055, magnesium 0.029, monounsaturated fat 9.8, net carbs 1.8, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.052, polyunsaturated fat 1.8, potassium 0.485, protein 2.0, saturated fat 2.1, selenium 4e-07, sodium 0.007, trans fat 0.0, vitamin A (IU) 146.0, vitamin A RAE 7e-06, vitamin B1 7e-05, vitamin B12 0.0, vitamin B2 0.00013, vitamin B3 0.0017, vitamin B5 0.0014, vitamin B6 0.00026, vitamin C 0.01, zinc 0.00064, choline 0.014, fructose 0.12, histidine 5e-05, isoleucine 8e-05, leucine 0.00014, lysine 0.00013, manganese 0.00014, methionine 4e-05, phenylalanine 0.0001, starch 0.11, sugar 0.66, threonine 7e-05, tryptophan 3e-05, valine 0.00011, vitamin D 0.0, vitamin E 0.0021, vitamin K 2.1e-05, omega-3 ALA 0.11, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.02, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Banana:

Banana contains calcium 0.005, calories 89, carbs 23.0, cholesterol 0.0, copper 8e-05, fat 0.33, fiber 2.6, folate 2e-05, iron 0.00026, magnesium 0.027, monounsaturated fat 0.03, net carbs 20.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.022, polyunsaturated fat 0.07, potassium 0.358, protein 1.1, saturated fat 0.11, selenium 1e-06, sodium 0.001, trans fat 0.0, vitamin A (IU) 64.0, vitamin A RAE 3e-06, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 7e-05, vitamin B3 0.00067, vitamin B5 0.00033, vitamin B6 0.00037, vitamin C 0.0087, zinc 0.00015, choline 0.0098, fructose 4.9, histidine 8e-05, isoleucine 3e-05, leucine 7e-05, lysine 5e-05, manganese 0.00027, methionine 1e-05, phenylalanine 5e-05, starch 5.4, sugar 12.0, threonine 3e-05, tryptophan 1e-05, valine 5e-05, vitamin D 0.0, vitamin E 0.0001, vitamin K 5e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Blackberry:

Blackberry contains calcium 0.029, calories 43, carbs 9.6, cholesterol 0.0, copper 0.00017, fat 0.49, fiber 5.3, folate 2.5e-05, iron 0.00062, magnesium 0.02, monounsaturated fat 0.05, net carbs 4.3, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.022, polyunsaturated fat 0.28, potassium 0.162, protein 1.4, saturated fat 0.01, selenium 4e-07, sodium 0.001, trans fat 0.0, vitamin A (IU) 214.0, vitamin A RAE 1.1e-05, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.00065, vitamin B5 0.00028, vitamin B6 3e-05, vitamin C 0.021, zinc 0.00053, choline 0.0085, fructose 2.4, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00065, methionine nan, phenylalanine nan, starch 0.0, sugar 4.9, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0012, vitamin K 2e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Blueberry:

Blueberry contains calcium 0.006, calories 57, carbs 14.0, cholesterol 0.0, copper 6e-05, fat 0.33, fiber 2.4, folate 6e-06, iron 0.00028, magnesium 0.006, monounsaturated fat 0.05, net carbs 12.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.012, polyunsaturated fat 0.15, potassium 0.077, protein 0.74, saturated fat 0.03, selenium 1e-07, sodium 0.001, trans fat 0.0, vitamin A (IU) 54.0, vitamin A RAE 3e-06, vitamin B1 4e-05, vitamin B12 0.0, vitamin B2 4e-05, vitamin B3 0.00042, vitamin B5 0.00012, vitamin B6 5e-05, vitamin C 0.0097, zinc 0.00016, choline 0.006, fructose 5.0, histidine 1e-05, isoleucine 2e-05, leucine 4e-05, lysine 1e-05, manganese 0.00034, methionine 1e-05, phenylalanine 3e-05, starch 0.03, sugar 10.0, threonine 2e-05, tryptophan 0.0, valine 3e-05, vitamin D 0.0, vitamin E 0.00057, vitamin K 1.9e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Boysenberries:

Boysenberries contains calcium 0.027, calories 50, carbs 12.0, cholesterol 0.0, copper 8e-05, fat 0.26, fiber 5.3,

folate 6.3e-05, iron 0.00085, magnesium 0.016, monounsaturated fat 0.03, net carbs 6.9, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.027, polyunsaturated fat 0.15, potassium 0.139, protein 0.0001, saturated fat 0.01, selenium 2e-07, sodium 0.001, trans fat 0.0, vitamin A (IU) 67.0, vitamin A RAE 3e-06, vitamin B1 5e-05, vitamin B12 0.0, vitamin B2 4e-05, vitamin B3 0.00077, vitamin B5 0.00025, vitamin B6 6e-05, vitamin C 0.0031, zinc 0.00022, choline 0.01, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, methionine 0.00055, methionine nan, phenylalanine nan, starch nan, sugar 6.9, threonine nan, tryptophan nan, valine 0.0001, vitamin D 0.0, vitamin E 0.00087, vitamin K 7.8e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Breadfruit:

Breadfruit contains calcium 0.017, calories 103, carbs 27.0, cholesterol 0.0, copper 8e-05, fat 0.23, fiber 4.9, folate 1.4e-05, iron 0.00054, magnesium 0.025, monounsaturated fat 0.03, net carbs 22.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.03, polyunsaturated fat 0.07, potassium 0.49, protein 1.1, saturated fat 0.05, selenium 6e-07, sodium 0.002, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00011, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.0009, vitamin B5 0.00046, vitamin B6 0.0001, vitamin C 0.029, zinc 0.00012, choline 0.0098, fructose nan, histidine nan, isoleucine 6e-05, leucine 7e-05, lysine 4e-05, manganese 6e-05, methionine 1e-05, phenylalanine 3e-05, starch nan, sugar 11.0, threonine 5e-05, tryptophan nan, valine 5e-05, vitamin D 0.0, vitamin E 0.0001, vitamin K 5e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Carambola:

Carambola contains calcium 0.003, calories 31, carbs 6.7, cholesterol 0.0, copper 0.00014, fat 0.33, fiber 2.8, folate 1.2e-05, iron 8e-05, magnesium 0.01, monounsaturated fat 0.03, net carbs 3.9, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.012, polyunsaturated fat 0.18, potassium 0.133, protein 1.0, saturated fat 0.02, selenium 6e-07, sodium 0.002, trans fat 0.0, vitamin A (IU) 61.0, vitamin A RAE 3e-06, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.00037, vitamin B5 0.00039, vitamin B6 2e-05, vitamin C 0.034, zinc 0.00012, choline 0.0076, fructose nan, histidine 1e-05, isoleucine 4e-05, leucine 8e-05, lysine 8e-05, manganese 4e-05, methionine 2e-05, phenylalanine 4e-05, starch nan, sugar 4.0, threonine 4e-05, tryptophan 1e-05, valine 5e-05, vitamin D 0.0, vitamin E 0.00015, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cherimoya:

Cherimoya contains calcium 0.01, calories 75, carbs 18.0, cholesterol 0.0, copper 7e-05, fat 0.68, fiber 3.0, folate 2.3e-05, iron 0.00027, magnesium 0.017, monounsaturated fat 0.06, net carbs 15.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.026, polyunsaturated fat 0.19, potassium 0.287, protein 1.6, saturated fat 0.23, selenium nan, sodium 0.007, trans fat 0.0, vitamin A (IU) 5.0, vitamin A RAE 0.0, vitamin B1 0.0001, vitamin B12 0.0, vitamin B2 0.00013, vitamin B3 0.00064, vitamin B5 0.00035, vitamin B6 0.00026, vitamin C 0.013, zinc 0.00016, choline nan, fructose 6.3, histidine 2e-05, isoleucine 4e-05, leucine 6e-05, lysine 4e-05, manganese 9e-05, methionine 2e-05, phenylalanine 4e-05, starch 0.0, sugar 13.0, threonine 5e-05, tryptophan 3e-05, valine 6e-05, vitamin D nan, vitamin E 0.00027, vitamin K nan, omega-3 ALA 0.16, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.0, omega-6 dihomo-gamma-linoleic acid 0.0, omega-6 linoleic acid 0.03, omega-6 arachidonic acid nan.

Cherry:

Cherry contains calcium 0.016, calories 50, carbs 12.0, cholesterol 0.0, copper 0.0001, fat 0.3, fiber 1.6, folate 8e-06, iron 0.00032, magnesium 0.009, monounsaturated fat 0.08, net carbs 11.0, omega-3 DHA 0.0, omega-3

DPA 0.0, omega-3 EPA 0.0, phosphorus 0.015, polyunsaturated fat 0.09, potassium 0.173, protein 1.0, saturated fat 0.07, selenium 0.0, sodium 0.003, trans fat 0.0, vitamin A (IU) 1283.0, vitamin A RAE 6.4e-05, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 4e-05, vitamin B3 0.0004, vitamin B5 0.00014, vitamin B6 4e-05, vitamin C 0.0001, choline 0.0061, fructose 3.5, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0, methionine nan, phenylalanine nan, starch nan, sugar 8.5, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E 7e-05, vitamin K 2.1e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Crabapple (Malus):

Crabapple (Malus) contains calcium 0.018, calories 76, carbs 20.0, cholesterol 0.0, copper 7e-05, fat 0.3, fiber nan, folate nan, iron 0.00036, magnesium 0.007, monounsaturated fat 0.01, net carbs 20.0, omega-3 DHA nan, omega-3 EPA nan, phosphorus 0.015, polyunsaturated fat 0.09, potassium 0.194, protein 0.4, saturated fat 0.05, selenium nan, sodium 0.001, trans fat 0.0, vitamin A (IU) 40.0, vitamin A RAE 2e-06, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.0001, vitamin B5 nan, vitamin B6 nan, vitamin C 0.008, zinc nan, choline nan, fructose nan, histidine 1e-05, isoleucine 2e-05, leucine 3e-05, lysine 3e-05, manganese 0.00012, methionine 0.0, phenylalanine 1e-05, starch nan, sugar nan, threonine 1e-05, tryptophan 0.0, valine 2e-05, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cranberry:

Cranberry contains calcium 0.008, calories 46, carbs 12.0, cholesterol 0.0, copper 6e-05, fat 0.13, fiber 3.6, folate 1e-06, iron 0.00023, magnesium 0.006, monounsaturated fat 0.02, net carbs 8.4, omega-3 DHA 0.0, omega-3 EPA 0.0, phosphorus 0.011, polyunsaturated fat 0.06, potassium 0.08, protein 0.46, saturated fat 0.01, selenium 1e-07, sodium 0.002, trans fat 0.0, vitamin A (IU) 63.0, vitamin A RAE 3e-06, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.0001, vitamin B5 0.0003, vitamin B6 6e-05, vitamin C 0.014, zinc 9e-05, choline 0.0055, fructose 0.67, histidine 2e-05, isoleucine 3e-05, leucine 5e-05, lysine 4e-05, manganese 0.00027, methionine 0.0, phenylalanine 4e-05, starch 0.0, sugar 4.3, threonine 3e-05, tryptophan 0.0, valine 5e-05, vitamin D 0.0, vitamin E 0.0013, vitamin K 5e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Currant:

Currant contains calcium 0.033, calories 56, carbs 14.0, cholesterol 0.0, copper 0.00011, fat 0.2, fiber 4.3, folate 8e-06, iron 0.001, magnesium 0.013, monounsaturated fat 0.03, net carbs 9.5, omega-3 DHA 0.0, omega-3 EPA 0.0, phosphorus 0.044, polyunsaturated fat 0.09, potassium 0.275, protein 1.4, saturated fat 0.02, selenium 6e-07, sodium 0.001, trans fat 0.0, vitamin A (IU) 42.0, vitamin A RAE 2e-06, vitamin B1 4e-05, vitamin B12 0.0, vitamin B2 5e-05, vitamin B3 0.0001, vitamin B5 6e-05, vitamin B6 7e-05, vitamin C 0.041, zinc 0.00023, choline 0.0076, fructose 3.5, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00019, methionine nan, phenylalanine nan, starch nan, sugar 7.4, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0001, vitamin K 1.1e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Custard apple:

Custard apple contains calcium 0.03, calories 101, carbs 25.0, cholesterol 0.0, copper nan, fat 0.6, fiber 2.4, folate nan, iron 0.00071, magnesium 0.018, monounsaturated fat nan, net carbs 23.0, omega-3 DHA nan, omega-3 EPA nan, phosphorus 0.021, polyunsaturated fat nan, potassium 0.382, protein 1.7, saturated fat

0.23, selenium nan, sodium 0.004, trans fat 0.0, vitamin A (IU) 33.0, vitamin A RAE 2e-06, vitamin B1 8e-06, vitamin B12 0.0, vitamin B2 0.0001, vitamin B3 0.0005, vitamin B5 0.00014, vitamin B6 0.00022, vitamin C 0.0004, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine 4e-05, manganese nan, methionine 0.0, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan 1e-05, valine nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Dates:

Dates contains calcium 0.039, calories 282, carbs 75.0, cholesterol 0.0, copper 0.00021, fat 0.39, fiber 8.0, folate 1.9e-05, iron 0.001, magnesium 0.043, monounsaturated fat 0.04, net carbs 67.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.062, polyunsaturated fat 0.02, potassium 0.656, protein 2.5, saturated fat 0.03, selenium 3e-06, sodium 0.002, trans fat 0.0, vitamin A (IU) 10.0, vitamin A RAE 0.0, vitamin B1 5e-05, vitamin B12 0.0, vitamin B2 7e-05, vitamin B3 0.0013, vitamin B5 0.00059, vitamin B6 0.00017, vitamin C 0.0004, zinc 0.00029, choline 0.0063, fructose 20.0, histidine 3e-05, isoleucine 5e-05, leucine 8e-05, lysine 7e-05, manganese 0.00026, methionine 2e-05, phenylalanine 5e-05, starch nan, sugar 63.0, threonine 4e-05, tryptophan 1e-05, valine 7e-05, vitamin D 0.0, vitamin E 5e-05, vitamin K 2.7e-06, omega-3 ALA nan, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Elderberry:

Elderberry contains calcium 0.038, calories 73, carbs 18.0, cholesterol 0.0, copper 6e-05, fat 0.5, fiber 7.0, folate 6e-06, iron 0.0016, magnesium 0.005, monounsaturated fat 0.08, net carbs 11.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.039, polyunsaturated fat 0.25, potassium 0.28, protein 0.66, saturated fat 0.02, selenium 6e-07, sodium 0.006, trans fat 0.0, vitamin A (IU) 600.0, vitamin A RAE 3e-05, vitamin B1 7e-05, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.0005, vitamin B5 0.00014, vitamin B6 0.00023, vitamin C 0.036, zinc 0.00011, choline nan, fructose nan, histidine 2e-05, isoleucine 3e-05, leucine 6e-05, lysine 3e-05, manganese nan, methionine 1e-05, phenylalanine 4e-05, starch nan, sugar nan, threonine 3e-05, tryptophan 1e-05, valine 3e-05, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Figs:

Figs contains calcium 0.035, calories 74, carbs 19.0, cholesterol 0.0, copper 7e-05, fat 0.3, fiber 2.9, folate 6e-06, iron 0.00037, magnesium 0.017, monounsaturated fat 0.07, net carbs 16.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.014, polyunsaturated fat 0.14, potassium 0.232, protein 0.75, saturated fat 0.06, selenium 2e-07, sodium 0.001, trans fat 0.0, vitamin A (IU) 142.0, vitamin A RAE 7e-06, vitamin B1 6e-05, vitamin B12 0.0, vitamin B2 5e-05, vitamin B3 0.0004, vitamin B5 0.0003, vitamin B6 0.00011, vitamin C 0.002, zinc 0.00015, choline 0.0047, fructose nan, histidine 1e-05, isoleucine 2e-05, leucine 3e-05, lysine 3e-05, manganese 0.00013, methionine 1e-05, phenylalanine 2e-05, starch nan, sugar 16.0, threonine 2e-05, tryptophan 1e-05, valine 3e-05, vitamin D 0.0, vitamin E 0.00011, vitamin K 4.7e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Fruit salad:

Fruit salad contains calcium 0.011, calories 50, carbs 13.0, cholesterol 0.0, copper 5e-05, fat 0.03, fiber 1.0, folate 3e-06, iron 0.00025, magnesium 0.008, monounsaturated fat 0.01, net carbs 12.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.014, polyunsaturated fat 0.01, potassium 0.116, protein 0.51, saturated fat 0.0, selenium nan, sodium 0.005, trans fat 0.0, vitamin A (IU) 600.0, vitamin A RAE 3e-05, vitamin B1 1e-05,

vitamin B12 0.0, vitamin B2 1e-05, vitamin B3 0.00036, vitamin B5 5e-05, vitamin B6 3e-05, vitamin C 0.00014, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00014, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Gooseberry:

Gooseberry contains calcium 0.025, calories 44, carbs 10.0, cholesterol 0.0, copper 7e-05, fat 0.58, fiber 4.3, folate 6e-06, iron 0.00031, magnesium 0.01, monounsaturated fat 0.05, net carbs 5.9, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.027, polyunsaturated fat 0.32, potassium 0.198, protein 0.88, saturated fat 0.04, selenium 6e-07, sodium 0.001, trans fat 0.0, vitamin A (IU) 290.0, vitamin A RAE 1.5e-05, vitamin B1 4e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.0003, vitamin B5 0.00029, vitamin B6 8e-05, vitamin C 0.028, zinc 0.00012, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00014, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E 0.00037, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Goji berries:

Goji berries contains calcium 0.19, calories 349, carbs 77.0, cholesterol 0.0, copper nan, fat 0.39, fiber 13.0, folate nan, iron 0.0068, magnesium nan, monounsaturated fat nan, net carbs 64.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus nan, polyunsaturated fat nan, potassium nan, protein 14.0, saturated fat 0.0, selenium nan, sodium 0.298, trans fat 0.0, vitamin A (IU) 26822.0, vitamin A RAE nan, vitamin B1 nan, vitamin B12 nan, vitamin B2 nan, vitamin B3 nan, vitamin B5 nan, vitamin B6 nan, vitamin C 0.048, zinc nan, choline nan, fructose nan, histidine 0.00016, isoleucine 0.00026, leucine 0.00046, lysine 0.00023, manganese nan, methionine 9e-05, phenylalanine 0.00027, starch nan, sugar 46.0, threonine 0.00036, tryptophan nan, valine 0.00032, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Grapefruit:

Grapefruit contains calcium 0.022, calories 42, carbs 11.0, cholesterol 0.0, copper 3e-05, fat 0.14, fiber 1.6, folate 1.3e-05, iron 8e-05, magnesium 0.009, monounsaturated fat 0.02, net carbs 9.1, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.018, polyunsaturated fat 0.04, potassium 0.135, protein 0.77, saturated fat 0.02, selenium 1e-07, sodium 0.0, trans fat 0.0, vitamin A (IU) 1150.0, vitamin A RAE 5.8e-05, vitamin B1 4e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.0002, vitamin B5 0.00026, vitamin B6 5e-05, vitamin C 0.031, zinc 7e-05, choline 0.0077, fructose 1.8, histidine 1e-05, isoleucine 1e-05, leucine 2e-05, lysine 2e-05, manganese 2e-05, methionine 1e-05, phenylalanine 1e-05, starch 0.0, sugar 6.9, threonine 1e-05, tryptophan 1e-05, valine 2e-05, vitamin D 0.0, vitamin E 0.00013, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Grape:

Grape contains calcium 0.014, calories 67, carbs 17.0, cholesterol 0.0, copper 4e-05, fat 0.35, fiber 0.9, folate 4e-06, iron 0.00029, magnesium 0.005, monounsaturated fat 0.01, net carbs 16.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.01, polyunsaturated fat 0.1, potassium 0.191, protein 0.63, saturated fat 0.11, selenium 1e-07, sodium 0.002, trans fat 0.0, vitamin A (IU) 100.0, vitamin A RAE 5e-06, vitamin B1 9e-05, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.0003, vitamin B5 2e-05, vitamin B6 0.00011, vitamin C 0.004, zinc

4e-05, choline 0.0056, fructose nan, histidine 2e-05, isoleucine 1e-05, leucine 1e-05, lysine 1e-05, manganese 0.00072, methionine 2e-05, phenylalanine 1e-05, starch nan, sugar 16.0, threonine 2e-05, tryptophan 0.0, valine 2e-05, vitamin D 0.0, vitamin E 0.00019, vitamin K 1.5e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Peruvian groundcherry:

Peruvian groundcherry contains calcium 0.009, calories 53, carbs 11.0, cholesterol 0.0, copper nan, fat 0.7, fiber nan, folate nan, iron 0.001, magnesium nan, monounsaturated fat nan, net carbs 11.0, omega-3 DHA nan, omega-3 EPA nan, omega-3 DPA nan, phosphorus 0.04, polyunsaturated fat nan, potassium nan, protein 1.9, saturated fat nan, selenium nan, sodium nan, trans fat 0.0, vitamin A (IU) 720.0, vitamin A RAE 3.6e-05, vitamin B1 0.00011, vitamin B12 0.0, vitamin B2 4e-05, vitamin B3 0.0028, vitamin B5 nan, vitamin B6 nan, vitamin C 0.011, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Guava:

Guava contains calcium 0.018, calories 68, carbs 14.0, cholesterol 0.0, copper 0.00023, fat 0.95, fiber 5.4, folate 4.9e-05, iron 0.00026, magnesium 0.022, monounsaturated fat 0.09, net carbs 8.9, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 DPA 0.0, phosphorus 0.04, polyunsaturated fat 0.4, potassium 0.417, protein 2.6, saturated fat 0.27, selenium 6e-07, sodium 0.002, trans fat 0.0, vitamin A (IU) 624.0, vitamin A RAE 3.1e-05, vitamin B1 7e-05, vitamin B12 0.0, vitamin B2 4e-05, vitamin B3 0.0011, vitamin B5 0.00045, vitamin B6 0.00011, vitamin C 0.228, zinc 0.00023, choline 0.0076, fructose nan, histidine 2e-05, isoleucine 9e-05, leucine 0.00017, lysine 7e-05, manganese 0.00015, methionine 2e-05, phenylalanine 1e-05, starch nan, sugar 8.9, threonine 0.0001, tryptophan 2e-05, valine 9e-05, vitamin D 0.0, vitamin E 0.00073, vitamin K 2.6e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Jackfruit:

Jackfruit contains calcium 0.024, calories 95, carbs 23.0, cholesterol 0.0, copper 8e-05, fat 0.64, fiber 1.5, folate 2.4e-05, iron 0.00023, magnesium 0.029, monounsaturated fat 0.16, net carbs 22.0, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 DPA 0.0, phosphorus 0.021, polyunsaturated fat 0.09, potassium 0.448, protein 1.7, saturated fat 0.2, selenium nan, sodium 0.002, trans fat 0.0, vitamin A (IU) 110.0, vitamin A RAE 5e-06, vitamin B1 0.00011, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.00092, vitamin B5 0.00024, vitamin B6 0.00033, vitamin C 0.014, zinc 0.00013, choline nan, fructose 9.2, histidine 3e-05, isoleucine 7e-05, leucine 0.0001, lysine 7e-05, manganese 4e-05, methionine 3e-05, phenylalanine 5e-05, starch 1.5, sugar 19.0, threonine 9e-05, tryptophan 3e-05, valine 9e-05, vitamin D nan, vitamin E 0.00034, vitamin K nan, omega-3 ALA 0.08, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.0, omega-6 dihomogamma-linoleic acid 0.0, omega-6 linoleic acid 0.02, omega-6 arachidonic acid nan.

Java plum:

Java plum contains calcium 0.019, calories 60, carbs 16.0, cholesterol 0.0, copper nan, fat 0.23, fiber nan, folate nan, iron 0.00019, magnesium 0.015, monounsaturated fat nan, net carbs 16.0, omega-3 DHA nan, omega-3 EPA nan, omega-3 DPA nan, phosphorus 0.017, polyunsaturated fat nan, potassium 0.079, protein 0.72, saturated fat nan, selenium nan, sodium 0.014, trans fat 0.0, vitamin A (IU) 3.0, vitamin A RAE 0.0, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 1e-05, vitamin B3 0.00026, vitamin B5 nan, vitamin B6 4e-05, vitamin C 0.014, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan,

phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Jujube:

Jujube contains calcium 0.021, calories 79, carbs 20.0, cholesterol 0.0, copper 7e-05, fat 0.2, fiber nan, folate nan, iron 0.00048, magnesium 0.01, monounsaturated fat nan, net carbs 20.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.023, polyunsaturated fat nan, potassium 0.25, protein 1.2, saturated fat nan, selenium nan, sodium 0.003, trans fat 0.0, vitamin A (IU) 40.0, vitamin A RAE 2e-06, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 4e-05, vitamin B3 0.0009, vitamin B5 nan, vitamin B6 8e-05, vitamin C 0.069, zinc 5e-05, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 8e-05, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Kiwifruit:

Kiwifruit contains calcium 0.034, calories 61, carbs 15.0, cholesterol 0.0, copper 0.00013, fat 0.52, fiber 3.0, folate 2.5e-05, iron 0.00031, magnesium 0.017, monounsaturated fat 0.05, net carbs 12.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.034, polyunsaturated fat 0.29, potassium 0.312, protein 1.1, saturated fat 0.03, selenium 2e-07, sodium 0.003, trans fat 0.0, vitamin A (IU) 87.0, vitamin A RAE 4e-06, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.00034, vitamin B5 0.00018, vitamin B6 6e-05, vitamin C 0.093, zinc 0.00014, choline 0.0078, fructose 4.4, histidine 3e-05, isoleucine 5e-05, leucine 7e-05, lysine 6e-05, manganese 0.0001, methionine 2e-05, phenylalanine 4e-05, starch 0.0, sugar 9.0, threonine 5e-05, tryptophan 2e-05, valine 6e-05, vitamin D 0.0, vitamin E 0.0015, vitamin K 4e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Kumquat:

Kumquat contains calcium 0.062, calories 71, carbs 16.0, cholesterol 0.0, copper 0.0001, fat 0.86, fiber 6.5, folate 1.7e-05, iron 0.00086, magnesium 0.02, monounsaturated fat 0.15, net carbs 9.4, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.019, polyunsaturated fat 0.17, potassium 0.186, protein 1.9, saturated fat 0.1, selenium 0.0, sodium 0.01, trans fat 0.0, vitamin A (IU) 290.0, vitamin A RAE 1.5e-05, vitamin B1 4e-05, vitamin B12 0.0, vitamin B2 9e-05, vitamin B3 0.00043, vitamin B5 0.00021, vitamin B6 4e-05, vitamin C 0.044, zinc 0.00017, choline 0.0084, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00014, methionine nan, phenylalanine nan, starch nan, sugar 9.4, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.00015, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Lemon:

Lemon contains calcium 0.026, calories 29, carbs 9.3, cholesterol 0.0, copper 4e-05, fat 0.3, fiber 2.8, folate 1.1e-05, iron 0.0006, magnesium 0.008, monounsaturated fat 0.01, net carbs 6.5, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.016, polyunsaturated fat 0.09, potassium 0.138, protein 1.1, saturated fat 0.04, selenium 4e-07, sodium 0.002, trans fat 0.0, vitamin A (IU) 22.0, vitamin A RAE 1e-06, vitamin B1 4e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.0001, vitamin B5 0.00019, vitamin B6 8e-05, vitamin C 0.053, zinc 6e-05, choline 0.0051, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 3e-05, methionine nan, phenylalanine nan, starch nan, sugar 2.5, threonine nan, tryptophan nan, valine nan, vitamin D 0.0,

vitamin E 0.00015, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Lime:

Lime contains calcium 0.033, calories 30, carbs 11.0, cholesterol 0.0, copper 7e-05, fat 0.2, fiber 2.8, folate 8e-06, iron 0.0006, magnesium 0.006, monounsaturated fat 0.02, net carbs 7.7, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.018, polyunsaturated fat 0.06, potassium 0.102, protein 0.7, saturated fat 0.02, selenium 4e-07, sodium 0.002, trans fat 0.0, vitamin A (IU) 50.0, vitamin A RAE 2e-06, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.0002, vitamin B5 0.00022, vitamin B6 4e-05, vitamin C 0.029, zinc 0.00011, choline 0.0051, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine 1e-05, manganese 1e-05, methionine 0.0, phenylalanine nan, starch nan, sugar 1.7, threonine nan, tryptophan 0.0, valine nan, vitamin D 0.0, vitamin E 0.00022, vitamin K 6e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Lychee:

Lychee contains calcium 0.005, calories 66, carbs 17.0, cholesterol 0.0, copper 0.00015, fat 0.44, fiber 1.3, folate 1.4e-05, iron 0.00031, magnesium 0.01, monounsaturated fat 0.12, net carbs 15.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.031, polyunsaturated fat 0.13, potassium 0.171, protein 0.83, saturated fat 0.1, selenium 6e-07, sodium 0.001, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 7e-05, vitamin B3 0.0006, vitamin B5 nan, vitamin B6 0.0001, vitamin C 0.072, zinc 7e-05, choline 0.0071, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine 4e-05, manganese 6e-05, methionine 1e-05, phenylalanine nan, starch nan, sugar 15.0, threonine nan, tryptophan 1e-05, valine nan, vitamin D 0.0, vitamin E 7e-05, vitamin K 4e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Loganberries:

Loganberries contains calcium 0.026, calories 55, carbs 13.0, cholesterol 0.0, copper 0.00012, fat 0.31, fiber 5.3, folate 2.6e-05, iron 0.00064, magnesium 0.021, monounsaturated fat 0.03, net carbs 7.7, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.026, polyunsaturated fat 0.18, potassium 0.145, protein 1.5, saturated fat 0.01, selenium 2e-07, sodium 0.001, trans fat 0.0, vitamin A (IU) 35.0, vitamin A RAE 2e-06, vitamin B1 5e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.00084, vitamin B5 0.00024, vitamin B6 7e-05, vitamin C 0.015, zinc 0.00034, choline 0.0085, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0012, methionine nan, phenylalanine nan, starch nan, sugar 7.7, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.00087, vitamin K 7.8e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Longan:

Longan contains calcium 0.001, calories 60, carbs 15.0, cholesterol 0.0, copper 0.00017, fat 0.1, fiber 1.1, folate nan, iron 0.00013, magnesium 0.01, monounsaturated fat nan, net carbs 14.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.021, polyunsaturated fat nan, potassium 0.266, protein 1.3, saturated fat nan, selenium nan, sodium 0.0, trans fat 0.0, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 0.00014, vitamin B3 0.0003, vitamin B5 nan, vitamin B6 nan, vitamin C 0.084, zinc 5e-05, choline nan, fructose nan, histidine 1e-05, isoleucine 3e-05, leucine 5e-05, lysine 5e-05, manganese 5e-05, methionine 1e-05, phenylalanine 3e-05, starch nan, sugar nan, threonine 3e-05, tryptophan nan, valine 6e-05, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid

nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Loquat:

Loquat contains calcium 0.016, calories 47, carbs 12.0, cholesterol 0.0, copper 4e-05, fat 0.2, fiber 1.7, folate 1.4e-05, iron 0.00028, magnesium 0.013, monounsaturated fat 0.01, net carbs 10.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.027, polyunsaturated fat 0.09, potassium 0.266, protein 0.43, saturated fat 0.04, selenium 6e-07, sodium 0.001, trans fat 0.0, vitamin A (IU) 1528.0, vitamin A RAE 7.6e-05, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.00018, vitamin B5 nan, vitamin B6 0.0001, vitamin C 0.001, zinc 5e-05, choline nan, fructose nan, histidine 1e-05, isoleucine 2e-05, leucine 3e-05, lysine 2e-05, manganese 0.00015, methionine 0.0, phenylalanine 1e-05, starch nan, sugar nan, threonine 2e-05, tryptophan 1e-05, valine 2e-05, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Mango:

Mango contains calcium 0.011, calories 60, carbs 15.0, cholesterol 0.0, copper 0.00011, fat 0.38, fiber 1.6, folate 4.3e-05, iron 0.00016, magnesium 0.01, monounsaturated fat 0.14, net carbs 13.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.014, polyunsaturated fat 0.07, potassium 0.168, protein 0.82, saturated fat 0.09, selenium 6e-07, sodium 0.001, trans fat 0.0, vitamin A (IU) 1082.0, vitamin A RAE 5.4e-05, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 4e-05, vitamin B3 0.00067, vitamin B5 0.0002, vitamin B6 0.00012, vitamin C 0.036, zinc 9e-05, choline 0.0076, fructose 4.7, histidine 2e-05, isoleucine 3e-05, leucine 5e-05, lysine 7e-05, manganese 6e-05, methionine 1e-05, phenylalanine 3e-05, starch nan, sugar 14.0, threonine 3e-05, tryptophan 1e-05, valine 4e-05, vitamin D 0.0, vitamin E 0.0009, vitamin K 4.2e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Purple mangosteen:

Purple mangosteen contains calcium 0.012, calories 73, carbs 18.0, cholesterol 0.0, copper 7e-05, fat 0.58, fiber 1.8, folate 3.1e-05, iron 0.0003, magnesium 0.013, monounsaturated fat nan, net carbs 16.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.008, polyunsaturated fat nan, potassium 0.048, protein 0.41, saturated fat nan, selenium nan, sodium 0.007, trans fat 0.0, vitamin A (IU) 35.0, vitamin A RAE 2e-06, vitamin B1 5e-05, vitamin B12 0.0, vitamin B2 5e-05, vitamin B3 0.00029, vitamin B5 3e-05, vitamin B6 2e-05, vitamin C 0.0029, zinc 0.00021, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0001, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cantaloupe:

Cantaloupe contains calcium 0.009, calories 34, carbs 8.2, cholesterol 0.0, copper 4e-05, fat 0.19, fiber 0.9, folate 2.1e-05, iron 0.00021, magnesium 0.012, monounsaturated fat 0.0, net carbs 7.3, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.015, polyunsaturated fat 0.08, potassium 0.267, protein 0.84, saturated fat 0.05, selenium 4e-07, sodium 0.016, trans fat 0.0, vitamin A (IU) 3382.0, vitamin A RAE 0.000169, vitamin B1 4e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.00073, vitamin B5 0.00011, vitamin B6 7e-05, vitamin C 0.037, zinc 0.00018, choline 0.0076, fructose 1.9, histidine 2e-05, isoleucine 2e-05, leucine 3e-05, lysine 3e-05, manganese 4e-05, methionine 1e-05, phenylalanine 2e-05, starch 0.03, sugar 7.9, threonine 2e-05, tryptophan 0.0, valine 3e-05, vitamin D 0.0, vitamin E 5e-05, vitamin K 2.5e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid

nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Melon:

Melon contains calcium 0.011, calories 28, carbs 6.6, cholesterol 0.0, copper 6e-05, fat 0.1, fiber 0.9, folate 8e-06, iron 0.00034, magnesium 0.011, monounsaturated fat 0.0, net carbs 5.7, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.005, polyunsaturated fat 0.04, potassium 0.182, protein 1.1, saturated fat 0.03, selenium 4e-07, sodium 0.009, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.00023, vitamin B5 8e-05, vitamin B6 0.00016, vitamin C 0.022, zinc 7e-05, choline 0.0076, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 4e-05, methionine nan, phenylalanine nan, starch nan, sugar 5.7, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 5e-05, vitamin K 2.5e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Honeydew:

Honeydew contains calcium 0.006, calories 36, carbs 9.1, cholesterol 0.0, copper 2e-05, fat 0.14, fiber 0.8, folate 1.9e-05, iron 0.00017, magnesium 0.01, monounsaturated fat 0.0, net carbs 8.3, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.011, polyunsaturated fat 0.06, potassium 0.228, protein 0.54, saturated fat 0.04, selenium 7e-07, sodium 0.018, trans fat 0.0, vitamin A (IU) 50.0, vitamin A RAE 3e-06, vitamin B1 4e-05, vitamin B12 0.0, vitamin B2 1e-05, vitamin B3 0.00042, vitamin B5 0.00016, vitamin B6 9e-05, vitamin C 0.018, zinc 9e-05, choline 0.0076, fructose 3.0, histidine 1e-05, isoleucine 1e-05, leucine 2e-05, lysine 2e-05, manganese 3e-05, methionine 1e-05, phenylalanine 2e-05, starch 0.0, sugar 8.1, threonine 1e-05, tryptophan 1e-05, valine 2e-05, vitamin D 0.0, vitamin E 2e-05, vitamin K 2.9e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Mulberry:

Mulberry contains calcium 0.039, calories 43, carbs 9.8, cholesterol 0.0, copper 6e-05, fat 0.39, fiber 1.7, folate 6e-06, iron 0.0019, magnesium 0.018, monounsaturated fat 0.04, net carbs 8.1, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.038, polyunsaturated fat 0.21, potassium 0.194, protein 1.4, saturated fat 0.03, selenium 6e-07, sodium 0.01, trans fat 0.0, vitamin A (IU) 25.0, vitamin A RAE 1e-06, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 0.0001, vitamin B3 0.00062, vitamin B5 nan, vitamin B6 5e-05, vitamin C 0.036, zinc 0.00012, choline 0.012, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 8.1, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.00087, vitamin K 7.8e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Nectarine:

Nectarine contains calcium 0.006, calories 44, carbs 11.0, cholesterol 0.0, copper 9e-05, fat 0.32, fiber 1.7, folate 5e-06, iron 0.00028, magnesium 0.009, monounsaturated fat 0.09, net carbs 8.9, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.026, polyunsaturated fat 0.11, potassium 0.201, protein 1.1, saturated fat 0.03, selenium 0.0, sodium 0.0, trans fat 0.0, vitamin A (IU) 332.0, vitamin A RAE 1.7e-05, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.0011, vitamin B5 0.00019, vitamin B6 3e-05, vitamin C 0.0054, zinc 0.00017, choline 0.0062, fructose 1.4, histidine 1e-05, isoleucine 1e-05, leucine 1e-05, lysine 2e-05, manganese 5e-05, methionine 1e-05, phenylalanine 2e-05, starch 0.07, sugar 7.9, threonine 1e-05, tryptophan 1e-05, valine 1e-05, vitamin D 0.0, vitamin E 0.00077, vitamin K 2.2e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Orange:

Orange contains calcium 0.04, calories 47, carbs 12.0, cholesterol 0.0, copper 5e-05, fat 0.12, fiber 2.4, folate 3e-05, iron 0.0001, magnesium 0.01, monounsaturated fat 0.02, net carbs 9.4, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.014, polyunsaturated fat 0.03, potassium 0.181, protein 0.94, saturated fat 0.02, selenium 5e-07, sodium 0.0, trans fat 0.0, vitamin A (IU) 225.0, vitamin A RAE 1.1e-05, vitamin B1 9e-05, vitamin B12 0.0, vitamin B2 4e-05, vitamin B3 0.00028, vitamin B5 0.00025, vitamin B6 6e-05, vitamin C 0.053, zinc 7e-05, choline 0.0084, fructose nan, histidine 2e-05, isoleucine 3e-05, leucine 2e-05, lysine 5e-05, manganese 3e-05, methionine 2e-05, phenylalanine 3e-05, starch nan, sugar 9.4, threonine 2e-05, tryptophan 1e-05, valine 4e-05, vitamin D 0.0, vitamin E 0.00018, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Mandarin orange:

Mandarin orange contains calcium 0.037, calories 53, carbs 13.0, cholesterol 0.0, copper 4e-05, fat 0.31, fiber 1.8, folate 1.6e-05, iron 0.00015, magnesium 0.012, monounsaturated fat 0.06, net carbs 12.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.02, polyunsaturated fat 0.07, potassium 0.166, protein 0.81, saturated fat 0.04, selenium 1e-07, sodium 0.002, trans fat 0.0, vitamin A (IU) 681.0, vitamin A RAE 3.4e-05, vitamin B1 6e-05, vitamin B12 0.0, vitamin B2 4e-05, vitamin B3 0.00038, vitamin B5 0.00022, vitamin B6 8e-05, vitamin C 0.027, zinc 7e-05, choline 0.01, fructose 2.4, histidine 1e-05, isoleucine 2e-05, leucine 3e-05, lysine 3e-05, manganese 4e-05, methionine 0.0, phenylalanine 2e-05, starch 0.0, sugar 11.0, threonine 2e-05, tryptophan 0.0, valine 2e-05, vitamin D 0.0, vitamin E 0.0002, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Papaya:

Papaya contains calcium 0.02, calories 43, carbs 11.0, cholesterol 0.0, copper 5e-05, fat 0.26, fiber 1.7, folate 3.7e-05, iron 0.00025, magnesium 0.021, monounsaturated fat 0.07, net carbs 9.1, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.01, polyunsaturated fat 0.06, potassium 0.182, protein 0.47, saturated fat 0.08, selenium 6e-07, sodium 0.008, trans fat 0.0, vitamin A (IU) 950.0, vitamin A RAE 4.7e-05, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.00036, vitamin B5 0.00019, vitamin B6 4e-05, vitamin C 0.061, zinc 8e-05, choline 0.0061, fructose 3.7, histidine 1e-05, isoleucine 1e-05, leucine 2e-05, lysine 3e-05, manganese 4e-05, methionine 0.0, phenylalanine 1e-05, starch 0.0, sugar 7.8, threonine 1e-05, tryptophan 1e-05, valine 1e-05, vitamin D 0.0, vitamin E 0.0003, vitamin K 2.6e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Passion fruit:

Passion fruit contains calcium 0.012, calories 97, carbs 23.0, cholesterol 0.0, copper 9e-05, fat 0.7, fiber 10.0, folate 1.4e-05, iron 0.0016, magnesium 0.029, monounsaturated fat 0.09, net carbs 13.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.068, polyunsaturated fat 0.41, potassium 0.348, protein 2.2, saturated fat 0.06, selenium 6e-07, sodium 0.028, trans fat 0.0, vitamin A (IU) 1272.0, vitamin A RAE 6.4e-05, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.00013, vitamin B3 0.0015, vitamin B5 nan, vitamin B6 0.0001, vitamin C 0.03, zinc 0.0001, choline 0.0076, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 11.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 2e-05, vitamin K 7e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Peach:

Peach contains calcium 0.006, calories 39, carbs 9.5, cholesterol 0.0, copper 7e-05, fat 0.25, fiber 1.5, folate 4e-06, iron 0.00025, magnesium 0.009, monounsaturated fat 0.07, net carbs 8.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.02, polyunsaturated fat 0.09, potassium 0.19, protein 0.91, saturated fat 0.02, selenium 1e-07, sodium 0.0, trans fat 0.0, vitamin A (IU) 326.0, vitamin A RAE 1.6e-05, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.00081, vitamin B5 0.00015, vitamin B6 3e-05, vitamin C 0.0066, zinc 0.00017, choline 0.0061, fructose 1.5, histidine 1e-05, isoleucine 2e-05, leucine 3e-05, lysine 3e-05, manganese 6e-05, methionine 1e-05, phenylalanine 2e-05, starch 0.0, sugar 8.4, threonine 2e-05, tryptophan 1e-05, valine 2e-05, vitamin D 0.0, vitamin E 0.00073, vitamin K 2.6e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pear:

Pear contains calcium 0.009, calories 57, carbs 15.0, cholesterol 0.0, copper 8e-05, fat 0.14, fiber 3.1, folate 7e-06, iron 0.00018, magnesium 0.007, monounsaturated fat 0.08, net carbs 12.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.012, polyunsaturated fat 0.09, potassium 0.116, protein 0.36, saturated fat 0.02, selenium 1e-07, sodium 0.001, trans fat 0.0, vitamin A (IU) 25.0, vitamin A RAE 1e-06, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.00016, vitamin B5 5e-05, vitamin B6 3e-05, vitamin C 0.0043, zinc 0.0001, choline 0.0051, fructose 6.4, histidine 0.0, isoleucine 1e-05, leucine 2e-05, lysine 2e-05, manganese 5e-05, methionine 0.0, phenylalanine 1e-05, starch nan, sugar 9.8, threonine 1e-05, tryptophan 0.0, valine 2e-05, vitamin D 0.0, vitamin E 0.00012, vitamin K 4.4e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Persimmon:

Persimmon contains calcium 0.027, calories 127, carbs 34.0, cholesterol 0.0, copper nan, fat 0.4, fiber nan, folate nan, iron 0.0025, magnesium nan, monounsaturated fat nan, net carbs 34.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.026, polyunsaturated fat nan, potassium 0.31, protein 0.8, saturated fat nan, selenium nan, sodium 0.001, trans fat 0.0, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 nan, vitamin B12 0.0, vitamin B2 nan, vitamin B3 nan, vitamin B5 nan, vitamin B6 nan, vitamin C 0.066, zinc nan, choline nan, fructose nan, histidine 2e-05, isoleucine 4e-05, leucine 6e-05, lysine 5e-05, manganese nan, methionine 1e-05, phenylalanine 4e-05, starch nan, sugar nan, threonine 4e-05, tryptophan 1e-05, valine 4e-05, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pineapple:

Pineapple contains calcium 0.013, calories 50, carbs 13.0, cholesterol 0.0, copper 0.00011, fat 0.12, fiber 1.4, folate 1.8e-05, iron 0.00029, magnesium 0.012, monounsaturated fat 0.01, net carbs 12.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.008, polyunsaturated fat 0.04, potassium 0.109, protein 0.54, saturated fat 0.01, selenium 1e-07, sodium 0.001, trans fat 0.0, vitamin A (IU) 58.0, vitamin A RAE 3e-06, vitamin B1 8e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.0005, vitamin B5 0.00021, vitamin B6 0.00011, vitamin C 0.048, zinc 0.00012, choline 0.0055, fructose 2.1, histidine 1e-05, isoleucine 2e-05, leucine 2e-05, lysine 3e-05, manganese 0.00093, methionine 1e-05, phenylalanine 2e-05, starch 0.0, sugar 9.9, threonine 2e-05, tryptophan 1e-05, valine 2e-05, vitamin D 0.0, vitamin E 2e-05, vitamin K 7e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pitanga (Surinam cherry):

Pitanga (Surinam cherry) contains calcium 0.009, calories 33, carbs 7.5, cholesterol 0.0, copper nan, fat 0.4, fiber

nan, folate nan, iron 0.0002, magnesium 0.012, monounsaturated fat nan, net carbs 7.5, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.011, polyunsaturated fat nan, potassium 0.103, protein 0.0002, saturated fat nan, selenium nan, sodium 0.003, trans fat 0.0, vitamin A (IU) 1500.0, vitamin A RAE 7.5e-05, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 4e-05, vitamin B3 0.0003, vitamin B5 nan, vitamin B6 nan, vitamin C 0.0001, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Plantain:

Plantain contains calcium 0.002, calories 116, carbs 31.0, cholesterol 0.0, copper 7e-05, fat 0.18, fiber 2.3, folate 2.6e-05, iron 0.00058, magnesium 0.032, monounsaturated fat 0.02, net carbs 29.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.028, polyunsaturated fat 0.03, potassium 0.465, protein 0.79, saturated fat 0.07, selenium 1.4e-06, sodium 0.005, trans fat 0.0, vitamin A (IU) 909.0, vitamin A RAE 4.5e-05, vitamin B1 5e-05, vitamin B12 0.0, vitamin B2 5e-05, vitamin B3 0.00076, vitamin B5 0.00023, vitamin B6 0.00024, vitamin C 0.011, zinc 0.00013, choline 0.013, fructose nan, histidine 4e-05, isoleucine 2e-05, leucine 4e-05, lysine 4e-05, manganese nan, methionine 1e-05, phenylalanine 3e-05, starch nan, sugar 14.0, threonine 2e-05, tryptophan 1e-05, valine 3e-05, vitamin D 0.0, vitamin E 0.00013, vitamin K 7e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Plum:

Plum contains calcium 0.006, calories 46, carbs 11.0, cholesterol 0.0, copper 6e-05, fat 0.28, fiber 1.4, folate 5e-06, iron 0.00017, magnesium 0.007, monounsaturated fat 0.13, net carbs 10.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.016, polyunsaturated fat 0.04, potassium 0.157, protein 0.7, saturated fat 0.02, selenium 0.0, sodium 0.0, trans fat 0.0, vitamin A (IU) 345.0, vitamin A RAE 1.7e-05, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.00042, vitamin B5 0.00014, vitamin B6 3e-05, vitamin C 0.0095, zinc 0.0001, choline 0.0019, fructose 3.1, histidine 1e-05, isoleucine 1e-05, leucine 2e-05, lysine 2e-05, manganese 5e-05, methionine 1e-05, phenylalanine 1e-05, starch 0.0, sugar 9.9, threonine 1e-05, tryptophan 1e-05, valine 2e-05, vitamin D 0.0, vitamin E 0.00026, vitamin K 6.4e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pomegranate:

Pomegranate contains calcium 0.01, calories 83, carbs 19.0, cholesterol 0.0, copper 0.00016, fat 1.2, fiber 4.0, folate 3.8e-05, iron 0.0003, magnesium 0.012, monounsaturated fat 0.09, net carbs 15.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.036, polyunsaturated fat 0.08, potassium 0.236, protein 1.7, saturated fat 0.12, selenium 5e-07, sodium 0.003, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 7e-05, vitamin B12 0.0, vitamin B2 5e-05, vitamin B3 0.00029, vitamin B5 0.00038, vitamin B6 8e-05, vitamin C 0.01, zinc 0.00035, choline 0.0076, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00012, methionine nan, phenylalanine nan, starch nan, sugar 14.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0006, vitamin K 1.6e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Prickly pear:

Prickly pear contains calcium 0.056, calories 41, carbs 9.6, cholesterol 0.0, copper 8e-05, fat 0.51, fiber 3.6, folate 6e-06, iron 0.0003, magnesium 0.085, monounsaturated fat 0.08, net carbs 6.0, omega-3 DHA 0.0, omega-3 DPA

0.0, omega-3 EPA 0.0, phosphorus 0.024, polyunsaturated fat 0.21, potassium 0.22, protein 0.73, saturated fat 0.07, selenium 6e-07, sodium 0.005, trans fat 0.0, vitamin A (IU) 43.0, vitamin A RAE 2e-06, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.00046, vitamin B5 nan, vitamin B6 6e-05, vitamin C 0.014, vitamin D 0.00012, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Prunes:

Prunes contains calcium 0.043, calories 240, carbs 64.0, cholesterol 0.0, copper 0.00028, fat 0.38, fiber 7.1, folate 4e-06, iron 0.00093, magnesium 0.041, monounsaturated fat 0.05, net carbs 57.0, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 DPA 0.0, phosphorus 0.069, polyunsaturated fat 0.06, potassium 0.732, protein 2.2, saturated fat 0.09, selenium 3e-07, sodium 0.002, trans fat nan, vitamin A (IU) 781.0, vitamin A RAE 3.9e-05, vitamin B1 5e-05, vitamin B12 0.0, vitamin B2 0.00019, vitamin B3 0.0019, vitamin B5 0.00042, vitamin B6 0.00021, vitamin C 0.0006, zinc 0.00044, choline 0.01, fructose 12.0, histidine 3e-05, isoleucine 4e-05, leucine 7e-05, lysine 5e-05, manganese 0.0003, methionine 2e-05, phenylalanine 5e-05, starch 5.1, sugar 38.0, threonine 5e-05, tryptophan 3e-05, valine 6e-05, vitamin D 0.0, vitamin E 0.00043, vitamin K 6e-05, omega-3 ALA nan, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pomelo:

Pomelo contains calcium 0.004, calories 38, carbs 9.6, cholesterol 0.0, copper 5e-05, fat 0.04, fiber 1.0, folate nan, iron 0.00011, magnesium 0.006, monounsaturated fat nan, net carbs 8.6, omega-3 DHA nan, omega-3 EPA nan, omega-3 DPA nan, phosphorus 0.017, polyunsaturated fat nan, potassium 0.216, protein 0.76, saturated fat nan, selenium nan, sodium 0.001, trans fat 0.0, vitamin A (IU) 8.0, vitamin A RAE 0.0, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.00022, vitamin B5 nan, vitamin B6 4e-05, vitamin C 0.061, zinc 8e-05, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 2e-05, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Quince:

Quince contains calcium 0.011, calories 57, carbs 15.0, cholesterol 0.0, copper 0.00013, fat 0.1, fiber 1.9, folate 3e-06, iron 0.0007, magnesium 0.008, monounsaturated fat 0.04, net carbs 13.0, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 DPA 0.0, phosphorus 0.017, polyunsaturated fat 0.05, potassium 0.197, protein 0.4, saturated fat 0.01, selenium 6e-07, sodium 0.004, trans fat 0.0, vitamin A (IU) 40.0, vitamin A RAE 2e-06, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.0002, vitamin B5 8e-05, vitamin B6 4e-05, vitamin C 0.015, zinc 4e-05, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Raisin:

Raisin contains calcium 0.05, calories 299, carbs 79.0, cholesterol 0.0, copper 0.00032, fat 0.46, fiber 3.7, folate 5e-06, iron 0.0019, magnesium 0.032, monounsaturated fat 0.05, net carbs 75.0, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 DPA 0.0, phosphorus 0.101, polyunsaturated fat 0.04, potassium 0.749, protein 3.1, saturated fat

0.06, selenium 6e-07, sodium 0.011, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0001, vitamin B12 0.0, vitamin B2 0.00013, vitamin B3 0.00077, vitamin B5 0.0001, vitamin B6 0.00017, vitamin C 0.00022, choline 0.011, fructose 30.0, histidine 7e-05, isoleucine 6e-05, leucine 0.0001, lysine 8e-05, manganese 0.0003, methionine 2e-05, phenylalanine 7e-05, starch 2.7, sugar 59.0, threonine 8e-05, tryptophan 5e-05, valine 8e-05, vitamin D 0.0, vitamin E 0.00012, vitamin K 3.5e-06, omega-3 ALA nan, omega-3 eicosadienoic acid 0.0, omega-3 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-3 dihomo-gamma-linoleic acid nan, omega-3 linoleic acid nan, omega-3 arachidonic acid nan.

Rambutan:

Rambutan contains calcium 0.022, calories 82, carbs 21.0, cholesterol 0.0, copper 7e-05, fat 0.21, fiber 0.9, folate 8e-06, iron 0.00035, magnesium 0.007, monounsaturated fat nan, net carbs 20.0, omega-3 DHA nan, omega-3 EPA nan, omega-3 EPA nan, phosphorus 0.009, polyunsaturated fat nan, potassium 0.042, protein 0.65, saturated fat nan, selenium nan, sodium 0.011, trans fat 0.0, vitamin A (IU) 3.0, vitamin A RAE 0.0, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.0014, vitamin B5 2e-05, vitamin B6 2e-05, vitamin C 0.0049, zinc 8e-05, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00034, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-3 eicosadienoic acid nan, omega-3 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-3 dihomo-gamma-linoleic acid nan, omega-3 linoleic acid nan, omega-3 arachidonic acid nan.

Raspberry:

Raspberry contains calcium 0.025, calories 52, carbs 12.0, cholesterol 0.0, copper 9e-05, fat 0.65, fiber 6.5, folate 2.1e-05, iron 0.00069, magnesium 0.022, monounsaturated fat 0.06, net carbs 5.4, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 EPA 0.0, phosphorus 0.029, polyunsaturated fat 0.38, potassium 0.151, protein 1.2, saturated fat 0.02, selenium 2e-07, sodium 0.001, trans fat 0.0, vitamin A (IU) 33.0, vitamin A RAE 2e-06, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 4e-05, vitamin B3 0.0006, vitamin B5 0.00033, vitamin B6 6e-05, vitamin C 0.026, zinc 0.00042, choline 0.012, fructose 2.4, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00067, methionine nan, phenylalanine nan, starch 0.0, sugar 4.4, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.00087, vitamin K 7.8e-06, omega-3 ALA nan, omega-3 eicosadienoic acid nan, omega-3 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-3 dihomo-gamma-linoleic acid nan, omega-3 linoleic acid nan, omega-3 arachidonic acid nan.

Roselle:

Roselle contains calcium 0.215, calories 49, carbs 11.0, cholesterol 0.0, copper nan, fat 0.64, fiber nan, folate nan, iron 0.0015, magnesium 0.051, monounsaturated fat nan, net carbs 11.0, omega-3 DHA nan, omega-3 EPA nan, omega-3 EPA nan, phosphorus 0.037, polyunsaturated fat nan, potassium 0.208, protein 0.96, saturated fat nan, selenium nan, sodium 0.006, trans fat 0.0, vitamin A (IU) 287.0, vitamin A RAE 1.4e-05, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.00031, vitamin B5 nan, vitamin B6 nan, vitamin C 0.012, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-3 eicosadienoic acid nan, omega-3 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-3 dihomo-gamma-linoleic acid nan, omega-3 linoleic acid nan, omega-3 arachidonic acid nan.

Rose apple:

Rose apple contains calcium 0.029, calories 25, carbs 5.7, cholesterol 0.0, copper 2e-05, fat 0.3, fiber nan, folate nan, iron 7e-05, magnesium 0.005, monounsaturated fat nan, net carbs 5.7, omega-3 DHA nan, omega-3 EPA nan, omega-3 EPA nan, phosphorus 0.008, polyunsaturated fat nan, potassium 0.123, protein 0.6, saturated fat nan, selenium nan, sodium 0.0, trans fat 0.0, vitamin A (IU) 339.0, vitamin A RAE 1.7e-05, vitamin B1 2e-05, vitamin B12

0.0, vitamin B2 3e-05, vitamin B3 0.0008, vitamin B5 nan, vitamin B6 nan, vitamin C 0.022, zinc 6e-05, cholesterol 0.0, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 3e-05, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-6 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Sapodilla:

Sapodilla contains calcium 0.021, calories 83, carbs 20.0, cholesterol 0.0, copper 9e-05, fat 1.1, fiber 5.3, folate 1.4e-05, iron 0.0008, magnesium 0.012, monounsaturated fat 0.52, net carbs 15.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.012, polyunsaturated fat 0.01, potassium 0.193, protein 0.44, saturated fat 0.19, selenium 6e-07, sodium 0.012, trans fat 0.0, vitamin A (IU) 60.0, vitamin A RAE 3e-06, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.0002, vitamin B5 0.00025, vitamin B6 4e-05, vitamin C 0.015, zinc 0.0001, choline nan, fructose nan, histidine 2e-05, isoleucine 2e-05, leucine 2e-05, lysine 4e-05, manganese nan, methionine 0.0, phenylalanine 1e-05, starch nan, sugar nan, threonine 1e-05, tryptophan 1e-05, valine 2e-05, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Mamey Sapote:

Mamey Sapote contains calcium 0.018, calories 124, carbs 32.0, cholesterol 0.0, copper 0.00021, fat 0.46, fiber 5.4, folate 7e-06, iron 0.00078, magnesium 0.011, monounsaturated fat 0.1, net carbs 27.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.026, polyunsaturated fat 0.1, potassium 0.454, protein 1.5, saturated fat 0.17, selenium nan, sodium 0.007, trans fat 0.0, vitamin A (IU) 143.0, vitamin A RAE 7e-06, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 0.00012, vitamin B3 0.0014, vitamin B5 0.0004, vitamin B6 0.00072, vitamin C 0.023, zinc 0.00019, choline nan, fructose 7.7, histidine 5e-05, isoleucine 6e-05, leucine 7e-05, lysine 7e-05, manganese 0.0002, methionine 2e-05, phenylalanine 6e-05, starch 6.3, sugar 20.0, threonine 9e-05, tryptophan 5e-05, valine 7e-05, vitamin D nan, vitamin E 0.0021, vitamin K nan, omega-3 ALA 0.08, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.0, omega-6 dihomogamma-linoleic acid 0.0, omega-6 linoleic acid 0.01, omega-6 arachidonic acid nan.

Soursop:

Soursop contains calcium 0.014, calories 66, carbs 17.0, cholesterol 0.0, copper 9e-05, fat 0.3, fiber 3.3, folate 1.4e-05, iron 0.0006, magnesium 0.021, monounsaturated fat 0.09, net carbs 14.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.027, polyunsaturated fat 0.07, potassium 0.278, protein 1.0, saturated fat 0.05, selenium 6e-07, sodium 0.014, trans fat 0.0, vitamin A (IU) 2.0, vitamin A RAE 0.0, vitamin B1 7e-05, vitamin B12 0.0, vitamin B2 5e-05, vitamin B3 0.0009, vitamin B5 0.00025, vitamin B6 6e-05, vitamin C 0.021, zinc 0.0001, choline 0.0076, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine 6e-05, manganese nan, methionine 1e-05, phenylalanine nan, starch nan, sugar 14.0, threonine nan, tryptophan 1e-05, valine nan, vitamin D 0.0, vitamin E 8e-05, vitamin K 4e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Strawberry:

Strawberry contains calcium 0.016, calories 32, carbs 7.7, cholesterol 0.0, copper 5e-05, fat 0.3, fiber 2.0, folate 2.4e-05, iron 0.00041, magnesium 0.013, monounsaturated fat 0.04, net carbs 5.7, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.024, polyunsaturated fat 0.16, potassium 0.153, protein 0.67, saturated fat 0.02, selenium 4e-07, sodium 0.001, trans fat 0.0, vitamin A (IU) 12.0, vitamin A RAE 1e-06, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.00039, vitamin B5 0.00013, vitamin B6 5e-05, vitamin C 0.059, zinc

0.00014, choline 0.0057, fructose 2.4, histidine 1e-05, isoleucine 2e-05, leucine 3e-05, lysine 3e-05, manganese 0.00039, methionine 0.0, phenylalanine 2e-05, starch 0.04, sugar 4.9, threonine 2e-05, tryptophan 1e-05, valine 2e-05, vitamin D 0.0, vitamin E 0.00029, vitamin K 2.2e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Tamarind:

Tamarind contains calcium 0.074, calories 239, carbs 63.0, cholesterol 0.0, copper 9e-05, fat 0.6, fiber 5.1, folate 1.4e-05, iron 0.0028, magnesium 0.092, monounsaturated fat 0.18, net carbs 57.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.113, polyunsaturated fat 0.06, potassium 0.628, protein 2.8, saturated fat 0.27, selenium 1.3e-06, sodium 0.028, trans fat 0.0, vitamin A (IU) 30.0, vitamin A RAE 2e-06, vitamin B1 0.00043, vitamin B12 0.0, vitamin B2 0.00015, vitamin B3 0.0019, vitamin B5 0.00014, vitamin B6 7e-05, vitamin C 0.0035, zinc 0.0001, choline 0.0086, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine 0.00014, manganese nan, methionine 1e-05, phenylalanine nan, starch nan, sugar 39.0, threonine nan, tryptophan 2e-05, valine nan, vitamin D 0.0, vitamin E 0.0001, vitamin K 2.8e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Watermelon:

Watermelon contains calcium 0.007, calories 30, carbs 7.6, cholesterol 0.0, copper 4e-05, fat 0.15, fiber 0.4, folate 3e-06, iron 0.00024, magnesium 0.01, monounsaturated fat 0.04, net carbs 7.2, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.011, polyunsaturated fat 0.05, potassium 0.112, protein 0.61, saturated fat 0.02, selenium 4e-07, sodium 0.001, trans fat 0.0, vitamin A (IU) 569.0, vitamin A RAE 2.8e-05, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.00018, vitamin B5 0.00022, vitamin B6 5e-05, vitamin C 0.0081, zinc 0.0001, choline 0.0041, fructose 3.4, histidine 1e-05, isoleucine 2e-05, leucine 2e-05, lysine 6e-05, manganese 4e-05, methionine 1e-05, phenylalanine 2e-05, starch 0.0, sugar 6.2, threonine 3e-05, tryptophan 1e-05, valine 2e-05, vitamin D 0.0, vitamin E 5e-05, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Maraschino cherry:

Maraschino cherry contains calcium 0.054, calories 165, carbs 42.0, cholesterol 0.0, copper 0.00014, fat 0.21, fiber 3.2, folate 0.0, iron 0.00043, magnesium 0.004, monounsaturated fat 0.05, net carbs 39.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.003, polyunsaturated fat 0.06, potassium 0.021, protein 0.22, saturated fat 0.04, selenium 2e-07, sodium 0.004, trans fat 0.0, vitamin A (IU) 45.0, vitamin A RAE 2e-06, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 5e-05, vitamin B6 1e-05, vitamin C 0.0, zinc 0.00026, choline 0.0043, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 1e-05, methionine nan, phenylalanine nan, starch nan, sugar 39.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 5e-05, vitamin K 1.5e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Feijoa:

Feijoa contains calcium 0.017, calories 61, carbs 15.0, cholesterol 0.0, copper 4e-05, fat 0.42, fiber 6.4, folate 2.3e-05, iron 0.00014, magnesium 0.009, monounsaturated fat 0.06, net carbs 8.8, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.019, polyunsaturated fat 0.14, potassium 0.172, protein 0.71, saturated fat 0.1, selenium nan, sodium 0.003, trans fat 0.0, vitamin A (IU) 6.0, vitamin A RAE 0.0, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.0003, vitamin B5 0.00023, vitamin B6 7e-05, vitamin C 0.033, zinc 6e-05, choline nan, fructose 3.0, histidine 1e-05, isoleucine 2e-05, leucine 3e-05, lysine 4e-05, manganese 8e-05,

methionine 1e-05, phenylalanine 2e-05, starch 0.0, sugar 8.2, threonine 2e-05, tryptophan 1e-05, valine 2e-05, vitamin D nan, vitamin E 0.00016, vitamin K 3.5e-06, omega-3 ALA 0.03, omega-6 eicosadienoic acid 0.0, gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.0, omega-6 dihomo-gamma-linoleic acid 0.0, omega-6 linoleic acid 0.11, omega-6 arachidonic acid nan.

Asian pear:

Asian pear contains calcium 0.004, calories 42, carbs 11.0, cholesterol 0.0, copper 5e-05, fat 0.23, fiber 3.6, folate 8e-06, iron 0.0, magnesium 0.008, monounsaturated fat 0.05, net carbs 7.1, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.011, polyunsaturated fat 0.06, potassium 0.121, protein 0.5, saturated fat 0.01, selenium 1e-07, sodium 0.0, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 1e-05, vitamin B3 0.00022, vitamin B5 7e-05, vitamin B6 2e-05, vitamin C 0.0038, zinc 2e-05, choline 0.0051, fructose nan, histidine 1e-05, isoleucine 1e-05, leucine 3e-05, lysine 2e-05, manganese 6e-05, methionine 1e-05, phenylalanine 1e-05, starch nan, sugar 7.1, threonine 1e-05, tryptophan 1e-05, valine 2e-05, vitamin D 0.0, vitamin E 0.00012, vitamin K 4.5e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Sour cherry:

Sour cherry contains calcium 0.011, calories 42, carbs 10.0, cholesterol nan, copper nan, fat 0.21, fiber 1.2, folate nan, iron 0.00064, magnesium 0.008, monounsaturated fat nan, net carbs 9.3, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.016, polyunsaturated fat nan, potassium 0.115, protein 0.69, saturated fat nan, selenium nan, sodium 0.004, trans fat 0.0, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 7e-05, vitamin B3 0.00026, vitamin B5 4e-05, vitamin B6 5e-05, vitamin C 0.0003, zinc 7e-05, choline nan, fructose 2.8, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 6e-05, methionine nan, phenylalanine nan, starch nan, sugar 7.0, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K 8.1e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Durian:

Durian contains calcium 0.006, calories 147, carbs 27.0, cholesterol 0.0, copper 0.00021, fat 5.3, fiber 3.8, folate 3.6e-05, iron 0.00043, magnesium 0.03, monounsaturated fat nan, net carbs 23.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.039, polyunsaturated fat nan, potassium 0.436, protein 1.5, saturated fat nan, selenium nan, sodium 0.002, trans fat 0.0, vitamin A (IU) 44.0, vitamin A RAE 2e-06, vitamin B1 0.00037, vitamin B12 0.0, vitamin B2 0.0002, vitamin B3 0.0011, vitamin B5 0.00023, vitamin B6 0.00032, vitamin C 0.02, zinc 0.00028, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00033, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Crateva religiosa:

Crateva religiosa contains calcium 0.008, calories 69, carbs 18.0, cholesterol nan, copper 6e-05, fat 0.1, fiber 5.3, folate nan, iron 0.0016, magnesium 0.024, monounsaturated fat nan, net carbs 12.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.047, polyunsaturated fat nan, potassium 0.304, protein 1.5, saturated fat 0.01, selenium nan, sodium 0.02, trans fat 0.0, vitamin A (IU) 100.0, vitamin A RAE 5e-06, vitamin B1 nan, vitamin B12 nan, vitamin B2 nan, vitamin B3 nan, vitamin B5 nan, vitamin B6 nan, vitamin C 0.054, zinc 0.00031, choline nan, fructose 3.8, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00018, methionine nan, phenylalanine nan, starch nan, sugar 8.6, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E

nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Clementine:

Clementine contains calcium 0.03, calories 47, carbs 12.0, cholesterol nan, copper 4e-05, fat 0.15, fiber 1.7, folate 2.4e-05, iron 0.00014, magnesium 0.01, monounsaturated fat nan, net carbs 10.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.021, polyunsaturated fat nan, potassium 0.177, protein 0.85, saturated fat nan, selenium 1e-07, sodium 0.001, trans fat 0.0, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 9e-05, vitamin B12 nan, vitamin B2 3e-05, vitamin B3 0.00064, vitamin B5 0.00015, vitamin B6 8e-05, vitamin C 0.049, zinc 6e-05, choline 0.014, fructose 1.6, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 2e-05, methionine nan, phenylalanine nan, starch 0.0, sugar 9.2, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0002, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Nance:

Nance contains calcium 0.046, calories 73, carbs 17.0, cholesterol nan, copper 4e-05, fat 1.2, fiber 7.5, folate 8e-06, iron 0.00038, magnesium 0.02, monounsaturated fat nan, net carbs 9.5, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.01, polyunsaturated fat nan, potassium 0.244, protein 0.66, saturated fat nan, selenium 4e-07, sodium 0.003, trans fat 0.0, vitamin A (IU) 74.0, vitamin A RAE 4e-06, vitamin B1 2e-05, vitamin B12 nan, vitamin B2 2e-05, vitamin B3 0.00029, vitamin B5 0.00018, vitamin B6 2e-05, vitamin C 0.093, zinc 9e-05, choline nan, fructose 4.7, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00025, methionine nan, phenylalanine nan, starch nan, sugar 8.3, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E 0.0013, vitamin K 1.2e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Naranjilla:

Naranjilla contains calcium 0.008, calories 25, carbs 5.9, cholesterol nan, copper 3e-05, fat 0.22, fiber 1.1, folate 3e-06, iron 0.00035, magnesium 0.011, monounsaturated fat nan, net carbs 4.8, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.012, polyunsaturated fat nan, potassium 0.2, protein 0.44, saturated fat nan, selenium 4e-07, sodium 0.004, trans fat 0.0, vitamin A (IU) 568.0, vitamin A RAE 2.8e-05, vitamin B1 5e-05, vitamin B12 nan, vitamin B2 0.0, vitamin B3 0.0015, vitamin B5 0.00022, vitamin B6 0.00011, vitamin C 0.0032, zinc 0.0001, choline nan, fructose 1.0, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 7e-05, methionine nan, phenylalanine nan, starch nan, sugar 3.7, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E 0.00075, vitamin K 1.5e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Horned melon:

Horned melon contains calcium 0.013, calories 44, carbs 7.6, cholesterol nan, copper 2e-05, fat 1.3, fiber nan, folate 3e-06, iron 0.0011, magnesium 0.04, monounsaturated fat nan, net carbs 7.6, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.037, polyunsaturated fat nan, potassium 0.123, protein 1.8, saturated fat nan, selenium nan, sodium 0.002, trans fat 0.0, vitamin A (IU) 147.0, vitamin A RAE 7e-06, vitamin B1 3e-05, vitamin B12 nan, vitamin B2 2e-05, vitamin B3 0.00057, vitamin B5 0.00018, vitamin B6 6e-05, vitamin C 0.0053, zinc 0.00048, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 4e-05, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Coconut:

Coconut contains calcium 0.014, calories 354, carbs 15.0, cholesterol 0.0, copper 0.00044, fat 33.0, fiber 9.0, folate 2.6e-05, iron 0.0024, magnesium 0.032, monounsaturated fat 1.4, net carbs 6.2, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.113, polyunsaturated fat 0.37, potassium 0.356, protein 3.3, saturated fat 30.0, selenium 1e-05, sodium 0.02, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 7e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.00054, vitamin B5 0.0003, vitamin B6 5e-05, vitamin C 0.0033, zinc 0.0011, choline 0.012, fructose nan, histidine 8e-05, isoleucine 0.00013, leucine 0.00025, lysine 0.00015, manganese 0.0015, methionine 6e-05, phenylalanine 0.00017, starch nan, sugar 6.2, threonine 0.00012, tryptophan 4e-05, valine 0.0002, vitamin D 0.0, vitamin E 0.00024, vitamin K 2e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cloudberry:

Cloudberry contains calcium 0.018, calories 51, carbs 8.6, cholesterol nan, copper nan, fat 0.8, fiber nan, folate nan, iron 0.0007, magnesium nan, monounsaturated fat nan, net carbs 8.6, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.035, polyunsaturated fat nan, potassium nan, protein 2.4, saturated fat nan, selenium nan, sodium nan, trans fat nan, vitamin A (IU) 210.0, vitamin A RAE nan, vitamin B1 5e-05, vitamin B12 nan, vitamin B2 7e-05, vitamin B3 0.0009, vitamin B5 nan, vitamin B6 nan, vitamin C 0.158, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Huckleberries:

Huckleberries contains calcium 0.015, calories 37, carbs 8.7, cholesterol nan, copper nan, fat 0.1, fiber nan, folate nan, iron 0.0003, magnesium nan, monounsaturated fat nan, net carbs 8.7, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus nan, polyunsaturated fat nan, potassium nan, protein 0.4, saturated fat nan, selenium nan, sodium 0.01, trans fat nan, vitamin A (IU) 79.0, vitamin A RAE nan, vitamin B1 1e-05, vitamin B12 nan, vitamin B2 3e-05, vitamin B3 0.0003, vitamin B5 nan, vitamin B6 nan, vitamin C 0.0028, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Banana melon:

Banana melon contains calcium 0.013, calories 21, carbs 4.1, cholesterol nan, copper 4e-05, fat 0.2, fiber 0.3, folate 2e-05, iron 0.00021, magnesium 0.01, monounsaturated fat nan, net carbs 3.8, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.009, polyunsaturated fat nan, potassium 0.14, protein 0.84, saturated fat nan, selenium 4e-07, sodium 0.011, trans fat nan, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 2e-05, vitamin B12 nan, vitamin B2 2e-05, vitamin B3 0.00046, vitamin B5 7e-05, vitamin B6 5e-05, vitamin C 0.0081, zinc 0.00014, choline nan, fructose 2.1, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 4e-05, methionine nan, phenylalanine nan, starch 0.0, sugar 3.4, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E 0.0, vitamin K 4.9e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Salmonberries:

Salmonberries contains calcium 0.013, calories 47, carbs 10.0, cholesterol nan, copper 3e-05, fat 0.33, fiber 1.9, folate 1.7e-05, iron 0.0004, magnesium 0.015, monounsaturated fat nan, net carbs 8.2, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.027, polyunsaturated fat nan, potassium 0.11, protein 0.85, saturated fat nan, selenium nan, sodium 0.014, trans fat nan, vitamin A (IU) 496.0, vitamin A RAE 5e-05, vitamin B1 4e-05, vitamin B12 nan, vitamin B2 6e-05, vitamin B3 0.00047, vitamin B5 0.00017, vitamin B6 8e-05, vitamin C 0.0092, zinc 0.00028, choline nan, fructose 1.8, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0011, methionine nan, phenylalanine nan, starch 0.0, sugar 3.7, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E 0.0016, vitamin K 1.5e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chokecherries:

Chokecherries contains calcium 0.04, calories 156, carbs 34.0, cholesterol nan, copper 7e-05, fat 0.98, fiber 17.0, folate 1e-05, iron 0.0004, magnesium 0.021, monounsaturated fat nan, net carbs 17.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.045, polyunsaturated fat nan, potassium 0.309, protein 2.9, saturated fat nan, selenium 1.7e-06, sodium 0.002, trans fat nan, vitamin A (IU) 43.0, vitamin A RAE 2e-06, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.00067, vitamin B5 0.00033, vitamin B6 0.00019, vitamin C 0.0007, zinc 0.00019, choline nan, fructose 5.4, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00019, methionine nan, phenylalanine nan, starch 0.87, sugar 14.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.00075, vitamin K 2.9e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Rose hip:

Rose hip contains calcium 0.169, calories 162, carbs 38.0, cholesterol nan, copper 0.00011, fat 0.34, fiber 24.0, folate 3e-06, iron 0.0011, magnesium 0.069, monounsaturated fat nan, net carbs 14.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.061, polyunsaturated fat nan, potassium 0.429, protein 1.6, saturated fat nan, selenium nan, sodium 0.004, trans fat nan, vitamin A (IU) 4345.0, vitamin A RAE 0.000217, vitamin B1 2e-05, vitamin B12 nan, vitamin B2 0.00017, vitamin B3 0.0013, vitamin B5 0.0008, vitamin B6 8e-05, vitamin C 0.426, zinc 0.00025, choline 0.012, fructose 1.2, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.001, methionine nan, phenylalanine nan, starch nan, sugar 2.6, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E 0.0058, vitamin K 2.6e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Artichoke:

Artichoke contains calcium 0.044, calories 47, carbs 11.0, cholesterol 0.0, copper 0.00023, fat 0.15, fiber 5.4, folate 6.8e-05, iron 0.0013, magnesium 0.06, monounsaturated fat 0.01, net carbs 5.1, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.09, polyunsaturated fat 0.06, potassium 0.37, protein 3.3, saturated fat 0.04, selenium 2e-07, sodium 0.094, trans fat 0.0, vitamin A (IU) 13.0, vitamin A RAE 1e-06, vitamin B1 7e-05, vitamin B12 0.0, vitamin B2 7e-05, vitamin B3 0.001, vitamin B5 0.00034, vitamin B6 0.00012, vitamin C 0.012, zinc 0.00049, choline 0.034, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00026, methionine nan, phenylalanine nan, starch nan, sugar 0.99, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.00019, vitamin K 1.5e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Asparagus:

Asparagus contains calcium 0.044, calories 47, carbs 9.2, cholesterol 0.0, copper 5e-05, fat 0.1, fiber nan, folate

4.5e-05, iron 0.00098, magnesium 0.042, monounsaturated fat 0.01, net carbs 9.2, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.057, polyunsaturated fat 0.04, potassium 0.29, protein 2.5, saturated fat 0.03, selenium 1.5e-06, sodium 0.004, trans fat 0.0, vitamin A (IU) 450.0, vitamin A RAE 2.3e-05, vitamin B1 9e-05, vitamin B12 0.0, vitamin B2 0.0001, vitamin B3 0.00063, vitamin B5 5e-05, vitamin B6 2e-05, vitamin C 0.016, zinc 0.00036, choline nan, fructose nan, histidine 8e-05, isoleucine 0.00014, leucine 0.00018, lysine 0.00017, manganese 0.0002, methionine 4e-05, phenylalanine 0.00014, starch nan, sugar nan, threonine nan, tryptophan 3e-05, valine 0.00015, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-3 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Bitter gourd (*Momordica charantia*, bitter melon, balsam pear):

Bitter gourd (*Momordica charantia*, bitter melon, balsam pear) contains calcium 0.084, calories 30, carbs 3.3, cholesterol 0.0, copper 0.0002, fat 0.69, fiber nan, folate 0.000128, iron 0.002, magnesium 0.085, monounsaturated fat nan, net carbs 3.3, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.099, polyunsaturated fat nan, potassium 0.608, protein 5.3, saturated fat nan, selenium 9e-07, sodium 0.011, trans fat 0.0, vitamin A (IU) 1734.0, vitamin A RAE 8.7e-05, vitamin B1 0.00018, vitamin B12 0.0, vitamin B2 0.00036, vitamin B3 0.0011, vitamin B5 6e-05, vitamin B6 0.0008, vitamin C 0.088, zinc 0.0003, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00054, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Bamboo shoot:

Bamboo shoot contains calcium 0.013, calories 27, carbs 5.2, cholesterol 0.0, copper 0.00019, fat 0.3, fiber 2.2, folate 7e-06, iron 0.0005, magnesium 0.003, monounsaturated fat 0.01, net carbs 3.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.059, polyunsaturated fat 0.13, potassium 0.533, protein 2.6, saturated fat 0.07, selenium 8e-07, sodium 0.004, trans fat 0.0, vitamin A (IU) 20.0, vitamin A RAE 1e-06, vitamin B1 0.00015, vitamin B12 0.0, vitamin B2 7e-05, vitamin B3 0.0006, vitamin B5 0.00016, vitamin B6 0.00024, vitamin C 0.004, zinc 0.0011, choline 0.0, fructose nan, histidine 4e-05, isoleucine 9e-05, leucine 0.00014, lysine 0.00013, manganese 0.00026, methionine 3e-05, phenylalanine 9e-05, starch nan, sugar 3.0, threonine 9e-05, tryptophan 3e-05, valine 0.00011, vitamin D 0.0, vitamin E 0.001, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Green bean:

Green bean contains calcium 0.044, calories 35, carbs 7.9, cholesterol 0.0, copper 6e-05, fat 0.28, fiber 3.2, folate 3.3e-05, iron 0.00065, magnesium 0.018, monounsaturated fat 0.01, net carbs 4.7, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.029, polyunsaturated fat 0.15, potassium 0.146, protein 1.9, saturated fat 0.06, selenium 2e-07, sodium 0.001, trans fat 0.0, vitamin A (IU) 633.0, vitamin A RAE 3.2e-05, vitamin B1 7e-05, vitamin B12 0.0, vitamin B2 0.0001, vitamin B3 0.00061, vitamin B5 7e-05, vitamin B6 6e-05, vitamin C 0.0097, zinc 0.00025, choline 0.017, fructose nan, histidine 4e-05, isoleucine 7e-05, leucine 0.00012, lysine 9e-05, manganese 0.00029, methionine 2e-05, phenylalanine 7e-05, starch nan, sugar 3.6, threonine 8e-05, tryptophan 2e-05, valine 9e-05, vitamin D 0.0, vitamin E 0.00046, vitamin K 4.8e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Beetroot:

Beetroot contains calcium 0.016, calories 43, carbs 9.6, cholesterol 0.0, copper 8e-05, fat 0.17, fiber 2.8, folate 0.000109, iron 0.0008, magnesium 0.023, monounsaturated fat 0.03, net carbs 6.8, omega-3 DHA 0.0, omega-3

DPA 0.0, omega-3 EPA 0.0, phosphorus 0.04, polyunsaturated fat 0.06, potassium 0.325, protein 1.6, saturated fat 0.03, selenium 7e-07, sodium 0.078, trans fat 0.0, vitamin A (IU) 33.0, vitamin A RAE 2e-06, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 4e-05, vitamin B3 0.00033, vitamin B5 0.00016, vitamin B6 7e-05, vitamin C 0.00033, zinc 0.00035, choline 0.006, fructose nan, histidine 2e-05, isoleucine 5e-05, leucine 7e-05, lysine 6e-05, manganese 0.00033, methionine 2e-05, phenylalanine 5e-05, starch nan, sugar 6.8, threonine 5e-05, tryptophan 2e-05, valine 6e-05, vitamin D 0.0, vitamin E 4e-05, vitamin K 2e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Broad bean:

Broad bean contains calcium 0.018, calories 62, carbs 10.0, cholesterol 0.0, copper 6e-05, fat 0.5, fiber 3.6, folate 5.8e-05, iron 0.0015, magnesium 0.031, monounsaturated fat 0.02, net carbs 6.5, omega-3 DHA nan, omega-3 EPA nan, phosphorus 0.073, polyunsaturated fat 0.3, potassium 0.193, protein 4.8, saturated fat 0.14, selenium 1e-06, sodium 0.041, trans fat 0.0, vitamin A (IU) 270.0, vitamin A RAE 1.4e-05, vitamin B1 0.00013, vitamin B12 0.0, vitamin B2 9e-05, vitamin B3 0.0012, vitamin B5 7e-05, vitamin B6 3e-05, vitamin C 0.02, zinc 0.00047, choline nan, fructose nan, histidine 0.00012, isoleucine 0.00022, leucine 0.00037, lysine 0.00031, manganese 0.00026, methionine 4e-05, phenylalanine 0.0002, starch nan, sugar nan, threonine 0.00018, tryptophan 5e-05, valine 0.00024, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-3 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Broccoli:

Broccoli contains calcium 0.047, calories 34, carbs 6.6, cholesterol 0.0, copper 5e-05, fat 0.37, fiber 2.6, folate 6.3e-05, iron 0.00073, magnesium 0.021, monounsaturated fat 0.01, net carbs 4.0, omega-3 DHA 0.0, omega-3 EPA 0.0, phosphorus 0.066, polyunsaturated fat 0.04, potassium 0.316, protein 2.8, saturated fat 0.04, selenium 2.5e-06, sodium 0.033, trans fat 0.0, vitamin A (IU) 623.0, vitamin A RAE 3.1e-05, vitamin B1 7e-05, vitamin B12 0.0, vitamin B2 0.00012, vitamin B3 0.00064, vitamin B5 0.00057, vitamin B6 0.00018, vitamin C 0.089, zinc 0.00041, choline 0.019, fructose 0.68, histidine 6e-05, isoleucine 8e-05, leucine 0.00013, lysine 0.00014, manganese 0.00021, methionine 4e-05, phenylalanine 0.00012, starch 0.0, sugar 1.7, threonine 9e-05, tryptophan 3e-05, valine 0.00013, vitamin D 0.0, vitamin E 0.00078, vitamin K 0.000102, omega-3 ALA nan, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Brussels sprout:

Brussels sprout contains calcium 0.042, calories 43, carbs 9.0, cholesterol 0.0, copper 7e-05, fat 0.3, fiber 3.8, folate 6.1e-05, iron 0.0014, magnesium 0.023, monounsaturated fat 0.02, net carbs 5.2, omega-3 DHA 0.0, omega-3 EPA 0.0, phosphorus 0.069, polyunsaturated fat 153.0, potassium 0.389, protein 3.4, saturated fat 0.06, selenium 1.6e-06, sodium 0.025, trans fat 0.0, vitamin A (IU) 754.0, vitamin A RAE 3.8e-05, vitamin B1 0.00014, vitamin B12 0.0, vitamin B2 9e-05, vitamin B3 0.00075, vitamin B5 0.00031, vitamin B6 0.00022, vitamin C 0.085, zinc 0.00042, choline 0.019, fructose 0.93, histidine 8e-05, isoleucine 0.00013, leucine 0.00015, lysine 0.00015, manganese 0.00034, methionine 3e-05, phenylalanine 0.0001, starch nan, sugar 2.2, threonine 0.00012, tryptophan 4e-05, valine 0.00016, vitamin D 0.0, vitamin E 0.00088, vitamin K 0.000177, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Burdock root:

Burdock root contains calcium 0.041, calories 72, carbs 17.0, cholesterol 0.0, copper 8e-05, fat 0.15, fiber 3.3, folate 2.3e-05, iron 0.0008, magnesium 0.038, monounsaturated fat 0.04, net carbs 14.0, omega-3 DHA 0.0, omega-3 EPA 0.0, phosphorus 0.051, polyunsaturated fat 0.06, potassium 0.308, protein 1.5,

saturated fat 0.03, selenium 7e-07, sodium 0.005, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.0003, vitamin B5 0.00032, vitamin B6 0.00024, vitamin C 0.003, zinc 0.00033, choline 0.012, fructose nan, histidine 3e-05, isoleucine 3e-05, leucine 3e-05, lysine 7e-05, manganese 0.00023, methionine 1e-05, phenylalanine 3e-05, starch nan, sugar 2.9, threonine 3e-05, tryptophan 1e-05, valine 3e-05, vitamin D 0.0, vitamin E 0.00038, vitamin K 1.6e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cabbage:

Cabbage contains calcium 0.04, calories 25, carbs 5.8, cholesterol 0.0, copper 2e-05, fat 0.1, fiber 2.5, folate 4.3e-05, iron 0.00047, magnesium 0.012, monounsaturated fat 0.02, net carbs 3.3, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.026, polyunsaturated fat 0.02, potassium 0.17, protein 1.3, saturated fat 0.03, selenium 3e-07, sodium 0.018, trans fat 0.0, vitamin A (IU) 98.0, vitamin A RAE 5e-06, vitamin B1 6e-05, vitamin B12 0.0, vitamin B2 4e-05, vitamin B3 0.00023, vitamin B5 0.00021, vitamin B6 0.00012, vitamin C 0.037, zinc 0.00018, choline 0.011, fructose 1.5, histidine 2e-05, isoleucine 3e-05, leucine 4e-05, lysine 4e-05, manganese 0.00016, methionine 1e-05, phenylalanine 3e-05, starch 0.0, sugar 3.2, threonine 4e-05, tryptophan 1e-05, valine 4e-05, vitamin D 0.0, vitamin E 0.00015, vitamin K 7.6e-05, omega-3 ALA nan, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Red cabbage:

Red cabbage contains calcium 0.045, calories 31, carbs 7.4, cholesterol 0.0, copper 2e-05, fat 0.16, fiber 2.1, folate 1.8e-05, iron 0.0008, magnesium 0.016, monounsaturated fat 0.01, net carbs 5.3, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.03, polyunsaturated fat 0.08, potassium 0.243, protein 1.4, saturated fat 0.02, selenium 6e-07, sodium 0.027, trans fat 0.0, vitamin A (IU) 1116.0, vitamin A RAE 5.6e-05, vitamin B1 6e-05, vitamin B12 0.0, vitamin B2 7e-05, vitamin B3 0.00042, vitamin B5 0.00015, vitamin B6 0.00021, vitamin C 0.057, zinc 0.00022, choline 0.017, fructose 1.5, histidine 2e-05, isoleucine 3e-05, leucine 5e-05, lysine 5e-05, manganese 0.00024, methionine 1e-05, phenylalanine 4e-05, starch 0.0, sugar 3.8, threonine 4e-05, tryptophan 1e-05, valine 5e-05, vitamin D 0.0, vitamin E 0.00011, vitamin K 3.8e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Savoy cabbage:

Savoy cabbage contains calcium 0.035, calories 27, carbs 6.1, cholesterol 0.0, copper 6e-05, fat 0.1, fiber 3.1, folate 8e-05, iron 0.0004, magnesium 0.028, monounsaturated fat 0.01, net carbs 3.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.042, polyunsaturated fat 0.05, potassium 0.23, protein 2.0, saturated fat 0.01, selenium 9e-07, sodium 0.028, trans fat 0.0, vitamin A (IU) 1000.0, vitamin A RAE 5e-05, vitamin B1 7e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.0003, vitamin B5 0.00019, vitamin B6 0.00019, vitamin C 0.031, zinc 0.00027, choline 0.012, fructose nan, histidine 4e-05, isoleucine 0.0001, leucine 0.0001, lysine 9e-05, manganese 0.00018, methionine 2e-05, phenylalanine 6e-05, starch nan, sugar 2.3, threonine 7e-05, tryptophan 2e-05, valine 9e-05, vitamin D 0.0, vitamin E 0.00017, vitamin K 6.9e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chinese cabbage:

Chinese cabbage contains calcium 0.105, calories 13, carbs 2.2, cholesterol 0.0, copper 2e-05, fat 0.2, fiber 1.0, folate 6.6e-05, iron 0.0008, magnesium 0.019, monounsaturated fat 0.02, net carbs 1.2, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.037, polyunsaturated fat 0.1, potassium 0.252, protein 1.5, saturated fat 0.03, selenium 5e-07, sodium 0.065, trans fat 0.0, vitamin A (IU) 4468.0, vitamin A RAE 0.000223,

vitamin B1 4e-05, vitamin B12 0.0, vitamin B2 7e-05, vitamin B3 0.0005, vitamin B5 9e-05, vitamin B6 0.0001, vitamin C 0.045, zinc 0.00019, choline 0.0064, fructose nan, histidine 3e-05, isoleucine 9e-05, leucine 9e-05, manganese 0.00016, methionine 1e-05, phenylalanine 4e-05, starch nan, sugar 1.2, threonine 5e-05, tryptophan 2e-05, valine 7e-05, vitamin D 0.0, vitamin E 9e-05, vitamin K 4.6e-05, omega-3 ALA nan, omega-3 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Carrot:

Carrot contains calcium 0.033, calories 41, carbs 9.6, cholesterol 0.0, copper 5e-05, fat 0.24, fiber 2.8, folate 1.9e-05, iron 0.0003, magnesium 0.012, monounsaturated fat 0.01, net carbs 6.8, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.035, polyunsaturated fat 0.12, potassium 0.32, protein 0.93, saturated fat 0.04, selenium 1e-07, sodium 0.069, trans fat 0.0, vitamin A (IU) 16706.0, vitamin A RAE 0.000835, vitamin B1 7e-05, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.00098, vitamin B5 0.00027, vitamin B6 0.00014, vitamin C 0.0059, zinc 0.00024, choline 0.0088, fructose 0.55, histidine 4e-05, isoleucine 8e-05, leucine 0.0001, lysine 0.0001, manganese 0.00014, methionine 2e-05, phenylalanine 6e-05, starch 1.4, sugar 4.7, threonine 0.00019, tryptophan 1e-05, valine 7e-05, vitamin D 0.0, vitamin E 0.00066, vitamin K 1.3e-05, omega-3 ALA nan, omega-3 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cassava:

Cassava contains calcium 0.016, calories 160, carbs 38.0, cholesterol 0.0, copper 0.0001, fat 0.28, fiber 1.8, folate 2.7e-05, iron 0.00027, magnesium 0.021, monounsaturated fat 0.08, net carbs 36.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.027, polyunsaturated fat 0.05, potassium 0.271, protein 1.4, saturated fat 0.07, selenium 7e-07, sodium 0.014, trans fat 0.0, vitamin A (IU) 13.0, vitamin A RAE 1e-06, vitamin B1 9e-05, vitamin B12 0.0, vitamin B2 5e-05, vitamin B3 0.00085, vitamin B5 0.00011, vitamin B6 9e-05, vitamin C 0.021, zinc 0.00034, choline 0.024, fructose nan, histidine 2e-05, isoleucine 3e-05, leucine 4e-05, lysine 4e-05, manganese 0.00038, methionine 1e-05, phenylalanine 3e-05, starch nan, sugar 1.7, threonine 3e-05, tryptophan 2e-05, valine 4e-05, vitamin D 0.0, vitamin E 0.00019, vitamin K 1.9e-06, omega-3 ALA nan, omega-3 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cauliflower:

Cauliflower contains calcium 0.022, calories 25, carbs 5.0, cholesterol 0.0, copper 4e-05, fat 0.28, fiber 2.0, folate 5.7e-05, iron 0.00042, magnesium 0.015, monounsaturated fat 0.03, net carbs 3.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.044, polyunsaturated fat 0.03, potassium 0.299, protein 1.9, saturated fat 0.13, selenium 6e-07, sodium 0.03, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 5e-05, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.00051, vitamin B5 0.00067, vitamin B6 0.00018, vitamin C 0.048, zinc 0.00027, choline 0.044, fructose 0.97, histidine 6e-05, isoleucine 7e-05, leucine 0.00011, lysine 0.00022, manganese 0.00016, methionine 2e-05, phenylalanine 7e-05, starch nan, sugar 1.9, threonine 8e-05, tryptophan 2e-05, valine 0.00013, vitamin D 0.0, vitamin E 8e-05, vitamin K 1.6e-05, omega-3 ALA 0.02, omega-3 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.0, omega-6 dihomogamma-linoleic acid 0.0, omega-6 linoleic acid 0.01, omega-6 arachidonic acid nan.

Celeriac:

Celeriac contains calcium 0.043, calories 42, carbs 9.2, cholesterol 0.0, copper 7e-05, fat 0.3, fiber 1.8, folate 8e-06, iron 0.0007, magnesium 0.02, monounsaturated fat 0.06, net carbs 7.4, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.115, polyunsaturated fat 0.15, potassium 0.3, protein 1.5, saturated fat 0.08, selenium 7e-07, sodium 0.1, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 5e-05, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.0007, vitamin B5 0.00035, vitamin B6 0.00017, vitamin C 0.008, zinc 0.00033,

choline 0.009, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00016, m nan, phenylalanine nan, starch nan, sugar 1.6, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.00036, vitamin K 4.1e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Celtuce:

Celtuce contains calcium 0.039, calories 18, carbs 3.7, cholesterol 0.0, copper 4e-05, fat 0.3, fiber 1.7, folate 4.6e-05, iron 0.00055, magnesium 0.028, monounsaturated fat nan, net carbs 2.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.039, polyunsaturated fat nan, potassium 0.33, protein 0.85, saturated fat nan, selenium 9e-07, sodium 0.011, trans fat 0.0, vitamin A (IU) 3500.0, vitamin A RAE 0.000175, vitamin B1 6e-05, vitamin B12 0.0, vitamin B2 7e-05, vitamin B3 0.00055, vitamin B5 0.00018, vitamin B6 5e-05, vitamin C 0.02, zinc 0.00027, choline nan, fructose nan, histidine 2e-05, isoleucine 6e-05, leucine 5e-05, lysine 6e-05, manganese 0.00069, methionine 1e-05, phenylalanine 4e-05, starch nan, sugar nan, threonine 4e-05, tryptophan 1e-05, valine 5e-05, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chayote:

Chayote contains calcium 0.017, calories 19, carbs 4.5, cholesterol 0.0, copper 0.00012, fat 0.13, fiber 1.7, folate 9.3e-05, iron 0.00034, magnesium 0.012, monounsaturated fat 0.01, net carbs 2.8, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.018, polyunsaturated fat 0.06, potassium 0.125, protein 0.82, saturated fat 0.03, selenium 2e-07, sodium 0.002, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.00047, vitamin B5 0.00025, vitamin B6 8e-05, vitamin C 0.0077, zinc 0.00074, choline 0.0092, fructose nan, histidine 2e-05, isoleucine 4e-05, leucine 8e-05, lysine 4e-05, manganese 0.00019, methionine 0.0, phenylalanine 5e-05, starch nan, sugar 1.7, threonine 4e-05, tryptophan 1e-05, valine 6e-05, vitamin D 0.0, vitamin E 0.00012, vitamin K 4.1e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chicory:

Chicory contains calcium 0.019, calories 17, carbs 4.0, cholesterol 0.0, copper 5e-05, fat 0.1, fiber 3.1, folate 3.7e-05, iron 0.00024, magnesium 0.01, monounsaturated fat 0.0, net carbs 0.9, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.026, polyunsaturated fat 0.04, potassium 0.211, protein 0.9, saturated fat 0.02, selenium 2e-07, sodium 0.002, trans fat 0.0, vitamin A (IU) 29.0, vitamin A RAE 1e-06, vitamin B1 6e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.00016, vitamin B5 0.00015, vitamin B6 4e-05, vitamin C 0.0028, zinc 0.00016, choline nan, fructose nan, histidine 2e-05, isoleucine 5e-05, leucine 4e-05, lysine 4e-05, manganese 0.0001, methionine 1e-05, phenylalanine 2e-05, starch nan, sugar nan, threonine 3e-05, tryptophan 2e-05, valine 4e-05, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Corn:

Corn contains calcium 0.003, calories 96, carbs 21.0, cholesterol 0.0, copper 5e-05, fat 1.5, fiber 2.4, folate 2.3e-05, iron 0.00045, magnesium 0.026, monounsaturated fat 0.37, net carbs 19.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.077, polyunsaturated fat 0.6, potassium 0.218, protein 3.4, saturated fat 0.2, selenium 2e-07, sodium 0.001, trans fat 0.0, vitamin A (IU) 263.0, vitamin A RAE 1.3e-05, vitamin B1 9e-05, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.0017, vitamin B5 0.00079, vitamin B6 0.00014, vitamin C 0.0055, zinc 0.00062, choline 0.029, fructose 0.79, histidine 9e-05, isoleucine 0.00013, leucine 0.00036, lysine 0.00014,

manganese 0.00017, methionine 7e-05, phenylalanine 0.00016, starch 7.2, sugar 4.5, threonine 0.00013, tryptophan 2e-05, valine 0.00019, vitamin D 0.0, vitamin E 9e-05, vitamin K 4e-07, omega-3 ALA nan, omega-3 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Yardlong beans:

Yardlong beans contains calcium 0.044, calories 47, carbs 9.2, cholesterol 0.0, copper 5e-05, fat 0.1, fiber nan, folate 4.5e-05, iron 0.00098, magnesium 0.042, monounsaturated fat 0.01, net carbs 9.2, omega-3 DHA nan, omega-3 EPA nan, phosphorus 0.057, polyunsaturated fat 0.04, potassium 0.29, protein 2.5, saturated fat 0.03, selenium 1.5e-06, sodium 0.004, trans fat 0.0, vitamin A (IU) 450.0, vitamin A RAE 2.3e-05, vitamin B1 9e-05, vitamin B12 0.0, vitamin B2 0.0001, vitamin B3 0.00063, vitamin B5 5e-05, vitamin B6 2e-05, vitamin C 0.016, zinc 0.00036, choline nan, fructose nan, histidine 8e-05, isoleucine 0.00014, leucine 0.00018, lysine 0.00017, manganese 0.0002, methionine 4e-05, phenylalanine 0.00014, starch nan, sugar nan, threonine 9e-05, tryptophan 3e-05, valine 0.00015, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cucumber:

Cucumber contains calcium 0.016, calories 15, carbs 3.6, cholesterol 0.0, copper 4e-05, fat 0.11, fiber 0.5, folate 7e-06, iron 0.00028, magnesium 0.013, monounsaturated fat 0.01, net carbs 3.1, omega-3 DHA 0.0, omega-3 EPA 0.0, phosphorus 0.024, polyunsaturated fat 0.03, potassium 0.147, protein 0.65, saturated fat 0.04, selenium 3e-07, sodium 0.002, trans fat 0.0, vitamin A (IU) 105.0, vitamin A RAE 5e-06, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.0001, vitamin B5 0.00026, vitamin B6 4e-05, vitamin C 0.0028, zinc 0.0002, choline 0.006, fructose 0.87, histidine 1e-05, isoleucine 2e-05, leucine 3e-05, lysine 3e-05, manganese 8e-05, methionine 1e-05, phenylalanine 2e-05, starch 0.83, sugar 1.7, threonine 2e-05, tryptophan 1e-05, valine 2e-05, vitamin D 0.0, vitamin E 3e-05, vitamin K 1.6e-05, omega-3 ALA nan, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Eggplant:

Eggplant contains calcium 0.009, calories 25, carbs 5.9, cholesterol 0.0, copper 8e-05, fat 0.18, fiber 3.0, folate 2.2e-05, iron 0.00023, magnesium 0.014, monounsaturated fat 0.02, net carbs 2.9, omega-3 DHA 0.0, omega-3 EPA 0.0, phosphorus 0.024, polyunsaturated fat 0.08, potassium 0.229, protein 0.98, saturated fat 0.03, selenium 3e-07, sodium 0.002, trans fat 0.0, vitamin A (IU) 23.0, vitamin A RAE 1e-06, vitamin B1 4e-05, vitamin B12 0.0, vitamin B2 4e-05, vitamin B3 0.00065, vitamin B5 0.00028, vitamin B6 8e-05, vitamin C 0.0022, zinc 0.00016, choline 0.0069, fructose 1.5, histidine 2e-05, isoleucine 5e-05, leucine 6e-05, lysine 5e-05, manganese 0.00023, methionine 1e-05, phenylalanine 4e-05, starch nan, sugar 3.5, threonine 4e-05, tryptophan 1e-05, valine 5e-05, vitamin D 0.0, vitamin E 0.0003, vitamin K 3.5e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Edamame:

Edamame contains calcium 0.063, calories 121, carbs 8.9, cholesterol 0.0, copper 0.00035, fat 5.2, fiber 5.2, folate 0.000311, iron 0.0023, magnesium 0.064, monounsaturated fat 1.3, net carbs 3.7, omega-3 DHA 0.0, omega-3 EPA 0.0, phosphorus 0.169, polyunsaturated fat 2.2, potassium 0.436, protein 12.0, saturated fat 0.62, selenium 8e-07, sodium 0.006, trans fat 0.01, vitamin A (IU) 298.0, vitamin A RAE 1.5e-05, vitamin B1 0.0002, vitamin B12 0.0, vitamin B2 0.00016, vitamin B3 0.00092, vitamin B5 0.0004, vitamin B6 0.0001, vitamin C 0.0061, zinc 0.0014, choline 0.056, fructose 0.12, histidine 0.00027, isoleucine 0.0003, leucine 0.00075, lysine 0.00075, manganese 0.001, methionine 0.00014, phenylalanine 0.00049, starch 1.5, sugar 2.2, threonine 0.00033,

tryptophan 0.00013, valine 0.00032, vitamin D 0.0, vitamin E 0.00068, vitamin K 2.7e-05, omega-3 ALA 0.0, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.0, omega-6 dihomo-gamma-linoleic acid 0.0, omega-6 linoleic acid 1.8, omega-6 arachidonic acid nan.

Endive:

Endive contains calcium 0.052, calories 17, carbs 3.4, cholesterol 0.0, copper 0.0001, fat 0.2, fiber 3.1, folate 0.000142, iron 0.00083, magnesium 0.015, monounsaturated fat 0.0, net carbs 0.25, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.028, polyunsaturated fat 0.09, potassium 0.314, protein 1.3, saturated fat 0.05, selenium 2e-07, sodium 0.022, trans fat 0.0, vitamin A (IU) 2167.0, vitamin A RAE 0.000108, vitamin B1 8e-05, vitamin B12 0.0, vitamin B2 8e-05, vitamin B3 0.0004, vitamin B5 0.0009, vitamin B6 2e-05, vitamin C 0.0065, zinc 0.00079, choline 0.017, fructose nan, histidine 2e-05, isoleucine 7e-05, leucine 0.0001, lysine 6e-05, manganese 0.00042, methionine 1e-05, phenylalanine 5e-05, starch nan, sugar 0.25, threonine 5e-05, tryptophan 1e-05, valine 6e-05, vitamin D 0.0, vitamin E 0.00044, vitamin K 0.000231, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Garlic:

Garlic contains calcium 0.181, calories 149, carbs 33.0, cholesterol 0.0, copper 0.0003, fat 0.5, fiber 2.1, folate 3e-06, iron 0.0017, magnesium 0.025, monounsaturated fat 0.01, net carbs 31.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.153, polyunsaturated fat 0.25, potassium 0.401, protein 6.4, saturated fat 0.09, selenium 1.4e-05, sodium 0.017, trans fat 0.0, vitamin A (IU) 9.0, vitamin A RAE 0.0, vitamin B1 0.0002, vitamin B12 0.0, vitamin B2 0.00011, vitamin B3 0.0007, vitamin B5 0.0006, vitamin B6 0.0012, vitamin C 0.031, zinc 0.0012, choline 0.023, fructose nan, histidine 0.00011, isoleucine 0.00022, leucine 0.00031, lysine 0.00027, manganese 0.0017, methionine 8e-05, phenylalanine 0.00018, starch nan, sugar 1.0, threonine 0.00016, tryptophan 7e-05, valine 0.00029, vitamin D 0.0, vitamin E 8e-05, vitamin K 1.7e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Ginger:

Ginger contains calcium 0.016, calories 80, carbs 18.0, cholesterol 0.0, copper 0.00023, fat 0.75, fiber 2.0, folate 1.1e-05, iron 0.0006, magnesium 0.043, monounsaturated fat 0.15, net carbs 16.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.034, polyunsaturated fat 0.15, potassium 0.415, protein 1.8, saturated fat 0.2, selenium 7e-07, sodium 0.013, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.00075, vitamin B5 0.0002, vitamin B6 0.00016, vitamin C 0.005, zinc 0.00034, choline 0.029, fructose nan, histidine 3e-05, isoleucine 5e-05, leucine 7e-05, lysine 6e-05, manganese 0.00023, methionine 1e-05, phenylalanine 5e-05, starch nan, sugar 1.7, threonine 4e-05, tryptophan 1e-05, valine 7e-05, vitamin D 0.0, vitamin E 0.00026, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Jerusalem artichoke:

Jerusalem artichoke contains calcium 0.014, calories 73, carbs 17.0, cholesterol 0.0, copper 0.00014, fat 0.01, fiber 1.6, folate 1.3e-05, iron 0.0034, magnesium 0.017, monounsaturated fat 0.0, net carbs 16.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.078, polyunsaturated fat 0.0, potassium 0.429, protein 2.0, saturated fat 0.0, selenium 7e-07, sodium 0.004, trans fat 0.0, vitamin A (IU) 20.0, vitamin A RAE 1e-06, vitamin B1 0.0002, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.0013, vitamin B5 0.0004, vitamin B6 8e-05, vitamin C 0.004, zinc 0.00012, choline 0.03, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 6e-05, methionine nan, phenylalanine nan, starch nan, sugar 9.6, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.00019, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6

gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Kanpyo:

Kanpyo contains calcium 0.28, calories 258, carbs 65.0, cholesterol 0.0, copper 0.00043, fat 0.56, fiber 9.8, folate 6.1e-05, iron 0.0051, magnesium 0.125, monounsaturated fat 0.1, net carbs 55.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.188, polyunsaturated fat 0.24, potassium 1.582, protein 8.6, saturated fat 0.05, selenium 2.6e-06, sodium 0.015, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE nan, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 4e-05, vitamin B3 0.0029, vitamin B5 0.0026, vitamin B6 0.00053, vitamin C 0.0002, zinc 0.0059, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0011, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Kohlrabi:

Kohlrabi contains calcium 0.024, calories 27, carbs 6.2, cholesterol 0.0, copper 0.00013, fat 0.1, fiber 3.6, folate 1.6e-05, iron 0.0004, magnesium 0.019, monounsaturated fat 0.01, net carbs 2.6, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.046, polyunsaturated fat 0.05, potassium 0.35, protein 1.7, saturated fat 0.01, selenium 7e-07, sodium 0.02, trans fat 0.0, vitamin A (IU) 36.0, vitamin A RAE 2e-06, vitamin B1 5e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.0004, vitamin B5 0.00017, vitamin B6 0.00015, vitamin C 0.062, zinc 3e-05, choline 0.012, fructose nan, histidine 2e-05, isoleucine 8e-05, leucine 7e-05, lysine 6e-05, manganese 0.00014, methionine 1e-05, phenylalanine 4e-05, starch nan, sugar 2.6, threonine 5e-05, tryptophan 1e-05, valine 5e-05, vitamin D 0.0, vitamin E 0.00048, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Lotus root:

Lotus root contains calcium 0.045, calories 74, carbs 17.0, cholesterol 0.0, copper 0.00026, fat 0.1, fiber 4.9, folate 1.3e-05, iron 0.0012, magnesium 0.023, monounsaturated fat 0.02, net carbs 12.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.1, polyunsaturated fat 0.02, potassium 0.556, protein 2.6, saturated fat 0.03, selenium 7e-07, sodium 0.04, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00016, vitamin B12 0.0, vitamin B2 0.00022, vitamin B3 0.0004, vitamin B5 0.00038, vitamin B6 0.00026, vitamin C 0.044, zinc 0.00039, choline nan, fructose nan, histidine 4e-05, isoleucine 5e-05, leucine 7e-05, lysine 9e-05, manganese 0.00026, methionine 2e-05, phenylalanine 5e-05, starch nan, sugar nan, threonine 5e-05, tryptophan 2e-05, valine 6e-05, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Red leaf lettuce:

Red leaf lettuce contains calcium 0.033, calories 16, carbs 2.3, cholesterol 0.0, copper 3e-05, fat 0.22, fiber 0.9, folate 3.6e-05, iron 0.0012, magnesium 0.012, monounsaturated fat 0.01, net carbs 1.4, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.028, polyunsaturated fat 0.07, potassium 0.187, protein 1.3, saturated fat 0.02, selenium 1.5e-06, sodium 0.025, trans fat 0.0, vitamin A (IU) 7492.0, vitamin A RAE 0.000375, vitamin B1 6e-05, vitamin B12 0.0, vitamin B2 8e-05, vitamin B3 0.00032, vitamin B5 0.00014, vitamin B6 0.0001, vitamin C 0.0037, zinc 0.0002, choline 0.012, fructose 0.28, histidine 2e-05, isoleucine 4e-05, leucine 7e-05, lysine 5e-05, manganese 0.0002, methionine 2e-05, phenylalanine 7e-05, starch 0.0, sugar 0.48, threonine 5e-05, tryptophan 2e-05, valine 5e-05, vitamin D 0.0, vitamin E 0.00015, vitamin K 0.00014, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6

dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Okra:

Okra contains calcium 0.082, calories 33, carbs 7.5, cholesterol 0.0, copper 0.00011, fat 0.19, fiber 3.2, folate 6e-05, iron 0.00062, magnesium 0.057, monounsaturated fat 0.02, net carbs 4.3, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.061, polyunsaturated fat 0.03, potassium 0.299, protein 1.9, saturated fat 0.03, selenium 7e-07, sodium 0.007, trans fat 0.0, vitamin A (IU) 716.0, vitamin A RAE 3.6e-05, vitamin B1 0.0002, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.001, vitamin B5 0.00025, vitamin B6 0.00022, vitamin C 0.023, zinc 0.00058, choline 0.012, fructose 0.57, histidine 3e-05, isoleucine 7e-05, leucine 0.00011, lysine 8e-05, manganese 0.00079, methionine 2e-05, phenylalanine 7e-05, starch 0.34, sugar 1.5, threonine 7e-05, tryptophan 2e-05, valine 9e-05, vitamin D 0.0, vitamin E 0.00027, vitamin K 3.1e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Onion:

Onion contains calcium 0.023, calories 40, carbs 9.3, cholesterol 0.0, copper 4e-05, fat 0.1, fiber 1.7, folate 1.9e-05, iron 0.00021, magnesium 0.01, monounsaturated fat 0.01, net carbs 7.6, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.029, polyunsaturated fat 0.02, potassium 0.146, protein 1.1, saturated fat 0.04, selenium 5e-07, sodium 0.004, trans fat 0.0, vitamin A (IU) 2.0, vitamin A RAE 0.0, vitamin B1 5e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.00012, vitamin B5 0.00012, vitamin B6 0.00012, vitamin C 0.0074, zinc 0.00017, choline 0.0061, fructose 1.3, histidine 1e-05, isoleucine 1e-05, leucine 3e-05, lysine 4e-05, manganese 0.00013, methionine 0.0, phenylalanine 3e-05, starch 0.0, sugar 4.2, threonine 2e-05, tryptophan 1e-05, valine 2e-05, vitamin D 0.0, vitamin E 2e-05, vitamin K 4e-07, omega-3 ALA nan, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Sweet onion:

Sweet onion contains calcium 0.02, calories 32, carbs 7.6, cholesterol 0.0, copper 6e-05, fat 0.08, fiber 0.9, folate 2.3e-05, iron 0.00026, magnesium 0.009, monounsaturated fat nan, net carbs 6.7, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.027, polyunsaturated fat nan, potassium 0.119, protein 0.8, saturated fat nan, selenium 5e-07, sodium 0.008, trans fat 0.0, vitamin A (IU) 1.0, vitamin A RAE 0.0, vitamin B1 4e-05, vitamin B12 nan, vitamin B2 2e-05, vitamin B3 0.00013, vitamin B5 0.0001, vitamin B6 0.00013, vitamin C 0.0048, zinc 0.00013, choline 0.0055, fructose 2.0, histidine 1e-05, isoleucine 1e-05, leucine 3e-05, lysine 3e-05, manganese 8e-05, methionine 1e-05, phenylalanine 2e-05, starch 0.0, sugar 5.0, threonine 2e-05, tryptophan 1e-05, valine 2e-05, vitamin D 0.0, vitamin E 2e-05, vitamin K 3e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Onion rings:

Onion rings contains calcium 0.031, calories 276, carbs 34.0, cholesterol 0.0, copper 7e-05, fat 14.0, fiber 2.2, folate 3.3e-05, iron 0.0013, magnesium 0.017, monounsaturated fat 3.0, net carbs 32.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.071, polyunsaturated fat 7.6, potassium 0.123, protein 4.1, saturated fat 2.1, selenium 5.6e-06, sodium 0.37, trans fat 0.05, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00019, vitamin B12 0.0, vitamin B2 0.00012, vitamin B3 0.0013, vitamin B5 0.00029, vitamin B6 0.00012, vitamin C 0.0016, zinc 0.00042, choline 0.011, fructose 1.3, histidine 0.00011, isoleucine 0.00021, leucine 0.00035, lysine 0.00015, manganese 0.00035, methionine 8e-05, phenylalanine 0.00024, starch 26.0, sugar 5.1, threonine 0.00015, tryptophan 7e-05, valine 0.00022, vitamin D 0.0, vitamin E 0.00046, vitamin K 3.4e-05, omega-3 ALA 0.79, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.05, omega-3 eicosatrienoic acid 0.0, omega-6 dihomogamma-linoleic acid 0.0, omega-6 linoleic acid 6.3, omega-6 arachidonic acid nan.

Parsnip:

Parsnip contains calcium 0.036, calories 75, carbs 18.0, cholesterol 0.0, copper 0.00012, fat 0.3, fiber 4.9, folate 6.7e-05, iron 0.00059, magnesium 0.029, monounsaturated fat 0.11, net carbs 13.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.071, polyunsaturated fat 0.05, potassium 0.375, protein 1.2, saturated fat 0.05, selenium 1.8e-06, sodium 0.01, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 9e-05, vitamin B12 0.0, vitamin B2 5e-05, vitamin B3 0.0007, vitamin B5 0.0006, vitamin B6 9e-05, vitamin C 0.017, zinc 0.00059, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00056, methionine nan, phenylalanine nan, starch nan, sugar 4.8, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0015, vitamin K 2.3e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pea:

Pea contains calcium 0.027, calories 84, carbs 16.0, cholesterol 0.0, copper 0.00017, fat 0.22, fiber 5.5, folate 6.3e-05, iron 0.0015, magnesium 0.039, monounsaturated fat 0.02, net carbs 10.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.117, polyunsaturated fat 0.1, potassium 0.271, protein 5.4, saturated fat 0.04, selenium 1.9e-06, sodium 0.003, trans fat 0.0, vitamin A (IU) 801.0, vitamin A RAE 4e-05, vitamin B1 0.00026, vitamin B12 0.0, vitamin B2 0.00015, vitamin B3 0.002, vitamin B5 0.153, vitamin B6 0.00022, vitamin C 0.014, zinc 0.0012, choline 0.03, fructose 0.41, histidine 0.00011, isoleucine 0.00019, leucine 0.00032, lysine 0.00031, manganese 0.00053, methionine 8e-05, phenylalanine 0.0002, starch nan, sugar 5.9, threonine 0.0002, tryptophan 4e-05, valine 0.00023, vitamin D 0.0, vitamin E 0.00014, vitamin K 2.6e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Bell pepper:

Bell pepper contains calcium 0.01, calories 20, carbs 4.6, cholesterol 0.0, copper 7e-05, fat 0.17, fiber 1.7, folate 1e-05, iron 0.00034, magnesium 0.01, monounsaturated fat 0.01, net carbs 2.9, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.02, polyunsaturated fat 0.06, potassium 0.175, protein 0.86, saturated fat 0.06, selenium 0.0, sodium 0.003, trans fat 0.0, vitamin A (IU) 370.0, vitamin A RAE 1.8e-05, vitamin B1 6e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.00048, vitamin B5 0.0001, vitamin B6 0.00022, vitamin C 0.08, zinc 0.00013, choline 0.0055, fructose 1.1, histidine 1e-05, isoleucine 2e-05, leucine 4e-05, lysine 4e-05, manganese 0.00012, methionine 1e-05, phenylalanine 9e-05, starch 0.0, sugar 2.4, threonine 4e-05, tryptophan 1e-05, valine 4e-05, vitamin D 0.0, vitamin E 0.00037, vitamin K 7.4e-06, omega-3 ALA nan, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Russet potato:

Russet potato contains calcium 0.018, calories 97, carbs 21.0, cholesterol 0.0, copper 0.00011, fat 0.13, fiber 2.3, folate 2.6e-05, iron 0.0011, magnesium 0.03, monounsaturated fat 0.0, net carbs 19.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.071, polyunsaturated fat 0.05, potassium 0.55, protein 2.6, saturated fat 0.03, selenium 5e-07, sodium 0.014, trans fat 0.0, vitamin A (IU) 10.0, vitamin A RAE 1e-06, vitamin B1 7e-05, vitamin B12 0.0, vitamin B2 5e-05, vitamin B3 0.0013, vitamin B5 0.00038, vitamin B6 0.00035, vitamin C 0.0083, zinc 0.00035, choline 0.015, fructose 0.32, histidine 4e-05, isoleucine 9e-05, leucine 0.00013, lysine 0.00014, manganese 0.00023, methionine 4e-05, phenylalanine 0.0001, starch 17.0, sugar 1.1, threonine 9e-05, tryptophan 3e-05, valine 0.00013, vitamin D 0.0, vitamin E 7e-05, vitamin K 2e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Red potato:

Red potato contains calcium 0.009, calories 89, carbs 20.0, cholesterol 0.0, copper 0.00017, fat 0.15, fiber 1.8, folate 2.7e-05, iron 0.0007, magnesium 0.028, monounsaturated fat 0.0, net carbs 18.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.072, polyunsaturated fat 0.04, potassium 0.545, protein 2.3, saturated fat 0.03, selenium nan, sodium 0.012, trans fat 0.0, vitamin A (IU) 10.0, vitamin A RAE 1e-06, vitamin B1 7e-05, vitamin B12 0.0, vitamin B2 5e-05, vitamin B3 0.0016, vitamin B5 0.00034, vitamin B6 0.00021, vitamin C 0.013, zinc 0.0004, choline 0.019, fructose 0.44, histidine 4e-05, isoleucine 7e-05, leucine 0.00011, lysine 0.00012, manganese 0.00017, methionine 4e-05, phenylalanine 9e-05, starch 15.0, sugar 1.4, threonine 8e-05, tryptophan 2e-05, valine 0.00012, vitamin D 0.0, vitamin E 8e-05, vitamin K 2.8e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pumpkin flowers:

Pumpkin flowers contains calcium 0.039, calories 15, carbs 3.3, cholesterol 0.0, copper nan, fat 0.07, fiber nan, folate 5.9e-05, iron 0.0007, magnesium 0.024, monounsaturated fat 0.01, net carbs 3.3, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.049, polyunsaturated fat 0.0, potassium 0.173, protein 1.0, saturated fat 0.04, selenium 7e-07, sodium 0.005, trans fat 0.0, vitamin A (IU) 1947.0, vitamin A RAE 9.7e-05, vitamin B1 4e-05, vitamin B12 0.0, vitamin B2 8e-05, vitamin B3 0.00069, vitamin B5 nan, vitamin B6 nan, vitamin C 0.028, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pumpkin:

Pumpkin contains calcium 0.015, calories 20, carbs 4.9, cholesterol 0.0, copper 9e-05, fat 0.07, fiber 1.1, folate 9e-06, iron 0.00057, magnesium 0.009, monounsaturated fat 0.01, net carbs 3.8, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.03, polyunsaturated fat 0.0, potassium 0.23, protein 0.72, saturated fat 0.04, selenium 2e-07, sodium 0.001, trans fat 0.0, vitamin A (IU) 5755.0, vitamin A RAE 0.000288, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 8e-05, vitamin B3 0.00041, vitamin B5 0.0002, vitamin B6 4e-05, vitamin C 0.0047, zinc 0.00023, choline 0.0062, fructose nan, histidine 1e-05, isoleucine 2e-05, leucine 3e-05, lysine 4e-05, manganese 9e-05, methionine 1e-05, phenylalanine 2e-05, starch nan, sugar 2.1, threonine 2e-05, tryptophan 1e-05, valine 3e-05, vitamin D 0.0, vitamin E 0.0008, vitamin K 8e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Radish:

Radish contains calcium 0.025, calories 16, carbs 3.4, cholesterol 0.0, copper 5e-05, fat 0.1, fiber 1.6, folate 2.5e-05, iron 0.00034, magnesium 0.01, monounsaturated fat 0.02, net carbs 1.8, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.02, polyunsaturated fat 0.05, potassium 0.233, protein 0.68, saturated fat 0.03, selenium 6e-07, sodium 0.039, trans fat 0.0, vitamin A (IU) 7.0, vitamin A RAE 0.0, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 4e-05, vitamin B3 0.00025, vitamin B5 0.00017, vitamin B6 7e-05, vitamin C 0.015, zinc 0.00028, choline 0.0065, fructose 0.71, histidine 1e-05, isoleucine 2e-05, leucine 3e-05, lysine 3e-05, manganese 7e-05, methionine 1e-05, phenylalanine 4e-05, starch 0.0, sugar 1.9, threonine 2e-05, tryptophan 1e-05, valine 4e-05, vitamin D 0.0, vitamin E 0.0, vitamin K 1.3e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Daikon:

Daikon contains calcium 0.027, calories 18, carbs 4.1, cholesterol 0.0, copper 0.00012, fat 0.1, fiber 1.6, folate

2.8e-05, iron 0.0004, magnesium 0.016, monounsaturated fat 0.02, net carbs 2.5, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 DPA 0.0, phosphorus 0.023, polyunsaturated fat 0.05, potassium 0.227, protein 0.6, saturated fat 0.03, selenium 7e-07, sodium 0.021, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.0002, vitamin B5 0.00014, vitamin B6 5e-05, vitamin C 0.022, zinc 0.00015, choline 0.0073, fructose nan, histidine 1e-05, isoleucine 3e-05, leucine 3e-05, lysine 3e-05, manganese 4e-05, methionine 1e-05, phenylalanine 2e-05, starch nan, sugar 2.5, threonine 3e-05, tryptophan 0.0, valine 0.0, vitamin D 0.0, vitamin E 0.0, vitamin K 3e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Rutabagas:

Rutabagas contains calcium 0.043, calories 37, carbs 8.6, cholesterol 0.0, copper 3e-05, fat 0.16, fiber 2.3, folate 2.1e-05, iron 0.00044, magnesium 0.02, monounsaturated fat 0.03, net carbs 6.3, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 DPA 0.0, phosphorus 0.053, polyunsaturated fat 0.09, potassium 0.305, protein 1.1, saturated fat 0.03, selenium 7e-07, sodium 0.012, trans fat 0.0, vitamin A (IU) 2.0, vitamin A RAE 0.0, vitamin B1 9e-05, vitamin B12 0.0, vitamin B2 4e-05, vitamin B3 0.0007, vitamin B5 0.00016, vitamin B6 0.0001, vitamin C 0.025, zinc 0.00024, choline 0.014, fructose 1.6, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00013, methionine nan, phenylalanine nan, starch 0.4, sugar 4.5, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0003, vitamin K 3e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Salsify:

Salsify contains calcium 0.047, calories 68, carbs 15.0, cholesterol 0.0, copper 7e-05, fat 0.17, fiber 3.1, folate 1.5e-05, iron 0.00055, magnesium 0.018, monounsaturated fat 0.0, net carbs 12.0, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 DPA 0.0, phosphorus 0.056, polyunsaturated fat 0.07, potassium 0.283, protein 2.7, saturated fat 0.04, selenium 6e-07, sodium 0.016, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 6e-05, vitamin B12 0.0, vitamin B2 0.00017, vitamin B3 0.00039, vitamin B5 0.00028, vitamin B6 0.00022, vitamin C 0.0046, zinc 0.0003, choline 0.026, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00021, methionine nan, phenylalanine nan, starch nan, sugar 2.9, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.00019, vitamin K 3e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Sauerkraut:

Sauerkraut contains calcium 0.03, calories 19, carbs 4.3, cholesterol 0.0, copper 0.0001, fat 0.14, fiber 2.9, folate 2.4e-05, iron 0.0015, magnesium 0.013, monounsaturated fat 0.01, net carbs 1.4, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 DPA 0.0, phosphorus 0.02, polyunsaturated fat 0.07, potassium 0.17, protein 0.91, saturated fat 0.03, selenium 6e-07, sodium 0.661, trans fat 0.0, vitamin A (IU) 18.0, vitamin A RAE 1e-06, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.00014, vitamin B5 9e-05, vitamin B6 0.00013, vitamin C 0.015, zinc 0.00019, choline 0.01, fructose 0.04, histidine 2e-05, isoleucine 2e-05, leucine 3e-05, lysine 3e-05, manganese 0.00015, methionine 1e-05, phenylalanine 2e-05, starch nan, sugar 1.8, threonine 3e-05, tryptophan 1e-05, valine 3e-05, vitamin D 0.0, vitamin E 0.00014, vitamin K 1.3e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Seaweed:

Seaweed contains calcium 0.168, calories 43, carbs 9.6, cholesterol 0.0, copper 0.00013, fat 0.56, fiber 1.3, folate 0.00018, iron 0.0029, magnesium 0.121, monounsaturated fat 0.1, net carbs 8.3, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 DPA 0.0, phosphorus 0.053, polyunsaturated fat 0.09, potassium 0.305, protein 1.1, saturated fat 0.03, selenium 7e-07, sodium 0.012, trans fat 0.0, vitamin A (IU) 2.0, vitamin A RAE 0.0, vitamin B1 9e-05, vitamin B12 0.0, vitamin B2 4e-05, vitamin B3 0.0007, vitamin B5 0.00016, vitamin B6 0.0001, vitamin C 0.025, zinc 0.00024, choline 0.014, fructose 1.6, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00013, methionine nan, phenylalanine nan, starch 0.4, sugar 4.5, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0003, vitamin K 3e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

0.0, omega-3 EPA 0.0, phosphorus 0.042, polyunsaturated fat 0.05, potassium 0.089, protein 1.7, saturated fat 0.25, selenium 7e-07, sodium 0.233, trans fat 0.0, vitamin A (IU) 116.0, vitamin A RAE 6e-06, vitamin B1 5e-05, vitamin B12 0.0, vitamin B2 0.00015, vitamin B3 0.00047, vitamin B5 0.00064, vitamin B6 0.0, vitamin C 0.00012, choline 0.013, fructose nan, histidine 2e-05, isoleucine 8e-05, leucine 8e-05, lysine 8e-05, manganese 0.0002, methionine 3e-05, phenylalanine 4e-05, starch nan, sugar 0.6, threonine 6e-05, tryptophan 5e-05, valine 7e-05, vitamin D 0.0, vitamin E 0.00087, vitamin K 6.6e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Nori:

Nori contains calcium 0.07, calories 35, carbs 5.1, cholesterol 0.0, copper 0.00026, fat 0.28, fiber 0.3, folate 0.000146, iron 0.0018, magnesium 0.002, monounsaturated fat 0.03, net carbs 4.8, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.08, phosphorus 0.058, polyunsaturated fat 0.11, potassium 0.356, protein 5.8, saturated fat 0.06, selenium 7e-07, sodium 0.048, trans fat 0.0, vitamin A (IU) 5202.0, vitamin A RAE 0.00026, vitamin B1 0.0001, vitamin B12 0.0, vitamin B2 0.00045, vitamin B3 0.0015, vitamin B5 0.00052, vitamin B6 0.00016, vitamin C 0.039, zinc 0.0011, choline 0.01, fructose nan, histidine 0.00014, isoleucine 0.00026, leucine 0.0005, lysine 0.00022, manganese 0.00099, methionine 0.00015, phenylalanine 0.00027, starch nan, sugar 0.49, threonine 0.00023, tryptophan 4e-05, valine 0.0004, vitamin D 0.0, vitamin E 0.001, vitamin K 4e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Zucchini:

Zucchini contains calcium 0.016, calories 17, carbs 3.1, cholesterol 0.0, copper 5e-05, fat 0.32, fiber 1.0, folate 2.4e-05, iron 0.00037, magnesium 0.018, monounsaturated fat 0.01, net carbs 2.1, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.038, polyunsaturated fat 0.09, potassium 0.261, protein 1.2, saturated fat 0.08, selenium 2e-07, sodium 0.008, trans fat 0.0, vitamin A (IU) 200.0, vitamin A RAE 1e-05, vitamin B1 5e-05, vitamin B12 0.0, vitamin B2 9e-05, vitamin B3 0.00045, vitamin B5 0.0002, vitamin B6 0.00016, vitamin C 0.018, zinc 0.00032, choline 0.0095, fructose 1.4, histidine 3e-05, isoleucine 4e-05, leucine 7e-05, lysine 7e-05, manganese 0.00018, methionine 2e-05, phenylalanine 4e-05, starch 0.0, sugar 2.5, threonine 3e-05, tryptophan 1e-05, valine 5e-05, vitamin D 0.0, vitamin E 0.00012, vitamin K 4.3e-06, omega-3 ALA 0.06, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.0, omega-6 dihomogamma-linoleic acid 0.0, omega-6 linoleic acid 0.03, omega-6 arachidonic acid nan.

Sweet potato:

Sweet potato contains calcium 0.038, calories 90, carbs 21.0, cholesterol 0.0, copper 0.00016, fat 0.15, fiber 3.3, folate 6e-06, iron 0.00069, magnesium 0.027, monounsaturated fat 0.0, net carbs 17.0, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.054, polyunsaturated fat 0.09, potassium 0.475, protein 2.0, saturated fat 0.05, selenium 2e-07, sodium 0.036, trans fat 0.0, vitamin A (IU) 19218.0, vitamin A RAE 0.000961, vitamin B1 0.00011, vitamin B12 0.0, vitamin B2 0.00011, vitamin B3 0.0015, vitamin B5 0.00088, vitamin B6 0.00029, vitamin C 0.02, zinc 0.00032, choline 0.013, fructose 0.5, histidine 4e-05, isoleucine 7e-05, leucine 0.00012, lysine 8e-05, manganese 0.0005, methionine 4e-05, phenylalanine 0.00011, starch 7.1, sugar 6.5, threonine 0.00011, tryptophan 4e-05, valine 0.00011, vitamin D 0.0, vitamin E 0.00071, vitamin K 2.3e-06, omega-3 ALA nan, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Taro:

Taro contains calcium 0.043, calories 112, carbs 26.0, cholesterol 0.0, copper 0.00017, fat 0.2, fiber 4.1, folate 2.2e-05, iron 0.00055, magnesium 0.033, monounsaturated fat 0.02, net carbs 22.0, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.084, polyunsaturated fat 0.08, potassium 0.591, protein 1.5, saturated fat 0.06, selenium 7e-07, sodium 0.048, trans fat 0.0, vitamin A (IU) 5202.0, vitamin A RAE 0.00026, vitamin B1 0.0001, vitamin B12 0.0, vitamin B2 0.00045, vitamin B3 0.0015, vitamin B5 0.00052, vitamin B6 0.00016, vitamin C 0.039, zinc 0.0011, choline 0.01, fructose nan, histidine 0.00014, isoleucine 0.00026, leucine 0.0005, lysine 0.00022, manganese 0.00099, methionine 0.00015, phenylalanine 0.00027, starch nan, sugar 0.49, threonine 0.00023, tryptophan 4e-05, valine 0.0004, vitamin D 0.0, vitamin E 0.001, vitamin K 4e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

fat 0.04, selenium 7e-07, sodium 0.011, trans fat 0.0, vitamin A (IU) 76.0, vitamin A RAE 4e-06, vitamin B1 0.0001, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.0006, vitamin B5 0.0003, vitamin B6 0.00028, vitamin C 0.0001, zinc 0.00023, choline 0.017, fructose nan, histidine 3e-05, isoleucine 5e-05, leucine 0.00011, lysine 7e-05, manganese 0.00038, methionine 2e-05, phenylalanine 8e-05, starch nan, sugar 0.4, threonine 7e-05, tryptophan 2e-05, valine 8e-05, vitamin D 0.0, vitamin E 0.0024, vitamin K 1e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Tomato:

Tomato contains calcium 0.01, calories 18, carbs 3.9, cholesterol 0.0, copper 6e-05, fat 0.2, fiber 1.2, folate 1.5e-05, iron 0.00027, magnesium 0.011, monounsaturated fat 0.03, net carbs 2.7, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.024, polyunsaturated fat 0.08, potassium 0.237, protein 0.88, saturated fat 0.03, selenium 0.0, sodium 0.005, trans fat 0.0, vitamin A (IU) 833.0, vitamin A RAE 4.2e-05, vitamin B1 4e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.00059, vitamin B5 9e-05, vitamin B6 8e-05, vitamin C 0.014, zinc 0.00017, choline 0.0067, fructose 1.4, histidine 1e-05, isoleucine 2e-05, leucine 3e-05, lysine 3e-05, manganese 0.00011, methionine 1e-05, phenylalanine 3e-05, starch 0.0, sugar 2.6, threonine 3e-05, tryptophan 1e-05, valine 2e-05, vitamin D 0.0, vitamin E 0.00054, vitamin K 7.9e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Turnip:

Turnip contains calcium 0.03, calories 28, carbs 6.4, cholesterol 0.0, copper 9e-05, fat 0.1, fiber 1.8, folate 1.5e-05, iron 0.0003, magnesium 0.011, monounsaturated fat 0.01, net carbs 4.6, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.027, polyunsaturated fat 0.05, potassium 0.191, protein 0.9, saturated fat 0.01, selenium 7e-07, sodium 0.067, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 4e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.0004, vitamin B5 0.0002, vitamin B6 9e-05, vitamin C 0.021, zinc 0.00027, choline 0.011, fructose nan, histidine 1e-05, isoleucine 4e-05, leucine 3e-05, lysine 4e-05, manganese 0.00013, methionine 1e-05, phenylalanine 2e-05, starch nan, sugar 3.8, threonine 3e-05, tryptophan 1e-05, valine 3e-05, vitamin D 0.0, vitamin E 3e-05, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Turnip greens:

Turnip greens contains calcium 0.137, calories 20, carbs 4.4, cholesterol 0.0, copper 0.00025, fat 0.23, fiber 3.5, folate 0.000118, iron 0.0008, magnesium 0.022, monounsaturated fat 0.02, net carbs 0.86, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.029, polyunsaturated fat 0.09, potassium 0.203, protein 1.1, saturated fat 0.05, selenium 9e-07, sodium 0.029, trans fat 0.0, vitamin A (IU) 7625.0, vitamin A RAE 0.000381, vitamin B1 5e-05, vitamin B12 0.0, vitamin B2 7e-05, vitamin B3 0.00041, vitamin B5 0.00027, vitamin B6 0.00018, vitamin C 0.027, zinc 0.00014, choline 0.0003, fructose nan, histidine 3e-05, isoleucine 6e-05, leucine 0.00011, lysine 7e-05, manganese 0.00034, methionine 3e-05, phenylalanine 7e-05, starch nan, sugar 0.53, threonine 6e-05, tryptophan 2e-05, valine 8e-05, vitamin D 0.0, vitamin E 0.0019, vitamin K 0.000368, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Vegetable:

Vegetable contains calcium 0.025, calories 65, carbs 13.0, cholesterol 0.0, copper 8e-05, fat 0.15, fiber 4.4, folate 1.9e-05, iron 0.00082, magnesium 0.022, monounsaturated fat 0.01, net carbs 8.7, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.051, polyunsaturated fat 0.07, potassium 0.169, protein 2.9, saturated fat 0.03, selenium 3e-07, sodium 0.035, trans fat 0.0, vitamin A (IU) 4277.0, vitamin A RAE 0.000214, vitamin B1 0.0001, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.0006, vitamin B5 0.0003, vitamin B6 0.00028, vitamin C 0.0001, zinc 0.00023, choline 0.017, fructose nan, histidine 3e-05, isoleucine 5e-05, leucine 0.00011, lysine 7e-05, manganese 0.00038, methionine 2e-05, phenylalanine 8e-05, starch nan, sugar 0.4, threonine 7e-05, tryptophan 2e-05, valine 8e-05, vitamin D 0.0, vitamin E 0.0024, vitamin K 1e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

7e-05, vitamin B12 0.0, vitamin B2 0.00012, vitamin B3 0.00085, vitamin B5 0.00015, vitamin B6 7e-05, vitamin B12 0.0032, zinc 0.00049, choline 0.024, fructose nan, histidine 7e-05, isoleucine 0.00014, leucine 0.00019, lysine 0.00017, manganese 0.00038, methionine 3e-05, phenylalanine 0.00012, starch nan, sugar 3.1, threonine 0.00015, tryptophan 3e-05, valine 0.00015, vitamin D 0.0, vitamin E 0.00038, vitamin K 2.4e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Water chestnuts:

Water chestnuts contains calcium 0.011, calories 97, carbs 24.0, cholesterol 0.0, copper 0.00033, fat 0.1, fiber 3.0, folate 1.6e-05, iron 6e-05, magnesium 0.022, monounsaturated fat 0.0, net carbs 21.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.063, polyunsaturated fat 0.04, potassium 0.584, protein 1.4, saturated fat 0.03, selenium 7e-07, sodium 0.014, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00014, vitamin B12 0.0, vitamin B2 0.0002, vitamin B3 0.001, vitamin B5 0.00048, vitamin B6 0.00033, vitamin C 0.004, zinc 0.0005, choline 0.036, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00033, methionine nan, phenylalanine nan, starch nan, sugar 4.8, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0012, vitamin K 3e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Winter melon:

Winter melon contains calcium 0.019, calories 13, carbs 3.0, cholesterol 0.0, copper 2e-05, fat 0.2, fiber 2.9, folate 5e-06, iron 0.0004, magnesium 0.01, monounsaturated fat 0.04, net carbs 0.1, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.019, polyunsaturated fat 0.09, potassium 0.006, protein 0.4, saturated fat 0.02, selenium 2e-07, sodium 0.111, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 4e-05, vitamin B12 0.0, vitamin B2 0.00011, vitamin B3 0.0004, vitamin B5 0.00013, vitamin B6 4e-05, vitamin C 0.013, zinc 0.00061, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine 1e-05, manganese 6e-05, methionine 0.0, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan 0.0, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Wax gourd:

Wax gourd contains calcium 0.018, calories 14, carbs 3.0, cholesterol 0.0, copper 2e-05, fat 0.2, fiber 1.0, folate 4e-06, iron 0.00038, magnesium 0.01, monounsaturated fat 0.04, net carbs 2.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.017, polyunsaturated fat 0.09, potassium 0.005, protein 0.4, saturated fat 0.02, selenium 2e-07, sodium 0.107, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.00038, vitamin B5 0.00012, vitamin B6 3e-05, vitamin C 0.011, zinc 0.00059, choline 0.0049, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine 1e-05, manganese 6e-05, methionine 0.0, phenylalanine nan, starch nan, sugar 1.2, threonine nan, tryptophan 0.0, valine nan, vitamin D 0.0, vitamin E 8e-05, vitamin K 2.8e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Yam:

Yam contains calcium 0.014, calories 116, carbs 27.0, cholesterol 0.0, copper 0.00015, fat 0.14, fiber 3.9, folate 1.6e-05, iron 0.00052, magnesium 0.018, monounsaturated fat 0.01, net carbs 24.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.049, polyunsaturated fat 0.06, potassium 0.67, protein 1.5, saturated fat 0.03, selenium 7e-07, sodium 0.008, trans fat 0.0, vitamin A (IU) 122.0, vitamin A RAE 6e-06, vitamin B1 0.0001, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.00055, vitamin B5 0.00031, vitamin B6 0.00023, vitamin C 0.012,

zinc 0.0002, choline 0.016, fructose nan, histidine 3e-05, isoleucine 5e-05, leucine 9e-05, lysine 6e-05, ma 0.00037, methionine 2e-05, phenylalanine 7e-05, starch nan, sugar 0.49, threonine 5e-05, tryptophan 1e-0 6e-05, vitamin D 0.0, vitamin E 0.00034, vitamin K 2.3e-06, omega-3 ALA nan, omega-6 eicosadienoic aci omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic aci omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Jicama (yam bean):

Jicama (yam bean) contains calcium 0.011, calories 38, carbs 8.8, cholesterol 0.0, copper 5e-05, fat 0.09, fiber nan, folate 8e-06, iron 0.00057, magnesium 0.011, monounsaturated fat nan, net carbs 8.8, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.016, polyunsaturated fat nan, potassium 0.135, protein 0.72, saturated fat nan, selenium 7e-07, sodium 0.004, trans fat 0.0, vitamin A (IU) 19.0, vitamin A RAE 1e-06, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.00019, vitamin B5 0.00012, vitamin B6 4e-05, vitamin C 0.014, zinc 0.00015, choline nan, fructose nan, histidine 2e-05, isoleucine 2e-05, leucine 3e-05, lysine 3e-05, manganese 6e-05, methionine 1e-05, phenylalanine 2e-05, starch nan, sugar nan, threonine 2e-05, tryptophan nan, valine 2e-05, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Summer squash:

Summer squash contains calcium 0.015, calories 16, carbs 3.4, cholesterol 0.0, copper 5e-05, fat 0.18, fiber 1.1, folate 2.9e-05, iron 0.00035, magnesium 0.017, monounsaturated fat 0.02, net carbs 2.3, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.038, polyunsaturated fat 0.09, potassium 0.262, protein 1.2, saturated fat 0.04, selenium 2e-07, sodium 0.002, trans fat 0.0, vitamin A (IU) 200.0, vitamin A RAE 1e-05, vitamin B1 5e-05, vitamin B12 0.0, vitamin B2 0.00014, vitamin B3 0.00049, vitamin B5 0.00016, vitamin B6 0.00022, vitamin C 0.017, zinc 0.00029, choline 0.0067, fructose 0.95, histidine 3e-05, isoleucine 4e-05, leucine 7e-05, lysine 7e-05, manganese 0.00018, methionine 2e-05, phenylalanine 4e-05, starch nan, sugar 2.2, threonine 3e-05, tryptophan 1e-05, valine 5e-05, vitamin D 0.0, vitamin E 0.00012, vitamin K 3e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Winter squash:

Winter squash contains calcium 0.022, calories 37, carbs 8.9, cholesterol 0.0, copper 8e-05, fat 0.35, fiber 2.8, folate 2e-05, iron 0.00044, magnesium 0.013, monounsaturated fat 0.03, net carbs 6.1, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.019, polyunsaturated fat 0.15, potassium 0.241, protein 0.89, saturated fat 0.07, selenium 4e-07, sodium 0.001, trans fat 0.0, vitamin A (IU) 5223.0, vitamin A RAE 0.000261, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 7e-05, vitamin B3 0.0005, vitamin B5 0.00023, vitamin B6 0.00016, vitamin C 0.0096, zinc 0.00022, choline 0.011, fructose nan, histidine 2e-05, isoleucine 4e-05, leucine 5e-05, lysine 3e-05, manganese 0.00019, methionine 1e-05, phenylalanine 4e-05, starch nan, sugar 3.3, threonine 3e-05, tryptophan 1e-05, valine 4e-05, vitamin D 0.0, vitamin E 0.00012, vitamin K 4.4e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Agar:

Agar contains calcium 0.625, calories 306, carbs 81.0, cholesterol 0.0, copper 0.00061, fat 0.3, fiber 7.7, folate 0.00058, iron 0.021, magnesium 0.77, monounsaturated fat 0.03, net carbs 73.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.09, phosphorus 0.052, polyunsaturated fat 0.1, potassium 1.125, protein 6.2, saturated fat 0.06, selenium 7.4e-06, sodium 0.102, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 0.00022, vitamin B3 0.0002, vitamin B5 0.003, vitamin B6 0.0003, vitamin C 0.0, zinc 0.0058, choline 0.063, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0043,

methionine nan, phenylalanine nan, starch nan, sugar 3.0, threonine nan, tryptophan nan, valine nan, vitamin E 0.005, vitamin K 2.4e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Spirulina:

Spirulina contains calcium 0.012, calories 26, carbs 2.4, cholesterol 0.0, copper 0.0006, fat 0.39, fiber 0.4, folate 9e-06, iron 0.0028, magnesium 0.019, monounsaturated fat 0.03, net carbs 2.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.011, polyunsaturated fat 0.11, potassium 0.127, protein 5.9, saturated fat 0.14, selenium 7e-07, sodium 0.098, trans fat 0.0, vitamin A (IU) 56.0, vitamin A RAE 3e-06, vitamin B1 0.00022, vitamin B12 0.0, vitamin B2 0.00034, vitamin B3 0.0012, vitamin B5 0.00033, vitamin B6 3e-05, vitamin C 0.0009, zinc 0.0002, choline 0.0065, fructose nan, histidine 0.00011, isoleucine 0.00033, leucine 0.00051, lysine 0.00031, manganese 0.00019, methionine 0.00012, phenylalanine 0.00029, starch nan, sugar 0.3, threonine 0.00031, tryptophan 0.0001, valine 0.00036, vitamin D 0.0, vitamin E 0.00049, vitamin K 2.5e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Wakame:

Wakame contains calcium 0.15, calories 45, carbs 9.1, cholesterol 0.0, copper 0.00028, fat 0.64, fiber 0.5, folate 0.000196, iron 0.0022, magnesium 0.107, monounsaturated fat 0.06, net carbs 8.6, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.19, phosphorus 0.08, polyunsaturated fat 0.22, potassium 0.05, protein 3.0, saturated fat 0.13, selenium 7e-07, sodium 0.872, trans fat 0.0, vitamin A (IU) 360.0, vitamin A RAE 1.8e-05, vitamin B1 6e-05, vitamin B12 0.0, vitamin B2 0.00023, vitamin B3 0.0016, vitamin B5 0.0007, vitamin B6 0.0, vitamin C 0.003, zinc 0.00038, choline 0.014, fructose nan, histidine 2e-05, isoleucine 9e-05, leucine 0.00026, lysine 0.00011, manganese 0.0014, methionine 6e-05, phenylalanine 0.00011, starch nan, sugar 0.65, threonine 0.00017, tryptophan 4e-05, valine 0.00021, vitamin D 0.0, vitamin E 0.001, vitamin K 5.3e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chili Pepper:

Chili Pepper contains calcium 0.018, calories 40, carbs 9.5, cholesterol 0.0, copper 0.00017, fat 0.2, fiber 1.5, folate 2.3e-05, iron 0.0012, magnesium 0.025, monounsaturated fat 0.01, net carbs 8.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.046, polyunsaturated fat 0.11, potassium 0.34, protein 2.0, saturated fat 0.02, selenium 5e-07, sodium 0.007, trans fat 0.0, vitamin A (IU) 1179.0, vitamin A RAE 5.9e-05, vitamin B1 9e-05, vitamin B12 0.0, vitamin B2 9e-05, vitamin B3 0.00095, vitamin B5 6e-05, vitamin B6 0.00028, vitamin C 0.243, zinc 0.0003, choline 0.011, fructose nan, histidine 4e-05, isoleucine 7e-05, leucine 0.00011, lysine 9e-05, manganese 0.00024, methionine 2e-05, phenylalanine 6e-05, starch nan, sugar 5.1, threonine 7e-05, tryptophan 3e-05, valine 8e-05, vitamin D 0.0, vitamin E 0.00069, vitamin K 1.4e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Potato:

Potato contains calcium 0.015, calories 93, carbs 21.0, cholesterol 0.0, copper 0.00012, fat 0.13, fiber 2.2, folate 2.8e-05, iron 0.0011, magnesium 0.028, monounsaturated fat 0.0, net carbs 19.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.07, polyunsaturated fat 0.06, potassium 0.535, protein 2.5, saturated fat 0.03, selenium 4e-07, sodium 0.01, trans fat 0.0, vitamin A (IU) 10.0, vitamin A RAE 1e-06, vitamin B1 6e-05, vitamin B12 0.0, vitamin B2 5e-05, vitamin B3 0.0014, vitamin B5 0.00038, vitamin B6 0.00031, vitamin C 0.0096, zinc 0.00036, choline 0.015, fructose 0.34, histidine 4e-05, isoleucine 8e-05, leucine 0.00012, lysine 0.00013, manganese 0.00022, methionine 4e-05, phenylalanine 0.0001, starch 17.0, sugar 1.2, threonine 8e-05, tryptophan 3e-05, valine

0.00013, vitamin D 0.0, vitamin E 4e-05, vitamin K 2e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Shallot:

Shallot contains calcium 0.037, calories 72, carbs 17.0, cholesterol 0.0, copper 9e-05, fat 0.1, fiber 3.2, folate 3.4e-05, iron 0.0012, magnesium 0.021, monounsaturated fat 0.01, net carbs 14.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.06, polyunsaturated fat 0.04, potassium 0.334, protein 2.5, saturated fat 0.02, selenium 1.2e-06, sodium 0.012, trans fat 0.0, vitamin A (IU) 4.0, vitamin A RAE 0.0, vitamin B1 6e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.0002, vitamin B5 0.00029, vitamin B6 0.00035, vitamin C 0.008, zinc 0.0004, choline 0.011, fructose nan, histidine 4e-05, isoleucine 0.00011, leucine 0.00015, lysine 0.00013, manganese 0.00029, methionine 3e-05, phenylalanine 8e-05, starch nan, sugar 7.9, threonine 0.0001, tryptophan 3e-05, valine 0.00011, vitamin D 0.0, vitamin E 4e-05, vitamin K 8e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Arrowroot:

Arrowroot contains calcium 0.006, calories 65, carbs 13.0, cholesterol 0.0, copper 0.00012, fat 0.2, fiber 1.3, folate 0.000338, iron 0.0022, magnesium 0.025, monounsaturated fat 0.0, net carbs 12.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.098, polyunsaturated fat 0.09, potassium 0.454, protein 4.2, saturated fat 0.04, selenium 7e-07, sodium 0.026, trans fat 0.0, vitamin A (IU) 19.0, vitamin A RAE 1e-06, vitamin B1 0.00014, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.0017, vitamin B5 0.00029, vitamin B6 0.00027, vitamin C 0.0019, zinc 0.00063, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00017, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chili pepper:

Chili pepper contains calcium 0.014, calories 40, carbs 8.8, cholesterol 0.0, copper 0.00013, fat 0.44, fiber 1.5, folate 2.3e-05, iron 0.001, magnesium 0.023, monounsaturated fat 0.02, net carbs 7.3, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.043, polyunsaturated fat 0.24, potassium 0.322, protein 1.9, saturated fat 0.04, selenium 5e-07, sodium 0.009, trans fat 0.0, vitamin A (IU) 952.0, vitamin A RAE 4.8e-05, vitamin B1 7e-05, vitamin B12 0.0, vitamin B2 9e-05, vitamin B3 0.0012, vitamin B5 0.0002, vitamin B6 0.00051, vitamin C 0.144, zinc 0.00026, choline 0.011, fructose nan, histidine 4e-05, isoleucine 7e-05, leucine 0.00011, lysine 9e-05, manganese 0.00019, methionine 2e-05, phenylalanine 6e-05, starch nan, sugar 5.3, threonine 7e-05, tryptophan 3e-05, valine 8e-05, vitamin D 0.0, vitamin E 0.00069, vitamin K 1.4e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pickled cucumber:

Pickled cucumber contains calcium 0.0, calories 11, carbs 2.3, cholesterol 0.0, copper 9e-05, fat 0.2, fiber 1.2, folate 1e-06, iron 0.0004, magnesium 0.004, monounsaturated fat 0.0, net carbs 1.1, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.014, polyunsaturated fat 0.08, potassium 0.023, protein 0.33, saturated fat 0.05, selenium 0.0, sodium 1.208, trans fat 0.0, vitamin A (IU) 191.0, vitamin A RAE 1e-05, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 1e-05, vitamin B3 0.0, vitamin B5 4e-05, vitamin B6 1e-05, vitamin C 0.001, zinc 2e-05, choline 0.0036, fructose nan, histidine 1e-05, isoleucine 1e-05, leucine 1e-05, lysine 1e-05, manganese 1e-05, methionine 0.0, phenylalanine 1e-05, starch nan, sugar 1.1, threonine 1e-05, tryptophan 0.0, valine 1e-05, vitamin D 0.0, vitamin E 9e-05, vitamin K 4.7e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6

gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pimiento:

Pimiento contains calcium 0.006, calories 23, carbs 5.1, cholesterol 0.0, copper 5e-05, fat 0.3, fiber 1.9, folate 6e-06, iron 0.0017, magnesium 0.006, monounsaturated fat 0.02, net carbs 3.2, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.017, polyunsaturated fat 0.16, potassium 0.158, protein 1.1, saturated fat 0.05, selenium 2e-07, sodium 0.014, trans fat 0.0, vitamin A (IU) 2655.0, vitamin A RAE 0.000133, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.00062, vitamin B5 1e-05, vitamin B6 0.00022, vitamin C 0.085, zinc 0.00019, choline 0.0063, fructose nan, histidine 2e-05, isoleucine 4e-05, leucine 6e-05, lysine 5e-05, manganese 9e-05, methionine 1e-05, phenylalanine 3e-05, starch nan, sugar 2.7, threonine 4e-05, tryptophan 1e-05, valine 5e-05, vitamin D 0.0, vitamin E 0.00069, vitamin K 8.3e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Radicchio:

Radicchio contains calcium 0.019, calories 23, carbs 4.5, cholesterol 0.0, copper 0.00034, fat 0.25, fiber 0.9, folate 6e-05, iron 0.00057, magnesium 0.013, monounsaturated fat 0.01, net carbs 3.6, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.04, polyunsaturated fat 0.11, potassium 0.302, protein 1.4, saturated fat 0.06, selenium 9e-07, sodium 0.022, trans fat 0.0, vitamin A (IU) 27.0, vitamin A RAE 1e-06, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.00026, vitamin B5 0.00027, vitamin B6 6e-05, vitamin C 0.008, zinc 0.00062, choline 0.011, fructose nan, histidine 2e-05, isoleucine 9e-05, leucine 6e-05, lysine 6e-05, manganese 0.00014, methionine 1e-05, phenylalanine 3e-05, starch nan, sugar 0.6, threonine 4e-05, tryptophan 3e-05, valine 7e-05, vitamin D 0.0, vitamin E 0.0023, vitamin K 0.000255, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Tomatillo:

Tomatillo contains calcium 0.007, calories 32, carbs 5.8, cholesterol 0.0, copper 8e-05, fat 1.0, fiber 1.9, folate 7e-06, iron 0.00062, magnesium 0.02, monounsaturated fat 0.16, net carbs 3.9, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.039, polyunsaturated fat 0.42, potassium 0.268, protein 0.96, saturated fat 0.14, selenium 5e-07, sodium 0.001, trans fat 0.0, vitamin A (IU) 114.0, vitamin A RAE 6e-06, vitamin B1 4e-05, vitamin B12 0.0, vitamin B2 4e-05, vitamin B3 0.0019, vitamin B5 0.00015, vitamin B6 6e-05, vitamin C 0.012, zinc 0.00022, choline 0.0076, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.153, methionine nan, phenylalanine nan, starch nan, sugar 3.9, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.00038, vitamin K 1e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Sun-dried tomato:

Sun-dried tomato contains calcium 0.047, calories 213, carbs 23.0, cholesterol 0.0, copper 0.00047, fat 14.0, fiber 5.8, folate 2.3e-05, iron 0.0027, magnesium 0.081, monounsaturated fat 8.7, net carbs 18.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.139, polyunsaturated fat 2.1, potassium 1.565, protein 5.1, saturated fat 1.9, selenium 3e-06, sodium 0.266, trans fat 0.0, vitamin A (IU) 1286.0, vitamin A RAE 6.4e-05, vitamin B1 0.00019, vitamin B12 0.0, vitamin B2 0.00038, vitamin B3 0.0036, vitamin B5 0.00048, vitamin B6 0.00032, vitamin C 0.102, zinc 0.00078, choline nan, fructose nan, histidine 8e-05, isoleucine 0.00012, leucine 0.00019, lysine 0.00019, manganese 0.00047, methionine 4e-05, phenylalanine 0.00013, starch nan, sugar nan, threonine 0.00013, tryptophan 4e-05, valine 0.00013, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan,

omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Fennel:

Fennel contains calcium 0.049, calories 31, carbs 7.3, cholesterol 0.0, copper 7e-05, fat 0.2, fiber 3.1, folate 2.7e-05, iron 0.00073, magnesium 0.017, monounsaturated fat 0.07, net carbs 4.2, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.05, polyunsaturated fat 0.17, potassium 0.414, protein 1.2, saturated fat 0.09, selenium 7e-07, sodium 0.052, trans fat 0.0, vitamin A (IU) 963.0, vitamin A RAE 4.8e-05, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.00064, vitamin B5 0.00023, vitamin B6 5e-05, vitamin C 0.012, zinc 0.0002, choline 0.013, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00019, methionine nan, phenylalanine nan, starch nan, sugar 3.9, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.00058, vitamin K 6.3e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Hearts of palm:

Hearts of palm contains calcium 0.058, calories 28, carbs 4.6, cholesterol 0.0, copper 0.00013, fat 0.62, fiber 2.4, folate 3.9e-05, iron 0.0031, magnesium 0.038, monounsaturated fat 0.1, net carbs 2.2, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.065, polyunsaturated fat 0.2, potassium 0.177, protein 2.5, saturated fat 0.13, selenium 7e-07, sodium 0.426, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.00044, vitamin B5 0.00013, vitamin B6 2e-05, vitamin C 0.0079, zinc 0.0012, choline nan, fructose nan, histidine 6e-05, isoleucine 0.0001, leucine 0.00017, lysine 9e-05, manganese 0.0014, methionine 4e-05, phenylalanine 0.0001, starch nan, sugar nan, threonine 0.0001, tryptophan 2e-05, valine 0.00011, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Nopales:

Nopales contains calcium 0.056, calories 41, carbs 9.6, cholesterol 0.0, copper 8e-05, fat 0.51, fiber 3.6, folate 6e-06, iron 0.0003, magnesium 0.085, monounsaturated fat 0.08, net carbs 6.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.024, polyunsaturated fat 0.21, potassium 0.22, protein 0.73, saturated fat 0.07, selenium 6e-07, sodium 0.005, trans fat 0.0, vitamin A (IU) 43.0, vitamin A RAE 2e-06, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.00046, vitamin B5 nan, vitamin B6 6e-05, vitamin C 0.014, zinc 0.00012, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chinese broccoli:

Chinese broccoli contains calcium 0.1, calories 22, carbs 3.8, cholesterol 0.0, copper 6e-05, fat 0.72, fiber 2.5, folate 9.9e-05, iron 0.00056, magnesium 0.018, monounsaturated fat 0.05, net carbs 1.3, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.041, polyunsaturated fat 0.33, potassium 0.261, protein 1.1, saturated fat 0.11, selenium 1.3e-06, sodium 0.007, trans fat 0.0, vitamin A (IU) 1638.0, vitamin A RAE 8.2e-05, vitamin B1 0.0001, vitamin B12 0.0, vitamin B2 0.00015, vitamin B3 0.00044, vitamin B5 0.00016, vitamin B6 7e-05, vitamin C 0.028, zinc 0.00039, choline 0.025, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00026, methionine nan, phenylalanine nan, starch nan, sugar 0.84, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.00048, vitamin K 8.5e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Napa cabbage:

Napa cabbage contains calcium 0.029, calories 12, carbs 2.2, cholesterol 0.0, copper 0.0001, fat 0.17, fiber nan, folate 4.3e-05, iron 0.00074, magnesium 0.008, monounsaturated fat nan, net carbs 2.2, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.019, polyunsaturated fat nan, potassium 0.087, protein 1.1, saturated fat nan, selenium 4e-07, sodium 0.011, trans fat 0.0, vitamin A (IU) 263.0, vitamin A RAE 1.3e-05, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.00047, vitamin B5 4e-05, vitamin B6 4e-05, vitamin C 0.0032, zinc 0.00014, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0002, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Poblano:

Poblano contains calcium 0.061, calories 281, carbs 51.0, cholesterol 0.0, copper 0.00051, fat 8.2, fiber 22.0, folate 6.9e-05, iron 0.011, magnesium 0.113, monounsaturated fat 0.49, net carbs 30.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.201, polyunsaturated fat 4.5, potassium 2.411, protein 12.0, saturated fat 0.82, selenium 2.9e-06, sodium 0.043, trans fat 0.0, vitamin A (IU) 20438.0, vitamin A RAE 0.001022, vitamin B1 0.00018, vitamin B12 0.0, vitamin B2 0.0023, vitamin B3 0.0064, vitamin B5 0.002, vitamin B6 0.0035, vitamin C 0.002, zinc 0.0014, choline nan, fructose nan, histidine 0.00023, isoleucine 0.00037, leucine 0.00061, lysine 0.00052, manganese 0.0013, methionine 0.00014, phenylalanine 0.00036, starch nan, sugar nan, threonine 0.00043, tryptophan 0.00016, valine 0.00049, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Jalapeño:

Jalapeño contains calcium 0.012, calories 29, carbs 6.5, cholesterol 0.0, copper 5e-05, fat 0.37, fiber 2.8, folate 2.7e-05, iron 0.00025, magnesium 0.015, monounsaturated fat 0.03, net carbs 3.7, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.026, polyunsaturated fat 0.11, potassium 0.248, protein 0.91, saturated fat 0.09, selenium 4e-07, sodium 0.003, trans fat 0.0, vitamin A (IU) 1078.0, vitamin A RAE 5.4e-05, vitamin B1 4e-05, vitamin B12 0.0, vitamin B2 7e-05, vitamin B3 0.0013, vitamin B5 0.00032, vitamin B6 0.00042, vitamin C 0.119, zinc 0.00014, choline 0.0075, fructose 2.6, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0001, methionine nan, phenylalanine nan, starch nan, sugar 4.1, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0036, vitamin K 1.9e-05, omega-3 ALA 0.05, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.0, omega-6 dihomo-gamma-linoleic acid 0.0, omega-6 linoleic acid 0.06, omega-6 arachidonic acid nan.

Pasilla peppers:

Pasilla peppers contains calcium 0.097, calories 345, carbs 51.0, cholesterol 0.0, copper 0.00042, fat 16.0, fiber 27.0, folate 0.00017, iron 0.0098, magnesium 0.13, monounsaturated fat nan, net carbs 24.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.267, polyunsaturated fat nan, potassium 2.222, protein 12.0, saturated fat nan, selenium 3.2e-06, sodium 0.089, trans fat 0.0, vitamin A (IU) 35760.0, vitamin A RAE 0.001788, vitamin B1 0.00017, vitamin B12 0.0, vitamin B2 0.0032, vitamin B3 0.0072, vitamin B5 0.0016, vitamin B6 0.0042, vitamin C 0.0064, zinc 0.0014, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0016, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Mexican tea:

Mexican tea contains calcium 0.275, calories 32, carbs 7.4, cholesterol 0.0, copper 0.00019, fat 0.52, fiber 3.8, folate 0.000215, iron 0.0019, magnesium 0.121, monounsaturated fat nan, net carbs 3.6, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.086, polyunsaturated fat nan, potassium 0.633, protein 0.33, saturated fat nan, selenium 9e-07, sodium 0.043, trans fat 0.0, vitamin A (IU) 57.0, vitamin A RAE 3e-06, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 0.00035, vitamin B3 0.00064, vitamin B5 0.00018, vitamin B6 0.00015, vitamin C 0.0036, zinc 0.0011, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0031, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Yautia:

Yautia contains calcium 0.009, calories 98, carbs 24.0, cholesterol 0.0, copper 0.00026, fat 0.4, fiber 1.5, folate 1.7e-05, iron 0.00098, magnesium 0.024, monounsaturated fat nan, net carbs 22.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.051, polyunsaturated fat nan, potassium 0.598, protein 1.5, saturated fat 0.08, selenium 7e-07, sodium 0.021, trans fat 0.0, vitamin A (IU) 8.0, vitamin A RAE 0.0, vitamin B1 0.0001, vitamin B12 0.0, vitamin B2 4e-05, vitamin B3 0.00067, vitamin B5 0.00021, vitamin B6 0.00024, vitamin C 0.0052, zinc 0.0005, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00019, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Fiddlehead ferns:

Fiddlehead ferns contains calcium 0.032, calories 34, carbs 5.5, cholesterol 0.0, copper 0.00032, fat 0.4, fiber nan, folate nan, iron 0.0013, magnesium 0.034, monounsaturated fat nan, net carbs 5.5, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.101, polyunsaturated fat nan, potassium 0.37, protein 4.6, saturated fat nan, selenium nan, sodium 0.001, trans fat 0.0, vitamin A (IU) 3617.0, vitamin A RAE 0.000181, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 0.00021, vitamin B3 0.005, vitamin B5 nan, vitamin B6 nan, vitamin C 0.027, zinc 0.00083, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00051, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cod liver oil:

Cod liver oil contains calcium 0.0, calories 902, carbs 0.0, cholesterol 0.57, copper 0.0, fat 100.0, fiber 0.0, folate 0.0, iron 0.0, magnesium 0.0, monounsaturated fat 47.0, net carbs 0.0, omega-3 DHA 11.0, omega-3 DPA 0.94, omega-3 EPA 6.9, phosphorus 0.0, polyunsaturated fat 23.0, potassium 0.0, protein 0.0, saturated fat 23.0, selenium 0.0, sodium 0.0, trans fat nan, vitamin A (IU) 100000.0, vitamin A RAE 0.03, vitamin B1 nan, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.0, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.00025, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Anchovy:

Anchovy contains calcium 0.147, calories 131, carbs 0.0, cholesterol 0.06, copper 0.00021, fat 4.8, fiber 0.0, folate 9e-06, iron 0.0033, magnesium 0.041, monounsaturated fat 1.2, net carbs 0.0, omega-3 DHA 0.91, omega-3 DPA

0.03, omega-3 EPA 0.54, phosphorus 0.174, polyunsaturated fat 1.6, potassium 0.383, protein 20.0, saturated fat 1.3, selenium 3.7e-05, sodium 0.104, trans fat nan, vitamin A (IU) 50.0, vitamin A RAE 1.5e-05, vitamin B1 0.00014, vitamin B12 6.2e-07, vitamin B2 0.00026, vitamin B3 0.014, vitamin B5 0.00065, vitamin B6 0.00014, vitamin C 0.0019, zinc 0.0017, choline nan, fructose nan, histidine 0.0006, isoleucine 0.00094, leucine 0.0017, lysine 0.0019, manganese 7e-05, methionine 0.0006, phenylalanine 0.00079, starch nan, sugar 0.0, threonine 0.00089, tryptophan 0.00023, valine 0.001, vitamin D nan, vitamin E 0.00057, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Carp:

Carp contains calcium 0.052, calories 162, carbs 0.0, cholesterol 0.084, copper 7e-05, fat 7.2, fiber 0.0, folate 1.7e-05, iron 0.0016, magnesium 0.038, monounsaturated fat 3.0, net carbs 0.0, omega-3 DHA 0.15, omega-3 DPA 0.11, omega-3 EPA 0.31, phosphorus 0.531, polyunsaturated fat 1.8, potassium 0.427, protein 23.0, saturated fat 1.4, selenium 1.6e-05, sodium 0.063, trans fat nan, vitamin A (IU) 32.0, vitamin A RAE 1e-05, vitamin B1 0.00014, vitamin B12 1.5e-06, vitamin B2 7e-05, vitamin B3 0.0021, vitamin B5 0.00087, vitamin B6 0.00022, vitamin C 0.0016, zinc 0.0019, choline nan, fructose nan, histidine 0.00067, isoleucine 0.0011, leucine 0.0019, lysine 0.0021, manganese 5e-05, methionine 0.00068, phenylalanine 0.00089, starch nan, sugar nan, threonine 0.001, tryptophan 0.00026, valine 0.0012, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Caviar:

Caviar contains calcium 0.275, calories 264, carbs 4.0, cholesterol 0.588, copper 0.00011, fat 18.0, fiber 0.0, folate 5e-05, iron 0.012, magnesium 0.3, monounsaturated fat 4.6, net carbs 4.0, omega-3 DHA 3.8, omega-3 DPA 0.23, omega-3 EPA 2.7, phosphorus 0.356, polyunsaturated fat 7.4, potassium 0.181, protein 25.0, saturated fat 4.1, selenium 6.6e-05, sodium 1.5, trans fat nan, vitamin A (IU) 905.0, vitamin A RAE 0.000271, vitamin B1 0.00019, vitamin B12 2e-05, vitamin B2 0.00062, vitamin B3 0.00012, vitamin B5 0.0035, vitamin B6 0.00032, vitamin C 0.0, zinc 0.00095, choline 0.491, fructose nan, histidine 0.00065, isoleucine 0.001, leucine 0.0021, lysine 0.0018, manganese 5e-05, methionine 0.00065, phenylalanine 0.0011, starch nan, sugar 0.0, threonine 0.0013, tryptophan 0.00032, valine 0.0013, vitamin D 2.9e-06, vitamin E 0.0019, vitamin K 6e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cod:

Cod contains calcium 0.014, calories 105, carbs 0.0, cholesterol 0.055, copper 4e-05, fat 0.86, fiber 0.0, folate 8e-06, iron 0.00049, magnesium 0.042, monounsaturated fat 0.12, net carbs 0.0, omega-3 DHA 0.15, omega-3 DPA 0.01, omega-3 EPA 0.0, phosphorus 0.138, polyunsaturated fat 0.29, potassium 0.244, protein 23.0, saturated fat 0.17, selenium 3.8e-05, sodium 0.078, trans fat nan, vitamin A (IU) 47.0, vitamin A RAE 1.4e-05, vitamin B1 9e-05, vitamin B12 1.1e-06, vitamin B2 8e-05, vitamin B3 0.0025, vitamin B5 0.00018, vitamin B6 0.00028, vitamin C 0.001, zinc 0.00058, choline 0.084, fructose nan, histidine 0.00067, isoleucine 0.0011, leucine 0.0019, lysine 0.0021, manganese 2e-05, methionine 0.00068, phenylalanine 0.00089, starch nan, sugar 0.0, threonine 0.001, tryptophan 0.00026, valine 0.0012, vitamin D 1.2e-06, vitamin E 0.00081, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Croaker:

Croaker contains calcium 0.032, calories 221, carbs 7.5, cholesterol 0.084, copper 7e-05, fat 13.0, fiber 0.4, folate 3.4e-05, iron 0.00086, magnesium 0.042, monounsaturated fat 5.3, net carbs 7.1, omega-3 DHA 0.09, omega-3 DPA 0.08, omega-3 EPA 0.11, phosphorus 0.217, polyunsaturated fat 2.9, potassium 0.34, protein 18.0, saturated

fat 3.5, selenium 3.9e-05, sodium 0.348, trans fat nan, vitamin A (IU) 75.0, vitamin A RAE 2.3e-05, vitamin B1 9e-05, vitamin B12 2.1e-06, vitamin B2 0.00013, vitamin B3 0.0043, vitamin B5 0.00074, vitamin B6 0.0001, vitamin C 0.0, zinc 0.00052, choline nan, fructose nan, histidine 0.00053, isoleucine 0.00085, leucine 0.00016, manganese 8e-05, methionine 0.00053, phenylalanine 0.00074, starch nan, sugar nan, threonine 0.00021, tryptophan 0.00021, valine 0.00095, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-3 DHA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Eel:

Eel contains calcium 0.026, calories 236, carbs 0.0, cholesterol 0.161, copper 3e-05, fat 15.0, fiber 0.0, folate 1.7e-05, iron 0.00064, magnesium 0.026, monounsaturated fat 9.2, net carbs 0.0, omega-3 DHA 0.08, omega-3 DPA 0.1, omega-3 EPA 0.11, phosphorus 0.277, polyunsaturated fat 1.2, potassium 0.349, protein 24.0, saturated fat 3.0, selenium 8.3e-06, sodium 0.065, trans fat nan, vitamin A (IU) 3787.0, vitamin A RAE 0.001137, vitamin B1 0.00018, vitamin B12 2.9e-06, vitamin B2 5e-05, vitamin B3 0.0045, vitamin B5 0.00028, vitamin B6 8e-05, vitamin C 0.0018, zinc 0.0021, choline nan, fructose nan, histidine 0.0007, isoleucine 0.0011, leucine 0.0019, lysine 0.0022, manganese 4e-05, methionine 0.0007, phenylalanine 0.00092, starch nan, sugar nan, threonine 0.001, tryptophan 0.00027, valine 0.0012, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Fish sticks:

Fish sticks contains calcium 0.016, calories 277, carbs 22.0, cholesterol 0.028, copper 6e-05, fat 16.0, fiber 1.5, folate 2.4e-05, iron 0.00084, magnesium 0.025, monounsaturated fat 3.2, net carbs 20.0, omega-3 DHA 0.09, omega-3 DPA 0.0, omega-3 EPA 0.05, phosphorus 0.191, polyunsaturated fat 7.8, potassium 0.185, protein 11.0, saturated fat 3.7, selenium 1.6e-05, sodium 0.402, trans fat 0.12, vitamin A (IU) 18.0, vitamin A RAE 4e-06, vitamin B1 0.00012, vitamin B12 9.6e-07, vitamin B2 0.00012, vitamin B3 0.0015, vitamin B5 0.00027, vitamin B6 8e-05, vitamin C 0.0, zinc 0.00042, choline 0.043, fructose 0.1, histidine 0.00023, isoleucine 0.00043, leucine 0.00085, lysine 0.0008, manganese 0.00018, methionine 0.0003, phenylalanine 0.00047, starch 20.0, sugar 1.7, threonine 0.00037, tryptophan 0.00012, valine 0.0005, vitamin D 0.0, vitamin E 0.0069, vitamin K 4.7e-06, omega-3 ALA 0.24, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.01, omega-3 eicosatrienoic acid 0.0, omega-6 dihomo-gamma-linoleic acid 0.0, omega-6 linoleic acid 7.3, omega-6 arachidonic acid nan.

Flatfish:

Flatfish contains calcium 0.025, calories 86, carbs 0.0, cholesterol 0.056, copper 2e-05, fat 2.4, fiber 0.0, folate 6e-06, iron 0.00023, magnesium 0.022, monounsaturated fat 0.66, net carbs 0.0, omega-3 DHA 0.13, omega-3 DPA 0.03, omega-3 EPA 0.17, phosphorus 0.309, polyunsaturated fat 0.46, potassium 0.197, protein 15.0, saturated fat 0.54, selenium 3.3e-05, sodium 0.363, trans fat 0.01, vitamin A (IU) 37.0, vitamin A RAE 1.2e-05, vitamin B1 3e-05, vitamin B12 1.3e-06, vitamin B2 3e-05, vitamin B3 0.0013, vitamin B5 0.00023, vitamin B6 0.00012, vitamin C 0.0, zinc 0.00039, choline 0.08, fructose 0.0, histidine 0.00037, isoleucine 0.00075, leucine 0.0013, lysine 0.0016, manganese 2e-05, methionine 0.00056, phenylalanine 0.00062, starch 0.0, sugar 0.0, threonine 0.00072, tryptophan 0.0002, valine 0.0008, vitamin D 3.5e-06, vitamin E 0.00077, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid 0.01, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Gefilte fish:

Gefilte fish contains calcium 0.023, calories 84, carbs 7.4, cholesterol 0.03, copper 0.0002, fat 1.7, fiber 0.0, folate 3e-06, iron 0.0025, magnesium 0.009, monounsaturated fat 0.82, net carbs 7.4, omega-3 DHA 0.05, omega-3 DPA 0.03, omega-3 EPA 0.08, phosphorus 0.073, polyunsaturated fat 0.29, potassium 0.091, protein 9.1, saturated fat 0.41, selenium 1.1e-05, sodium 0.524, trans fat nan, vitamin A (IU) 89.0, vitamin A RAE 2.7e-05, vitamin B1 7e-05,

vitamin B12 8.4e-07, vitamin B2 6e-05, vitamin B3 0.001, vitamin B5 0.0002, vitamin B6 8e-05, vitamin C 0.00082, zinc 0.00082, choline nan, fructose nan, histidine 0.00026, isoleucine 0.00049, leucine 0.00081, lysine 0.00049, manganese 7e-05, methionine 0.00026, phenylalanine 0.00049, starch nan, sugar nan, threonine 0.00049, tryptophan 9e-05, valine 0.00055, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Grouper fish:

Grouper fish contains calcium 0.021, calories 118, carbs 0.0, cholesterol 0.047, copper 5e-05, fat 1.3, fiber 0.0, folate 1e-05, iron 0.0011, magnesium 0.037, monounsaturated fat 0.27, net carbs 0.0, omega-3 DHA 0.21, omega-3 DPA 0.02, omega-3 EPA 0.04, phosphorus 0.143, polyunsaturated fat 0.4, potassium 0.475, protein 25.0, saturated fat 0.3, selenium 4.7e-05, sodium 0.053, trans fat nan, vitamin A (IU) 165.0, vitamin A RAE 5e-05, vitamin B1 8e-05, vitamin B12 6.9e-07, vitamin B2 1e-05, vitamin B3 0.00038, vitamin B5 0.00087, vitamin B6 0.00035, vitamin C 0.0, zinc 0.00051, choline nan, fructose nan, histidine 0.00073, isoleucine 0.0011, leucine 0.002, lysine 0.0023, manganese 1e-05, methionine 0.00074, phenylalanine 0.00097, starch nan, sugar nan, threonine 0.0011, tryptophan 0.00028, valine 0.0013, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Haddock:

Haddock contains calcium 0.014, calories 90, carbs 0.0, cholesterol 0.066, copper 3e-05, fat 0.55, fiber 0.0, folate 1.3e-05, iron 0.00021, magnesium 0.026, monounsaturated fat 0.07, net carbs 0.0, omega-3 DHA 0.11, omega-3 DPA 0.01, omega-3 EPA 0.05, phosphorus 0.278, polyunsaturated fat 0.2, potassium 0.351, protein 20.0, saturated fat 0.11, selenium 3.2e-05, sodium 0.261, trans fat 0.01, vitamin A (IU) 62.0, vitamin A RAE 2.1e-05, vitamin B1 2e-05, vitamin B12 2.1e-06, vitamin B2 7e-05, vitamin B3 0.0041, vitamin B5 0.00049, vitamin B6 0.00033, vitamin C 0.0, zinc 0.0004, choline 0.08, fructose nan, histidine 0.00068, isoleucine 0.0011, leucine 0.0019, lysine 0.0021, manganese 1e-05, methionine 0.00069, phenylalanine 0.0009, starch nan, sugar 0.0, threonine 0.001, tryptophan 0.00026, valine 0.0012, vitamin D 6e-07, vitamin E 0.00055, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Herring:

Herring contains calcium 0.074, calories 203, carbs 0.0, cholesterol 0.077, copper 0.00012, fat 12.0, fiber 0.0, folate 1.2e-05, iron 0.0014, magnesium 0.041, monounsaturated fat 4.8, net carbs 0.0, omega-3 DHA 1.1, omega-3 DPA 0.07, omega-3 EPA 0.91, phosphorus 0.303, polyunsaturated fat 2.7, potassium 0.419, protein 23.0, saturated fat 2.6, selenium 4.7e-05, sodium 0.115, trans fat nan, vitamin A (IU) 120.0, vitamin A RAE 3.6e-05, vitamin B1 0.00011, vitamin B12 1.3e-05, vitamin B2 0.0003, vitamin B3 0.0041, vitamin B5 0.00074, vitamin B6 0.00035, vitamin C 0.0007, zinc 0.0013, choline 0.083, fructose nan, histidine 0.00068, isoleucine 0.0011, leucine 0.0019, lysine 0.0021, manganese 4e-05, methionine 0.00068, phenylalanine 0.0009, starch nan, sugar 0.0, threonine 0.001, tryptophan 0.00026, valine 0.0012, vitamin D 5.4e-06, vitamin E 0.0014, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Mackerel:

Mackerel contains calcium 0.015, calories 262, carbs 0.0, cholesterol 0.075, copper 9e-05, fat 18.0, fiber 0.0, folate 2e-06, iron 0.0016, magnesium 0.097, monounsaturated fat 7.0, net carbs 0.0, omega-3 DHA 0.7, omega-3 DPA 0.11, omega-3 EPA 0.5, phosphorus 0.278, polyunsaturated fat 4.3, potassium 0.401, protein 24.0, saturated fat 4.2, selenium 5.2e-05, sodium 0.083, trans fat nan, vitamin A (IU) 180.0, vitamin A RAE 5.4e-05, vitamin B1 0.00016, vitamin B12 1.9e-05, vitamin B2 0.00041, vitamin B3 0.0069, vitamin B5 0.00099, vitamin B6 0.00046,

vitamin C 0.0004, zinc 0.00094, choline nan, fructose nan, histidine 0.0007, isoleucine 0.0011, leucine 0.0001, lysine 0.0022, manganese 2e-05, methionine 0.00071, phenylalanine 0.00093, starch nan, sugar nan, threonine 0.001, tryptophan 0.00027, valine 0.0012, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Mullet fish:

Mullet fish contains calcium 0.031, calories 150, carbs 0.0, cholesterol 0.063, copper 0.00014, fat 4.9, fiber 0.0, folate 1e-05, iron 0.0014, magnesium 0.033, monounsaturated fat 1.4, net carbs 0.0, omega-3 DHA 0.15, omega-3 DPA 0.09, omega-3 EPA 0.18, phosphorus 0.244, polyunsaturated fat 0.92, potassium 0.458, protein 25.0, saturated fat 1.4, selenium 4.7e-05, sodium 0.071, trans fat nan, vitamin A (IU) 141.0, vitamin A RAE 4.2e-05, vitamin B1 0.0001, vitamin B12 2.5e-07, vitamin B2 0.0001, vitamin B3 0.0063, vitamin B5 0.00088, vitamin B6 0.00049, vitamin C 0.0012, zinc 0.00088, choline nan, fructose nan, histidine 0.00073, isoleucine 0.0011, leucine 0.002, lysine 0.0023, manganese 2e-05, methionine 0.00073, phenylalanine 0.00097, starch nan, sugar nan, threonine 0.0011, tryptophan 0.00028, valine 0.0013, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Perch:

Perch contains calcium 0.102, calories 117, carbs 0.0, cholesterol 0.115, copper 0.00019, fat 1.2, fiber 0.0, folate 6e-06, iron 0.0012, magnesium 0.038, monounsaturated fat 0.2, net carbs 0.0, omega-3 DHA 0.22, omega-3 DPA 0.04, omega-3 EPA 0.1, phosphorus 0.257, polyunsaturated fat 0.47, potassium 0.344, protein 25.0, saturated fat 0.24, selenium 1.6e-05, sodium 0.079, trans fat nan, vitamin A (IU) 32.0, vitamin A RAE 1e-05, vitamin B1 8e-05, vitamin B12 2.2e-06, vitamin B2 0.00012, vitamin B3 0.0019, vitamin B5 0.00087, vitamin B6 0.00014, vitamin C 0.0017, zinc 0.0014, choline nan, fructose nan, histidine 0.00073, isoleucine 0.0011, leucine 0.002, lysine 0.0023, manganese 0.0009, methionine 0.00074, phenylalanine 0.00097, starch nan, sugar nan, threonine 0.0011, tryptophan 0.00028, valine 0.0013, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Alaska pollock:

Alaska pollock contains calcium 0.072, calories 111, carbs 0.0, cholesterol 0.086, copper 6e-05, fat 1.2, fiber 0.0, folate 3e-06, iron 0.00056, magnesium 0.081, monounsaturated fat 0.13, net carbs 0.0, omega-3 DHA 0.42, omega-3 DPA 0.03, omega-3 EPA 0.09, phosphorus 0.267, polyunsaturated fat 0.58, potassium 0.43, protein 23.0, saturated fat 0.16, selenium 4.4e-05, sodium 0.419, trans fat nan, vitamin A (IU) 51.0, vitamin A RAE 1.7e-05, vitamin B1 5e-05, vitamin B12 3.7e-06, vitamin B2 0.00022, vitamin B3 0.0039, vitamin B5 0.00043, vitamin B6 0.00033, vitamin C 0.0, zinc 0.00057, choline 0.092, fructose nan, histidine 0.00069, isoleucine 0.0011, leucine 0.0019, lysine 0.0022, manganese 2e-05, methionine 0.0007, phenylalanine 0.00092, starch nan, sugar 0.0, threonine 0.001, tryptophan 0.00026, valine 0.0012, vitamin D 1.3e-06, vitamin E 0.00028, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pompano:

Pompano contains calcium 0.043, calories 211, carbs 0.0, cholesterol 0.064, copper 8e-05, fat 12.0, fiber 0.0, folate 1.7e-05, iron 0.00067, magnesium 0.031, monounsaturated fat 3.3, net carbs 0.0, omega-3 DHA 0.5, omega-3 DPA 0.26, omega-3 EPA 0.22, phosphorus 0.341, polyunsaturated fat 1.5, potassium 0.636, protein 24.0, saturated fat 4.5, selenium 4.7e-05, sodium 0.076, trans fat nan, vitamin A (IU) 120.0, vitamin A RAE 3.6e-05, vitamin B1 0.00068, vitamin B12 1.2e-06, vitamin B2 0.00015, vitamin B3 0.0038, vitamin B5 0.00087, vitamin B6 0.00023, vitamin C 0.0, zinc 0.00069, choline nan, fructose nan, histidine 0.0007, isoleucine 0.0011, leucine 0.0019, lysine

0.0022, manganese 3e-05, methionine 0.0007, phenylalanine 0.00093, starch nan, sugar nan, threonine 0.00027, valine 0.0012, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Rockfish:

Rockfish contains calcium 0.017, calories 109, carbs 0.0, cholesterol 0.061, copper 4e-05, fat 1.6, fiber 0.0, folate 1e-05, iron 0.00036, magnesium 0.033, monounsaturated fat 0.47, net carbs 0.0, omega-3 DHA 0.24, omega-3 DPA 0.03, omega-3 EPA 0.11, phosphorus 0.248, polyunsaturated fat 0.49, potassium 0.467, protein 22.0, saturated fat 0.42, selenium 7.6e-05, sodium 0.089, trans fat 0.03, vitamin A (IU) 16.0, vitamin A RAE 5e-06, vitamin B1 3e-05, vitamin B12 1.6e-06, vitamin B2 0.00023, vitamin B3 0.0029, vitamin B5 0.0004, vitamin B6 0.00024, vitamin C 0.0, zinc 0.00043, choline 0.079, fructose 0.0, histidine 0.0005, isoleucine 0.0011, leucine 0.0018, lysine 0.0022, manganese 1e-05, methionine 0.00071, phenylalanine 0.00094, starch 0.0, sugar 0.0, threonine 0.001, tryptophan 0.0003, valine 0.0011, vitamin D 4.6e-06, vitamin E 0.00044, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid 0.01, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Smoked salmon:

Smoked salmon contains calcium 0.011, calories 117, carbs 0.0, cholesterol 0.023, copper 0.00023, fat 4.3, fiber 0.0, folate 2e-06, iron 0.00085, magnesium 0.018, monounsaturated fat 2.0, net carbs 0.0, omega-3 DHA 0.27, omega-3 DPA 0.07, omega-3 EPA 0.18, phosphorus 0.164, polyunsaturated fat 1.0, potassium 0.175, protein 18.0, saturated fat 0.93, selenium 3.2e-05, sodium 0.672, trans fat nan, vitamin A (IU) 87.0, vitamin A RAE 2.6e-05, vitamin B1 2e-05, vitamin B12 3.3e-06, vitamin B2 0.0001, vitamin B3 0.0047, vitamin B5 0.00087, vitamin B6 0.00028, vitamin C 0.0, zinc 0.00031, choline 0.089, fructose nan, histidine 0.00054, isoleucine 0.00084, leucine 0.0015, lysine 0.0017, manganese 2e-05, methionine 0.00054, phenylalanine 0.00071, starch nan, sugar 0.0, threonine 0.0008, tryptophan 0.00021, valine 0.00094, vitamin D 1.7e-05, vitamin E 0.0014, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Sockeye salmon:

Sockeye salmon contains calcium 0.011, calories 156, carbs 0.0, cholesterol 0.061, copper 8e-05, fat 5.6, fiber 0.0, folate 7e-06, iron 0.00052, magnesium 0.036, monounsaturated fat 1.9, net carbs 0.0, omega-3 DHA 0.56, omega-3 DPA 0.09, omega-3 EPA 0.3, phosphorus 0.305, polyunsaturated fat 1.3, potassium 0.436, protein 26.0, saturated fat 0.97, selenium 3.6e-05, sodium 0.092, trans fat 0.02, vitamin A (IU) 193.0, vitamin A RAE 5.8e-05, vitamin B1 0.00016, vitamin B12 4.5e-06, vitamin B2 0.00025, vitamin B3 0.01, vitamin B5 0.0013, vitamin B6 0.00083, vitamin C 0.0, zinc 0.00055, choline 0.113, fructose 0.0, histidine 0.00071, isoleucine 0.0013, leucine 0.0022, lysine 0.0026, manganese 1e-05, methionine 0.00086, phenylalanine 0.0011, starch 0.0, sugar 0.0, threonine 0.0012, tryptophan 0.00034, valine 0.0015, vitamin D 1.7e-05, vitamin E 0.00099, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid 0.02, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Sardine:

Sardine contains calcium 0.382, calories 208, carbs 0.0, cholesterol 0.142, copper 0.00019, fat 11.0, fiber 0.0, folate 1e-05, iron 0.0029, magnesium 0.039, monounsaturated fat 3.9, net carbs 0.0, omega-3 DHA 0.51, omega-3 DPA 0.0, omega-3 EPA 0.47, phosphorus 0.49, polyunsaturated fat 5.1, potassium 0.397, protein 25.0, saturated fat 1.5, selenium 5.3e-05, sodium 0.307, trans fat nan, vitamin A (IU) 108.0, vitamin A RAE 3.2e-05, vitamin B1 8e-05, vitamin B12 8.9e-06, vitamin B2 0.00023, vitamin B3 0.0052, vitamin B5 0.00064, vitamin B6 0.00017, vitamin C 0.0, zinc 0.0013, choline 0.075, fructose nan, histidine 0.00073, isoleucine 0.0011, leucine 0.002, lysine 0.0023, manganese 0.00011, methionine 0.00073, phenylalanine 0.00096, starch nan, sugar 0.0, threonine 0.0011,

tryptophan 0.00028, valine 0.0013, vitamin D 4.8e-06, vitamin E 0.002, vitamin K 2.6e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Shark:

Shark contains calcium 0.05, calories 228, carbs 6.4, cholesterol 0.059, copper 4e-05, fat 14.0, fiber 0.0, folate 1.5e-05, iron 0.0011, magnesium 0.043, monounsaturated fat 5.9, net carbs 6.4, omega-3 DHA 0.43, omega-3 DPA 0.09, omega-3 EPA 0.26, phosphorus 0.194, polyunsaturated fat 3.7, potassium 0.155, protein 19.0, saturated fat 3.2, selenium 3.4e-05, sodium 0.122, trans fat nan, vitamin A (IU) 180.0, vitamin A RAE 5.4e-05, vitamin B1 7e-05, vitamin B12 1.2e-06, vitamin B2 0.0001, vitamin B3 0.0028, vitamin B5 0.00062, vitamin B6 0.0003, vitamin C 0.0, zinc 0.00048, choline nan, fructose nan, histidine 0.00054, isoleucine 0.00087, leucine 0.0015, lysine 0.0016, manganese 5e-05, methionine 0.00054, phenylalanine 0.00075, starch nan, sugar nan, threonine 0.00084, tryptophan 0.00021, valine 0.00097, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Sheepshead:

Sheepshead contains calcium 0.037, calories 126, carbs 0.0, cholesterol 0.064, copper 0.00012, fat 1.6, fiber 0.0, folate 1.7e-05, iron 0.00067, magnesium 0.035, monounsaturated fat 0.35, net carbs 0.0, omega-3 DHA 0.11, omega-3 DPA 0.04, omega-3 EPA 0.08, phosphorus 0.35, polyunsaturated fat 0.38, potassium 0.512, protein 26.0, saturated fat 0.36, selenium 5.1e-05, sodium 0.073, trans fat nan, vitamin A (IU) 115.0, vitamin A RAE 3.5e-05, vitamin B1 1e-05, vitamin B12 2.3e-06, vitamin B2 5e-05, vitamin B3 0.0018, vitamin B5 0.00087, vitamin B6 0.00035, vitamin C 0.0, zinc 0.00063, choline nan, fructose nan, histidine 0.00077, isoleucine 0.0012, leucine 0.0021, lysine 0.0024, manganese 2e-05, methionine 0.00077, phenylalanine 0.001, starch nan, sugar nan, threonine 0.0011, tryptophan 0.00029, valine 0.0013, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Smelt:

Smelt contains calcium 0.077, calories 124, carbs 0.0, cholesterol 0.09, copper 0.00018, fat 3.1, fiber 0.0, folate 5e-06, iron 0.0012, magnesium 0.038, monounsaturated fat 0.82, net carbs 0.0, omega-3 DHA 0.54, omega-3 DPA 0.02, omega-3 EPA 0.35, phosphorus 0.295, polyunsaturated fat 1.1, potassium 0.372, protein 23.0, saturated fat 0.58, selenium 4.7e-05, sodium 0.077, trans fat nan, vitamin A (IU) 58.0, vitamin A RAE 1.7e-05, vitamin B1 1e-05, vitamin B12 4e-06, vitamin B2 0.00015, vitamin B3 0.0018, vitamin B5 0.00074, vitamin B6 0.00017, vitamin C 0.0, zinc 0.0021, choline nan, fructose nan, histidine 0.00067, isoleucine 0.001, leucine 0.0018, lysine 0.0021, manganese 0.0009, methionine 0.00067, phenylalanine 0.00088, starch nan, sugar nan, threonine 0.00099, tryptophan 0.00025, valine 0.0012, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Snapper:

Snapper contains calcium 0.04, calories 128, carbs 0.0, cholesterol 0.047, copper 5e-05, fat 1.7, fiber 0.0, folate 6e-06, iron 0.00024, magnesium 0.037, monounsaturated fat 0.32, net carbs 0.0, omega-3 DHA 0.27, omega-3 DPA 0.02, omega-3 EPA 0.05, phosphorus 0.201, polyunsaturated fat 0.59, potassium 0.522, protein 26.0, saturated fat 0.37, selenium 4.9e-05, sodium 0.057, trans fat nan, vitamin A (IU) 115.0, vitamin A RAE 3.5e-05, vitamin B1 5e-05, vitamin B12 3.5e-06, vitamin B2 0.0, vitamin B3 0.00035, vitamin B5 0.00087, vitamin B6 0.00046, vitamin C 0.0016, zinc 0.00044, choline nan, fructose nan, histidine 0.00077, isoleucine 0.0012, leucine 0.0021, lysine 0.0024, manganese 2e-05, methionine 0.00078, phenylalanine 0.001, starch nan, sugar nan, threonine 0.0012, tryptophan 0.00029, valine 0.0014, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA

nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Sturgeon:

Sturgeon contains calcium 0.017, calories 135, carbs 0.0, cholesterol 0.077, copper 5e-05, fat 5.2, fiber 0.0, folate 1.7e-05, iron 0.0009, magnesium 0.045, monounsaturated fat 2.5, net carbs 0.0, omega-3 DHA 0.12, omega-3 DPA 0.06, omega-3 EPA 0.25, phosphorus 0.271, polyunsaturated fat 0.89, potassium 0.364, protein 21.0, saturated fat 1.2, selenium 1.6e-05, sodium 0.069, trans fat nan, vitamin A (IU) 875.0, vitamin A RAE 0.000263, vitamin B1 8e-05, vitamin B12 2.5e-06, vitamin B2 9e-05, vitamin B3 0.01, vitamin B5 0.00087, vitamin B6 0.00023, vitamin C 0.0, zinc 0.00054, choline 0.07, fructose nan, histidine 0.00061, isoleucine 0.00095, leucine 0.0017, lysine 0.0019, manganese 3e-05, methionine 0.00061, phenylalanine 0.00081, starch nan, sugar 0.0, threonine 0.00091, tryptophan 0.00023, valine 0.0011, vitamin D 1.3e-05, vitamin E 0.00063, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Surimi:

Surimi contains calcium 0.009, calories 99, carbs 6.9, cholesterol 0.03, copper 3e-05, fat 0.9, fiber 0.0, folate 2e-06, iron 0.00026, magnesium 0.043, monounsaturated fat 0.15, net carbs 6.9, omega-3 DHA 0.24, omega-3 DPA 0.01, omega-3 EPA 0.16, phosphorus 0.282, polyunsaturated fat 0.44, potassium 0.112, protein 15.0, saturated fat 0.19, selenium 2.8e-05, sodium 0.143, trans fat nan, vitamin A (IU) 67.0, vitamin A RAE 2e-05, vitamin B1 2e-05, vitamin B12 1.6e-06, vitamin B2 2e-05, vitamin B3 0.00022, vitamin B5 7e-05, vitamin B6 3e-05, vitamin C 0.0, zinc 0.00033, choline nan, fructose nan, histidine 0.00035, isoleucine 0.00071, leucine 0.0012, lysine 0.0014, manganese 1e-05, methionine 0.00052, phenylalanine 0.0006, starch nan, sugar 0.0, threonine 0.00073, tryptophan 9e-05, valine 0.00077, vitamin D nan, vitamin E 0.00063, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Swordfish:

Swordfish contains calcium 0.006, calories 172, carbs 0.0, cholesterol 0.078, copper 5e-05, fat 7.9, fiber 0.0, folate 2e-06, iron 0.00045, magnesium 0.035, monounsaturated fat 3.5, net carbs 0.0, omega-3 DHA 0.77, omega-3 DPA 0.17, omega-3 EPA 0.13, phosphorus 0.304, polyunsaturated fat 1.4, potassium 0.499, protein 23.0, saturated fat 1.9, selenium 6.9e-05, sodium 0.097, trans fat 0.06, vitamin A (IU) 129.0, vitamin A RAE 4.3e-05, vitamin B1 9e-05, vitamin B12 1.6e-06, vitamin B2 6e-05, vitamin B3 0.0093, vitamin B5 0.00042, vitamin B6 0.00062, vitamin C 0.0, zinc 0.00078, choline 0.078, fructose nan, histidine 0.0007, isoleucine 0.0011, leucine 0.0019, lysine 0.0022, manganese 1e-05, methionine 0.0007, phenylalanine 0.00092, starch nan, sugar 0.0, threonine 0.001, tryptophan 0.00027, valine 0.0012, vitamin D 1.7e-05, vitamin E 0.0024, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid 0.02, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Tilefish:

Tilefish contains calcium 0.026, calories 147, carbs 0.0, cholesterol 0.064, copper 5e-05, fat 4.7, fiber 0.0, folate 1.7e-05, iron 0.00031, magnesium 0.033, monounsaturated fat 1.3, net carbs 0.0, omega-3 DHA 0.73, omega-3 DPA 0.14, omega-3 EPA 0.17, phosphorus 0.236, polyunsaturated fat 1.2, potassium 0.512, protein 24.0, saturated fat 0.87, selenium 5.2e-05, sodium 0.059, trans fat nan, vitamin A (IU) 69.0, vitamin A RAE 2.1e-05, vitamin B1 0.00014, vitamin B12 2.5e-06, vitamin B2 0.00019, vitamin B3 0.0035, vitamin B5 0.00087, vitamin B6 0.0003, vitamin C 0.0, zinc 0.00053, choline nan, fructose nan, histidine 0.00072, isoleucine 0.0011, leucine 0.002, lysine 0.0022, manganese 2e-05, methionine 0.00073, phenylalanine 0.00096, starch nan, sugar nan, threonine 0.0011, tryptophan 0.00027, valine 0.0013, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6

dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Tuna salad:

Tuna salad contains calcium 0.017, calories 187, carbs 9.4, cholesterol 0.013, copper 0.00015, fat 9.3, fiber 0.0, folate 8e-06, iron 0.001, magnesium 0.019, monounsaturated fat 2.9, net carbs 9.4, omega-3 DHA 0.06, omega-3 DPA nan, omega-3 EPA 0.01, phosphorus 0.178, polyunsaturated fat 4.1, potassium 0.178, protein 16.0, saturated fat 1.5, selenium 4.1e-05, sodium 0.402, trans fat nan, vitamin A (IU) 97.0, vitamin A RAE 2.4e-05, vitamin B1 3e-05, vitamin B12 1.2e-06, vitamin B2 7e-05, vitamin B3 0.0067, vitamin B5 0.00026, vitamin B6 8e-05, vitamin C 0.0022, zinc 0.00056, choline nan, fructose nan, histidine 0.00047, isoleucine 0.00074, leucine 0.0013, lysine 0.0015, manganese 4e-05, methionine 0.00047, phenylalanine 0.00063, starch nan, sugar nan, threonine 0.0007, tryptophan 0.00018, valine 0.00082, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Whiting:

Whiting contains calcium 0.062, calories 116, carbs 0.0, cholesterol 0.084, copper 4e-05, fat 1.7, fiber 0.0, folate 1.5e-05, iron 0.00042, magnesium 0.027, monounsaturated fat 0.45, net carbs 0.0, omega-3 DHA 0.24, omega-3 DPA 0.02, omega-3 EPA 0.28, phosphorus 0.285, polyunsaturated fat 0.59, potassium 0.434, protein 23.0, saturated fat 0.4, selenium 4.1e-05, sodium 0.132, trans fat nan, vitamin A (IU) 128.0, vitamin A RAE 3.8e-05, vitamin B1 7e-05, vitamin B12 2.6e-06, vitamin B2 6e-05, vitamin B3 0.0017, vitamin B5 0.00025, vitamin B6 0.00018, vitamin C 0.0, zinc 0.00053, choline 0.083, fructose nan, histidine 0.00069, isoleucine 0.0011, leucine 0.0019, lysine 0.0022, manganese 0.00013, methionine 0.0007, phenylalanine 0.00092, starch nan, sugar 0.0, threonine 0.001, tryptophan 0.00026, valine 0.0012, vitamin D 1.8e-06, vitamin E 0.00038, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Crab meat:

Crab meat contains calcium 0.059, calories 97, carbs 0.0, cholesterol 0.053, copper 0.0012, fat 1.5, fiber 0.0, folate 5.1e-05, iron 0.00076, magnesium 0.063, monounsaturated fat 0.19, net carbs 0.0, omega-3 DHA 0.12, omega-3 DPA 0.03, omega-3 EPA 0.3, phosphorus 0.28, polyunsaturated fat 0.54, potassium 0.262, protein 19.0, saturated fat 0.13, selenium 4e-05, sodium 1.072, trans fat nan, vitamin A (IU) 29.0, vitamin A RAE 9e-06, vitamin B1 5e-05, vitamin B12 1.2e-05, vitamin B2 6e-05, vitamin B3 0.0013, vitamin B5 0.0004, vitamin B6 0.00018, vitamin C 0.0076, zinc 0.0076, choline nan, fructose nan, histidine 0.00039, isoleucine 0.00094, leucine 0.0015, lysine 0.0017, manganese 4e-05, methionine 0.00055, phenylalanine 0.00082, starch nan, sugar nan, threonine 0.00078, tryptophan 0.00027, valine 0.00091, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Crab stick:

Crab stick contains calcium 0.013, calories 95, carbs 15.0, cholesterol 0.02, copper 3e-05, fat 0.46, fiber 0.5, folate 0.0, iron 0.00039, magnesium 0.043, monounsaturated fat 0.28, net carbs 15.0, omega-3 DHA 0.03, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.282, polyunsaturated fat 0.14, potassium 0.09, protein 7.6, saturated fat 0.22, selenium 2.2e-05, sodium 0.529, trans fat 0.01, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 3e-05, vitamin B12 5.7e-07, vitamin B2 8e-05, vitamin B3 0.00062, vitamin B5 0.0, vitamin B6 0.00013, vitamin C 0.0, zinc 0.00033, choline 0.013, fructose 0.62, histidine 0.00016, isoleucine 0.00023, leucine 0.00061, lysine 0.00071, manganese 1e-05, methionine 0.00026, phenylalanine 0.00026, starch 3.5, sugar 6.3, threonine 0.00029, tryptophan 8e-05, valine 0.00029, vitamin D 0.0, vitamin E 0.00017, vitamin K 4e-07, omega-3 ALA 0.01, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.0, omega-6 dihomogamma-linoleic acid 0.0, omega-6 linoleic acid 0.09, omega-6 arachidonic acid nan.

Crab:

Crab contains calcium 0.091, calories 83, carbs 0.0, cholesterol 0.097, copper 0.00081, fat 0.74, fiber 0.0, folate 5.1e-05, iron 0.0005, magnesium 0.036, monounsaturated fat 0.13, net carbs 0.0, omega-3 DHA 0.07, omega-3 DPA 0.01, omega-3 EPA 0.1, phosphorus 0.234, polyunsaturated fat 0.26, potassium 0.259, protein 18.0, saturated fat 0.2, selenium 4.3e-05, sodium 0.563, trans fat 0.01, vitamin A (IU) 2.0, vitamin A RAE 1e-06, vitamin B1 2e-05, vitamin B12 3.3e-06, vitamin B2 9e-05, vitamin B3 0.0027, vitamin B5 0.001, vitamin B6 0.00016, vitamin C 0.0033, zinc 0.0038, choline 0.081, fructose 0.0, histidine 0.00039, isoleucine 0.00078, leucine 0.0013, lysine 0.0014, manganese 7e-05, methionine 0.00045, phenylalanine 0.00071, starch 0.0, sugar 0.0, threonine 0.00073, tryptophan 0.00023, valine 0.00081, vitamin D 0.0, vitamin E 0.0018, vitamin K 3e-07, omega-3 ALA nan, omega-6 eicosadienoic acid 0.01, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Crayfish:

Crayfish contains calcium 0.06, calories 82, carbs 0.0, cholesterol 0.133, copper 0.00069, fat 1.2, fiber 0.0, folate 4.4e-05, iron 0.00083, magnesium 0.033, monounsaturated fat 0.24, net carbs 0.0, omega-3 DHA 0.05, omega-3 DPA 0.0, omega-3 EPA 0.12, phosphorus 0.27, polyunsaturated fat 0.37, potassium 0.296, protein 17.0, saturated fat 0.18, selenium 3.7e-05, sodium 0.094, trans fat nan, vitamin A (IU) 50.0, vitamin A RAE 1.5e-05, vitamin B1 5e-05, vitamin B12 2.2e-06, vitamin B2 9e-05, vitamin B3 0.0023, vitamin B5 0.00058, vitamin B6 8e-05, vitamin C 0.0009, zinc 0.0018, choline 0.081, fructose nan, histidine 0.00034, isoleucine 0.00081, leucine 0.0013, lysine 0.0015, manganese 0.00052, methionine 0.00047, phenylalanine 0.00071, starch nan, sugar 0.0, threonine 0.00068, tryptophan 0.00023, valine 0.00079, vitamin D 0.0, vitamin E 0.0015, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Lobster:

Lobster contains calcium 0.096, calories 89, carbs 0.0, cholesterol 0.146, copper 0.0016, fat 0.86, fiber 0.0, folate 1.1e-05, iron 0.00029, magnesium 0.043, monounsaturated fat 0.25, net carbs 0.0, omega-3 DHA 0.08, omega-3 DPA 0.01, omega-3 EPA 0.12, phosphorus 0.185, polyunsaturated fat 0.34, potassium 0.23, protein 19.0, saturated fat 0.21, selenium 7.3e-05, sodium 0.486, trans fat 0.01, vitamin A (IU) 4.0, vitamin A RAE 1e-06, vitamin B1 2e-05, vitamin B12 1.4e-06, vitamin B2 2e-05, vitamin B3 0.0018, vitamin B5 0.0017, vitamin B6 0.00012, vitamin C 0.0, zinc 0.0041, choline 0.081, fructose 0.0, histidine 0.00048, isoleucine 0.00083, leucine 0.0014, lysine 0.0014, manganese 7e-05, methionine 0.00048, phenylalanine 0.00078, starch 0.0, sugar 0.0, threonine 0.00075, tryptophan 0.00025, valine 0.00085, vitamin D 0.0, vitamin E 0.001, vitamin K 0.0, omega-3 ALA 0.05, omega-6 eicosadienoic acid 0.01, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.01, omega-6 dihomogamma-linoleic acid 0.01, omega-6 linoleic acid 0.03, omega-6 arachidonic acid nan.

Shrimp:

Shrimp contains calcium 0.091, calories 119, carbs 1.5, cholesterol 0.211, copper 0.00026, fat 1.7, fiber 0.0, folate 2.4e-05, iron 0.00032, magnesium 0.037, monounsaturated fat 0.36, net carbs 1.5, omega-3 DHA 0.14, omega-3 DPA 0.01, omega-3 EPA 0.14, phosphorus 0.306, polyunsaturated fat 0.59, potassium 0.17, protein 23.0, saturated fat 0.52, selenium 5e-05, sodium 0.947, trans fat 0.04, vitamin A (IU) 301.0, vitamin A RAE 9e-05, vitamin B1 3e-05, vitamin B12 1.7e-06, vitamin B2 2e-05, vitamin B3 0.0027, vitamin B5 0.00052, vitamin B6 0.00024, vitamin C 0.0, zinc 0.0016, choline 0.135, fructose 0.0, histidine 0.0005, isoleucine 0.0011, leucine 0.002, lysine 0.0022, manganese 5e-05, methionine 0.00067, phenylalanine 0.00099, starch 0.0, sugar 0.0, threonine 0.0009, tryptophan 0.00026, valine 0.0011, vitamin D 1e-07, vitamin E 0.0022, vitamin K 4e-07, omega-3 ALA nan, omega-6 eicosadienoic acid 0.01, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Abalone:

Abalone contains calcium 0.037, calories 189, carbs 11.0, cholesterol 0.094, copper 0.00023, fat 6.8, fiber 0.0, folate 1.4e-05, iron 0.0038, magnesium 0.056, monounsaturated fat 2.7, net carbs 11.0, omega-3 DHA nan, omega-3 DPA 0.05, omega-3 EPA 0.05, phosphorus 0.217, polyunsaturated fat 1.7, potassium 0.284, protein 20.0, saturated fat 1.6, selenium 5.2e-05, sodium 0.591, trans fat nan, vitamin A (IU) 5.0, vitamin A RAE 2e-06, vitamin B1 0.00022, vitamin B12 6.9e-07, vitamin B2 0.00013, vitamin B3 0.0019, vitamin B5 0.0029, vitamin B6 0.00015, vitamin C 0.0018, zinc 0.00095, choline nan, fructose nan, histidine 0.00038, isoleucine 0.00085, leucine 0.0014, lysine 0.0014, manganese 7e-05, methionine 0.00044, phenylalanine 0.00072, starch nan, sugar nan, threonine 0.00084, tryptophan 0.00022, valine 0.00086, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Clam:

Clam contains calcium 0.092, calories 148, carbs 5.1, cholesterol 0.067, copper 0.00069, fat 2.0, fiber 0.0, folate 2.9e-05, iron 0.0028, magnesium 0.018, monounsaturated fat 0.17, net carbs 5.1, omega-3 DHA 0.15, omega-3 DPA 0.1, omega-3 EPA 0.14, phosphorus 0.338, polyunsaturated fat 0.55, potassium 0.628, protein 26.0, saturated fat 0.19, selenium 6.4e-05, sodium 1.202, trans fat nan, vitamin A (IU) 570.0, vitamin A RAE 0.000171, vitamin B1 0.00015, vitamin B12 9.9e-05, vitamin B2 0.00043, vitamin B3 0.0034, vitamin B5 0.00068, vitamin B6 0.00011, vitamin C 0.022, zinc 0.0027, choline nan, fructose nan, histidine 0.00049, isoleucine 0.0011, leucine 0.0018, lysine 0.0019, manganese 0.001, methionine 0.00058, phenylalanine 0.00092, starch nan, sugar nan, threonine 0.0011, tryptophan 0.00029, valine 0.0011, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cuttlefish:

Cuttlefish contains calcium 0.09, calories 79, carbs 0.82, cholesterol 0.112, copper 0.00059, fat 0.7, fiber 0.0, folate 1.6e-05, iron 0.006, magnesium 0.03, monounsaturated fat 0.08, net carbs 0.82, omega-3 DHA 0.07, omega-3 DPA 0.01, omega-3 EPA 0.04, phosphorus 0.387, polyunsaturated fat 0.13, potassium 0.354, protein 16.0, saturated fat 0.12, selenium 4.5e-05, sodium 0.372, trans fat nan, vitamin A (IU) 375.0, vitamin A RAE 0.000113, vitamin B1 1e-05, vitamin B12 3e-06, vitamin B2 0.00091, vitamin B3 0.0012, vitamin B5 0.0005, vitamin B6 0.00015, vitamin C 0.0053, zinc 0.0017, choline nan, fructose nan, histidine 0.00031, isoleucine 0.00071, leucine 0.0011, lysine 0.0012, manganese 0.00011, methionine 0.00037, phenylalanine 0.00058, starch nan, sugar nan, threonine 0.0007, tryptophan 0.00018, valine 0.00071, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Mussels:

Mussels contains calcium 0.033, calories 172, carbs 7.4, cholesterol 0.056, copper 0.00015, fat 4.5, fiber 0.0, folate 7.6e-05, iron 0.0067, magnesium 0.037, monounsaturated fat 1.0, net carbs 7.4, omega-3 DHA 0.51, omega-3 DPA 0.04, omega-3 EPA 0.28, phosphorus 0.285, polyunsaturated fat 1.2, potassium 0.268, protein 24.0, saturated fat 0.85, selenium 9e-05, sodium 0.369, trans fat nan, vitamin A (IU) 304.0, vitamin A RAE 9.1e-05, vitamin B1 0.0003, vitamin B12 2.4e-05, vitamin B2 0.00042, vitamin B3 0.003, vitamin B5 0.00095, vitamin B6 0.0001, vitamin C 0.014, zinc 0.0027, choline nan, fructose nan, histidine 0.00046, isoleucine 0.001, leucine 0.0017, lysine 0.0018, manganese 0.0068, methionine 0.00054, phenylalanine 0.00085, starch nan, sugar nan, threonine 0.001, tryptophan 0.00027, valine 0.001, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Oysters:

Oysters contains calcium 0.116, calories 102, carbs 5.5, cholesterol 0.079, copper 0.0057, fat 3.4, fiber 0.0, folate

1.4e-05, iron 0.0092, magnesium 0.035, monounsaturated fat 0.51, net carbs 5.5, omega-3 DHA 0.27, omega-3 DPA 0.02, omega-3 EPA 0.35, phosphorus 0.194, polyunsaturated fat 1.1, potassium 0.139, protein 11.0, fat 0.95, selenium 4e-05, sodium 0.166, trans fat 0.07, vitamin A (IU) 88.0, vitamin A RAE 2.6e-05, vitamin B1 4e-05, vitamin B12 1.8e-05, vitamin B2 0.00018, vitamin B3 0.0019, vitamin B5 0.00045, vitamin B6 6e-05, vitamin C 0.0, zinc 0.079, choline 0.13, fructose 0.0, histidine 0.00022, isoleucine 0.00046, leucine 0.00072, lysine 0.00059, methionine 0.00026, phenylalanine 0.00041, starch 0.9, sugar 1.2, threonine 5e-05, tryptophan 0.00014, valine 0.00052, vitamin D 0.0, vitamin E 0.0017, vitamin K 2e-06, omega-3 ALA 0.16, omega-6 eicosadienoic acid 0.01, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.0, omega-6 dihomo-gamma-linoleic acid 0.01, omega-6 linoleic acid 0.06, omega-6 arachidonic acid nan.

Whelk:

Whelk contains calcium 0.113, calories 275, carbs 16.0, cholesterol 0.13, copper 0.0021, fat 0.8, fiber 0.0, folate 1.1e-05, iron 0.01, magnesium 0.172, monounsaturated fat 0.06, net carbs 16.0, omega-3 DHA 0.01, omega-3 DPA nan, omega-3 EPA 0.01, phosphorus 0.282, polyunsaturated fat 0.05, potassium 0.694, protein 48.0, saturated fat 0.06, selenium 9e-05, sodium 0.412, trans fat nan, vitamin A (IU) 162.0, vitamin A RAE 4.9e-05, vitamin B1 5e-05, vitamin B12 1.8e-05, vitamin B2 0.00021, vitamin B3 0.002, vitamin B5 0.0004, vitamin B6 0.00065, vitamin C 0.0068, zinc 0.0033, choline nan, fructose nan, histidine 0.00098, isoleucine 0.0017, leucine 0.0038, lysine 0.0029, manganese 0.00089, methionine 0.0012, phenylalanine 0.0016, starch nan, sugar nan, threonine 0.0021, tryptophan 0.00062, valine 0.0021, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Bass:

Bass contains calcium 0.019, calories 124, carbs 0.0, cholesterol 0.103, copper 4e-05, fat 3.0, fiber 0.0, folate 1e-05, iron 0.0011, magnesium 0.051, monounsaturated fat 0.85, net carbs 0.0, omega-3 DHA 0.75, omega-3 DPA nan, omega-3 EPA 0.22, phosphorus 0.254, polyunsaturated fat 1.0, potassium 0.328, protein 23.0, saturated fat 0.65, selenium 4.7e-05, sodium 0.088, trans fat nan, vitamin A (IU) 104.0, vitamin A RAE 3.1e-05, vitamin B1 0.00012, vitamin B12 4.4e-06, vitamin B2 4e-05, vitamin B3 0.0026, vitamin B5 0.00087, vitamin B6 0.00035, vitamin C 0.0, zinc 0.00051, choline nan, fructose nan, histidine 0.00067, isoleucine 0.001, leucine 0.0018, lysine 0.0021, manganese 2e-05, methionine 0.00067, phenylalanine 0.00089, starch nan, sugar nan, threonine 0.001, tryptophan 0.00026, valine 0.0012, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Bluefish:

Bluefish contains calcium 0.009, calories 159, carbs 0.0, cholesterol 0.076, copper 7e-05, fat 5.4, fiber 0.0, folate 2e-06, iron 0.00062, magnesium 0.042, monounsaturated fat 2.3, net carbs 0.0, omega-3 DHA 0.67, omega-3 DPA 0.08, omega-3 EPA 0.32, phosphorus 0.291, polyunsaturated fat 1.4, potassium 0.477, protein 26.0, saturated fat 1.2, selenium 4.7e-05, sodium 0.077, trans fat nan, vitamin A (IU) 459.0, vitamin A RAE 0.000138, vitamin B1 7e-05, vitamin B12 6.2e-06, vitamin B2 0.0001, vitamin B3 0.0072, vitamin B5 0.00096, vitamin B6 0.00046, vitamin C 0.0, zinc 0.001, choline nan, fructose nan, histidine 0.00076, isoleucine 0.0012, leucine 0.0021, lysine 0.0024, manganese 3e-05, methionine 0.00076, phenylalanine 0.001, starch nan, sugar nan, threonine 0.0011, tryptophan 0.00029, valine 0.0013, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Burbot:

Burbot contains calcium 0.064, calories 115, carbs 0.0, cholesterol 0.077, copper 0.00026, fat 1.0, fiber 0.0, folate 1e-06, iron 0.0012, magnesium 0.041, monounsaturated fat 0.17, net carbs 0.0, omega-3 DHA 0.12, omega-3 DPA

Butterfish:

Mahimahi:

Drum fish:

Halibut:

Halibut contains calcium 0.004, calories 239, carbs 0.0, cholesterol 0.059, copper 4e-05, fat 18.0, fiber 0.0, folate 1e-06, iron 0.00085, magnesium 0.033, monounsaturated fat 11.0, net carbs 0.0, omega-3 DHA 0.5, omega-3 DPA 0.11, omega-3 EPA 0.67, phosphorus 0.21, polyunsaturated fat 1.8, potassium 0.344, protein 18.0, saturated fat

3.1, selenium 4.7e-05, sodium 0.103, trans fat nan, vitamin A (IU) 60.0, vitamin A RAE 1.8e-05, vitamin B1 9.6e-07, vitamin B12 9.6e-07, vitamin B2 0.0001, vitamin B3 0.0019, vitamin B5 0.00029, vitamin B6 0.00049, vitamin C 0.00051, choline nan, fructose nan, histidine 0.00054, isoleucine 0.00085, leucine 0.0015, lysine 0.00021, manganese 2e-05, methionine 0.00055, phenylalanine 0.00072, starch nan, sugar nan, threonine 0.00081, tryptophan 0.00021, valine 0.00095, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-3 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Ling fish:

Ling fish contains calcium 0.044, calories 111, carbs 0.0, cholesterol 0.051, copper 0.00014, fat 0.82, fiber 0.0, folate 8e-06, iron 0.00083, magnesium 0.081, monounsaturated fat nan, net carbs 0.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.254, polyunsaturated fat nan, potassium 0.486, protein 24.0, saturated fat nan, selenium 4.7e-05, sodium 0.173, trans fat nan, vitamin A (IU) 115.0, vitamin A RAE 3.5e-05, vitamin B1 0.00013, vitamin B12 6.5e-07, vitamin B2 0.00023, vitamin B3 0.0028, vitamin B5 0.00037, vitamin B6 0.00035, vitamin C 0.0, zinc 0.001, choline nan, fructose nan, histidine 0.00072, isoleucine 0.0011, leucine 0.002, lysine 0.0022, manganese 4e-05, methionine 0.00072, phenylalanine 0.00095, starch nan, sugar nan, threonine 0.0011, tryptophan 0.00027, valine 0.0013, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-3 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Lingcod:

Lingcod contains calcium 0.018, calories 109, carbs 0.0, cholesterol 0.067, copper 4e-05, fat 1.4, fiber 0.0, folate 1e-05, iron 0.00041, magnesium 0.033, monounsaturated fat 0.45, net carbs 0.0, omega-3 DHA 0.13, omega-3 DPA 0.02, omega-3 EPA 0.13, phosphorus 0.258, polyunsaturated fat 0.38, potassium 0.56, protein 23.0, saturated fat 0.26, selenium 4.7e-05, sodium 0.076, trans fat nan, vitamin A (IU) 58.0, vitamin A RAE 1.7e-05, vitamin B1 4e-05, vitamin B12 4.2e-06, vitamin B2 0.00014, vitamin B3 0.0023, vitamin B5 0.00087, vitamin B6 0.00035, vitamin C 0.0, zinc 0.00058, choline nan, fructose nan, histidine 0.00067, isoleucine 0.001, leucine 0.0018, lysine 0.0021, manganese 3e-05, methionine 0.00067, phenylalanine 0.00088, starch nan, sugar nan, threonine 0.00099, tryptophan 0.00025, valine 0.0012, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-3 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Milkfish:

Milkfish contains calcium 0.065, calories 190, carbs 0.0, cholesterol 0.067, copper 4e-05, fat 8.6, fiber 0.0, folate 1.8e-05, iron 0.00041, magnesium 0.038, monounsaturated fat nan, net carbs 0.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.208, polyunsaturated fat nan, potassium 0.374, protein 26.0, saturated fat nan, selenium 1.6e-05, sodium 0.092, trans fat nan, vitamin A (IU) 109.0, vitamin A RAE 3.3e-05, vitamin B1 2e-05, vitamin B12 3.3e-06, vitamin B2 7e-05, vitamin B3 0.0083, vitamin B5 0.00087, vitamin B6 0.00049, vitamin C 0.0, zinc 0.0011, choline nan, fructose nan, histidine 0.00078, isoleucine 0.0012, leucine 0.0021, lysine 0.0024, manganese 3e-05, methionine 0.00078, phenylalanine 0.001, starch nan, sugar nan, threonine 0.0012, tryptophan 0.0003, valine 0.0014, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-3 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Monkfish:

Monkfish contains calcium 0.01, calories 97, carbs 0.0, cholesterol 0.032, copper 4e-05, fat 2.0, fiber 0.0, folate 8e-06, iron 0.00041, magnesium 0.027, monounsaturated fat nan, net carbs 0.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.256, polyunsaturated fat nan, potassium 0.513, protein 19.0, saturated fat nan, selenium 4.7e-05, sodium 0.023, trans fat nan, vitamin A (IU) 46.0, vitamin A RAE 1.4e-05, vitamin B1 3e-05,

vitamin B12 1e-06, vitamin B2 7e-05, vitamin B3 0.0026, vitamin B5 0.00017, vitamin B6 0.00028, vitamin zinc 0.00053, choline nan, fructose nan, histidine 0.00055, isoleucine 0.00086, leucine 0.0015, lysine 0.00 manganese 3e-05, methionine 0.00055, phenylalanine 0.00073, starch nan, sugar nan, threonine 0.00081, tryptophan 0.00021, valine 0.00096, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pacific saury:

Pacific saury contains calcium 0.141, calories 119, carbs 0.0, cholesterol 0.11, copper 0.00023, fat 1.6, fiber 0.0, folate 1.7e-05, iron 0.0017, magnesium 0.038, monounsaturated fat 0.38, net carbs 0.0, omega-3 DHA 0.29, omega-3 DPA 0.05, omega-3 EPA 0.11, phosphorus 0.269, polyunsaturated fat 0.57, potassium 0.499, protein 25.0, saturated fat 0.32, selenium 1.6e-05, sodium 0.065, trans fat nan, vitamin A (IU) 81.0, vitamin A RAE 2.4e-05, vitamin B1 0.00031, vitamin B12 2.3e-06, vitamin B2 0.0002, vitamin B3 0.0028, vitamin B5 0.00087, vitamin B6 0.00014, vitamin C 0.0, zinc 0.00079, choline nan, fructose nan, histidine 0.00072, isoleucine 0.0011, leucine 0.002, lysine 0.0023, manganese 0.001, methionine 0.00073, phenylalanine 0.00096, starch nan, sugar nan, threonine 0.0011, tryptophan 0.00028, valine 0.0013, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Roe:

Roe contains calcium 0.028, calories 204, carbs 1.9, cholesterol 0.479, copper 0.00013, fat 8.2, fiber 0.0, folate 9.2e-05, iron 0.00077, magnesium 0.026, monounsaturated fat 2.1, net carbs 1.9, omega-3 DHA 1.7, omega-3 DPA 0.11, omega-3 EPA 1.3, phosphorus 0.515, polyunsaturated fat 3.4, potassium 0.283, protein 29.0, saturated fat 1.9, selenium 5.2e-05, sodium 0.117, trans fat nan, vitamin A (IU) 303.0, vitamin A RAE 9.1e-05, vitamin B1 0.00028, vitamin B12 1.2e-05, vitamin B2 0.00095, vitamin B3 0.0022, vitamin B5 0.0012, vitamin B6 0.00019, vitamin C 0.016, zinc 0.0013, choline nan, fructose nan, histidine 0.00078, isoleucine 0.0015, leucine 0.0025, lysine 0.0022, manganese 1e-05, methionine 0.00071, phenylalanine 0.0014, starch nan, sugar nan, threonine 0.0013, tryptophan 0.00038, valine 0.0017, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Sablefish:

Sablefish contains calcium 0.045, calories 250, carbs 0.0, cholesterol 0.063, copper 3e-05, fat 20.0, fiber 0.0, folate 1.7e-05, iron 0.0016, magnesium 0.071, monounsaturated fat 10.0, net carbs 0.0, omega-3 DHA 0.92, omega-3 DPA 0.22, omega-3 EPA 0.87, phosphorus 0.215, polyunsaturated fat 2.6, potassium 0.459, protein 17.0, saturated fat 4.1, selenium 4.7e-05, sodium 0.072, trans fat nan, vitamin A (IU) 338.0, vitamin A RAE 0.000102, vitamin B1 0.00012, vitamin B12 1.4e-06, vitamin B2 0.00012, vitamin B3 0.0051, vitamin B5 0.00087, vitamin B6 0.00035, vitamin C 0.0, zinc 0.00041, choline nan, fructose nan, histidine 0.00051, isoleucine 0.00079, leucine 0.0014, lysine 0.0016, manganese 2e-05, methionine 0.00051, phenylalanine 0.00067, starch nan, sugar nan, threonine 0.00075, tryptophan 0.00019, valine 0.00089, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chinook salmon:

Chinook salmon contains calcium 0.028, calories 231, carbs 0.0, cholesterol 0.085, copper 5e-05, fat 13.0, fiber 0.0, folate 3.5e-05, iron 0.00091, magnesium 0.122, monounsaturated fat 5.7, net carbs 0.0, omega-3 DHA 0.73, omega-3 DPA 0.3, omega-3 EPA 1.0, phosphorus 0.371, polyunsaturated fat 2.7, potassium 0.505, protein 26.0, saturated fat 3.2, selenium 4.7e-05, sodium 0.06, trans fat nan, vitamin A (IU) 496.0, vitamin A RAE 0.000149, vitamin B1 4e-05, vitamin B12 2.9e-06, vitamin B2 0.00015, vitamin B3 0.01, vitamin B5 0.00087, vitamin B6

0.00046, vitamin C 0.0041, zinc 0.00056, choline nan, fructose nan, histidine 0.00076, isoleucine 0.0012, lysine 0.0021, lysine 0.0024, manganese 2e-05, methionine 0.00076, phenylalanine 0.001, starch nan, sugar nan, threonine 0.0011, tryptophan 0.00029, valine 0.0013, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-3 DHA nan, omega-3 EPA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Scup:

Scup contains calcium 0.051, calories 135, carbs 0.0, cholesterol 0.067, copper 7e-05, fat 3.5, fiber 0.0, folate 1.7e-05, iron 0.00068, magnesium 0.029, monounsaturated fat nan, net carbs 0.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.237, polyunsaturated fat nan, potassium 0.368, protein 24.0, saturated fat nan, selenium 4.7e-05, sodium 0.054, trans fat nan, vitamin A (IU) 104.0, vitamin A RAE 3.1e-05, vitamin B1 0.00013, vitamin B12 1.6e-06, vitamin B2 0.00012, vitamin B3 0.005, vitamin B5 0.00087, vitamin B6 0.00035, vitamin C 0.0, zinc 0.00062, choline nan, fructose nan, histidine 0.00071, isoleucine 0.0011, leucine 0.002, lysine 0.0022, manganese 5e-05, methionine 0.00072, phenylalanine 0.00095, starch nan, sugar nan, threonine 0.0011, tryptophan 0.00027, valine 0.0012, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-3 DHA nan, omega-3 EPA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Seatrout:

Seatrout contains calcium 0.022, calories 133, carbs 0.0, cholesterol 0.106, copper 4e-05, fat 4.6, fiber 0.0, folate 6e-06, iron 0.00035, magnesium 0.04, monounsaturated fat 1.1, net carbs 0.0, omega-3 DHA 0.27, omega-3 DPA 0.1, omega-3 EPA 0.21, phosphorus 0.321, polyunsaturated fat 0.93, potassium 0.437, protein 21.0, saturated fat 1.3, selenium 4.7e-05, sodium 0.074, trans fat nan, vitamin A (IU) 115.0, vitamin A RAE 3.5e-05, vitamin B1 7e-05, vitamin B12 3.5e-06, vitamin B2 0.00021, vitamin B3 0.0029, vitamin B5 0.00087, vitamin B6 0.00046, vitamin C 0.0, zinc 0.00058, choline nan, fructose nan, histidine 0.00063, isoleucine 0.00099, leucine 0.0017, lysine 0.002, manganese 2e-05, methionine 0.00064, phenylalanine 0.00084, starch nan, sugar nan, threonine 0.00094, tryptophan 0.00024, valine 0.0011, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-3 DHA nan, omega-3 EPA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Shad:

Shad contains calcium 0.06, calories 252, carbs 0.0, cholesterol 0.096, copper 8e-05, fat 18.0, fiber 0.0, folate 1.7e-05, iron 0.0012, magnesium 0.038, monounsaturated fat nan, net carbs 0.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.349, polyunsaturated fat nan, potassium 0.492, protein 22.0, saturated fat nan, selenium 4.7e-05, sodium 0.065, trans fat nan, vitamin A (IU) 120.0, vitamin A RAE 3.6e-05, vitamin B1 0.00018, vitamin B12 1.4e-07, vitamin B2 0.00031, vitamin B3 0.011, vitamin B5 0.00087, vitamin B6 0.00046, vitamin C 0.0, zinc 0.00047, choline nan, fructose nan, histidine 0.00064, isoleucine 0.001, leucine 0.0018, lysine 0.002, manganese 5e-05, methionine 0.00064, phenylalanine 0.00085, starch nan, sugar nan, threonine 0.00095, tryptophan 0.00024, valine 0.0011, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-3 DHA nan, omega-3 EPA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Sucker fish:

Sucker fish contains calcium 0.09, calories 119, carbs 0.0, cholesterol 0.053, copper 0.00025, fat 3.0, fiber 0.0, folate 1.7e-05, iron 0.0017, magnesium 0.038, monounsaturated fat 0.91, net carbs 0.0, omega-3 DHA 0.37, omega-3 DPA 0.09, omega-3 EPA 0.24, phosphorus 0.269, polyunsaturated fat 1.0, potassium 0.487, protein 21.0, saturated fat 0.58, selenium 1.6e-05, sodium 0.051, trans fat nan, vitamin A (IU) 196.0, vitamin A RAE 5.9e-05, vitamin B1 1e-05, vitamin B12 2.3e-06, vitamin B2 9e-05, vitamin B3 0.0015, vitamin B5 0.00087, vitamin B6 0.00023, vitamin C 0.0, zinc 0.00096, choline nan, fructose nan, histidine 0.00063, isoleucine 0.00099, leucine

Sunfish:

Skipjack tuna:

Tuna:

Turbot:

Turbot contains calcium 0.023, calories 122, carbs 0.0, cholesterol 0.062, copper 5e-05, fat 3.8, fiber 0.0, folate 9e-06, iron 0.00046, magnesium 0.065, monounsaturated fat nan, net carbs 0.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.165, polyunsaturated fat nan, potassium 0.305, protein 21.0, saturated fat nan, selenium 4.7e-05, sodium 0.192, trans fat nan, vitamin A (IU) 40.0, vitamin A RAE 1.2e-05, vitamin B1 8e-05, vitamin B12 2.5e-06, vitamin B2 0.0001, vitamin B3 0.0027, vitamin B5 0.00066, vitamin B6 0.00024, vitamin C 0.0017, zinc 0.00028, choline nan, fructose nan, histidine 0.00061, isoleucine 0.00095, leucine 0.0017, lysine 0.0019, manganese 2e-05, methionine 0.00061, phenylalanine 0.0008, starch nan, sugar nan, threonine 0.0009,

tryptophan 0.00023, valine 0.0011, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Whitefish:

Whitefish contains calcium 0.033, calories 172, carbs 0.0, cholesterol 0.077, copper 9e-05, fat 7.5, fiber 0.0, folate 1.7e-05, iron 0.00047, magnesium 0.042, monounsaturated fat 2.6, net carbs 0.0, omega-3 DHA 1.2, omega-3 DPA 0.21, omega-3 EPA 0.41, phosphorus 0.346, polyunsaturated fat 2.8, potassium 0.406, protein 24.0, saturated fat 1.2, selenium 1.6e-05, sodium 0.065, trans fat nan, vitamin A (IU) 131.0, vitamin A RAE 3.9e-05, vitamin B1 0.00017, vitamin B12 9.6e-07, vitamin B2 0.00015, vitamin B3 0.0038, vitamin B5 0.00087, vitamin B6 0.00035, vitamin C 0.0, zinc 0.0013, choline nan, fructose nan, histidine 0.00072, isoleucine 0.0011, leucine 0.002, lysine 0.0022, manganese 9e-05, methionine 0.00072, phenylalanine 0.00096, starch nan, sugar nan, threonine 0.0011, tryptophan 0.00027, valine 0.0013, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Wolffish:

Wolffish contains calcium 0.008, calories 123, carbs 0.0, cholesterol 0.059, copper 4e-05, fat 3.1, fiber 0.0, folate 6e-06, iron 0.00012, magnesium 0.038, monounsaturated fat 1.1, net carbs 0.0, omega-3 DHA 0.41, omega-3 DPA 0.06, omega-3 EPA 0.39, phosphorus 0.256, polyunsaturated fat 1.1, potassium 0.385, protein 22.0, saturated fat 0.47, selenium 4.7e-05, sodium 0.109, trans fat nan, vitamin A (IU) 433.0, vitamin A RAE 0.00013, vitamin B1 0.00021, vitamin B12 2.4e-06, vitamin B2 0.0001, vitamin B3 0.0026, vitamin B5 0.00066, vitamin B6 0.00046, vitamin C 0.0, zinc 0.001, choline nan, fructose nan, histidine 0.00066, isoleucine 0.001, leucine 0.0018, lysine 0.0021, manganese 2e-05, methionine 0.00066, phenylalanine 0.00088, starch nan, sugar nan, threonine 0.00098, tryptophan 0.00025, valine 0.0012, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Yellowtail:

Yellowtail contains calcium 0.029, calories 187, carbs 0.0, cholesterol 0.071, copper 6e-05, fat 6.7, fiber 0.0, folate 4e-06, iron 0.00063, magnesium 0.038, monounsaturated fat nan, net carbs 0.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.201, polyunsaturated fat nan, potassium 0.538, protein 30.0, saturated fat nan, selenium 4.7e-05, sodium 0.05, trans fat nan, vitamin A (IU) 104.0, vitamin A RAE 3.1e-05, vitamin B1 0.00018, vitamin B12 1.3e-06, vitamin B2 5e-05, vitamin B3 0.0087, vitamin B5 0.00068, vitamin B6 0.00019, vitamin C 0.0029, zinc 0.00067, choline nan, fructose nan, histidine 0.00087, isoleucine 0.0014, leucine 0.0024, lysine 0.0027, manganese 2e-05, methionine 0.00088, phenylalanine 0.0012, starch nan, sugar nan, threonine 0.0013, tryptophan 0.00033, valine 0.0015, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Squid:

Squid contains calcium 0.18, calories 158, carbs 1.6, cholesterol 0.224, copper 0.001, fat 1.4, fiber 0.0, folate 2.4e-05, iron 0.011, magnesium 0.06, monounsaturated fat 0.16, net carbs 1.6, omega-3 DHA 0.13, omega-3 DPA 0.01, omega-3 EPA 0.08, phosphorus 0.58, polyunsaturated fat 0.27, potassium 0.637, protein 32.0, saturated fat 0.24, selenium 9e-05, sodium 0.744, trans fat nan, vitamin A (IU) 675.0, vitamin A RAE 0.000203, vitamin B1 2e-05, vitamin B12 5.4e-06, vitamin B2 0.0017, vitamin B3 0.0022, vitamin B5 0.0009, vitamin B6 0.00027, vitamin C 0.0085, zinc 0.0035, choline nan, fructose nan, histidine 0.00062, isoleucine 0.0014, leucine 0.0023, lysine 0.0024, manganese 0.00021, methionine 0.00073, phenylalanine 0.0012, starch nan, sugar nan, threonine 0.0014, tryptophan 0.00036, valine 0.0014, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6

eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihydro-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Octopus:

Octopus contains calcium 0.106, calories 164, carbs 4.4, cholesterol 0.096, copper 0.00074, fat 2.1, fiber 0.0, folate 2.4e-05, iron 0.0095, magnesium 0.06, monounsaturated fat 0.32, net carbs 4.4, omega-3 DHA 0.16, omega-3 DPA 0.01, omega-3 EPA 0.15, phosphorus 0.279, polyunsaturated fat 0.48, potassium 0.63, protein 30.0, saturated fat 0.45, selenium 9e-05, sodium 0.46, trans fat nan, vitamin A (IU) 300.0, vitamin A RAE 9e-05, vitamin B1 6e-05, vitamin B12 3.6e-05, vitamin B2 8e-05, vitamin B3 0.0038, vitamin B5 0.0009, vitamin B6 0.00065, vitamin C 0.008, zinc 0.0034, choline 0.081, fructose nan, histidine 0.00057, isoleucine 0.0013, leucine 0.0021, lysine 0.0022, manganese 5e-05, methionine 0.00067, phenylalanine 0.0011, starch nan, sugar 0.0, threonine 0.0013, tryptophan 0.00033, valine 0.0013, vitamin D 0.0, vitamin E 0.0012, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihydro-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Orange roughly:

Orange roughly contains calcium 0.011, calories 105, carbs 0.0, cholesterol 0.08, copper 8e-05, fat 0.9, fiber 0.0, folate 5e-06, iron 0.0011, magnesium 0.018, monounsaturated fat 0.44, net carbs 0.0, omega-3 DHA 0.03, omega-3 DPA 0.0, omega-3 EPA 0.01, phosphorus 0.102, polyunsaturated fat 0.18, potassium 0.181, protein 23.0, saturated fat 0.03, selenium 8.8e-05, sodium 0.069, trans fat nan, vitamin A (IU) 80.0, vitamin A RAE 2.4e-05, vitamin B1 5e-05, vitamin B12 4.7e-07, vitamin B2 6e-05, vitamin B3 0.0018, vitamin B5 6e-05, vitamin B6 7e-05, vitamin C 0.0, zinc 0.00032, choline nan, fructose nan, histidine 0.00047, isoleucine 0.0011, leucine 0.0018, lysine 0.0021, manganese 4e-05, methionine 0.00073, phenylalanine 0.00087, starch nan, sugar 0.0, threonine 0.001, tryptophan 0.00023, valine 0.0011, vitamin D nan, vitamin E 0.0019, vitamin K 1.1e-06, omega-3 ALA 0.0, omega-6 eicosadienoic acid 0.07, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihydro-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Catfish:

Catfish contains calcium 0.009, calories 144, carbs 0.0, cholesterol 0.066, copper 4e-05, fat 7.2, fiber 0.0, folate 1.2e-05, iron 0.00028, magnesium 0.023, monounsaturated fat 3.1, net carbs 0.0, omega-3 DHA 0.07, omega-3 DPA 0.02, omega-3 EPA 0.02, phosphorus 0.247, polyunsaturated fat 1.4, potassium 0.366, protein 18.0, saturated fat 1.6, selenium 9.9e-06, sodium 0.119, trans fat 0.06, vitamin A (IU) 2.0, vitamin A RAE 1e-06, vitamin B1 2e-05, vitamin B12 2.8e-06, vitamin B2 0.0001, vitamin B3 0.0025, vitamin B5 0.00081, vitamin B6 0.00018, vitamin C 0.0, zinc 0.00058, choline 0.079, fructose 0.0, histidine 0.0004, isoleucine 0.00082, leucine 0.0014, lysine 0.0017, manganese 2e-05, methionine 0.00054, phenylalanine 0.00074, starch 0.0, sugar 0.0, threonine 0.00083, tryptophan 0.00022, valine 0.00089, vitamin D 3e-07, vitamin E 0.00097, vitamin K 2.5e-06, omega-3 ALA nan, omega-6 eicosadienoic acid 0.05, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihydro-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Salmon:

Salmon contains calcium 0.015, calories 206, carbs 0.0, cholesterol 0.063, copper 5e-05, fat 12.0, fiber 0.0, folate 3.4e-05, iron 0.00034, magnesium 0.03, monounsaturated fat 4.2, net carbs 0.0, omega-3 DHA 1.5, omega-3 DPA 0.17, omega-3 EPA 0.69, phosphorus 0.252, polyunsaturated fat 4.6, potassium 0.384, protein 22.0, saturated fat 2.4, selenium 4.1e-05, sodium 0.061, trans fat nan, vitamin A (IU) 230.0, vitamin A RAE 6.9e-05, vitamin B1 0.00034, vitamin B12 2.8e-06, vitamin B2 0.00014, vitamin B3 0.008, vitamin B5 0.0015, vitamin B6 0.00065, vitamin C 0.0037, zinc 0.00043, choline 0.091, fructose nan, histidine 0.00065, isoleucine 0.001, leucine 0.0018, lysine 0.002, manganese 2e-05, methionine 0.00065, phenylalanine 0.00086, starch nan, sugar 0.0, threonine 0.00097, tryptophan 0.00025, valine 0.0011, vitamin D 1.3e-05, vitamin E 0.0011, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan,

omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Trout:

Trout contains calcium 0.03, calories 168, carbs 0.0, cholesterol 0.07, copper 6e-05, fat 7.4, fiber 0.0, folate 1.2e-05, iron 0.00036, magnesium 0.03, monounsaturated fat 2.4, net carbs 0.0, omega-3 DHA 0.62, omega-3 DPA 0.11, omega-3 EPA 0.26, phosphorus 0.27, polyunsaturated fat 1.8, potassium 0.45, protein 24.0, saturated fat 1.7, selenium 2.8e-05, sodium 0.061, trans fat 0.06, vitamin A (IU) 301.0, vitamin A RAE 0.0001, vitamin B1 0.00014, vitamin B12 4.1e-06, vitamin B2 0.00011, vitamin B3 0.0066, vitamin B5 0.002, vitamin B6 0.00039, vitamin C 0.0029, zinc 0.00054, choline 0.078, fructose nan, histidine 0.00073, isoleucine 0.0011, leucine 0.002, lysine 0.0023, manganese 1e-05, methionine 0.00074, phenylalanine 0.00097, starch nan, sugar 0.0, threonine 0.0011, tryptophan 0.00028, valine 0.0013, vitamin D 1.9e-05, vitamin E 0.0028, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid 0.05, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Tilapia:

Tilapia contains calcium 0.014, calories 128, carbs 0.0, cholesterol 0.057, copper 8e-05, fat 2.7, fiber 0.0, folate 6e-06, iron 0.00069, magnesium 0.034, monounsaturated fat 0.96, net carbs 0.0, omega-3 DHA 0.13, omega-3 DPA 0.06, omega-3 EPA 0.01, phosphorus 0.204, polyunsaturated fat 0.6, potassium 0.38, protein 26.0, saturated fat 0.94, selenium 5.4e-05, sodium 0.056, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 9e-05, vitamin B12 1.9e-06, vitamin B2 7e-05, vitamin B3 0.0047, vitamin B5 0.00066, vitamin B6 0.00012, vitamin C 0.0, zinc 0.00041, choline 0.051, fructose nan, histidine 0.00059, isoleucine 0.0012, leucine 0.002, lysine 0.0023, manganese 4e-05, methionine 0.00077, phenylalanine 0.0011, starch nan, sugar 0.0, threonine 0.0012, tryptophan 0.00027, valine 0.0013, vitamin D 3.7e-06, vitamin E 0.00079, vitamin K 9e-07, omega-3 ALA 0.05, omega-6 eicosadienoic acid 0.02, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cockles:

Cockles contains calcium 0.03, calories 79, carbs 4.7, cholesterol nan, copper nan, fat 0.7, fiber nan, folate nan, iron 0.016, magnesium nan, monounsaturated fat nan, net carbs 4.7, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus nan, polyunsaturated fat nan, potassium nan, protein 14.0, saturated fat nan, selenium nan, sodium nan, trans fat nan, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 1e-05, vitamin B12 nan, vitamin B2 0.0002, vitamin B3 0.0032, vitamin B5 nan, vitamin B6 nan, vitamin C nan, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Devilfish:

Devilfish contains calcium 0.012, calories 97, carbs 0.0, cholesterol nan, copper nan, fat 5.3, fiber nan, folate nan, iron 0.0004, magnesium nan, monounsaturated fat nan, net carbs 0.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.003, polyunsaturated fat nan, potassium nan, protein 12.0, saturated fat nan, selenium nan, sodium nan, trans fat nan, vitamin A (IU) 1020.0, vitamin A RAE nan, vitamin B1 9e-05, vitamin B12 nan, vitamin B2 0.0001, vitamin B3 0.0011, vitamin B5 nan, vitamin B6 nan, vitamin C 0.003, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pike:

Pike contains calcium 0.028, calories 156, carbs 4.3, cholesterol nan, copper nan, fat 8.0, fiber nan, folate nan, iron

0.0021, magnesium nan, monounsaturated fat nan, net carbs 4.3, omega-3 DHA nan, omega-3 DPA nan, EPA nan, phosphorus 0.412, polyunsaturated fat nan, potassium nan, protein 17.0, saturated fat nan, selenium nan, sodium nan, trans fat nan, vitamin A (IU) 860.0, vitamin A RAE nan, vitamin B1 0.0001, vitamin B12 nan, vitamin B2 0.0007, vitamin B3 0.005, vitamin B5 nan, vitamin B6 nan, vitamin C nan, zinc nan, choline nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Sea cucumber:

Sea cucumber contains calcium 0.03, calories 56, carbs 0.0, cholesterol nan, copper nan, fat 0.4, fiber nan, folate nan, iron 0.0006, magnesium nan, monounsaturated fat nan, net carbs 0.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus nan, polyunsaturated fat nan, potassium nan, protein 13.0, saturated fat nan, selenium nan, sodium nan, trans fat nan, vitamin A (IU) 310.0, vitamin A RAE nan, vitamin B1 5e-05, vitamin B12 nan, vitamin B2 0.00094, vitamin B3 0.0032, vitamin B5 nan, vitamin B6 nan, vitamin C nan, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Steelhead trout:

Steelhead trout contains calcium 0.03, calories 159, carbs 0.0, cholesterol 0.059, copper 6e-05, fat 8.3, fiber 0.0, folate nan, iron 0.00064, magnesium 0.025, monounsaturated fat 2.2, net carbs 0.0, omega-3 DHA 0.54, omega-3 DPA 0.13, omega-3 EPA 0.38, phosphorus 0.249, polyunsaturated fat 1.2, potassium 0.365, protein 21.0, saturated fat 1.5, selenium 2.6e-05, sodium 0.118, trans fat nan, vitamin A (IU) 65.0, vitamin A RAE 2e-05, vitamin B1 nan, vitamin B12 5.8e-06, vitamin B2 nan, vitamin B3 nan, vitamin B5 nan, vitamin B6 nan, vitamin C 0.0, zinc 0.00057, choline nan, fructose 0.0, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 1e-05, methionine nan, phenylalanine nan, starch 0.0, sugar 0.0, threonine nan, tryptophan nan, valine nan, vitamin D 1.5e-05, vitamin E 0.0022, vitamin K 0.0, omega-3 ALA 0.05, omega-6 eicosadienoic acid 0.01, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Scallop:

Scallop contains calcium 0.01, calories 111, carbs 5.4, cholesterol 0.041, copper 3e-05, fat 0.84, fiber 0.0, folate 2e-05, iron 0.00058, magnesium 0.037, monounsaturated fat 0.08, net carbs 5.4, omega-3 DHA 0.1, omega-3 DPA 0.01, omega-3 EPA 0.07, phosphorus 0.426, polyunsaturated fat 0.22, potassium 0.314, protein 21.0, saturated fat 0.22, selenium 2.2e-05, sodium 0.667, trans fat 0.01, vitamin A (IU) 5.0, vitamin A RAE 2e-06, vitamin B1 1e-05, vitamin B12 2.2e-06, vitamin B2 2e-05, vitamin B3 0.0011, vitamin B5 0.00037, vitamin B6 0.00011, vitamin C 0.0, zinc 0.0016, choline 0.111, fructose 0.0, histidine 0.00031, isoleucine 0.00069, leucine 0.0012, lysine 0.0013, manganese 3e-05, methionine 0.00049, phenylalanine 0.0006, starch 3.7, sugar 0.0, threonine 0.00063, tryptophan 0.00017, valine 0.00065, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Blue cheese:

Blue cheese contains calcium 0.528, calories 353, carbs 2.3, cholesterol 0.075, copper 4e-05, fat 29.0, fiber 0.0, folate 3.6e-05, iron 0.00031, magnesium 0.023, monounsaturated fat 7.8, net carbs 2.3, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.387, polyunsaturated fat 0.8, potassium 0.256, protein 21.0, saturated fat 19.0, selenium 1.5e-05, sodium 1.146, trans fat nan, vitamin A (IU) 721.0, vitamin A RAE 0.000198,

vitamin B1 3e-05, vitamin B12 1.2e-06, vitamin B2 0.00038, vitamin B3 0.001, vitamin B5 0.0017, vitamin B6 0.00017, vitamin C 0.0, zinc 0.0027, choline 0.015, fructose nan, histidine 0.00076, isoleucine 0.0011, leucine 0.0019, lysine 0.0019, manganese 1e-05, methionine 0.00058, phenylalanine 0.0011, starch nan, sugar 0.0, threonine 0.00079, tryptophan 0.00031, valine 0.0016, vitamin D 5e-07, vitamin E 0.00025, vitamin K 2.4e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Brie:

Brie contains calcium 0.184, calories 334, carbs 0.45, cholesterol 0.1, copper 2e-05, fat 28.0, fiber 0.0, folate 6.5e-05, iron 0.0005, magnesium 0.02, monounsaturated fat 8.0, net carbs 0.45, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.188, polyunsaturated fat 0.83, potassium 0.152, protein 21.0, saturated fat 17.0, selenium 1.5e-05, sodium 0.629, trans fat nan, vitamin A (IU) 592.0, vitamin A RAE 0.000174, vitamin B1 7e-05, vitamin B12 1.7e-06, vitamin B2 0.00052, vitamin B3 0.00038, vitamin B5 0.00069, vitamin B6 0.00024, vitamin C 0.0, zinc 0.0024, choline 0.015, fructose nan, histidine 0.00072, isoleucine 0.001, leucine 0.0019, lysine 0.0019, manganese 3e-05, methionine 0.00059, phenylalanine 0.0012, starch nan, sugar 0.45, threonine 0.00075, tryptophan 0.00032, valine 0.0013, vitamin D 5e-07, vitamin E 0.00024, vitamin K 2.3e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Camembert:

Camembert contains calcium 0.388, calories 300, carbs 0.46, cholesterol 0.072, copper 2e-05, fat 24.0, fiber 0.0, folate 6.2e-05, iron 0.00033, magnesium 0.02, monounsaturated fat 7.0, net carbs 0.46, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.347, polyunsaturated fat 0.72, potassium 0.187, protein 20.0, saturated fat 15.0, selenium 1.5e-05, sodium 0.842, trans fat nan, vitamin A (IU) 820.0, vitamin A RAE 0.000241, vitamin B1 3e-05, vitamin B12 1.3e-06, vitamin B2 0.00049, vitamin B3 0.00063, vitamin B5 0.0014, vitamin B6 0.00023, vitamin C 0.0, zinc 0.0024, choline 0.015, fructose nan, histidine 0.00068, isoleucine 0.00097, leucine 0.0018, lysine 0.0018, manganese 4e-05, methionine 0.00057, phenylalanine 0.0011, starch nan, sugar 0.46, threonine 0.00072, tryptophan 0.00031, valine 0.0013, vitamin D 4e-07, vitamin E 0.00021, vitamin K 2e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cheese:

Cheese contains calcium 0.71, calories 404, carbs 3.1, cholesterol 0.099, copper 3e-05, fat 33.0, fiber 0.0, folate 2.7e-05, iron 0.00014, magnesium 0.027, monounsaturated fat 9.2, net carbs 3.1, omega-3 DHA 0.0, omega-3 DPA 0.02, omega-3 EPA 0.01, phosphorus 0.455, polyunsaturated fat 1.4, potassium 0.076, protein 23.0, saturated fat 19.0, selenium 2.9e-05, sodium 0.653, trans fat 0.92, vitamin A (IU) 1242.0, vitamin A RAE 0.00033, vitamin B1 3e-05, vitamin B12 1.1e-06, vitamin B2 0.00043, vitamin B3 6e-05, vitamin B5 0.00041, vitamin B6 7e-05, vitamin C 0.0, zinc 0.0036, choline 0.017, fructose 0.0, histidine 0.00055, isoleucine 0.0012, leucine 0.0019, lysine 0.001, manganese 3e-05, methionine 0.00055, phenylalanine 0.0011, starch nan, sugar 0.48, threonine 0.001, tryptophan 0.00055, valine 0.0014, vitamin D 6e-07, vitamin E 0.00071, vitamin K 2.4e-06, omega-3 ALA nan, omega-6 eicosadienoic acid 0.01, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cottage cheese:

Cottage cheese contains calcium 0.083, calories 98, carbs 3.4, cholesterol 0.017, copper 3e-05, fat 4.3, fiber 0.0, folate 1.2e-05, iron 7e-05, magnesium 0.008, monounsaturated fat 0.78, net carbs 3.4, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.159, polyunsaturated fat 0.12, potassium 0.104, protein 11.0, saturated fat 1.7, selenium 9.7e-06, sodium 0.364, trans fat nan, vitamin A (IU) 140.0, vitamin A RAE 3.7e-05, vitamin B1 3e-05, vitamin B12 4.3e-07, vitamin B2 0.00016, vitamin B3 0.0001, vitamin B5 0.00056, vitamin B6 5e-05, vitamin

C 0.0, zinc 0.0004, choline 0.018, fructose 0.0, histidine 0.00033, isoleucine 0.00059, leucine 0.0011, lysine 0.00093, manganese 0.0, methionine 0.00027, phenylalanine 0.00058, starch nan, sugar 2.7, threonine 0.0, tryptophan 0.00015, valine 0.00075, vitamin D 1e-07, vitamin E 8e-05, vitamin K 0.0, omega-3 ALA nan, omega-3 DHA nan, omega-3 EPA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cream cheese:

Cream cheese contains calcium 0.097, calories 350, carbs 5.5, cholesterol 0.101, copper 2e-05, fat 34.0, fiber 0.0, folate 9e-06, iron 0.00011, magnesium 0.009, monounsaturated fat 8.9, net carbs 5.5, omega-3 DHA 0.0, omega-3 DPA 0.02, omega-3 EPA 0.01, phosphorus 0.107, polyunsaturated fat 1.5, potassium 0.132, protein 6.2, saturated fat 20.0, selenium 8.6e-06, sodium 0.314, trans fat nan, vitamin A (IU) 1111.0, vitamin A RAE 0.000308, vitamin B1 2e-05, vitamin B12 2.2e-07, vitamin B2 0.00023, vitamin B3 9e-05, vitamin B5 0.00052, vitamin B6 6e-05, vitamin C 0.0, zinc 0.0005, choline 0.027, fructose 0.0, histidine 0.00018, isoleucine 0.00032, leucine 0.00066, lysine 0.00057, manganese 1e-05, methionine 0.00019, phenylalanine 0.00029, starch 0.35, sugar 3.8, threonine 0.00023, tryptophan 7e-05, valine 0.0004, vitamin D 0.0, vitamin E 0.00086, vitamin K 2.1e-06, omega-3 ALA 0.13, omega-3 DHA 0.0, omega-6 eicosadienoic acid 0.01, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.0, omega-6 dihomo-gamma-linoleic acid 0.04, omega-6 linoleic acid 0.81, omega-6 arachidonic acid nan.

Edam:

Edam contains calcium 0.731, calories 357, carbs 1.4, cholesterol 0.089, copper 4e-05, fat 28.0, fiber 0.0, folate 1.6e-05, iron 0.00044, magnesium 0.03, monounsaturated fat 8.1, net carbs 1.4, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.536, polyunsaturated fat 0.67, potassium 0.188, protein 25.0, saturated fat 18.0, selenium 1.5e-05, sodium 0.812, trans fat nan, vitamin A (IU) 825.0, vitamin A RAE 0.000243, vitamin B1 4e-05, vitamin B12 1.5e-06, vitamin B2 0.00039, vitamin B3 8e-05, vitamin B5 0.00028, vitamin B6 8e-05, vitamin C 0.0, zinc 0.0038, choline 0.015, fructose nan, histidine 0.001, isoleucine 0.0013, leucine 0.0026, lysine 0.0027, manganese 1e-05, methionine 0.00072, phenylalanine 0.0014, starch nan, sugar 1.4, threonine 0.00093, tryptophan 0.00035, valine 0.0018, vitamin D 5e-07, vitamin E 0.00024, vitamin K 2.3e-06, omega-3 ALA nan, omega-3 DHA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Feta:

Feta contains calcium 0.493, calories 264, carbs 4.1, cholesterol 0.089, copper 3e-05, fat 21.0, fiber 0.0, folate 3.2e-05, iron 0.00065, magnesium 0.019, monounsaturated fat 4.6, net carbs 4.1, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.337, polyunsaturated fat 0.59, potassium 0.062, protein 14.0, saturated fat 15.0, selenium 1.5e-05, sodium 0.917, trans fat nan, vitamin A (IU) 422.0, vitamin A RAE 0.000125, vitamin B1 0.00015, vitamin B12 1.7e-06, vitamin B2 0.00084, vitamin B3 0.00099, vitamin B5 0.00097, vitamin B6 0.00042, vitamin C 0.0, zinc 0.0029, choline 0.015, fructose nan, histidine 0.0004, isoleucine 0.0008, leucine 0.0014, lysine 0.0012, manganese 3e-05, methionine 0.00037, phenylalanine 0.00068, starch nan, sugar 4.1, threonine 0.00064, tryptophan 0.0002, valine 0.0011, vitamin D 4e-07, vitamin E 0.00018, vitamin K 1.8e-06, omega-3 ALA nan, omega-3 DHA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Fontina:

Fontina contains calcium 0.55, calories 389, carbs 1.6, cholesterol 0.116, copper 3e-05, fat 31.0, fiber 0.0, folate 6e-06, iron 0.00023, magnesium 0.014, monounsaturated fat 8.7, net carbs 1.6, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.346, polyunsaturated fat 1.7, potassium 0.064, protein 26.0, saturated fat 19.0, selenium 1.5e-05, sodium 0.8, trans fat nan, vitamin A (IU) 913.0, vitamin A RAE 0.000261, vitamin B1 2e-05, vitamin B12 1.7e-06, vitamin B2 0.0002, vitamin B3 0.00015, vitamin B5 0.00043, vitamin B6 8e-05, vitamin C 0.0, zinc 0.0035, choline 0.015, fructose nan, histidine 0.00096, isoleucine 0.0014, leucine 0.0027, lysine 0.0023,

manganese 1e-05, methionine 0.00071, phenylalanine 0.0015, starch nan, sugar 1.6, threonine 0.00094, tryptophan 0.00036, valine 0.0019, vitamin D 6e-07, vitamin E 0.00027, vitamin K 2.6e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Brunost:

Brunost contains calcium 0.4, calories 466, carbs 43.0, cholesterol 0.094, copper 8e-05, fat 30.0, fiber 0.0, folate 5e-06, iron 0.00052, magnesium 0.07, monounsaturated fat 7.9, net carbs 43.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.444, polyunsaturated fat 0.94, potassium 1.409, protein 9.7, saturated fat 19.0, selenium 1.5e-05, sodium 0.6, trans fat nan, vitamin A (IU) 1113.0, vitamin A RAE 0.000334, vitamin B1 0.00032, vitamin B12 2.4e-06, vitamin B2 0.0014, vitamin B3 0.00081, vitamin B5 0.0034, vitamin B6 0.00027, vitamin C 0.0, zinc 0.0011, choline nan, fructose nan, histidine 0.00029, isoleucine 0.00052, leucine 0.00099, lysine 0.00081, manganese 4e-05, methionine 0.00032, phenylalanine 0.00054, starch nan, sugar nan, threonine 0.00039, tryptophan 0.00014, valine 0.00077, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Gouda cheese:

Gouda cheese contains calcium 0.7, calories 356, carbs 2.2, cholesterol 0.114, copper 4e-05, fat 27.0, fiber 0.0, folate 2.1e-05, iron 0.00024, magnesium 0.029, monounsaturated fat 7.7, net carbs 2.2, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.546, polyunsaturated fat 0.66, potassium 0.121, protein 25.0, saturated fat 18.0, selenium 1.5e-05, sodium 0.819, trans fat nan, vitamin A (IU) 563.0, vitamin A RAE 0.000165, vitamin B1 3e-05, vitamin B12 1.5e-06, vitamin B2 0.00033, vitamin B3 6e-05, vitamin B5 0.00034, vitamin B6 8e-05, vitamin C 0.0, zinc 0.0039, choline 0.015, fructose nan, histidine 0.001, isoleucine 0.0013, leucine 0.0026, lysine 0.0027, manganese 1e-05, methionine 0.00072, phenylalanine 0.0014, starch nan, sugar 2.2, threonine 0.00093, tryptophan 0.00035, valine 0.0018, vitamin D 5e-07, vitamin E 0.00024, vitamin K 2.3e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Gruyere cheese:

Gruyere cheese contains calcium 1.011, calories 413, carbs 0.36, cholesterol 0.11, copper 3e-05, fat 32.0, fiber 0.0, folate 1e-05, iron 0.00017, magnesium 0.036, monounsaturated fat 10.0, net carbs 0.36, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.605, polyunsaturated fat 1.7, potassium 0.081, protein 30.0, saturated fat 19.0, selenium 1.5e-05, sodium 0.714, trans fat nan, vitamin A (IU) 948.0, vitamin A RAE 0.000271, vitamin B1 6e-05, vitamin B12 1.6e-06, vitamin B2 0.00028, vitamin B3 0.00011, vitamin B5 0.00056, vitamin B6 8e-05, vitamin C 0.0, zinc 0.0039, choline 0.015, fructose nan, histidine 0.0011, isoleucine 0.0016, leucine 0.0031, lysine 0.0027, manganese 2e-05, methionine 0.00082, phenylalanine 0.0017, starch nan, sugar 0.36, threonine 0.0011, tryptophan 0.00042, valine 0.0022, vitamin D 6e-07, vitamin E 0.00028, vitamin K 2.7e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Limburger:

Limburger contains calcium 0.497, calories 327, carbs 0.49, cholesterol 0.09, copper 2e-05, fat 27.0, fiber 0.0, folate 5.8e-05, iron 0.00013, magnesium 0.021, monounsaturated fat 8.6, net carbs 0.49, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.393, polyunsaturated fat 0.5, potassium 0.128, protein 20.0, saturated fat 17.0, selenium 1.5e-05, sodium 0.8, trans fat nan, vitamin A (IU) 1155.0, vitamin A RAE 0.00034, vitamin B1 8e-05, vitamin B12 1e-06, vitamin B2 0.0005, vitamin B3 0.00016, vitamin B5 0.0012, vitamin B6 9e-05, vitamin C 0.0, zinc 0.0021, choline 0.015, fructose nan, histidine 0.00058, isoleucine 0.0012, leucine 0.0021, lysine 0.0017, manganese 4e-05, methionine 0.00062, phenylalanine 0.0011, starch nan, sugar 0.49, threonine 0.00074,

tryptophan 0.00029, valine 0.0014, vitamin D 5e-07, vitamin E 0.00023, vitamin K 2.3e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Monterey Jack:

Monterey Jack contains calcium 0.746, calories 373, carbs 0.68, cholesterol 0.089, copper 3e-05, fat 30.0, fiber 0.0, folate 1.8e-05, iron 0.00072, magnesium 0.027, monounsaturated fat 8.8, net carbs 0.68, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.444, polyunsaturated fat 0.9, potassium 0.081, protein 24.0, saturated fat 19.0, selenium 1.5e-05, sodium 0.6, trans fat nan, vitamin A (IU) 769.0, vitamin A RAE 0.000198, vitamin B1 2e-05, vitamin B12 8.3e-07, vitamin B2 0.00039, vitamin B3 9e-05, vitamin B5 0.00021, vitamin B6 8e-05, vitamin C 0.0, zinc 0.003, choline 0.015, fructose nan, histidine 0.00086, isoleucine 0.0015, leucine 0.0023, lysine 0.002, manganese 1e-05, methionine 0.00064, phenylalanine 0.0013, starch nan, sugar 0.5, threonine 0.00087, tryptophan 0.00032, valine 0.0016, vitamin D 6e-07, vitamin E 0.00026, vitamin K 2.5e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Muenster cheese:

Muenster cheese contains calcium 0.717, calories 368, carbs 1.1, cholesterol 0.096, copper 3e-05, fat 30.0, fiber 0.0, folate 1.2e-05, iron 0.00041, magnesium 0.027, monounsaturated fat 8.7, net carbs 1.1, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.468, polyunsaturated fat 0.66, potassium 0.134, protein 23.0, saturated fat 19.0, selenium 1.5e-05, sodium 0.628, trans fat nan, vitamin A (IU) 1012.0, vitamin A RAE 0.000298, vitamin B1 1e-05, vitamin B12 1.5e-06, vitamin B2 0.00032, vitamin B3 0.0001, vitamin B5 0.00019, vitamin B6 6e-05, vitamin C 0.0, zinc 0.0028, choline 0.015, fructose nan, histidine 0.00083, isoleucine 0.0011, leucine 0.0023, lysine 0.0021, manganese 1e-05, methionine 0.00057, phenylalanine 0.0012, starch nan, sugar 1.1, threonine 0.00089, tryptophan 0.00033, valine 0.0015, vitamin D 6e-07, vitamin E 0.00026, vitamin K 2.5e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Neufchâtel cheese:

Neufchâtel cheese contains calcium 0.117, calories 253, carbs 3.6, cholesterol 0.074, copper 3e-05, fat 23.0, fiber 0.0, folate 1.4e-05, iron 0.00013, magnesium 0.01, monounsaturated fat 5.8, net carbs 3.6, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.138, polyunsaturated fat 0.97, potassium 0.152, protein 9.2, saturated fat 13.0, selenium 3e-06, sodium 0.334, trans fat nan, vitamin A (IU) 841.0, vitamin A RAE 0.000241, vitamin B1 2e-05, vitamin B12 3e-07, vitamin B2 0.00016, vitamin B3 0.00021, vitamin B5 0.00058, vitamin B6 4e-05, vitamin C 0.0, zinc 0.00082, choline nan, fructose 0.0, histidine 0.00027, isoleucine 0.0005, leucine 0.001, lysine 0.00088, manganese 1e-05, methionine 0.00029, phenylalanine 0.00045, starch 0.5, sugar 3.2, threonine 0.00036, tryptophan 0.00011, valine 0.00061, vitamin D nan, vitamin E 0.0004, vitamin K 1.7e-06, omega-3 ALA 0.12, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Port Salut:

Port Salut contains calcium 0.65, calories 352, carbs 0.57, cholesterol 0.123, copper 2e-05, fat 28.0, fiber 0.0, folate 1.8e-05, iron 0.00043, magnesium 0.024, monounsaturated fat 9.3, net carbs 0.57, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.36, polyunsaturated fat 0.73, potassium 0.136, protein 24.0, saturated fat 17.0, selenium 1.5e-05, sodium 0.534, trans fat nan, vitamin A (IU) 1092.0, vitamin A RAE 0.000315, vitamin B1 1e-05, vitamin B12 1.5e-06, vitamin B2 0.00024, vitamin B3 6e-05, vitamin B5 0.00021, vitamin B6 5e-05, vitamin C 0.0, zinc 0.0026, choline 0.015, fructose nan, histidine 0.00069, isoleucine 0.0014, leucine 0.0025, lysine 0.002, manganese 1e-05, methionine 0.00073, phenylalanine 0.0013, starch nan, sugar 0.57, threonine 0.00088, tryptophan 0.00034, valine 0.0017, vitamin D 5e-07, vitamin E 0.00024, vitamin K 2.4e-06, omega-3 ALA nan,

omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Provolone:

Provolone contains calcium 0.756, calories 351, carbs 2.1, cholesterol 0.069, copper 3e-05, fat 27.0, fiber 0.0, folate 1e-05, iron 0.00052, magnesium 0.028, monounsaturated fat 7.4, net carbs 2.1, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.496, polyunsaturated fat 0.77, potassium 0.138, protein 26.0, saturated fat 17.0, selenium 1.5e-05, sodium 0.876, trans fat nan, vitamin A (IU) 880.0, vitamin A RAE 0.000236, vitamin B1 2e-05, vitamin B12 1.5e-06, vitamin B2 0.00032, vitamin B3 0.00016, vitamin B5 0.00048, vitamin B6 7e-05, vitamin C 0.0, zinc 0.0032, choline 0.015, fructose nan, histidine 0.0011, isoleucine 0.0011, leucine 0.0023, lysine 0.0026, manganese 1e-05, methionine 0.00069, phenylalanine 0.0013, starch nan, sugar 0.56, threonine 0.00098, tryptophan 0.00035, valine 0.0016, vitamin D 5e-07, vitamin E 0.00023, vitamin K 2.2e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Ricotta:

Ricotta contains calcium 0.207, calories 174, carbs 3.0, cholesterol 0.051, copper 2e-05, fat 13.0, fiber 0.0, folate 1.2e-05, iron 0.00038, magnesium 0.011, monounsaturated fat 3.6, net carbs 3.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.158, polyunsaturated fat 0.39, potassium 0.105, protein 11.0, saturated fat 8.3, selenium 1.5e-05, sodium 0.084, trans fat nan, vitamin A (IU) 445.0, vitamin A RAE 0.00012, vitamin B1 1e-05, vitamin B12 3.4e-07, vitamin B2 0.0002, vitamin B3 0.0001, vitamin B5 0.00021, vitamin B6 4e-05, vitamin C 0.0, zinc 0.0012, choline 0.018, fructose nan, histidine 0.00046, isoleucine 0.00059, leucine 0.0012, lysine 0.0013, manganese 1e-05, methionine 0.00028, phenylalanine 0.00056, starch nan, sugar 0.27, threonine 0.00052, tryptophan 0.00013, valine 0.00069, vitamin D 2e-07, vitamin E 0.00011, vitamin K 1.1e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Romano cheese:

Romano cheese contains calcium 1.064, calories 387, carbs 3.6, cholesterol 0.104, copper 3e-05, fat 27.0, fiber 0.0, folate 7e-06, iron 0.00077, magnesium 0.041, monounsaturated fat 7.8, net carbs 3.6, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.76, polyunsaturated fat 0.59, potassium 0.086, protein 32.0, saturated fat 17.0, selenium 1.5e-05, sodium 1.433, trans fat nan, vitamin A (IU) 415.0, vitamin A RAE 9.6e-05, vitamin B1 4e-05, vitamin B12 1.1e-06, vitamin B2 0.00037, vitamin B3 8e-05, vitamin B5 0.00042, vitamin B6 9e-05, vitamin C 0.0, zinc 0.0026, choline 0.015, fructose nan, histidine 0.0012, isoleucine 0.0017, leucine 0.0031, lysine 0.0029, manganese 2e-05, methionine 0.00085, phenylalanine 0.0017, starch nan, sugar 0.73, threonine 0.0012, tryptophan 0.00043, valine 0.0022, vitamin D 5e-07, vitamin E 0.00023, vitamin K 2.2e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Roquefort:

Roquefort contains calcium 0.662, calories 369, carbs 2.0, cholesterol 0.09, copper 3e-05, fat 31.0, fiber 0.0, folate 4.9e-05, iron 0.00056, magnesium 0.03, monounsaturated fat 8.5, net carbs 2.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.392, polyunsaturated fat 1.3, potassium 0.091, protein 22.0, saturated fat 19.0, selenium 1.5e-05, sodium 1.809, trans fat nan, vitamin A (IU) 1047.0, vitamin A RAE 0.000294, vitamin B1 4e-05, vitamin B12 6.4e-07, vitamin B2 0.00059, vitamin B3 0.00073, vitamin B5 0.0017, vitamin B6 0.00012, vitamin C 0.0, zinc 0.0021, choline nan, fructose nan, histidine 0.0006, isoleucine 0.0012, leucine 0.0021, lysine 0.0018, manganese 3e-05, methionine 0.00056, phenylalanine 0.001, starch nan, sugar nan, threonine 0.00097, tryptophan 0.0003, valine 0.0016, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6

dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Swiss cheese:

Swiss cheese contains calcium 0.89, calories 393, carbs 1.4, cholesterol 0.093, copper 5e-05, fat 31.0, fiber 0.0, folate 1e-05, iron 0.00013, magnesium 0.033, monounsaturated fat 8.0, net carbs 1.4, omega-3 DHA 0.0, omega-3 DPA 0.02, omega-3 EPA 0.0, phosphorus 0.574, polyunsaturated fat 1.3, potassium 0.072, protein 27.0, saturated fat 18.0, selenium 3e-05, sodium 0.187, trans fat 0.99, vitamin A (IU) 1047.0, vitamin A RAE 0.000288, vitamin B1 1e-05, vitamin B12 3.1e-06, vitamin B2 0.0003, vitamin B3 6e-05, vitamin B5 0.00035, vitamin B6 7e-05, vitamin C 0.0, zinc 0.0044, choline 0.016, fructose 0.0, histidine 0.0011, isoleucine 0.0015, leucine 0.003, lysine 0.0026, manganese 3e-05, methionine 0.00078, phenylalanine 0.0017, starch nan, sugar 0.0, threonine 0.001, tryptophan 0.0004, valine 0.0021, vitamin D 0.0, vitamin E 0.0006, vitamin K 1.4e-06, omega-3 ALA 0.13, omega-6 eicosadienoic acid 0.01, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.0, omega-6 dihomogamma-linoleic acid 0.03, omega-6 linoleic acid 0.73, omega-6 arachidonic acid nan.

Tilsit cheese:

Tilsit cheese contains calcium 0.7, calories 340, carbs 1.9, cholesterol 0.102, copper 3e-05, fat 26.0, fiber 0.0, folate 2e-05, iron 0.00023, magnesium 0.013, monounsaturated fat 7.1, net carbs 1.9, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.5, polyunsaturated fat 0.72, potassium 0.065, protein 24.0, saturated fat 17.0, selenium 1.5e-05, sodium 0.753, trans fat nan, vitamin A (IU) 1045.0, vitamin A RAE 0.000249, vitamin B1 6e-05, vitamin B12 2.1e-06, vitamin B2 0.00036, vitamin B3 0.00021, vitamin B5 0.00035, vitamin B6 7e-05, vitamin C 0.0, zinc 0.0035, choline nan, fructose nan, histidine 0.0007, isoleucine 0.0015, leucine 0.0025, lysine 0.002, manganese 1e-05, methionine 0.00075, phenylalanine 0.0014, starch nan, sugar nan, threonine 0.0009, tryptophan 0.00035, valine 0.0018, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Whipped cream:

Whipped cream contains calcium 0.101, calories 257, carbs 12.0, cholesterol 0.076, copper 1e-05, fat 22.0, fiber 0.0, folate 3e-06, iron 5e-05, magnesium 0.011, monounsaturated fat 6.4, net carbs 12.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.089, polyunsaturated fat 0.83, potassium 0.147, protein 3.2, saturated fat 14.0, selenium 1.4e-06, sodium 0.008, trans fat nan, vitamin A (IU) 685.0, vitamin A RAE 0.000188, vitamin B1 4e-05, vitamin B12 2.9e-07, vitamin B2 7e-05, vitamin B3 7e-05, vitamin B5 0.00031, vitamin B6 4e-05, vitamin C 0.0, zinc 0.00037, choline 0.017, fructose nan, histidine 9e-05, isoleucine 0.00019, leucine 0.00031, lysine 0.00025, manganese 0.0, methionine 8e-05, phenylalanine 0.00015, starch nan, sugar 8.0, threonine 0.00014, tryptophan 5e-05, valine 0.00021, vitamin D 4e-07, vitamin E 0.00064, vitamin K 1.9e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Eggnog:

Eggnog contains calcium 0.13, calories 88, carbs 8.1, cholesterol 0.059, copper 1e-05, fat 4.2, fiber 0.0, folate 1e-06, iron 0.0002, magnesium 0.019, monounsaturated fat 1.3, net carbs 8.1, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.109, polyunsaturated fat 0.2, potassium 0.165, protein 4.6, saturated fat 2.6, selenium 4.2e-06, sodium 0.054, trans fat nan, vitamin A (IU) 206.0, vitamin A RAE 5.9e-05, vitamin B1 3e-05, vitamin B12 4.5e-07, vitamin B2 0.00019, vitamin B3 0.00011, vitamin B5 0.00042, vitamin B6 5e-05, vitamin C 0.0015, zinc 0.00046, choline 0.052, fructose 0.04, histidine 0.00011, isoleucine 0.00024, leucine 0.00038, lysine 0.00026, manganese 1e-05, methionine 0.00012, phenylalanine 0.00023, starch nan, sugar 8.1, threonine 0.0002, tryptophan 9e-05, valine 0.00029, vitamin D 1.2e-06, vitamin E 0.00021, vitamin K 3e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Milk:

Milk contains calcium 0.125, calories 42, carbs 5.0, cholesterol 0.005, copper 1e-05, fat 0.97, fiber 0.0, folate 5e-06, iron 3e-05, magnesium 0.011, monounsaturated fat 0.28, net carbs 5.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.095, polyunsaturated fat 0.04, potassium 0.15, protein 3.4, saturated fat 0.63, selenium 3.3e-06, sodium 0.044, trans fat nan, vitamin A (IU) 196.0, vitamin A RAE 5.8e-05, vitamin B1 2e-05, vitamin B12 4.7e-07, vitamin B2 0.00019, vitamin B3 9e-05, vitamin B5 0.00036, vitamin B6 4e-05, vitamin C 0.0, zinc 0.00042, choline 0.018, fructose 0.0, histidine 0.0001, isoleucine 0.00017, leucine 0.00032, lysine 0.00028, manganese 0.0, methionine 9e-05, phenylalanine 0.00017, starch nan, sugar 5.2, threonine 0.00014, tryptophan 4e-05, valine 0.00022, vitamin D 1.2e-06, vitamin E 1e-05, vitamin K 1e-07, omega-3 ALA 0.0, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid 0.03, omega-6 arachidonic acid nan.

Buttermilk:

Buttermilk contains calcium 0.116, calories 40, carbs 4.8, cholesterol 0.004, copper 1e-05, fat 0.88, fiber 0.0, folate 5e-06, iron 5e-05, magnesium 0.011, monounsaturated fat 0.25, net carbs 4.8, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.089, polyunsaturated fat 0.03, potassium 0.151, protein 3.3, saturated fat 0.55, selenium 2e-06, sodium 0.19, trans fat nan, vitamin A (IU) 47.0, vitamin A RAE 1.4e-05, vitamin B1 3e-05, vitamin B12 2.2e-07, vitamin B2 0.00015, vitamin B3 6e-05, vitamin B5 0.00028, vitamin B6 3e-05, vitamin C 0.001, zinc 0.00042, choline 0.018, fructose nan, histidine 0.0001, isoleucine 0.00017, leucine 0.00031, lysine 0.00028, manganese 0.0, methionine 9e-05, phenylalanine 0.00017, starch nan, sugar 4.8, threonine 0.00014, tryptophan 4e-05, valine 0.00022, vitamin D 0.0, vitamin E 5e-05, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Condensed milk:

Condensed milk contains calcium 0.284, calories 321, carbs 54.0, cholesterol 0.034, copper 2e-05, fat 8.7, fiber 0.0, folate 1.1e-05, iron 0.00019, magnesium 0.026, monounsaturated fat 2.4, net carbs 54.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.253, polyunsaturated fat 0.34, potassium 0.371, protein 7.9, saturated fat 5.5, selenium 1.5e-05, sodium 0.127, trans fat nan, vitamin A (IU) 267.0, vitamin A RAE 7.4e-05, vitamin B1 9e-05, vitamin B12 4.4e-07, vitamin B2 0.00042, vitamin B3 0.00021, vitamin B5 0.00075, vitamin B6 5e-05, vitamin C 0.0026, zinc 0.00094, choline 0.089, fructose nan, histidine 0.00021, isoleucine 0.00048, leucine 0.00078, lysine 0.00063, manganese 1e-05, methionine 0.0002, phenylalanine 0.00038, starch nan, sugar 54.0, threonine 0.00036, tryptophan 0.00011, valine 0.00053, vitamin D 2e-07, vitamin E 0.00016, vitamin K 6e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chocolate milk:

Chocolate milk contains calcium 0.112, calories 83, carbs 10.0, cholesterol 0.012, copper 7e-05, fat 3.4, fiber 0.8, folate 5e-06, iron 0.00024, magnesium 0.013, monounsaturated fat 0.99, net carbs 9.5, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.101, polyunsaturated fat 0.12, potassium 0.167, protein 3.2, saturated fat 2.1, selenium 1.9e-06, sodium 0.06, trans fat nan, vitamin A (IU) 98.0, vitamin A RAE 2.7e-05, vitamin B1 4e-05, vitamin B12 3.3e-07, vitamin B2 0.00016, vitamin B3 0.00013, vitamin B5 0.0003, vitamin B6 4e-05, vitamin C 0.0009, zinc 0.00041, choline 0.017, fructose nan, histidine 0.0001, isoleucine 0.00016, leucine 0.0003, lysine 0.00027, manganese 8e-05, methionine 8e-05, phenylalanine 0.00016, starch nan, sugar 9.5, threonine 0.00014, tryptophan 4e-05, valine 0.00021, vitamin D 1.3e-06, vitamin E 7e-05, vitamin K 3e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Hot chocolate:

Hot chocolate contains calcium 0.114, calories 77, carbs 11.0, cholesterol 0.008, copper 0.0001, fat 2.3, fiber 1.0, folate 5e-06, iron 0.00042, magnesium 0.023, monounsaturated fat 0.68, net carbs 9.7, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.105, polyunsaturated fat 0.08, potassium 0.197, protein 3.5, saturated fat 1.4, selenium 2.7e-06, sodium 0.044, trans fat 0.08, vitamin A (IU) 176.0, vitamin A RAE 5.1e-05, vitamin B1 4e-05, vitamin B12 4.9e-07, vitamin B2 0.00018, vitamin B3 0.00013, vitamin B5 0.00033, vitamin B6 4e-05, vitamin C 0.0002, zinc 0.00063, choline 0.016, fructose 0.01, histidine 7e-05, isoleucine 0.00017, leucine 0.00031, lysine 0.00022, manganese 1e-05, methionine 8e-05, phenylalanine 0.00015, starch nan, sugar 9.7, threonine 0.0001, tryptophan 4e-05, valine 0.0002, vitamin D 1.1e-06, vitamin E 3e-05, vitamin K 2e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Goat milk:

Goat milk contains calcium 0.134, calories 69, carbs 4.5, cholesterol 0.011, copper 5e-05, fat 4.1, fiber 0.0, folate 1e-06, iron 5e-05, magnesium 0.014, monounsaturated fat 1.1, net carbs 4.5, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.111, polyunsaturated fat 0.15, potassium 0.204, protein 3.6, saturated fat 2.7, selenium 1.4e-06, sodium 0.05, trans fat nan, vitamin A (IU) 198.0, vitamin A RAE 5.7e-05, vitamin B1 5e-05, vitamin B12 7e-08, vitamin B2 0.00014, vitamin B3 0.00028, vitamin B5 0.00031, vitamin B6 5e-05, vitamin C 0.0013, zinc 0.0003, choline 0.016, fructose nan, histidine 9e-05, isoleucine 0.00021, leucine 0.00031, lysine 0.00029, manganese 2e-05, methionine 8e-05, phenylalanine 0.00016, starch nan, sugar 4.5, threonine 0.00016, tryptophan 4e-05, valine 0.00024, vitamin D 1.3e-06, vitamin E 7e-05, vitamin K 3e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Milkshake:

Milkshake contains calcium 0.146, calories 112, carbs 18.0, cholesterol 0.012, copper 5e-05, fat 3.0, fiber 0.0, folate 7e-06, iron 0.0001, magnesium 0.012, monounsaturated fat 0.88, net carbs 18.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.115, polyunsaturated fat 0.11, potassium 0.183, protein 3.9, saturated fat 1.9, selenium 2.3e-06, sodium 0.095, trans fat nan, vitamin A (IU) 91.0, vitamin A RAE 2.5e-05, vitamin B1 3e-05, vitamin B12 5.2e-07, vitamin B2 0.0002, vitamin B3 0.00015, vitamin B5 0.00037, vitamin B6 4e-05, vitamin C 0.0, zinc 0.00039, choline 0.014, fructose nan, histidine 0.00011, isoleucine 0.00023, leucine 0.00038, lysine 0.00031, manganese 1e-05, methionine 0.0001, phenylalanine 0.00019, starch nan, sugar 18.0, threonine 0.00017, tryptophan 5e-05, valine 0.00026, vitamin D 1.2e-06, vitamin E 5e-05, vitamin K 2e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Whey:

Whey contains calcium 0.047, calories 27, carbs 5.1, cholesterol 0.002, copper 0.0, fat 0.36, fiber 0.0, folate 1e-06, iron 6e-05, magnesium 0.008, monounsaturated fat 0.1, net carbs 5.1, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.046, polyunsaturated fat 0.01, potassium 0.161, protein 0.85, saturated fat 0.23, selenium 1.9e-06, sodium 0.054, trans fat nan, vitamin A (IU) 12.0, vitamin A RAE 3e-06, vitamin B1 4e-05, vitamin B12 2.8e-07, vitamin B2 0.00016, vitamin B3 7e-05, vitamin B5 0.00038, vitamin B6 3e-05, vitamin C 0.0001, zinc 0.00013, choline 0.016, fructose nan, histidine 2e-05, isoleucine 5e-05, leucine 8e-05, lysine 7e-05, manganese 0.0, methionine 2e-05, phenylalanine 3e-05, starch nan, sugar 5.1, threonine 5e-05, tryptophan 1e-05, valine 5e-05, vitamin D nan, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Egg white:

Egg white contains calcium 0.007, calories 52, carbs 0.73, cholesterol 0.0, copper 2e-05, fat 0.17, fiber 0.0, folate

4e-06, iron 8e-05, magnesium 0.011, monounsaturated fat 0.0, net carbs 0.73, omega-3 DHA 0.0, omega-3 EPA 0.0, phosphorus 0.015, polyunsaturated fat 0.0, potassium 0.163, protein 11.0, saturated fat 0.0, selenium 2e-05, sodium 0.166, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B2 9e-08, vitamin B3 0.00044, vitamin B5 0.00019, vitamin B6 1e-05, vitamin C 0.0, zinc 0.00011, choline 0.0011, fructose 0.07, histidine 0.00029, isoleucine 0.00066, leucine 0.001, lysine 0.00081, manganese 1e-05, methionine 0.0004, phenylalanine 0.00069, starch nan, sugar 0.71, threonine 0.00045, tryptophan 0.00081, valine 0.00081, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Yolk:

Yolk contains calcium 0.129, calories 322, carbs 3.6, cholesterol 1.085, copper 8e-05, fat 27.0, fiber 0.0, folate 0.000146, iron 0.0027, magnesium 0.005, monounsaturated fat 12.0, net carbs 3.6, omega-3 DHA 0.11, omega-3 EPA 0.0, omega-3 EPA 0.01, phosphorus 0.39, polyunsaturated fat 4.2, potassium 0.109, protein 16.0, saturated fat 9.6, selenium 5.6e-05, sodium 0.048, trans fat nan, vitamin A (IU) 1442.0, vitamin A RAE 0.000381, vitamin B1 0.00018, vitamin B12 2e-06, vitamin B2 0.00053, vitamin B3 2e-05, vitamin B5 0.003, vitamin B6 0.00035, vitamin C 0.0, zinc 0.0023, choline 0.82, fructose 0.07, histidine 0.00042, isoleucine 0.00087, leucine 0.0014, lysine 0.0012, manganese 6e-05, methionine 0.00038, phenylalanine 0.00068, starch nan, sugar 0.56, threonine 0.00069, tryptophan 0.00018, valine 0.00095, vitamin D 5.4e-06, vitamin E 0.0026, vitamin K 7e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Egg:

Egg contains calcium 0.05, calories 155, carbs 1.1, cholesterol 0.373, copper 0.002, fat 11.0, fiber 0.0, folate 4.4e-05, iron 0.0012, magnesium 0.01, monounsaturated fat 4.1, net carbs 1.1, omega-3 DHA 0.04, omega-3 EPA 0.0, omega-3 EPA 0.01, phosphorus 0.172, polyunsaturated fat 1.4, potassium 0.126, protein 13.0, saturated fat 3.3, selenium 3.1e-05, sodium 0.124, trans fat nan, vitamin A (IU) 520.0, vitamin A RAE 0.000149, vitamin B1 7e-05, vitamin B12 1.1e-06, vitamin B2 0.00051, vitamin B3 6e-05, vitamin B5 0.0014, vitamin B6 0.00012, vitamin C 0.0, zinc 0.0011, choline 0.294, fructose nan, histidine 0.0003, isoleucine 0.00069, leucine 0.0011, lysine 0.0009, manganese 3e-05, methionine 0.00039, phenylalanine 0.00067, starch nan, sugar 1.1, threonine 0.0006, tryptophan 0.00015, valine 0.00077, vitamin D 2.2e-06, vitamin E 0.001, vitamin K 3e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Omelette:

Omelette contains calcium 0.048, calories 154, carbs 0.64, cholesterol 0.313, copper 6e-05, fat 12.0, fiber 0.0, folate 3.9e-05, iron 0.0015, magnesium 0.011, monounsaturated fat 4.8, net carbs 0.64, omega-3 DHA 0.05, omega-3 EPA 0.0, omega-3 EPA 0.01, phosphorus 0.167, polyunsaturated fat 2.7, potassium 0.117, protein 11.0, saturated fat 3.3, selenium 2.6e-05, sodium 0.155, trans fat 0.71, vitamin A (IU) 617.0, vitamin A RAE 0.000172, vitamin B1 3e-05, vitamin B12 7.6e-07, vitamin B2 0.00039, vitamin B3 6e-05, vitamin B5 0.0013, vitamin B6 0.00014, vitamin C 0.0, zinc 0.0011, choline 0.248, fructose 0.0, histidine 0.00026, isoleucine 0.00057, leucine 0.00091, lysine 0.00077, manganese 2e-05, methionine 0.00032, phenylalanine 0.00057, starch nan, sugar 0.31, threonine 0.00047, tryptophan 0.00014, valine 0.00072, vitamin D 1.7e-06, vitamin E 0.0013, vitamin K 4.5e-06, omega-3 ALA nan, omega-6 eicosadienoic acid 0.02, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Duck egg:

Duck egg contains calcium 0.064, calories 185, carbs 1.5, cholesterol 0.884, copper 6e-05, fat 14.0, fiber 0.0, folate 8e-05, iron 0.0039, magnesium 0.017, monounsaturated fat 6.5, net carbs 1.5, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 EPA 0.01, phosphorus 0.172, polyunsaturated fat 1.4, potassium 0.126, protein 13.0, saturated fat 3.3, selenium 3.1e-05, sodium 0.124, trans fat nan, vitamin A (IU) 520.0, vitamin A RAE 0.000149, vitamin B1 7e-05, vitamin B12 1.1e-06, vitamin B2 0.00051, vitamin B3 6e-05, vitamin B5 0.0014, vitamin B6 0.00012, vitamin C 0.0, zinc 0.0011, choline 0.294, fructose nan, histidine 0.0003, isoleucine 0.00069, leucine 0.0011, lysine 0.0009, manganese 3e-05, methionine 0.00039, phenylalanine 0.00067, starch nan, sugar 1.1, threonine 0.0006, tryptophan 0.00015, valine 0.00077, vitamin D 2.2e-06, vitamin E 0.001, vitamin K 3e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

0.0, omega-3 EPA 0.0, phosphorus 0.22, polyunsaturated fat 1.2, potassium 0.222, protein 13.0, saturated fat 3.6, selenium 3.6e-05, sodium 0.146, trans fat nan, vitamin A (IU) 674.0, vitamin A RAE 0.000194, vitamin B1 0.00015, vitamin B12 5.4e-06, vitamin B2 0.0004, vitamin B3 0.0002, vitamin B5 0.0019, vitamin B6 0.00025, vitamin C 0.0, zinc 0.0014, choline 0.263, fructose nan, histidine 0.00032, isoleucine 0.0006, leucine 0.0011, lysine 0.0001, manganese 4e-05, methionine 0.00058, phenylalanine 0.00084, starch nan, sugar 0.93, threonine 0.00074, tryptophan 0.00026, valine 0.00089, vitamin D 1.7e-06, vitamin E 0.0013, vitamin K 4e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Goose egg:

Goose egg contains calcium 0.06, calories 185, carbs 1.4, cholesterol 0.852, copper 6e-05, fat 13.0, fiber 0.0, folate 7.6e-05, iron 0.0036, magnesium 0.016, monounsaturated fat 5.7, net carbs 1.4, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.208, polyunsaturated fat 1.7, potassium 0.21, protein 14.0, saturated fat 3.6, selenium 3.7e-05, sodium 0.138, trans fat nan, vitamin A (IU) 650.0, vitamin A RAE 0.000187, vitamin B1 0.00015, vitamin B12 5.1e-06, vitamin B2 0.00038, vitamin B3 0.00019, vitamin B5 0.0018, vitamin B6 0.00024, vitamin C 0.0, zinc 0.0013, choline 0.263, fructose nan, histidine 0.00035, isoleucine 0.00065, leucine 0.0012, lysine 0.001, manganese 4e-05, methionine 0.00062, phenylalanine 0.00091, starch nan, sugar 0.94, threonine 0.0008, tryptophan 0.00028, valine 0.00096, vitamin D 1.7e-06, vitamin E 0.0013, vitamin K 4e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Quail egg:

Quail egg contains calcium 0.064, calories 158, carbs 0.41, cholesterol 0.844, copper 6e-05, fat 11.0, fiber 0.0, folate 6.6e-05, iron 0.0037, magnesium 0.013, monounsaturated fat 4.3, net carbs 0.41, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.226, polyunsaturated fat 1.3, potassium 0.132, protein 13.0, saturated fat 3.6, selenium 3.2e-05, sodium 0.141, trans fat nan, vitamin A (IU) 543.0, vitamin A RAE 0.000156, vitamin B1 0.00013, vitamin B12 1.6e-06, vitamin B2 0.00079, vitamin B3 0.00015, vitamin B5 0.0018, vitamin B6 0.00015, vitamin C 0.0, zinc 0.0015, choline 0.263, fructose nan, histidine 0.00032, isoleucine 0.00082, leucine 0.0011, lysine 0.00088, manganese 4e-05, methionine 0.00042, phenylalanine 0.00074, starch nan, sugar 0.4, threonine 0.00064, tryptophan 0.00021, valine 0.00094, vitamin D 1.4e-06, vitamin E 0.0011, vitamin K 3e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Turkey egg:

Turkey egg contains calcium 0.099, calories 171, carbs 1.2, cholesterol 0.933, copper 6e-05, fat 12.0, fiber 0.0, folate 7.1e-05, iron 0.0041, magnesium 0.013, monounsaturated fat 4.6, net carbs 1.2, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.17, polyunsaturated fat 1.7, potassium 0.142, protein 14.0, saturated fat 3.6, selenium 3.4e-05, sodium 0.151, trans fat nan, vitamin A (IU) 554.0, vitamin A RAE 0.000166, vitamin B1 0.00011, vitamin B12 1.7e-06, vitamin B2 0.00047, vitamin B3 2e-05, vitamin B5 0.0019, vitamin B6 0.00013, vitamin C 0.0, zinc 0.0016, choline nan, fructose nan, histidine 0.00033, isoleucine 0.00086, leucine 0.0012, lysine 0.00092, manganese 4e-05, methionine 0.00044, phenylalanine 0.00077, starch nan, sugar nan, threonine 0.00067, tryptophan 0.00022, valine 0.00099, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Butter:

Butter contains calcium 0.024, calories 717, carbs 0.06, cholesterol 0.215, copper 2e-05, fat 81.0, fiber 0.0, folate 3e-06, iron 2e-05, magnesium 0.002, monounsaturated fat 23.0, net carbs 0.06, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.024, polyunsaturated fat 3.0, potassium 0.024, protein 0.85, saturated fat

50.0, selenium 1e-06, sodium 0.011, trans fat nan, vitamin A (IU) 2499.0, vitamin A RAE 0.000684, vitamin B1 1e-05, vitamin B12 1.7e-07, vitamin B2 3e-05, vitamin B3 4e-05, vitamin B5 0.00011, vitamin B6 0.0, vitamin C 0.0, zinc 9e-05, choline 0.019, fructose nan, histidine 2e-05, isoleucine 5e-05, leucine 8e-05, lysine 7e-05, methionine 2e-05, phenylalanine 4e-05, starch nan, sugar 0.06, threonine 4e-05, tryptophan 1e-05, valine 6e-05, vitamin D 0.0, vitamin E 0.0023, vitamin K 7e-06, omega-3 ALA 0.32, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid 2.2, omega-6 arachidonic acid nan.

Goat cheese:

Goat cheese contains calcium 0.298, calories 364, carbs 0.12, cholesterol 0.079, copper 0.00056, fat 30.0, fiber 0.0, folate 2e-06, iron 0.0016, magnesium 0.029, monounsaturated fat 6.8, net carbs 0.12, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.375, polyunsaturated fat 0.71, potassium 0.158, protein 22.0, saturated fat 21.0, selenium 3.8e-06, sodium 0.415, trans fat nan, vitamin A (IU) 1464.0, vitamin A RAE 0.000407, vitamin B1 7e-05, vitamin B12 2.2e-07, vitamin B2 0.00068, vitamin B3 0.0011, vitamin B5 0.00019, vitamin B6 6e-05, vitamin C 0.0, zinc 0.00066, choline 0.015, fructose nan, histidine 0.00059, isoleucine 0.00089, leucine 0.0019, lysine 0.0015, manganese 9e-05, methionine 0.00058, phenylalanine 0.00086, starch nan, sugar 0.12, threonine 0.00081, tryptophan 0.00023, valine 0.0015, vitamin D 5e-07, vitamin E 0.00026, vitamin K 2.5e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Mexican Cheese queso chihuahua:

Mexican Cheese queso chihuahua contains calcium 0.651, calories 374, carbs 5.6, cholesterol 0.105, copper 2e-05, fat 30.0, fiber 0.0, folate 2e-06, iron 0.00047, magnesium 0.023, monounsaturated fat 8.4, net carbs 5.6, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.442, polyunsaturated fat 0.89, potassium 0.052, protein 22.0, saturated fat 19.0, selenium 1.5e-05, sodium 0.617, trans fat nan, vitamin A (IU) 193.0, vitamin A RAE 5.6e-05, vitamin B1 2e-05, vitamin B12 1e-06, vitamin B2 0.00023, vitamin B3 0.00015, vitamin B5 0.00028, vitamin B6 6e-05, vitamin C 0.0, zinc 0.0035, choline 0.015, fructose nan, histidine 0.0006, isoleucine 0.0011, leucine 0.002, lysine 0.0015, manganese 7e-05, methionine 0.00061, phenylalanine 0.001, starch nan, sugar 5.6, threonine 0.00082, tryptophan 0.0002, valine 0.0013, vitamin D 5e-07, vitamin E 0.00026, vitamin K 2.5e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Sour cream:

Sour cream contains calcium 0.141, calories 181, carbs 7.0, cholesterol 0.035, copper 1e-05, fat 14.0, fiber 0.0, folate 1.1e-05, iron 6e-05, magnesium 0.011, monounsaturated fat 4.1, net carbs 7.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.085, polyunsaturated fat 0.5, potassium 0.211, protein 7.0, saturated fat 8.7, selenium 4.1e-06, sodium 0.07, trans fat nan, vitamin A (IU) 436.0, vitamin A RAE 0.000119, vitamin B1 4e-05, vitamin B12 3e-07, vitamin B2 0.00024, vitamin B3 7e-05, vitamin B5 nan, vitamin B6 2e-05, vitamin C 0.0009, zinc 0.00027, choline 0.019, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 0.3, threonine nan, tryptophan nan, valine nan, vitamin D 3e-07, vitamin E 0.0004, vitamin K 7e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Parmigiano-Reggiano:

Parmigiano-Reggiano contains calcium 1.109, calories 265, carbs 1.4, cholesterol 0.088, copper 0.00024, fat 20.0, fiber 0.0, folate 1e-05, iron 0.0009, magnesium 0.038, monounsaturated fat 6.1, net carbs 1.4, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.729, polyunsaturated fat 0.46, potassium 0.125, protein 20.0, saturated fat 13.0, selenium 1.8e-05, sodium 1.529, trans fat nan, vitamin A (IU) 605.0, vitamin A RAE 0.00016,

vitamin B1 3e-05, vitamin B12 2.3e-06, vitamin B2 0.00049, vitamin B3 0.00011, vitamin B5 0.00033, vitamin B6 5e-05, vitamin C 0.0, zinc 0.0039, choline 0.021, fructose nan, histidine 0.00075, isoleucine 0.0012, leucine 0.0025, lysine 0.0025, manganese 9e-05, methionine 0.00037, phenylalanine 0.0016, starch nan, sugar 0.0, threonine 0.0015, tryptophan 0.00024, valine 0.0015, vitamin D 4e-07, vitamin E 0.00017, vitamin K 1.7e-06, omega-3 ALA nan, omega-3 DHA nan, omega-3 EPA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Powdered milk:

Powdered milk contains calcium 0.912, calories 496, carbs 38.0, cholesterol 0.097, copper 8e-05, fat 27.0, fiber 0.0, folate 3.7e-05, iron 0.00047, magnesium 0.085, monounsaturated fat 7.9, net carbs 38.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.776, polyunsaturated fat 0.67, potassium 1.33, protein 26.0, saturated fat 17.0, selenium 1.6e-05, sodium 0.371, trans fat nan, vitamin A (IU) 934.0, vitamin A RAE 0.000258, vitamin B1 0.00028, vitamin B12 3.3e-06, vitamin B2 0.0012, vitamin B3 0.00065, vitamin B5 0.0023, vitamin B6 0.0003, vitamin C 0.0086, zinc 0.0033, choline 0.117, fructose nan, histidine 0.00071, isoleucine 0.0016, leucine 0.0026, lysine 0.0021, manganese 4e-05, methionine 0.00066, phenylalanine 0.0013, starch nan, sugar 38.0, threonine 0.0012, tryptophan 0.00037, valine 0.0018, vitamin D 5e-07, vitamin E 0.00058, vitamin K 2.2e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Dulce de Leche:

Dulce de Leche contains calcium 0.251, calories 315, carbs 55.0, cholesterol 0.029, copper 0.0, fat 7.4, fiber 0.0, folate 1.1e-05, iron 0.00017, magnesium 0.022, monounsaturated fat 2.1, net carbs 55.0, omega-3 DHA 0.0, omega-3 DPA 0.01, omega-3 EPA 0.0, phosphorus 0.193, polyunsaturated fat 0.38, potassium 0.35, protein 6.8, saturated fat 4.5, selenium 2.7e-06, sodium 0.129, trans fat 0.36, vitamin A (IU) 267.0, vitamin A RAE 7.4e-05, vitamin B1 2e-05, vitamin B12 3.1e-07, vitamin B2 0.00041, vitamin B3 0.00021, vitamin B5 0.00084, vitamin B6 2e-05, vitamin C 0.0026, zinc 0.00079, choline 0.089, fructose 0.32, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0, methionine nan, phenylalanine nan, starch nan, sugar 50.0, threonine nan, tryptophan nan, valine nan, vitamin D 2e-07, vitamin E 0.0002, vitamin K 1.3e-06, omega-3 ALA 0.05, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.0, omega-6 dihomo-gamma-linoleic acid 0.01, omega-6 linoleic acid 0.13, omega-6 arachidonic acid nan.

Soft serve:

Soft serve contains calcium 0.131, calories 222, carbs 22.0, cholesterol 0.091, copper 3e-05, fat 13.0, fiber 0.7, folate 9e-06, iron 0.00021, magnesium 0.012, monounsaturated fat 3.5, net carbs 22.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.116, polyunsaturated fat 0.46, potassium 0.177, protein 4.1, saturated fat 7.5, selenium 3e-06, sodium 0.061, trans fat nan, vitamin A (IU) 589.0, vitamin A RAE 0.000162, vitamin B1 5e-05, vitamin B12 5e-07, vitamin B2 0.00018, vitamin B3 0.0001, vitamin B5 0.00051, vitamin B6 5e-05, vitamin C 0.0008, zinc 0.00052, choline 0.026, fructose nan, histidine 0.0001, isoleucine 0.00022, leucine 0.00035, lysine 0.0003, manganese 1e-05, methionine 9e-05, phenylalanine 0.00018, starch nan, sugar 21.0, threonine 0.00017, tryptophan 5e-05, valine 0.00024, vitamin D 7e-07, vitamin E 0.00061, vitamin K 9e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Ice cream sandwich:

Ice cream sandwich contains calcium 0.086, calories 237, carbs 37.0, cholesterol 0.021, copper 0.00025, fat 8.6, fiber 0.0, folate 3.4e-05, iron 0.00026, magnesium 0.029, monounsaturated fat 2.7, net carbs 37.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.072, polyunsaturated fat 2.3, potassium 0.115, protein 4.3, saturated fat 2.3, selenium 3.1e-06, sodium 0.129, trans fat nan, vitamin A (IU) 286.0, vitamin A RAE 8.6e-05, vitamin B1 0.00011, vitamin B12 5e-08, vitamin B2 0.00015, vitamin B3 0.0016, vitamin B5 0.00021, vitamin B6

3e-05, vitamin C 0.0, zinc 0.0006, choline 0.008, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00038, methionine nan, phenylalanine nan, starch nan, sugar 19.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0004, vitamin K 1.3e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

American cheese:

American cheese contains calcium 1.045, calories 371, carbs 3.7, cholesterol 0.1, copper 5e-05, fat 32.0, fiber 0.0, folate 8e-06, iron 0.00063, magnesium 0.026, monounsaturated fat 8.2, net carbs 3.7, omega-3 DHA 0.01, omega-3 DPA 0.02, omega-3 EPA 0.01, phosphorus 0.641, polyunsaturated fat 1.3, potassium 0.132, protein 18.0, saturated fat 18.0, selenium 2e-05, sodium 1.671, trans fat 1.1, vitamin A (IU) 945.0, vitamin A RAE 0.00025, vitamin B1 2e-05, vitamin B12 1.5e-06, vitamin B2 0.00023, vitamin B3 8e-05, vitamin B5 0.0004, vitamin B6 5e-05, vitamin C 0.0, zinc 0.0025, choline 0.036, fructose 0.0, histidine 0.00055, isoleucine 0.00094, leucine 0.0017, lysine 0.0015, manganese 4e-05, methionine 0.00048, phenylalanine 0.00094, starch nan, sugar 2.3, threonine 0.00077, tryptophan 0.00023, valine 0.0012, vitamin D 6e-07, vitamin E 0.0008, vitamin K 2.6e-06, omega-3 ALA 0.14, omega-6 eicosadienoic acid 0.01, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.0, omega-6 dihomogamma-linoleic acid 0.03, omega-6 linoleic acid 0.79, omega-6 arachidonic acid nan.

Yogurt:

Yogurt contains calcium 0.11, calories 59, carbs 3.6, cholesterol 0.005, copper 2e-05, fat 0.39, fiber 0.0, folate 7e-06, iron 7e-05, magnesium 0.011, monounsaturated fat 0.05, net carbs 3.6, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.135, polyunsaturated fat 0.01, potassium 0.141, protein 10.0, saturated fat 0.12, selenium 9.7e-06, sodium 0.036, trans fat 0.01, vitamin A (IU) 4.0, vitamin A RAE 1e-06, vitamin B1 2e-05, vitamin B12 7.5e-07, vitamin B2 0.00028, vitamin B3 0.00021, vitamin B5 0.00033, vitamin B6 6e-05, vitamin C 0.0, zinc 0.00052, choline 0.015, fructose 0.0, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 1e-05, methionine nan, phenylalanine nan, starch nan, sugar 3.2, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 1e-05, vitamin K 0.0, omega-3 ALA 0.0, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.0, omega-6 dihomogamma-linoleic acid 0.0, omega-6 linoleic acid 0.01, omega-6 arachidonic acid nan.

Cotija cheese:

Cotija cheese contains calcium 0.8, calories 366, carbs 4.0, cholesterol 0.1, copper 0.00024, fat 30.0, fiber 0.0, folate 1e-05, iron 0.0, magnesium 0.038, monounsaturated fat 8.3, net carbs 4.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.729, polyunsaturated fat 1.2, potassium 0.125, protein 20.0, saturated fat 18.0, selenium 1.8e-05, sodium 1.4, trans fat 0.0, vitamin A (IU) 865.0, vitamin A RAE 0.000229, vitamin B1 3e-05, vitamin B12 2.3e-06, vitamin B2 0.00049, vitamin B3 0.00011, vitamin B5 nan, vitamin B6 5e-05, vitamin C 0.0, zinc 0.0039, choline 0.015, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 0.0, threonine nan, tryptophan nan, valine nan, vitamin D 5e-07, vitamin E 0.00025, vitamin K 1.9e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Kefir:

Kefir contains calcium 0.13, calories 41, carbs 4.5, cholesterol 0.005, copper 1e-05, fat 0.93, fiber 0.0, folate 1.3e-05, iron 4e-05, magnesium 0.012, monounsaturated fat 0.31, net carbs 4.5, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.105, polyunsaturated fat 0.05, potassium 0.164, protein 3.8, saturated fat 0.66, selenium 3.6e-06, sodium 0.04, trans fat 0.04, vitamin A (IU) 569.0, vitamin A RAE 0.000171, vitamin B1 3e-05, vitamin B12 2.9e-07, vitamin B2 0.00014, vitamin B3 0.00015, vitamin B5 0.00039, vitamin B6 6e-05, vitamin C 0.0002, zinc 0.00046, choline 0.015, fructose 0.0, histidine nan, isoleucine nan, leucine nan, lysine nan,

manganese 1e-05, methionine nan, phenylalanine nan, starch nan, sugar 4.6, threonine nan, tryptophan nan, vitamin D 1e-06, vitamin E 2e-05, vitamin K 1e-07, omega-3 ALA 0.01, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.0, omega-6 dihomo-gamma-linoleic acid 0.0, omega-6 linoleic acid 0.03, omega-6 arachidonic acid nan.

Greek yogurt:

Greek yogurt contains calcium 0.1, calories 97, carbs 4.0, cholesterol 0.013, copper 2e-05, fat 5.0, fiber 0.0, folate 5e-06, iron 0.0, magnesium 0.011, monounsaturated fat 2.1, net carbs 4.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.135, polyunsaturated fat 0.47, potassium 0.141, protein 9.0, saturated fat 2.4, selenium 9.7e-06, sodium 0.035, trans fat 0.0, vitamin A (IU) 15.0, vitamin A RAE 2e-06, vitamin B1 2e-05, vitamin B12 7.5e-07, vitamin B2 0.00028, vitamin B3 0.00021, vitamin B5 0.00033, vitamin B6 6e-05, vitamin C 0.0, zinc 0.00052, choline 0.015, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 1e-05, methionine nan, phenylalanine nan, starch nan, sugar 4.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 1e-05, vitamin K 0.0, omega-3 ALA 0.02, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.0, omega-6 dihomo-gamma-linoleic acid 0.0, omega-6 linoleic acid 0.21, omega-6 arachidonic acid nan.

Ice cream sundae cone:

Ice cream sundae cone contains calcium 0.06, calories 254, carbs 29.0, cholesterol 0.015, copper 8e-05, fat 14.0, fiber 1.0, folate 1.9e-05, iron 0.00036, magnesium 0.02, monounsaturated fat 1.8, net carbs 28.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.128, polyunsaturated fat 0.75, potassium 0.204, protein 3.0, saturated fat 2.7, selenium 2.3e-06, sodium 0.115, trans fat 0.0, vitamin A (IU) 410.0, vitamin A RAE 0.000117, vitamin B1 9e-05, vitamin B12 3.5e-07, vitamin B2 0.00021, vitamin B3 0.0011, vitamin B5 0.00036, vitamin B6 5e-05, vitamin C 0.0, zinc 0.00056, choline 0.012, fructose nan, histidine 2e-05, isoleucine 3e-05, leucine 6e-05, lysine 2e-05, manganese 9e-05, methionine 2e-05, phenylalanine 4e-05, starch nan, sugar 21.0, threonine 2e-05, tryptophan 1e-05, valine 4e-05, vitamin D 1e-07, vitamin E 0.00011, vitamin K 5e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Coconut milk:

Coconut milk contains calcium 0.016, calories 230, carbs 5.5, cholesterol 0.0, copper 0.00027, fat 24.0, fiber 2.2, folate 1.6e-05, iron 0.0016, magnesium 0.037, monounsaturated fat 1.0, net carbs 3.3, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.1, polyunsaturated fat 0.26, potassium 0.263, protein 2.3, saturated fat 21.0, selenium 6.2e-06, sodium 0.015, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.00076, vitamin B5 0.00018, vitamin B6 3e-05, vitamin C 0.0028, zinc 0.00067, choline 0.0085, fructose nan, histidine 5e-05, isoleucine 9e-05, leucine 0.00017, lysine 0.0001, manganese 0.00092, methionine 4e-05, phenylalanine 0.00012, starch nan, sugar 3.3, threonine 8e-05, tryptophan 3e-05, valine 0.00014, vitamin D 0.0, vitamin E 0.00015, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Mozzarella:

Mozzarella contains calcium 0.731, calories 280, carbs 3.1, cholesterol 0.054, copper 3e-05, fat 17.0, fiber 0.0, folate 9e-06, iron 0.00025, magnesium 0.026, monounsaturated fat 4.8, net carbs 3.1, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.524, polyunsaturated fat 0.51, potassium 0.095, protein 28.0, saturated fat 11.0, selenium 1.6e-05, sodium 0.016, trans fat nan, vitamin A (IU) 517.0, vitamin A RAE 0.000137, vitamin B1 2e-05, vitamin B12 9.2e-07, vitamin B2 0.00034, vitamin B3 0.00012, vitamin B5 nan, vitamin B6 8e-05, vitamin C 0.0, zinc 0.0031, choline 0.018, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 1.2, threonine nan, tryptophan nan, valine nan, vitamin

D 3e-07, vitamin E 0.00015, vitamin K 1.8e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Porridge:

Porridge contains calcium 0.087, calories 50, carbs 11.0, cholesterol 0.0, copper 4e-05, fat 0.21, fiber 0.5, folate 1.2e-05, iron 0.0037, magnesium 0.005, monounsaturated fat 0.03, net carbs 10.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.015, polyunsaturated fat 0.11, potassium 0.016, protein 1.4, saturated fat 0.03, selenium 2.8e-06, sodium 0.006, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 6e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.00052, vitamin B5 7e-05, vitamin B6 1e-05, vitamin C 0.0, zinc 0.00013, choline nan, fructose nan, histidine 3e-05, isoleucine 6e-05, leucine 0.00011, lysine 4e-05, manganese 0.0, methionine 3e-05, phenylalanine 8e-05, starch nan, sugar 0.03, threonine 5e-05, tryptophan 2e-05, valine 7e-05, vitamin D 0.0, vitamin E 2e-05, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Oatmeal:

Oatmeal contains calcium 0.08, calories 68, carbs 12.0, cholesterol 0.0, copper 7e-05, fat 1.4, fiber 1.7, folate 4.4e-05, iron 0.006, magnesium 0.026, monounsaturated fat 0.39, net carbs 10.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.077, polyunsaturated fat 0.43, potassium 0.061, protein 2.4, saturated fat 0.23, selenium 5e-06, sodium 0.049, trans fat 0.0, vitamin A (IU) 433.0, vitamin A RAE 0.00013, vitamin B1 0.00026, vitamin B12 0.0, vitamin B2 0.00022, vitamin B3 0.003, vitamin B5 0.00032, vitamin B6 0.00029, vitamin C 0.0, zinc 0.00062, choline 0.0047, fructose 0.0, histidine 6e-05, isoleucine 0.00011, leucine 0.0002, lysine 0.00014, manganese 0.00056, methionine 4e-05, phenylalanine 0.00013, starch 10.0, sugar 0.46, threonine 8e-05, tryptophan 4e-05, valine 0.00015, vitamin D 0.0, vitamin E 7e-05, vitamin K 4e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cereal:

Cereal contains calcium 0.01, calories 378, carbs 87.0, cholesterol nan, copper 0.00014, fat 1.1, fiber 1.4, folate nan, iron 0.034, magnesium 0.019, monounsaturated fat 0.2, net carbs 85.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.077, polyunsaturated fat 0.35, potassium 0.105, protein 6.1, saturated fat 0.26, selenium 6.3e-06, sodium 0.795, trans fat nan, vitamin A (IU) 2792.0, vitamin A RAE 0.000814, vitamin B1 0.0063, vitamin B12 nan, vitamin B2 0.0039, vitamin B3 0.03, vitamin B5 0.00023, vitamin B6 0.006, vitamin C 0.039, zinc 0.0076, choline nan, fructose 0.26, histidine 0.00016, isoleucine 0.00026, leucine 0.00077, lysine 0.00011, manganese 0.00079, methionine 0.00013, phenylalanine 0.00037, starch nan, sugar 10.0, threonine 0.00024, tryptophan 7e-05, valine 0.00034, vitamin D nan, vitamin E 8e-05, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chia seeds:

Chia seeds contains calcium 0.631, calories 486, carbs 42.0, cholesterol 0.0, copper 0.00092, fat 31.0, fiber 34.0, folate 4.9e-05, iron 0.0077, magnesium 0.335, monounsaturated fat 2.3, net carbs 7.7, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.86, polyunsaturated fat 24.0, potassium 0.407, protein 17.0, saturated fat 3.3, selenium 5.5e-05, sodium 0.016, trans fat 0.14, vitamin A (IU) 54.0, vitamin A RAE nan, vitamin B1 0.00062, vitamin B12 0.0, vitamin B2 0.00017, vitamin B3 0.0088, vitamin B5 nan, vitamin B6 nan, vitamin C 0.0016, zinc 0.0046, choline nan, fructose nan, histidine 0.00053, isoleucine 0.0008, leucine 0.0014, lysine 0.00097, manganese 0.0027, methionine 0.00059, phenylalanine 0.001, starch nan, sugar nan, threonine 0.00071, tryptophan 0.00044, valine 0.00095, vitamin D nan, vitamin E 0.0005, vitamin K nan, omega-3 ALA 18.0, omega-6

eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihydro-gamma-linoleic acid nan, omega-6 linoleic acid 5.8, omega-6 arachidonic acid nan.

Sesame:

Sesame contains calcium 0.975, calories 573, carbs 23.0, cholesterol 0.0, copper 0.0041, fat 50.0, fiber 12.0, folate 9.7e-05, iron 0.015, magnesium 0.351, monounsaturated fat 19.0, net carbs 12.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.629, polyunsaturated fat 22.0, potassium 0.468, protein 18.0, saturated fat 7.0, selenium 3.4e-05, sodium 0.011, trans fat nan, vitamin A (IU) 9.0, vitamin A RAE 0.0, vitamin B1 0.00079, vitamin B12 0.0, vitamin B2 0.00025, vitamin B3 0.0045, vitamin B5 5e-05, vitamin B6 0.00079, vitamin C 0.0, zinc 0.0078, choline 0.026, fructose nan, histidine 0.00052, isoleucine 0.00076, leucine 0.0014, lysine 0.00057, manganese 0.0025, methionine 0.00059, phenylalanine 0.00094, starch nan, sugar 0.3, threonine 0.00074, tryptophan 0.00039, valine 0.00099, vitamin D 0.0, vitamin E 0.00025, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihydro-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Sunflower seed:

Sunflower seed contains calcium 0.078, calories 584, carbs 20.0, cholesterol 0.0, copper 0.0018, fat 51.0, fiber 8.6, folate 0.000227, iron 0.0053, magnesium 0.325, monounsaturated fat 19.0, net carbs 11.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.01, phosphorus 0.66, polyunsaturated fat 23.0, potassium 0.645, protein 21.0, saturated fat 4.5, selenium 5.3e-05, sodium 0.009, trans fat nan, vitamin A (IU) 50.0, vitamin A RAE 3e-06, vitamin B1 0.0015, vitamin B12 0.0, vitamin B2 0.00036, vitamin B3 0.0083, vitamin B5 0.0011, vitamin B6 0.0013, vitamin C 0.0014, zinc 0.005, choline 0.055, fructose nan, histidine 0.00063, isoleucine 0.0011, leucine 0.0017, lysine 0.00094, manganese 0.002, methionine 0.00049, phenylalanine 0.0012, starch nan, sugar 2.6, threonine 0.00093, tryptophan 0.00035, valine 0.0013, vitamin D 0.0, vitamin E 0.035, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihydro-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pumpkin seed:

Pumpkin seed contains calcium 0.055, calories 446, carbs 54.0, cholesterol 0.0, copper 0.00069, fat 19.0, fiber 18.0, folate 9e-06, iron 0.0033, magnesium 0.262, monounsaturated fat 6.0, net carbs 35.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.092, polyunsaturated fat 8.8, potassium 0.919, protein 19.0, saturated fat 3.7, selenium nan, sodium 0.018, trans fat nan, vitamin A (IU) 62.0, vitamin A RAE 3e-06, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 5e-05, vitamin B3 0.00029, vitamin B5 6e-05, vitamin B6 4e-05, vitamin C 0.0003, zinc 0.01, choline nan, fructose nan, histidine 0.00052, isoleucine 0.00096, leucine 0.0016, lysine 0.0014, manganese 0.0005, methionine 0.00042, phenylalanine 0.00092, starch nan, sugar nan, threonine 0.00068, tryptophan 0.00033, valine 0.0015, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihydro-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Flax seeds:

Flax seeds contains calcium 0.255, calories 534, carbs 29.0, cholesterol 0.0, copper 0.0012, fat 42.0, fiber 27.0, folate 8.7e-05, iron 0.0057, magnesium 0.392, monounsaturated fat 7.5, net carbs 1.6, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.642, polyunsaturated fat 29.0, potassium 0.813, protein 18.0, saturated fat 3.7, selenium 2.5e-05, sodium 0.03, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0016, vitamin B12 0.0, vitamin B2 0.00016, vitamin B3 0.0031, vitamin B5 0.00099, vitamin B6 0.00047, vitamin C 0.0006, zinc 0.0043, choline 0.079, fructose 0.0, histidine 0.00047, isoleucine 0.0009, leucine 0.0012, lysine 0.00086, manganese 0.0025, methionine 0.00037, phenylalanine 0.00096, starch nan, sugar 1.6, threonine 0.00077, tryptophan 0.0003, valine 0.0011, vitamin D 0.0, vitamin E 0.00031, vitamin K 4.3e-06, omega-3 ALA nan, omega-6 eicosadienoic acid 0.01, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6

dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Adzuki bean:

Adzuki bean contains calcium 0.028, calories 128, carbs 25.0, cholesterol 0.0, copper 0.0003, fat 0.1, fiber 7.3, folate 0.000121, iron 0.002, magnesium 0.052, monounsaturated fat 0.01, net carbs 17.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.168, polyunsaturated fat 0.02, potassium 0.532, protein 7.5, saturated fat 0.04, selenium 1.2e-06, sodium 0.008, trans fat 0.0, vitamin A (IU) 6.0, vitamin A RAE 0.0, vitamin B1 0.00012, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.00072, vitamin B5 0.00043, vitamin B6 0.0001, vitamin C 0.0, zinc 0.0018, choline nan, fructose nan, histidine 0.0002, isoleucine 0.0003, leucine 0.00063, lysine 0.00057, manganese 0.00057, methionine 8e-05, phenylalanine 0.0004, starch nan, sugar nan, threonine 0.00026, tryptophan 7e-05, valine 0.00039, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Baked beans:

Baked beans contains calcium 0.061, calories 155, carbs 22.0, cholesterol 0.005, copper 0.00016, fat 5.2, fiber 5.5, folate 4.8e-05, iron 0.002, magnesium 0.043, monounsaturated fat 2.1, net carbs 16.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.109, polyunsaturated fat 0.74, potassium 0.358, protein 5.5, saturated fat 1.9, selenium 5.7e-06, sodium 0.422, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00014, vitamin B12 0.0, vitamin B2 5e-05, vitamin B3 0.00041, vitamin B5 0.00016, vitamin B6 9e-05, vitamin C 0.0011, zinc 0.00073, choline nan, fructose nan, histidine 0.00015, isoleucine 0.00024, leucine 0.00043, lysine 0.00038, manganese 0.00026, methionine 9e-05, phenylalanine 0.00029, starch nan, sugar nan, threonine 0.00023, tryptophan 7e-05, valine 0.00028, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Black turtle bean:

Black turtle bean contains calcium 0.055, calories 130, carbs 24.0, cholesterol 0.0, copper 0.00027, fat 0.35, fiber 8.3, folate 8.6e-05, iron 0.0029, magnesium 0.049, monounsaturated fat 0.03, net carbs 16.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.152, polyunsaturated fat 0.15, potassium 0.433, protein 8.2, saturated fat 0.09, selenium 1.2e-06, sodium 0.003, trans fat 0.0, vitamin A (IU) 6.0, vitamin A RAE 0.0, vitamin B1 0.00023, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.00053, vitamin B5 0.00026, vitamin B6 8e-05, vitamin C 0.0, zinc 0.00076, choline 0.033, fructose nan, histidine 0.00023, isoleucine 0.00036, leucine 0.00065, lysine 0.00056, manganese 0.00033, methionine 0.00012, phenylalanine 0.00044, starch nan, sugar 0.32, threonine 0.00034, tryptophan 0.0001, valine 0.00043, vitamin D 0.0, vitamin E 0.00087, vitamin K 3.3e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cranberry beans:

Cranberry beans contains calcium 0.05, calories 136, carbs 24.0, cholesterol 0.0, copper 0.00023, fat 0.46, fiber 8.6, folate 0.000207, iron 0.0021, magnesium 0.05, monounsaturated fat 0.04, net carbs 16.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.135, polyunsaturated fat 0.2, potassium 0.387, protein 9.3, saturated fat 0.12, selenium 1.3e-06, sodium 0.001, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE nan, vitamin B1 0.00021, vitamin B12 0.0, vitamin B2 7e-05, vitamin B3 0.00052, vitamin B5 0.00024, vitamin B6 8e-05, vitamin C 0.0, zinc 0.0011, choline nan, fructose nan, histidine 0.00026, isoleucine 0.00041, leucine 0.00075, lysine 0.00064, manganese 0.00037, methionine 0.00014, phenylalanine 0.00051, starch nan, sugar nan, threonine 0.00039, tryptophan 0.00011, valine 0.00049, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

French beans:

French beans contains calcium 0.063, calories 129, carbs 24.0, cholesterol 0.0, copper 0.00012, fat 0.76, fiber 9.4, folate 7.5e-05, iron 0.0011, magnesium 0.056, monounsaturated fat 0.05, net carbs 15.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.102, polyunsaturated fat 0.45, potassium 0.37, protein 7.1, saturated fat 0.08, selenium 1.2e-06, sodium 0.006, trans fat 0.0, vitamin A (IU) 3.0, vitamin A RAE 0.0, vitamin B1 0.00013, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.00055, vitamin B5 0.00022, vitamin B6 0.00011, vitamin C 0.0012, zinc 0.00064, choline nan, fructose nan, histidine 0.0002, isoleucine 0.00031, leucine 0.00056, lysine 0.00048, manganese 0.00038, methionine 0.00011, phenylalanine 0.00038, starch nan, sugar nan, threonine 0.0003, tryptophan 8e-05, valine 0.00037, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Great northern beans:

Great northern beans contains calcium 0.068, calories 118, carbs 21.0, cholesterol 0.0, copper 0.00025, fat 0.45, fiber 7.0, folate 0.000102, iron 0.0021, magnesium 0.05, monounsaturated fat 0.02, net carbs 14.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.165, polyunsaturated fat 0.19, potassium 0.391, protein 8.3, saturated fat 0.14, selenium 4.1e-06, sodium 0.002, trans fat 0.0, vitamin A (IU) 1.0, vitamin A RAE 0.0, vitamin B1 0.00016, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.00068, vitamin B5 0.00027, vitamin B6 0.00012, vitamin C 0.0013, zinc 0.00088, choline nan, fructose nan, histidine 0.00023, isoleucine 0.00037, leucine 0.00067, lysine 0.00057, manganese 0.00052, methionine 0.00013, phenylalanine 0.00045, starch nan, sugar nan, threonine 0.00035, tryptophan 0.0001, valine 0.00044, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Kidney beans:

Kidney beans contains calcium 0.035, calories 127, carbs 23.0, cholesterol 0.0, copper 0.00022, fat 0.5, fiber 6.4, folate 0.00013, iron 0.0022, magnesium 0.042, monounsaturated fat 0.04, net carbs 16.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.138, polyunsaturated fat 0.28, potassium 0.405, protein 8.7, saturated fat 0.07, selenium 1.1e-06, sodium 0.001, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00016, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.00058, vitamin B5 0.00022, vitamin B6 0.00012, vitamin C 0.0012, zinc 0.001, choline 0.031, fructose nan, histidine 0.00024, isoleucine 0.00041, leucine 0.00074, lysine 0.00061, manganese 0.00043, methionine 0.00011, phenylalanine 0.00051, starch nan, sugar 0.32, threonine 0.00032, tryptophan 0.0001, valine 0.0005, vitamin D 0.0, vitamin E 3e-05, vitamin K 8.4e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Navy beans:

Navy beans contains calcium 0.069, calories 140, carbs 26.0, cholesterol nan, copper 0.00021, fat 0.62, fiber 11.0, folate 0.00014, iron 0.0024, magnesium 0.053, monounsaturated fat 0.14, net carbs 16.0, omega-3 DHA 0.0, omega-3 DPA nan, omega-3 EPA 0.0, phosphorus 0.144, polyunsaturated fat 0.49, potassium 0.389, protein 8.2, saturated fat 0.1, selenium 2.9e-06, sodium 0.0, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00024, vitamin B12 0.0, vitamin B2 7e-05, vitamin B3 0.00065, vitamin B5 0.00027, vitamin B6 0.00014, vitamin C 0.0009, zinc 0.001, choline 0.045, fructose 0.0, histidine 0.00021, isoleucine 0.00039, leucine 0.0007, lysine 0.00052, manganese 0.00053, methionine 0.00011, phenylalanine 0.00047, starch 15.0, sugar 0.37, threonine 0.00029, tryptophan 0.0001, valine 0.0005, vitamin D 0.0, vitamin E 1e-05, vitamin K 6e-07, omega-3 ALA 0.18, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pinto beans:

Pinto beans contains calcium 0.046, calories 143, carbs 26.0, cholesterol 0.0, copper 0.00022, fat 0.65, fiber 9.0, folate 0.000172, iron 0.0021, magnesium 0.05, monounsaturated fat 0.13, net carbs 17.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.147, polyunsaturated fat 0.24, potassium 0.436, protein 9.0, saturated fat 0.14, selenium 6.2e-06, sodium 0.001, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00019, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.00032, vitamin B5 0.00021, vitamin B6 0.00023, vitamin C 0.0008, zinc 0.00098, choline 0.035, fructose 0.0, histidine 0.00025, isoleucine 0.00043, leucine 0.00077, lysine 0.00063, manganese 0.00045, methionine 0.00012, phenylalanine 0.00053, starch 15.0, sugar 0.34, threonine 0.00033, tryptophan 0.00011, valine 0.00052, vitamin D 0.0, vitamin E 0.00094, vitamin K 3.5e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Yellow beans:

Yellow beans contains calcium 0.062, calories 144, carbs 25.0, cholesterol 0.0, copper 0.00019, fat 1.1, fiber 10.0, folate 8.1e-05, iron 0.0025, magnesium 0.074, monounsaturated fat 0.09, net carbs 15.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.183, polyunsaturated fat 0.47, potassium 0.325, protein 9.2, saturated fat 0.28, selenium 1.3e-06, sodium 0.005, trans fat 0.0, vitamin A (IU) 2.0, vitamin A RAE 0.0, vitamin B1 0.00019, vitamin B12 0.0, vitamin B2 0.0001, vitamin B3 0.00071, vitamin B5 0.00023, vitamin B6 0.00013, vitamin C 0.0018, zinc 0.0011, choline 0.035, fructose nan, histidine 0.00026, isoleucine 0.00041, leucine 0.00073, lysine 0.00063, manganese 0.00046, methionine 0.00014, phenylalanine 0.0005, starch nan, sugar 0.34, threonine 0.00039, tryptophan 0.00011, valine 0.00048, vitamin D 0.0, vitamin E 0.00094, vitamin K 3.5e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

White beans:

White beans contains calcium 0.09, calories 139, carbs 25.0, cholesterol 0.0, copper 0.00029, fat 0.35, fiber 6.3, folate 8.1e-05, iron 0.0037, magnesium 0.063, monounsaturated fat 0.03, net carbs 19.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.113, polyunsaturated fat 0.15, potassium 0.561, protein 9.7, saturated fat 0.09, selenium 1.3e-06, sodium 0.006, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00012, vitamin B12 0.0, vitamin B2 5e-05, vitamin B3 0.00014, vitamin B5 0.00023, vitamin B6 9e-05, vitamin C 0.0, zinc 0.0014, choline 0.035, fructose nan, histidine 0.00027, isoleucine 0.00043, leucine 0.00078, lysine 0.00067, manganese 0.00064, methionine 0.00015, phenylalanine 0.00053, starch nan, sugar 0.34, threonine 0.00041, tryptophan 0.00012, valine 0.00051, vitamin D 0.0, vitamin E 0.00094, vitamin K 3.5e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Fava beans:

Fava beans contains calcium 0.036, calories 110, carbs 20.0, cholesterol 0.0, copper 0.00026, fat 0.4, fiber 5.4, folate 0.000104, iron 0.0015, magnesium 0.043, monounsaturated fat 0.08, net carbs 14.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.125, polyunsaturated fat 0.16, potassium 0.268, protein 7.6, saturated fat 0.07, selenium 2.6e-06, sodium 0.005, trans fat 0.0, vitamin A (IU) 15.0, vitamin A RAE 1e-06, vitamin B1 0.0001, vitamin B12 0.0, vitamin B2 9e-05, vitamin B3 0.00071, vitamin B5 0.00016, vitamin B6 7e-05, vitamin C 0.0003, zinc 0.001, choline 0.031, fructose nan, histidine 0.00019, isoleucine 0.00031, leucine 0.00057, lysine 0.00049, manganese 0.00042, methionine 6e-05, phenylalanine 0.00032, starch nan, sugar 1.8, threonine 0.00027, tryptophan 7e-05, valine 0.00034, vitamin D 0.0, vitamin E 2e-05, vitamin K 2.9e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chickpeas:

Chickpeas contains calcium 0.049, calories 164, carbs 27.0, cholesterol 0.0, copper 0.00035, fat 2.6, fiber 7.6,

folate 0.000172, iron 0.0029, magnesium 0.048, monounsaturated fat 0.58, net carbs 20.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.168, polyunsaturated fat 1.2, potassium 0.291, protein 7.7, saturated fat 0.27, selenium 3.7e-06, sodium 0.007, trans fat 0.0, vitamin A (IU) 27.0, vitamin A RAE 1e-06, vitamin B1 0.00012, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.00053, vitamin B5 0.00029, vitamin B6 0.0001, vitamin C 0.0013, zinc 0.0015, choline 0.043, fructose nan, histidine 0.00024, isoleucine 0.00038, leucine 0.00059, lysine 0.00059, manganese 0.001, methionine 0.00012, phenylalanine 0.00048, starch nan, sugar 4.8, threonine 0.00033, tryptophan 9e-05, valine 0.00037, vitamin D 0.0, vitamin E 0.00035, vitamin K 4e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cowpea (Black-eyed pea):

Cowpea (Black-eyed pea) contains calcium 0.024, calories 116, carbs 21.0, cholesterol 0.0, copper 0.00027, fat 0.53, fiber 6.5, folate 0.000208, iron 0.0025, magnesium 0.053, monounsaturated fat 0.04, net carbs 14.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.156, polyunsaturated fat 0.23, potassium 0.278, protein 7.7, saturated fat 0.14, selenium 2.5e-06, sodium 0.004, trans fat 0.0, vitamin A (IU) 15.0, vitamin A RAE 1e-06, vitamin B1 0.0002, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.0005, vitamin B5 0.00041, vitamin B6 0.0001, vitamin C 0.0004, zinc 0.0013, choline 0.032, fructose nan, histidine 0.00024, isoleucine 0.00031, leucine 0.00059, lysine 0.00052, manganese 0.00048, methionine 0.00011, phenylalanine 0.00045, starch nan, sugar 3.3, threonine 0.00029, tryptophan 0.0001, valine 0.00037, vitamin D 0.0, vitamin E 0.00028, vitamin K 1.7e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Lablab:

Lablab contains calcium 0.04, calories 117, carbs 21.0, cholesterol 0.0, copper 0.00034, fat 0.58, fiber nan, folate 4e-06, iron 0.0046, magnesium 0.082, monounsaturated fat 0.03, net carbs 21.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.12, polyunsaturated fat 0.25, potassium 0.337, protein 8.1, saturated fat 0.1, selenium 2.8e-06, sodium 0.007, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00027, vitamin B12 0.0, vitamin B2 4e-05, vitamin B3 0.00041, vitamin B5 0.00032, vitamin B6 4e-05, vitamin C 0.0, zinc 0.0029, choline nan, fructose nan, histidine 0.00023, isoleucine 0.00039, leucine 0.00069, lysine 0.00056, manganese 0.00048, methionine 7e-05, phenylalanine 0.00041, starch nan, sugar nan, threonine 0.00032, tryptophan 7e-05, valine 0.00042, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Lentil:

Lentil contains calcium 0.019, calories 116, carbs 20.0, cholesterol 0.0, copper 0.00025, fat 0.38, fiber 7.9, folate 0.000181, iron 0.0033, magnesium 0.036, monounsaturated fat 0.06, net carbs 12.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.18, polyunsaturated fat 0.18, potassium 0.369, protein 9.0, saturated fat 0.05, selenium 2.8e-06, sodium 0.002, trans fat 0.0, vitamin A (IU) 8.0, vitamin A RAE 0.0, vitamin B1 0.00017, vitamin B12 0.0, vitamin B2 7e-05, vitamin B3 0.0011, vitamin B5 0.00064, vitamin B6 0.00018, vitamin C 0.0015, zinc 0.0013, choline 0.033, fructose nan, histidine 0.00025, isoleucine 0.00039, leucine 0.00065, lysine 0.00063, manganese 0.00049, methionine 8e-05, phenylalanine 0.00045, starch nan, sugar 1.8, threonine 0.00032, tryptophan 8e-05, valine 0.00045, vitamin D 0.0, vitamin E 0.00011, vitamin K 1.7e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Lima bean:

Lima bean contains calcium 0.017, calories 115, carbs 21.0, cholesterol 0.0, copper 0.00024, fat 0.38, fiber 7.0, folate 8.3e-05, iron 0.0024, magnesium 0.043, monounsaturated fat 0.03, net carbs 14.0, omega-3 DHA 0.0,

omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.111, polyunsaturated fat 0.17, potassium 0.508, protein 16.0, saturated fat 0.09, selenium 4.5e-06, sodium 0.002, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00016, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.00042, vitamin B5 0.00042, vitamin B6 0.00016, vitamin C 0.0, zinc 0.00095, choline 0.033, fructose nan, histidine 0.00024, isoleucine 0.00041, leucine 0.00067, lysine 0.00052, manganese 0.00052, methionine 0.0001, phenylalanine 0.00045, starch nan, sugar 2.9, threonine 0.00034, tryptophan 9e-05, valine 0.00047, vitamin D 0.0, vitamin E 0.00018, vitamin K 2e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Lupin Bean:

Lupin Bean contains calcium 0.051, calories 119, carbs 9.9, cholesterol 0.0, copper 0.00023, fat 2.9, fiber 2.8, folate 5.9e-05, iron 0.0012, magnesium 0.054, monounsaturated fat 1.2, net carbs 7.1, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.128, polyunsaturated fat 0.73, potassium 0.245, protein 16.0, saturated fat 0.35, selenium 2.6e-06, sodium 0.004, trans fat 0.0, vitamin A (IU) 7.0, vitamin A RAE 0.0, vitamin B1 0.00013, vitamin B12 0.0, vitamin B2 5e-05, vitamin B3 0.0005, vitamin B5 0.00019, vitamin B6 1e-05, vitamin C 0.0011, zinc 0.0014, choline nan, fructose nan, histidine 0.00044, isoleucine 0.0007, leucine 0.0012, lysine 0.00083, manganese 0.00068, methionine 0.00011, phenylalanine 0.00062, starch nan, sugar nan, threonine 0.00057, tryptophan 0.00013, valine 0.00065, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Mothbeans:

Mothbeans contains calcium 0.003, calories 117, carbs 21.0, cholesterol 0.0, copper 0.00016, fat 0.55, fiber nan, folate 0.000143, iron 0.0031, magnesium 0.104, monounsaturated fat 0.04, net carbs 21.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.15, polyunsaturated fat 0.26, potassium 0.304, protein 7.8, saturated fat 0.12, selenium 2.8e-06, sodium 0.01, trans fat 0.0, vitamin A (IU) 10.0, vitamin A RAE 1e-06, vitamin B1 0.00012, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.00067, vitamin B5 0.00039, vitamin B6 9e-05, vitamin C 0.001, zinc 0.00059, choline nan, fructose nan, histidine 0.00026, isoleucine 0.00039, leucine 0.00053, lysine 0.00043, manganese 0.00053, methionine 8e-05, phenylalanine 0.00035, starch nan, sugar nan, threonine nan, tryptophan 5e-05, valine 0.00025, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Mung beans:

Mung beans contains calcium 0.027, calories 105, carbs 19.0, cholesterol 0.0, copper 0.00016, fat 0.38, fiber 7.6, folate 0.000159, iron 0.0014, magnesium 0.048, monounsaturated fat 0.05, net carbs 12.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.099, polyunsaturated fat 0.13, potassium 0.266, protein 7.0, saturated fat 0.12, selenium 2.5e-06, sodium 0.002, trans fat 0.0, vitamin A (IU) 24.0, vitamin A RAE 1e-06, vitamin B1 0.00016, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.00058, vitamin B5 0.00041, vitamin B6 7e-05, vitamin C 0.001, zinc 0.00084, choline 0.029, fructose nan, histidine 0.00021, isoleucine 0.0003, leucine 0.00054, lysine 0.00049, manganese 0.0003, methionine 8e-05, phenylalanine 0.00043, starch nan, sugar 2.0, threonine 0.00023, tryptophan 8e-05, valine 0.00036, vitamin D 0.0, vitamin E 0.00015, vitamin K 2.7e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cellophane noodles:

Cellophane noodles contains calcium 0.025, calories 351, carbs 86.0, cholesterol 0.0, copper 8e-05, fat 0.06, fiber 0.5, folate 2e-06, iron 0.0022, magnesium 0.003, monounsaturated fat 0.01, net carbs 86.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.032, polyunsaturated fat 0.02, potassium 0.01, protein 0.16,

saturated fat 0.02, selenium 7.9e-06, sodium 0.01, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00015, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0002, vitamin B5 0.0001, vitamin B6 5e-05, vitamin C 0.00041, choline 0.093, fructose nan, histidine 1e-05, isoleucine 1e-05, leucine 1e-05, lysine 1e-05, manganese 0.0001, methionine 0.0, phenylalanine 1e-05, starch nan, sugar 0.0, threonine 1e-05, tryptophan 1e-05, valine 1e-05, vitamin D 0.0, vitamin E 0.00013, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Black gram:

Black gram contains calcium 0.053, calories 105, carbs 18.0, cholesterol 0.0, copper 0.00014, fat 0.55, fiber 6.4, folate 9.4e-05, iron 0.0018, magnesium 0.063, monounsaturated fat 0.03, net carbs 12.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.156, polyunsaturated fat 0.36, potassium 0.231, protein 7.5, saturated fat 0.04, selenium 2.5e-06, sodium 0.007, trans fat 0.0, vitamin A (IU) 31.0, vitamin A RAE 2e-06, vitamin B1 0.00015, vitamin B12 0.0, vitamin B2 8e-05, vitamin B3 0.0015, vitamin B5 0.00043, vitamin B6 6e-05, vitamin C 0.001, zinc 0.00083, choline 0.03, fructose nan, histidine 0.00021, isoleucine 0.00039, leucine 0.00063, lysine 0.0005, manganese 0.00041, methionine 0.00011, phenylalanine 0.00044, starch nan, sugar 2.0, threonine 0.00026, tryptophan 8e-05, valine 0.00042, vitamin D 0.0, vitamin E 0.00015, vitamin K 2.7e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pigeon pea:

Pigeon pea contains calcium 0.043, calories 121, carbs 23.0, cholesterol 0.0, copper 0.00027, fat 0.38, fiber 6.7, folate 0.000111, iron 0.0011, magnesium 0.046, monounsaturated fat 0.0, net carbs 17.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.119, polyunsaturated fat 0.21, potassium 0.384, protein 6.8, saturated fat 0.08, selenium 2.9e-06, sodium 0.005, trans fat 0.0, vitamin A (IU) 3.0, vitamin A RAE 0.0, vitamin B1 0.00015, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.00078, vitamin B5 0.00032, vitamin B6 5e-05, vitamin C 0.0, zinc 0.0009, choline nan, fructose nan, histidine 0.00024, isoleucine 0.00025, leucine 0.00048, lysine 0.00047, manganese 0.0005, methionine 8e-05, phenylalanine 0.00058, starch nan, sugar nan, threonine 0.00024, tryptophan 7e-05, valine 0.00029, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Refried beans:

Refried beans contains calcium 0.029, calories 90, carbs 14.0, cholesterol 0.0, copper 0.00013, fat 2.0, fiber 3.7, folate 1.1e-05, iron 0.0014, magnesium 0.035, monounsaturated fat 0.6, net carbs 9.9, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.092, polyunsaturated fat 0.54, potassium 0.319, protein 5.0, saturated fat 0.63, selenium 5.8e-06, sodium 0.37, trans fat 0.02, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 8e-05, vitamin B12 0.0, vitamin B2 8e-05, vitamin B3 0.00037, vitamin B5 0.00019, vitamin B6 0.0001, vitamin C 0.006, zinc 0.00058, choline 0.021, fructose 0.0, histidine 0.153, isoleucine 0.00024, leucine 0.00044, lysine 0.00038, manganese 0.00029, methionine 8e-05, phenylalanine 0.0003, starch 7.4, sugar 0.54, threonine 0.00023, tryptophan 7e-05, valine 0.00029, vitamin D 0.0, vitamin E 9e-05, vitamin K 2.1e-06, omega-3 ALA 0.17, omega-6 eicosadienoic acid 0.01, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.0, omega-6 dihomo-gamma-linoleic acid 0.0, omega-6 linoleic acid 0.36, omega-6 arachidonic acid nan.

Soybean:

Soybean contains calcium 0.102, calories 172, carbs 8.4, cholesterol 0.0, copper 0.00041, fat 9.0, fiber 6.0, folate 5.4e-05, iron 0.0051, magnesium 0.086, monounsaturated fat 2.0, net carbs 2.4, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.245, polyunsaturated fat 5.1, potassium 0.515, protein 18.0, saturated fat 1.3, selenium 7.3e-06, sodium 0.001, trans fat 0.0, vitamin A (IU) 9.0, vitamin A RAE 0.0, vitamin B1 0.00016, vitamin

B12 0.0, vitamin B2 0.00029, vitamin B3 0.0004, vitamin B5 0.00018, vitamin B6 0.00023, vitamin C 0.0012, choline 0.048, fructose nan, histidine 0.00045, isoleucine 0.00081, leucine 0.0014, lysine 0.0011, manganese 0.00082, methionine 0.00022, phenylalanine 0.00087, starch nan, sugar 3.0, threonine 0.0007, tryptophan 0.00024, valine 0.00083, vitamin D 0.0, vitamin E 0.00035, vitamin K 1.9e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Natt:

Natt contains calcium 0.217, calories 211, carbs 13.0, cholesterol 0.0, copper 0.00067, fat 11.0, fiber 5.4, folate 8e-06, iron 0.0086, magnesium 0.115, monounsaturated fat 2.4, net carbs 7.3, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.174, polyunsaturated fat 6.2, potassium 0.729, protein 19.0, saturated fat 1.6, selenium 8.8e-06, sodium 0.007, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00016, vitamin B12 0.0, vitamin B2 0.00019, vitamin B3 0.0, vitamin B5 0.00022, vitamin B6 0.00013, vitamin C 0.013, zinc 0.003, choline 0.057, fructose nan, histidine 0.00051, isoleucine 0.00093, leucine 0.0015, lysine 0.0011, manganese 0.0015, methionine 0.00021, phenylalanine 0.00094, starch nan, sugar 4.9, threonine 0.00081, tryptophan 0.00022, valine 0.001, vitamin D 0.0, vitamin E 1e-05, vitamin K 2.3e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Tempeh:

Tempeh contains calcium 0.111, calories 192, carbs 7.6, cholesterol 0.0, copper 0.00056, fat 11.0, fiber nan, folate 2.4e-05, iron 0.0027, magnesium 0.081, monounsaturated fat 3.2, net carbs 7.6, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.266, polyunsaturated fat 4.3, potassium 0.412, protein 20.0, saturated fat 2.5, selenium 0.0, sodium 0.009, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 8e-05, vitamin B12 8e-08, vitamin B2 0.00036, vitamin B3 0.0026, vitamin B5 0.00028, vitamin B6 0.00022, vitamin C 0.0, zinc 0.0011, choline nan, fructose nan, histidine 0.00047, isoleucine 0.00088, leucine 0.0014, lysine 0.00091, manganese 0.0013, methionine 0.00018, phenylalanine 0.00089, starch nan, sugar nan, threonine 0.0008, tryptophan 0.00019, valine 0.00092, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Soybean meal:

Soybean meal contains calcium 0.244, calories 337, carbs 36.0, cholesterol 0.0, copper 0.002, fat 2.4, fiber nan, folate 0.000303, iron 0.014, magnesium 0.306, monounsaturated fat 0.41, net carbs 36.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.701, polyunsaturated fat 1.0, potassium 2.49, protein 49.0, saturated fat 0.27, selenium 3.3e-06, sodium 0.003, trans fat 0.0, vitamin A (IU) 40.0, vitamin A RAE 2e-06, vitamin B1 0.00069, vitamin B12 0.0, vitamin B2 0.00025, vitamin B3 0.0026, vitamin B5 0.002, vitamin B6 0.00057, vitamin C 0.0, zinc 0.0051, choline nan, fructose nan, histidine 0.0012, isoleucine 0.0022, leucine 0.0037, lysine 0.003, manganese 0.0038, methionine 0.00061, phenylalanine 0.0023, starch nan, sugar nan, threonine 0.002, tryptophan 0.00065, valine 0.0022, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Okara:

Okara contains calcium 0.08, calories 76, carbs 12.0, cholesterol 0.0, copper 0.0002, fat 1.7, fiber nan, folate 2.6e-05, iron 0.0013, magnesium 0.026, monounsaturated fat 0.3, net carbs 12.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.06, polyunsaturated fat 0.76, potassium 0.213, protein 3.5, saturated fat 0.19, selenium 1.1e-05, sodium 0.009, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.0001, vitamin B5 9e-05, vitamin B6 0.00012, vitamin C 0.0, zinc

0.00056, choline nan, fructose nan, histidine 9e-05, isoleucine 0.00016, leucine 0.00024, lysine 0.00021, manganese 0.0004, methionine 4e-05, phenylalanine 0.00016, starch nan, sugar nan, threonine 0.00013, tryptophan 5e-05, valine 0.00016, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 diholmo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Winged beans:

Winged beans contains calcium 0.142, calories 147, carbs 15.0, cholesterol 0.0, copper 0.00077, fat 5.8, fiber nan, folate 1e-05, iron 0.0043, magnesium 0.054, monounsaturated fat 2.2, net carbs 15.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.153, polyunsaturated fat 1.6, potassium 0.28, protein 11.0, saturated fat 0.83, selenium 2.9e-06, sodium 0.013, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0003, vitamin B12 0.0, vitamin B2 0.00013, vitamin B3 0.00083, vitamin B5 0.00016, vitamin B6 5e-05, vitamin C 0.0, zinc 0.0014, choline nan, fructose nan, histidine 0.00024, isoleucine 0.00045, leucine 0.00076, lysine 0.00065, manganese 0.0012, methionine 0.00011, phenylalanine 0.00044, starch nan, sugar nan, threonine 0.00036, tryptophan 0.00023, valine 0.00047, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 diholmo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Falafel:

Falafel contains calcium 0.054, calories 333, carbs 32.0, cholesterol 0.0, copper 0.00026, fat 18.0, fiber nan, folate 9.3e-05, iron 0.0034, magnesium 0.082, monounsaturated fat 10.0, net carbs 32.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.192, polyunsaturated fat 4.2, potassium 0.585, protein 13.0, saturated fat 2.4, selenium 1e-06, sodium 0.294, trans fat 0.0, vitamin A (IU) 13.0, vitamin A RAE 1e-06, vitamin B1 0.00015, vitamin B12 0.0, vitamin B2 0.00017, vitamin B3 0.001, vitamin B5 0.00029, vitamin B6 0.00013, vitamin C 0.0016, zinc 0.0015, choline nan, fructose nan, histidine 0.00036, isoleucine 0.00057, leucine 0.00094, lysine 0.00086, manganese 0.00069, methionine 0.00019, phenylalanine 0.00071, starch nan, sugar nan, threonine 0.00049, tryptophan 0.00013, valine 0.00056, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 diholmo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chickpea flour (besan):

Chickpea flour (besan) contains calcium 0.045, calories 387, carbs 58.0, cholesterol 0.0, copper 0.00091, fat 6.7, fiber 11.0, folate 0.000437, iron 0.0049, magnesium 0.166, monounsaturated fat 1.5, net carbs 47.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.318, polyunsaturated fat 3.0, potassium 0.846, protein 22.0, saturated fat 0.69, selenium 8.3e-06, sodium 0.064, trans fat 0.0, vitamin A (IU) 41.0, vitamin A RAE 2e-06, vitamin B1 0.00049, vitamin B12 0.0, vitamin B2 0.00011, vitamin B3 0.0018, vitamin B5 0.00061, vitamin B6 0.00049, vitamin C 0.0, zinc 0.0028, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0016, methionine nan, phenylalanine nan, starch nan, sugar 11.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.00083, vitamin K 9.1e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 diholmo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Hummus:

Hummus contains calcium 0.038, calories 166, carbs 14.0, cholesterol 0.0, copper 0.00053, fat 9.6, fiber 6.0, folate 8.3e-05, iron 0.0024, magnesium 0.071, monounsaturated fat 4.0, net carbs 8.3, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.176, polyunsaturated fat 3.6, potassium 0.228, protein 7.9, saturated fat 1.4, selenium 2.6e-06, sodium 0.379, trans fat nan, vitamin A (IU) 30.0, vitamin A RAE nan, vitamin B1 0.00018, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.00058, vitamin B5 0.00013, vitamin B6 0.0002, vitamin C 0.0, zinc 0.0018, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00077, methionine

nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Soy yogurt:

Soy yogurt contains calcium 0.132, calories 66, carbs 9.7, cholesterol 0.0, copper nan, fat 1.8, fiber 0.4, folate nan, iron nan, magnesium nan, monounsaturated fat nan, net carbs 9.3, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus nan, polyunsaturated fat nan, potassium nan, protein 2.6, saturated fat 0.22, selenium nan, sodium 0.013, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE nan, vitamin B1 nan, vitamin B12 nan, vitamin B2 nan, vitamin B3 nan, vitamin B5 nan, vitamin B6 nan, vitamin C 0.013, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 5.3, threonine nan, tryptophan nan, valine nan, vitamin D 1.3e-06, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Tofu:

Tofu contains calcium 0.683, calories 144, carbs 2.8, cholesterol 0.0, copper 0.00038, fat 8.7, fiber 2.3, folate 2.9e-05, iron 0.0027, magnesium 0.058, monounsaturated fat 1.9, net carbs 0.48, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.19, polyunsaturated fat 4.9, potassium 0.237, protein 17.0, saturated fat 1.3, selenium 1.7e-05, sodium 0.014, trans fat 0.0, vitamin A (IU) 166.0, vitamin A RAE nan, vitamin B1 0.00016, vitamin B12 0.0, vitamin B2 0.0001, vitamin B3 0.00038, vitamin B5 0.00013, vitamin B6 9e-05, vitamin C 0.0002, zinc 0.0016, choline nan, fructose nan, histidine 0.00043, isoleucine 0.00085, leucine 0.0014, lysine 0.00088, manganese 0.0012, methionine 0.00021, phenylalanine 0.00084, starch nan, sugar nan, threonine 0.00079, tryptophan 0.00024, valine 0.00087, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Wheat Bread:

Wheat Bread contains calcium 0.165, calories 313, carbs 56.0, cholesterol 0.0, copper 0.0002, fat 4.3, fiber 4.7, folate 8.6e-05, iron 0.0041, magnesium 0.059, monounsaturated fat 1.0, net carbs 51.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.188, polyunsaturated fat 1.7, potassium 0.223, protein 13.0, saturated fat 0.99, selenium 3.3e-05, sodium 0.601, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00044, vitamin B12 0.0, vitamin B2 0.00038, vitamin B3 0.0063, vitamin B5 0.00046, vitamin B6 0.00015, vitamin C 0.0002, zinc 0.0015, choline 0.022, fructose nan, histidine 0.00015, isoleucine 0.00026, leucine 0.00046, lysine 0.00022, manganese 0.0014, methionine 0.00011, phenylalanine 0.00032, starch nan, sugar 6.4, threonine 0.0003, tryptophan 9e-05, valine 0.00031, vitamin D 0.0, vitamin E 0.00024, vitamin K 5.7e-06, omega-3 ALA 0.16, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Amaranth grain:

Amaranth grain contains calcium 0.047, calories 102, carbs 19.0, cholesterol nan, copper 0.00015, fat 1.6, fiber 2.1, folate 2.2e-05, iron 0.0021, magnesium 0.065, monounsaturated fat nan, net carbs 17.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.148, polyunsaturated fat nan, potassium 0.135, protein 3.8, saturated fat nan, selenium 5.5e-06, sodium 0.006, trans fat nan, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 2e-05, vitamin B12 nan, vitamin B2 2e-05, vitamin B3 0.00024, vitamin B5 nan, vitamin B6 0.00011, vitamin C nan, zinc 0.00086, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00085, methionine nan, phenylalanine nan, starch 16.0, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E 0.00019, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6

gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Groat:

Groat contains calcium 0.018, calories 343, carbs 72.0, cholesterol 0.0, copper 0.0011, fat 3.4, fiber 10.0, folate 3e-05, iron 0.0022, magnesium 0.231, monounsaturated fat 1.0, net carbs 62.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.347, polyunsaturated fat 1.0, potassium 0.46, protein 13.0, saturated fat 0.74, selenium 8.3e-06, sodium 0.001, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0001, vitamin B12 0.0, vitamin B2 0.00043, vitamin B3 0.007, vitamin B5 0.0012, vitamin B6 0.00021, vitamin C 0.0, zinc 0.0024, choline nan, fructose nan, histidine 0.00031, isoleucine 0.0005, leucine 0.00083, lysine 0.00067, manganese 0.0013, methionine 0.00017, phenylalanine 0.00052, starch nan, sugar nan, threonine 0.00051, tryptophan 0.00019, valine 0.00068, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Buckwheat:

Buckwheat contains calcium 0.007, calories 92, carbs 20.0, cholesterol 0.0, copper 0.00015, fat 0.62, fiber 2.7, folate 1.4e-05, iron 0.0008, magnesium 0.051, monounsaturated fat 0.19, net carbs 17.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.07, polyunsaturated fat 0.19, potassium 0.088, protein 3.4, saturated fat 0.13, selenium 2.2e-06, sodium 0.004, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 4e-05, vitamin B12 0.0, vitamin B2 4e-05, vitamin B3 0.00094, vitamin B5 0.00036, vitamin B6 8e-05, vitamin C 0.0, zinc 0.00061, choline 0.02, fructose 0.1, histidine 8e-05, isoleucine 0.00013, leucine 0.00021, lysine 0.00017, manganese 0.0004, methionine 4e-05, phenylalanine 0.00013, starch nan, sugar 0.9, threonine 0.00013, tryptophan 5e-05, valine 0.00017, vitamin D 0.0, vitamin E 9e-05, vitamin K 1.9e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cornmeal:

Cornmeal contains calcium 0.003, calories 370, carbs 79.0, cholesterol 0.0, copper 8e-05, fat 1.8, fiber 3.9, folate 0.000209, iron 0.0044, magnesium 0.032, monounsaturated fat 0.39, net carbs 76.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.099, polyunsaturated fat 0.83, potassium 0.142, protein 7.1, saturated fat 0.22, selenium 1.1e-05, sodium 0.007, trans fat 0.0, vitamin A (IU) 214.0, vitamin A RAE 1.1e-05, vitamin B1 0.00055, vitamin B12 0.0, vitamin B2 0.00038, vitamin B3 0.005, vitamin B5 0.00024, vitamin B6 0.00018, vitamin C 0.0, zinc 0.00066, choline 0.0086, fructose 0.17, histidine 0.00017, isoleucine 0.00024, leucine 0.001, lysine 0.00011, manganese 0.00017, methionine 0.00016, phenylalanine 0.00037, starch 73.0, sugar 1.6, threonine 0.00017, tryptophan 4e-05, valine 0.00034, vitamin D 0.0, vitamin E 0.00012, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Couscous:

Couscous contains calcium 0.008, calories 112, carbs 23.0, cholesterol 0.0, copper 4e-05, fat 0.16, fiber 1.4, folate 1.5e-05, iron 0.00038, magnesium 0.008, monounsaturated fat 0.02, net carbs 22.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.022, polyunsaturated fat 0.06, potassium 0.058, protein 3.8, saturated fat 0.03, selenium 2.8e-05, sodium 0.005, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 6e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.00098, vitamin B5 0.00037, vitamin B6 5e-05, vitamin C 0.0, zinc 0.00026, choline 0.0033, fructose nan, histidine 8e-05, isoleucine 0.00015, leucine 0.00026, lysine 7e-05, manganese 8e-05, methionine 6e-05, phenylalanine 0.00018, starch nan, sugar 0.1, threonine 0.0001, tryptophan 5e-05, valine 0.00016, vitamin D 0.0, vitamin E 0.00013, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6

dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Millet:

Millet contains calcium 0.003, calories 119, carbs 24.0, cholesterol 0.0, copper 0.00016, fat 1.0, fiber 1.3, folate 1.9e-05, iron 0.00063, magnesium 0.044, monounsaturated fat 0.18, net carbs 22.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.1, polyunsaturated fat 0.51, potassium 0.062, protein 3.5, saturated fat 0.17, selenium 9e-07, sodium 0.002, trans fat nan, vitamin A (IU) 3.0, vitamin A RAE 0.0, vitamin B1 0.00011, vitamin B12 0.0, vitamin B2 8e-05, vitamin B3 0.0013, vitamin B5 0.00017, vitamin B6 0.00011, vitamin C 0.0, zinc 0.00091, choline 0.011, fructose nan, histidine 8e-05, isoleucine 0.00015, leucine 0.00045, lysine 7e-05, manganese 0.00027, methionine 7e-05, phenylalanine 0.00019, starch nan, sugar 0.13, threonine 0.00011, tryptophan 4e-05, valine 0.00018, vitamin D 0.0, vitamin E 2e-05, vitamin K 3e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Brown rice:

Brown rice contains calcium 0.003, calories 123, carbs 26.0, cholesterol 0.0, copper 0.00011, fat 0.97, fiber 1.6, folate 9e-06, iron 0.00056, magnesium 0.039, monounsaturated fat 0.37, net carbs 24.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.103, polyunsaturated fat 0.37, potassium 0.086, protein 2.7, saturated fat 0.26, selenium 5.8e-06, sodium 0.004, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00018, vitamin B12 0.0, vitamin B2 7e-05, vitamin B3 0.0026, vitamin B5 0.00038, vitamin B6 0.00012, vitamin C 0.0, zinc 0.00071, choline 0.0092, fructose 0.0, histidine 7e-05, isoleucine 0.00011, leucine 0.00021, lysine 0.0001, manganese 0.00097, methionine 6e-05, phenylalanine 0.00013, starch 25.0, sugar 0.24, threonine 0.0001, tryptophan 3e-05, valine 0.00015, vitamin D 0.0, vitamin E 0.00017, vitamin K 2e-07, omega-3 ALA 0.01, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.0, omega-6 dihomogamma-linoleic acid 0.0, omega-6 linoleic acid 0.36, omega-6 arachidonic acid nan.

Oat:

Oat contains calcium 0.054, calories 389, carbs 66.0, cholesterol 0.0, copper 0.00063, fat 6.9, fiber 11.0, folate 5.6e-05, iron 0.0047, magnesium 0.177, monounsaturated fat 2.2, net carbs 56.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.523, polyunsaturated fat 2.5, potassium 0.429, protein 17.0, saturated fat 1.2, selenium nan, sodium 0.002, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00076, vitamin B12 0.0, vitamin B2 0.00014, vitamin B3 0.00096, vitamin B5 0.0013, vitamin B6 0.00012, vitamin C 0.0, zinc 0.004, choline nan, fructose nan, histidine 0.00041, isoleucine 0.00069, leucine 0.0013, lysine 0.0007, manganese 0.0049, methionine 0.00031, phenylalanine 0.0009, starch nan, sugar nan, threonine 0.00058, tryptophan 0.00023, valine 0.00094, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Rice:

Rice contains calcium 0.01, calories 130, carbs 28.0, cholesterol 0.0, copper 7e-05, fat 0.28, fiber 0.4, folate 5.8e-05, iron 0.0012, magnesium 0.012, monounsaturated fat 0.09, net carbs 28.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.043, polyunsaturated fat 0.08, potassium 0.035, protein 2.7, saturated fat 0.08, selenium 7.5e-06, sodium 0.001, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00016, vitamin B12 0.0, vitamin B2 1e-05, vitamin B3 0.0015, vitamin B5 0.00039, vitamin B6 9e-05, vitamin C 0.0, zinc 0.00049, choline 0.0021, fructose nan, histidine 6e-05, isoleucine 0.00012, leucine 0.00022, lysine 0.0001, manganese 0.00047, methionine 6e-05, phenylalanine 0.00014, starch nan, sugar 0.05, threonine 0.0001, tryptophan 3e-05, valine 0.00016, vitamin D 0.0, vitamin E 4e-05, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Arborio rice:

Arborio rice contains calcium 0.001, calories 130, carbs 29.0, cholesterol 0.0, copper 7e-05, fat 0.19, fiber nan, folate 5.9e-05, iron 0.0015, magnesium 0.008, monounsaturated fat 0.06, net carbs 29.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.033, polyunsaturated fat 0.05, potassium 0.026, protein 2.4, saturated fat 0.05, selenium 7.5e-06, sodium 0.0, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00016, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.0015, vitamin B5 0.0004, vitamin B6 6e-05, vitamin C 0.0, zinc 0.0004, choline nan, fructose nan, histidine 6e-05, isoleucine 0.0001, leucine 0.0002, lysine 9e-05, manganese 0.00036, methionine 6e-05, phenylalanine 0.00013, starch nan, sugar nan, threonine 8e-05, tryptophan 3e-05, valine 0.00014, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Glutinous rice:

Glutinous rice contains calcium 0.002, calories 97, carbs 21.0, cholesterol 0.0, copper 5e-05, fat 0.19, fiber 1.0, folate 1e-06, iron 0.00014, magnesium 0.005, monounsaturated fat 0.07, net carbs 20.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.008, polyunsaturated fat 0.07, potassium 0.01, protein 2.0, saturated fat 0.04, selenium 5.6e-06, sodium 0.005, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 1e-05, vitamin B3 0.00029, vitamin B5 0.00022, vitamin B6 3e-05, vitamin C 0.0, zinc 0.00041, choline 0.0021, fructose nan, histidine 5e-05, isoleucine 9e-05, leucine 0.00017, lysine 7e-05, manganese 0.00026, methionine 5e-05, phenylalanine 0.00011, starch nan, sugar 0.05, threonine 7e-05, tryptophan 2e-05, valine 0.00012, vitamin D 0.0, vitamin E 4e-05, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Rye:

Rye contains calcium 0.024, calories 338, carbs 76.0, cholesterol 0.0, copper 0.00037, fat 1.6, fiber 15.0, folate 3.8e-05, iron 0.0026, magnesium 0.11, monounsaturated fat 0.21, net carbs 61.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.332, polyunsaturated fat 0.77, potassium 0.51, protein 10.0, saturated fat 0.2, selenium 1.4e-05, sodium 0.002, trans fat 0.0, vitamin A (IU) 11.0, vitamin A RAE 1e-06, vitamin B1 0.00032, vitamin B12 0.0, vitamin B2 0.00025, vitamin B3 0.0043, vitamin B5 0.0015, vitamin B6 0.00029, vitamin C 0.0, zinc 0.0027, choline 0.03, fructose 0.11, histidine 0.00019, isoleucine 0.00021, leucine 0.00056, lysine 0.00029, manganese 0.0026, methionine 0.00015, phenylalanine 0.00044, starch nan, sugar 0.98, threonine 0.00029, tryptophan 0.00011, valine 0.00032, vitamin D 0.0, vitamin E 0.00085, vitamin K 5.9e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Flour:

Flour contains calcium 0.015, calories 364, carbs 76.0, cholesterol 0.0, copper 0.00014, fat 0.98, fiber 2.7, folate 0.000183, iron 0.0046, magnesium 0.022, monounsaturated fat 0.09, net carbs 74.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.108, polyunsaturated fat 0.41, potassium 0.107, protein 10.0, saturated fat 0.16, selenium 3.4e-05, sodium 0.002, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00079, vitamin B12 0.0, vitamin B2 0.00049, vitamin B3 0.0059, vitamin B5 0.00044, vitamin B6 4e-05, vitamin C 0.0, zinc 0.0007, choline 0.01, fructose nan, histidine 0.00023, isoleucine 0.00036, leucine 0.00071, lysine 0.00023, manganese 0.00068, methionine 0.00018, phenylalanine 0.00052, starch nan, sugar 0.27, threonine 0.00028, tryptophan 0.00013, valine 0.00042, vitamin D 0.0, vitamin E 6e-05, vitamin K 3e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pasta:

Pasta contains calcium 0.006, calories 131, carbs 25.0, cholesterol 0.033, copper 9e-05, fat 1.1, fiber nan, folate 6.4e-05, iron 0.0011, magnesium 0.018, monounsaturated fat 0.12, net carbs 25.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.063, polyunsaturated fat 0.43, potassium 0.024, protein 5.2, saturated fat 0.15, selenium nan, sodium 0.006, trans fat nan, vitamin A (IU) 20.0, vitamin A RAE 6e-06, vitamin B1 0.00021, vitamin B12 1.4e-07, vitamin B2 0.00015, vitamin B3 0.00099, vitamin B5 0.00018, vitamin B6 3e-05, vitamin C 0.0, zinc 0.00056, choline nan, fructose nan, histidine 0.0001, isoleucine 0.0002, leucine 0.00035, lysine 0.0001, manganese 0.00022, methionine 8e-05, phenylalanine 0.00025, starch nan, sugar nan, threonine 0.00013, tryptophan 7e-05, valine 0.00022, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Noodles:

Noodles contains calcium 0.012, calories 138, carbs 25.0, cholesterol 0.029, copper 0.0001, fat 2.1, fiber 1.2, folate 8.4e-05, iron 0.0015, magnesium 0.021, monounsaturated fat 0.58, net carbs 24.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.076, polyunsaturated fat 0.55, potassium 0.038, protein 4.5, saturated fat 0.42, selenium 2.4e-05, sodium 0.005, trans fat 0.03, vitamin A (IU) 21.0, vitamin A RAE 6e-06, vitamin B1 0.00029, vitamin B12 9e-08, vitamin B2 0.00014, vitamin B3 0.0021, vitamin B5 0.00026, vitamin B6 5e-05, vitamin C 0.0, zinc 0.00065, choline 0.026, fructose 0.0, histidine 0.00012, isoleucine 0.00019, leucine 0.00037, lysine 0.00014, manganese 0.00032, methionine 9e-05, phenylalanine 0.00024, starch nan, sugar 0.4, threonine 0.00014, tryptophan 4e-05, valine 0.00022, vitamin D 1e-07, vitamin E 0.00017, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Soba:

Soba contains calcium 0.004, calories 99, carbs 21.0, cholesterol 0.0, copper 1e-05, fat 0.1, fiber nan, folate 7e-06, iron 0.00048, magnesium 0.009, monounsaturated fat 0.03, net carbs 21.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.025, polyunsaturated fat 0.03, potassium 0.035, protein 5.1, saturated fat 0.02, selenium nan, sodium 0.06, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 9e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.00051, vitamin B5 0.00024, vitamin B6 4e-05, vitamin C 0.0, zinc 0.00012, choline nan, fructose nan, histidine 0.00012, isoleucine 0.0002, leucine 0.00033, lysine 0.00021, manganese 0.00037, methionine 7e-05, phenylalanine 0.00022, starch nan, sugar nan, threonine 0.00018, tryptophan 7e-05, valine 0.00025, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Khorasan wheat:

Khorasan wheat contains calcium 0.022, calories 337, carbs 71.0, cholesterol 0.0, copper 0.00051, fat 2.1, fiber 11.0, folate nan, iron 0.0038, magnesium 0.13, monounsaturated fat 0.21, net carbs 59.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.364, polyunsaturated fat 0.62, potassium 0.403, protein 15.0, saturated fat 0.2, selenium 8.2e-05, sodium 0.005, trans fat 0.01, vitamin A (IU) 10.0, vitamin A RAE 1e-06, vitamin B1 0.00057, vitamin B12 nan, vitamin B2 0.00018, vitamin B3 0.0064, vitamin B5 0.00095, vitamin B6 0.00026, vitamin C 0.0, zinc 0.0037, choline 0.026, fructose 0.11, histidine 0.00038, isoleucine 0.00057, leucine 0.0011, lysine 0.00042, manganese 0.0027, methionine 0.00025, phenylalanine 0.00077, starch 52.0, sugar 7.8, threonine 0.00044, tryptophan 0.00013, valine 0.00069, vitamin D nan, vitamin E 0.00061, vitamin K 1.8e-06, omega-3 ALA 0.05, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Spaghetti:

Spaghetti contains calcium 0.007, calories 158, carbs 31.0, cholesterol 0.0, copper 0.0001, fat 0.93, fiber 1.8, folate

7e-06, iron 0.0005, magnesium 0.018, monounsaturated fat 0.13, net carbs 29.0, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 EPA 0.0, phosphorus 0.058, polyunsaturated fat 0.33, potassium 0.044, protein 5.8, saturated fat 0.18, selenium 2.6e-05, sodium 0.001, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.0004, vitamin B5 0.00011, vitamin B6 5e-05, vitamin C 0.00051, choline 0.0064, fructose 0.03, histidine 0.00013, isoleucine 0.00023, leucine 0.00044, lysine 0.00021, manganese 0.00032, methionine 7e-05, phenylalanine 0.0003, starch 26.0, sugar 0.56, threonine 0.00021, tryptophan 8e-05, valine 0.00026, vitamin D 0.0, vitamin E 6e-05, vitamin K 0.0, omega-3 ALA 0.02, omega-3 ALA 0.02, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Semolina:

Semolina contains calcium 0.071, calories 374, carbs 81.0, cholesterol 0.0, copper 0.00028, fat 1.0, fiber 1.8, folate 8e-06, iron 0.00074, magnesium 0.027, monounsaturated fat 0.26, net carbs 79.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.153, polyunsaturated fat 0.32, potassium 0.174, protein 7.5, saturated fat 0.29, selenium 2e-05, sodium 0.002, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE nan, vitamin B1 0.00022, vitamin B12 0.0, vitamin B2 5e-05, vitamin B3 0.005, vitamin B5 0.00067, vitamin B6 0.00045, vitamin C 0.0, zinc 0.001, choline nan, fructose 0.02, histidine 0.00019, isoleucine 0.00034, leucine 0.00066, lysine 0.00022, manganese 0.001, methionine 0.00018, phenylalanine 0.0004, starch 68.0, sugar 0.33, threonine 0.00027, tryptophan 0.0001, valine 0.00047, vitamin D 0.0, vitamin E 3e-05, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Spätzle:

Spätzle contains calcium 0.012, calories 138, carbs 25.0, cholesterol 0.029, copper 0.0001, fat 2.1, fiber 1.2, folate 7e-06, iron 0.0006, magnesium 0.021, monounsaturated fat 0.58, net carbs 24.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.076, polyunsaturated fat 0.55, potassium 0.038, protein 4.5, saturated fat 0.42, selenium 2.4e-05, sodium 0.165, trans fat 0.03, vitamin A (IU) 21.0, vitamin A RAE 6e-06, vitamin B1 3e-05, vitamin B12 9e-08, vitamin B2 2e-05, vitamin B3 0.0004, vitamin B5 0.00026, vitamin B6 5e-05, vitamin C 0.0, zinc 0.00065, choline 0.026, fructose 0.0, histidine 0.00012, isoleucine 0.00019, leucine 0.00037, lysine 0.00014, manganese 0.00032, methionine 9e-05, phenylalanine 0.00024, starch nan, sugar 0.4, threonine 0.00014, tryptophan 4e-05, valine 0.00022, vitamin D nan, vitamin E 0.00017, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Papadum:

Papadum contains calcium 0.143, calories 371, carbs 60.0, cholesterol 0.004, copper 0.001, fat 3.3, fiber 19.0, folate 0.000219, iron 0.0078, magnesium 0.271, monounsaturated fat 0.53, net carbs 41.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.385, polyunsaturated fat 1.1, potassium 1.0, protein 26.0, saturated fat 1.1, selenium 8.3e-06, sodium 1.745, trans fat nan, vitamin A (IU) 50.0, vitamin A RAE 1.3e-05, vitamin B1 0.00028, vitamin B12 0.0, vitamin B2 0.00026, vitamin B3 0.0015, vitamin B5 0.00092, vitamin B6 0.00029, vitamin C 0.0, zinc 0.0034, choline 0.0004, fructose nan, histidine 0.00072, isoleucine 0.0013, leucine 0.0021, lysine 0.0017, manganese 0.0016, methionine 0.00037, phenylalanine 0.0015, starch nan, sugar 0.0, threonine 0.00089, tryptophan 0.00027, valine 0.0014, vitamin D 0.0, vitamin E 5e-05, vitamin K 4e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Bean:

Bean contains calcium 0.05, calories 105, carbs 20.0, cholesterol 0.0, copper 0.00021, fat 0.4, fiber 5.5, folate 2.4e-05, iron 0.00029, magnesium 0.032, monounsaturated fat 0.04, net carbs 15.0, omega-3 DHA 0.0, omega-3

DPA 0.0, omega-3 EPA 0.0, phosphorus 0.104, polyunsaturated fat 0.17, potassium 0.296, protein 4.8, saturated fat 0.1, selenium 4.5e-06, sodium 0.001, trans fat 0.0, vitamin A (IU) 106.0, vitamin A RAE 5e-06, vitamin B1 0.00015, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.00043, vitamin B5 nan, vitamin B6 0.00013, vitamin C 0.0031, zinc 0.0014, choline 0.031, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, methionine nan, phenylalanine nan, starch nan, sugar 7.8, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.00015, vitamin K 8e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Tofu yogurt:

Tofu yogurt contains calcium 0.118, calories 94, carbs 16.0, cholesterol 0.0, copper 8e-05, fat 1.8, fiber 0.2, folate 6e-06, iron 0.0011, magnesium 0.04, monounsaturated fat 0.4, net carbs 16.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.038, polyunsaturated fat 1.0, potassium 0.047, protein 3.5, saturated fat 0.26, selenium 1.3e-05, sodium 0.035, trans fat 0.0, vitamin A (IU) 33.0, vitamin A RAE 2e-06, vitamin B1 6e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.00024, vitamin B5 nan, vitamin B6 2e-05, vitamin C 0.0025, zinc 0.00031, choline 0.048, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 1.2, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.00031, vitamin K 3.5e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Wheat gluten:

Wheat gluten contains calcium 0.142, calories 370, carbs 14.0, cholesterol 0.0, copper 0.00018, fat 1.9, fiber 0.6, folate 0.0, iron 0.0052, magnesium 0.025, monounsaturated fat 0.16, net carbs 13.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.26, polyunsaturated fat 0.81, potassium 0.1, protein 75.0, saturated fat 0.27, selenium 4e-05, sodium 0.029, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.00085, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 0.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chicken meat:

Chicken meat contains calcium 0.015, calories 239, carbs 0.0, cholesterol 0.088, copper 7e-05, fat 14.0, fiber 0.0, folate 5e-06, iron 0.0013, magnesium 0.023, monounsaturated fat 5.3, net carbs 0.0, omega-3 DHA 0.04, omega-3 DPA 0.02, omega-3 EPA 0.01, phosphorus 0.182, polyunsaturated fat 3.0, potassium 0.223, protein 27.0, saturated fat 3.8, selenium 2.4e-05, sodium 0.082, trans fat nan, vitamin A (IU) 161.0, vitamin A RAE 4.8e-05, vitamin B1 6e-05, vitamin B12 3e-07, vitamin B2 0.00017, vitamin B3 0.0085, vitamin B5 0.001, vitamin B6 0.0004, vitamin C 0.0, zinc 0.0019, choline 0.066, fructose nan, histidine 0.0008, isoleucine 0.0014, leucine 0.002, lysine 0.0022, manganese 2e-05, methionine 0.00073, phenylalanine 0.0011, starch nan, sugar 0.0, threonine 0.0011, tryptophan 0.00031, valine 0.0013, vitamin D 0.0, vitamin E 0.00027, vitamin K 2.4e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chicken gizzard:

Chicken gizzard contains calcium 0.017, calories 154, carbs 0.0, cholesterol 0.37, copper 0.00016, fat 2.7, fiber 0.0, folate 5e-06, iron 0.0032, magnesium 0.003, monounsaturated fat 0.53, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.189, polyunsaturated fat 0.35, potassium 0.179, protein 30.0, saturated fat 0.67, selenium 4.1e-05, sodium 0.056, trans fat 0.13, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 3e-05,

vitamin B12 1e-06, vitamin B2 0.00021, vitamin B3 0.0031, vitamin B5 0.00047, vitamin B6 7e-05, vitamin zinc 0.0044, choline 0.104, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese methionine nan, phenylalanine nan, starch nan, sugar 0.0, threonine nan, tryptophan nan, valine nan, vitamin E 0.0002, vitamin K 0.0, omega-3 ALA 0.0, omega-6 eicosadienoic acid 0.02, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chicken heart:

Chicken heart contains calcium 0.012, calories 153, carbs 0.71, cholesterol 0.136, copper 0.00035, fat 9.3, fiber 0.0, folate 7.2e-05, iron 0.006, magnesium 0.015, monounsaturated fat 2.4, net carbs 0.71, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.177, polyunsaturated fat 2.7, potassium 0.176, protein 16.0, saturated fat 2.7, selenium 4.3e-06, sodium 0.074, trans fat nan, vitamin A (IU) 30.0, vitamin A RAE 9e-06, vitamin B1 0.00015, vitamin B12 7.3e-06, vitamin B2 0.00073, vitamin B3 0.0049, vitamin B5 0.0026, vitamin B6 0.00036, vitamin C 0.0032, zinc 0.0066, choline nan, fructose nan, histidine 0.00041, isoleucine 0.00083, leucine 0.0014, lysine 0.0013, manganese 9e-05, methionine 0.00038, phenylalanine 0.0007, starch nan, sugar nan, threonine 0.0007, tryptophan 0.0002, valine 0.00088, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chicken liver:

Chicken liver contains calcium 0.008, calories 119, carbs 0.73, cholesterol 0.345, copper 0.00049, fat 4.8, fiber 0.0, folate 0.000588, iron 0.009, magnesium 0.019, monounsaturated fat 1.2, net carbs 0.73, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.297, polyunsaturated fat 1.3, potassium 0.23, protein 17.0, saturated fat 1.6, selenium 5.5e-05, sodium 0.071, trans fat 0.07, vitamin A (IU) 11078.0, vitamin A RAE 0.003296, vitamin B1 0.00031, vitamin B12 1.7e-05, vitamin B2 0.0018, vitamin B3 0.0097, vitamin B5 0.0062, vitamin B6 0.00085, vitamin C 0.018, zinc 0.0027, choline 0.194, fructose nan, histidine 0.00051, isoleucine 0.00081, leucine 0.0015, lysine 0.0013, manganese 0.00026, methionine 0.00043, phenylalanine 0.00082, starch nan, sugar 0.0, threonine 0.00073, tryptophan 0.00018, valine 0.001, vitamin D 0.0, vitamin E 0.0007, vitamin K 0.0, omega-3 ALA 0.01, omega-6 eicosadienoic acid 0.01, omega-6 gamma-linoleic acid 0.01, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid 0.48, omega-6 arachidonic acid nan.

Chicken breast:

Chicken breast contains calcium 0.016, calories 187, carbs 0.51, cholesterol 0.091, copper 5e-05, fat 4.7, fiber 0.0, folate 4e-06, iron 0.0011, magnesium 0.031, monounsaturated fat 1.7, net carbs 0.51, omega-3 DHA 0.03, omega-3 DPA 0.02, omega-3 EPA 0.01, phosphorus 0.246, polyunsaturated fat 1.1, potassium 0.276, protein 33.0, saturated fat 1.3, selenium 2.6e-05, sodium 0.079, trans fat nan, vitamin A (IU) 23.0, vitamin A RAE 7e-06, vitamin B1 8e-05, vitamin B12 3.7e-07, vitamin B2 0.00013, vitamin B3 0.015, vitamin B5 0.001, vitamin B6 0.00064, vitamin C 0.0, zinc 0.0011, choline 0.096, fructose nan, histidine 0.001, isoleucine 0.0018, leucine 0.0025, lysine 0.0028, manganese 2e-05, methionine 0.00093, phenylalanine 0.0013, starch nan, sugar 0.0, threonine 0.0014, tryptophan 0.00039, valine 0.0017, vitamin D 1e-07, vitamin E 0.00042, vitamin K 2.4e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chicken neck:

Chicken neck contains calcium 0.018, calories 297, carbs 0.0, cholesterol 0.099, copper 8e-05, fat 26.0, fiber 0.0, folate 5e-06, iron 0.0019, magnesium 0.013, monounsaturated fat 11.0, net carbs 0.0, omega-3 DHA 0.06, omega-3 DPA 0.03, omega-3 EPA 0.02, phosphorus 0.112, polyunsaturated fat 5.7, potassium 0.137, protein 14.0, saturated fat 7.3, selenium 1.2e-05, sodium 0.064, trans fat nan, vitamin A (IU) 216.0, vitamin A RAE 6.5e-05, vitamin B1 5e-05, vitamin B12 2.6e-07, vitamin B2 0.00019, vitamin B3 0.0036, vitamin B5 0.00085, vitamin B6

0.00017, vitamin C 0.0, zinc 0.0019, choline nan, fructose nan, histidine 0.00035, isoleucine 0.00059, leucine 0.00093, lysine 0.001, manganese 3e-05, methionine 0.00033, phenylalanine 0.00051, starch nan, sugar nan, threonine 0.00055, tryptophan 0.00014, valine 0.00064, vitamin D nan, vitamin E 0.0003, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chicken thigh:

Chicken thigh contains calcium 0.013, calories 218, carbs 1.2, cholesterol 0.102, copper 9e-05, fat 10.0, fiber 0.0, folate 9e-06, iron 0.0015, magnesium 0.026, monounsaturated fat 3.8, net carbs 1.2, omega-3 DHA 0.05, omega-3 DPA 0.03, omega-3 EPA 0.01, phosphorus 0.199, polyunsaturated fat 2.4, potassium 0.259, protein 28.0, saturated fat 2.8, selenium 2.1e-05, sodium 0.095, trans fat nan, vitamin A (IU) 70.0, vitamin A RAE nan, vitamin B1 9e-05, vitamin B12 3.3e-07, vitamin B2 0.00026, vitamin B3 0.0071, vitamin B5 0.0013, vitamin B6 0.00038, vitamin C 0.0, zinc 0.0028, choline nan, fructose nan, histidine 0.00087, isoleucine 0.0015, leucine 0.0021, lysine 0.0024, manganese 3e-05, methionine 0.00078, phenylalanine 0.0011, starch nan, sugar nan, threonine 0.0012, tryptophan 0.00033, valine 0.0014, vitamin D 2e-07, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chicken wing:

Chicken wing contains calcium 0.02, calories 324, carbs 11.0, cholesterol 0.079, copper 6e-05, fat 22.0, fiber 0.3, folate 1.8e-05, iron 0.0013, magnesium 0.016, monounsaturated fat 9.0, net carbs 11.0, omega-3 DHA 0.04, omega-3 DPA 0.02, omega-3 EPA 0.01, phosphorus 0.121, polyunsaturated fat 5.1, potassium 0.138, protein 20.0, saturated fat 5.8, selenium 2.6e-05, sodium 0.32, trans fat nan, vitamin A (IU) 113.0, vitamin A RAE 3.4e-05, vitamin B1 0.00011, vitamin B12 2.5e-07, vitamin B2 0.00015, vitamin B3 0.0053, vitamin B5 0.00071, vitamin B6 0.0003, vitamin C 0.0, zinc 0.0014, choline nan, fructose nan, histidine 0.00055, isoleucine 0.00094, leucine 0.0014, lysine 0.0015, manganese 6e-05, methionine 0.0005, phenylalanine 0.00079, starch nan, sugar nan, threonine 0.0008, tryptophan 0.00022, valine 0.00095, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Duck meat:

Duck meat contains calcium 0.011, calories 337, carbs 0.0, cholesterol 0.084, copper 0.00023, fat 28.0, fiber 0.0, folate 6e-06, iron 0.0027, magnesium 0.016, monounsaturated fat 13.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.156, polyunsaturated fat 3.7, potassium 0.204, protein 19.0, saturated fat 9.7, selenium 2e-05, sodium 0.059, trans fat nan, vitamin A (IU) 210.0, vitamin A RAE 6.3e-05, vitamin B1 0.00017, vitamin B12 3e-07, vitamin B2 0.00027, vitamin B3 0.0048, vitamin B5 0.0011, vitamin B6 0.00018, vitamin C 0.0, zinc 0.0019, choline 0.05, fructose nan, histidine 0.00046, isoleucine 0.00087, leucine 0.0015, lysine 0.0015, manganese 2e-05, methionine 0.00048, phenylalanine 0.00075, starch nan, sugar 0.0, threonine 0.00077, tryptophan 0.00023, valine 0.00094, vitamin D 1e-07, vitamin E 0.0007, vitamin K 5.1e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Domestic goose:

Domestic goose contains calcium 0.014, calories 238, carbs 0.0, cholesterol 0.096, copper 0.00028, fat 13.0, fiber 0.0, folate 1.2e-05, iron 0.0029, magnesium 0.025, monounsaturated fat 4.3, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.309, polyunsaturated fat 1.5, potassium 0.388, protein 29.0, saturated fat 4.6, selenium 2.6e-05, sodium 0.076, trans fat nan, vitamin A (IU) 40.0, vitamin A RAE 1.2e-05, vitamin B1 9e-05, vitamin B12 4.9e-07, vitamin B2 0.00039, vitamin B3 0.0041, vitamin B5 0.0018, vitamin B6 0.00047, vitamin C 0.0, zinc 0.0032, choline nan, fructose nan, histidine 0.00077, isoleucine 0.0015, leucine 0.0024,

lysine 0.0025, manganese 2e-05, methionine 0.00078, phenylalanine 0.0012, starch nan, sugar nan, threonine 0.0012, tryptophan 0.0004, valine 0.0015, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Quail meat:

Quail meat contains calcium 0.013, calories 192, carbs 0.0, cholesterol 0.076, copper 0.00051, fat 12.0, fiber 0.0, folate 8e-06, iron 0.004, magnesium 0.023, monounsaturated fat 4.2, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.03, omega-3 EPA 0.01, phosphorus 0.275, polyunsaturated fat 3.0, potassium 0.216, protein 20.0, saturated fat 3.4, selenium 1.7e-05, sodium 0.053, trans fat nan, vitamin A (IU) 243.0, vitamin A RAE 7.3e-05, vitamin B1 0.00024, vitamin B12 4.3e-07, vitamin B2 0.00026, vitamin B3 0.0075, vitamin B5 0.00077, vitamin B6 0.0006, vitamin C 0.0061, zinc 0.0024, choline nan, fructose nan, histidine 0.0007, isoleucine 0.001, leucine 0.0016, lysine 0.0016, manganese 2e-05, methionine 0.00059, phenylalanine 0.00083, starch nan, sugar nan, threonine 0.00095, tryptophan 0.00029, valine 0.001, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-3 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Turkey meat:

Turkey meat contains calcium 0.014, calories 189, carbs 0.06, cholesterol 0.109, copper 9e-05, fat 7.4, fiber 0.0, folate 9e-06, iron 0.0011, magnesium 0.03, monounsaturated fat 2.6, net carbs 0.06, omega-3 DHA 0.01, omega-3 DPA 0.01, omega-3 EPA 0.01, phosphorus 0.223, polyunsaturated fat 2.1, potassium 0.239, protein 29.0, saturated fat 2.2, selenium 3e-05, sodium 0.103, trans fat 0.1, vitamin A (IU) 39.0, vitamin A RAE 1.2e-05, vitamin B1 5e-05, vitamin B12 1e-06, vitamin B2 0.00028, vitamin B3 0.0096, vitamin B5 0.00095, vitamin B6 0.00062, vitamin C 0.0, zinc 0.0025, choline 0.087, fructose nan, histidine 0.00075, isoleucine 0.0008, leucine 0.0019, lysine 0.0023, manganese 1e-05, methionine 0.00072, phenylalanine 0.0009, starch nan, sugar 0.0, threonine 0.001, tryptophan 0.00029, valine 0.0009, vitamin D 4e-07, vitamin E 7e-05, vitamin K 0.0, omega-3 ALA 0.11, omega-3 eicosadienoic acid 0.01, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.0, omega-6 dihomogamma-linoleic acid 0.01, omega-6 linoleic acid 1.8, omega-6 arachidonic acid nan.

Turkey neck:

Turkey neck contains calcium 0.024, calories 125, carbs 0.0, cholesterol 0.115, copper 0.00014, fat 6.0, fiber 0.0, folate 5e-06, iron 0.001, magnesium 0.015, monounsaturated fat 1.8, net carbs 0.0, omega-3 DHA 0.01, omega-3 DPA 0.01, omega-3 EPA 0.0, phosphorus 0.16, polyunsaturated fat 1.5, potassium 0.133, protein 17.0, saturated fat 1.6, selenium 2.9e-05, sodium 0.233, trans fat nan, vitamin A (IU) 43.0, vitamin A RAE 1.3e-05, vitamin B1 5e-05, vitamin B12 1.8e-06, vitamin B2 0.00021, vitamin B3 0.0049, vitamin B5 0.0008, vitamin B6 0.00036, vitamin C 0.0, zinc 0.0034, choline 0.054, fructose nan, histidine 0.00045, isoleucine 0.00047, leucine 0.0011, lysine 0.0014, manganese 6e-05, methionine 0.00043, phenylalanine 0.00053, starch nan, sugar 0.0, threonine 0.0006, tryptophan 0.00018, valine 0.00053, vitamin D 3e-07, vitamin E 0.00012, vitamin K 0.0, omega-3 ALA nan, omega-3 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Turkey breast:

Turkey breast contains calcium 0.013, calories 157, carbs 0.0, cholesterol 0.065, copper 7e-05, fat 7.0, fiber 0.0, folate 7e-06, iron 0.0012, magnesium 0.024, monounsaturated fat 2.7, net carbs 0.0, omega-3 DHA 0.01, omega-3 DPA 0.01, omega-3 EPA 0.0, phosphorus 0.186, polyunsaturated fat 1.7, potassium 0.275, protein 22.0, saturated fat 1.9, selenium 2.2e-05, sodium 0.059, trans fat nan, vitamin A (IU) 6.0, vitamin A RAE 2e-06, vitamin B1 6e-05, vitamin B12 4.2e-07, vitamin B2 0.00012, vitamin B3 0.0052, vitamin B5 0.00062, vitamin B6 0.00048, vitamin C 0.0, zinc 0.0016, choline nan, fructose nan, histidine 0.00066, isoleucine 0.0011, leucine 0.0017, lysine 0.002, manganese 2e-05, methionine 0.00062, phenylalanine 0.00086, starch nan, sugar nan, threonine 0.00096,

tryptophan 0.00024, valine 0.0011, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-3 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Turkey leg:

Turkey leg contains calcium 0.017, calories 144, carbs 0.0, cholesterol 0.071, copper 0.00014, fat 6.7, fiber 0.0, folate 1e-05, iron 0.0017, magnesium 0.021, monounsaturated fat 2.1, net carbs 0.0, omega-3 DHA 0.03, omega-3 DPA 0.02, omega-3 EPA 0.0, phosphorus 0.177, polyunsaturated fat 1.8, potassium 0.273, protein 20.0, saturated fat 2.1, selenium 2.6e-05, sodium 0.074, trans fat nan, vitamin A (IU) 3.0, vitamin A RAE 1e-06, vitamin B1 8e-05, vitamin B12 3.9e-07, vitamin B2 0.00021, vitamin B3 0.0029, vitamin B5 0.0011, vitamin B6 0.00034, vitamin C 0.0, zinc 0.0031, choline nan, fructose nan, histidine 0.0006, isoleucine 0.001, leucine 0.0015, lysine 0.0018, manganese 2e-05, methionine 0.00056, phenylalanine 0.00077, starch nan, sugar nan, threonine 0.00086, tryptophan 0.00022, valine 0.001, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-3 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Turkey wing:

Turkey wing contains calcium 0.014, calories 197, carbs 0.0, cholesterol 0.07, copper 8e-05, fat 12.0, fiber 0.0, folate 7e-06, iron 0.0013, magnesium 0.021, monounsaturated fat 5.0, net carbs 0.0, omega-3 DHA 0.01, omega-3 DPA 0.01, omega-3 EPA 0.0, phosphorus 0.165, polyunsaturated fat 2.9, potassium 0.24, protein 20.0, saturated fat 3.3, selenium 2.2e-05, sodium 0.055, trans fat nan, vitamin A (IU) 11.0, vitamin A RAE 3e-06, vitamin B1 5e-05, vitamin B12 3.9e-07, vitamin B2 0.00011, vitamin B3 0.0044, vitamin B5 0.00055, vitamin B6 0.00041, vitamin C 0.0, zinc 0.0015, choline nan, fructose nan, histidine 0.00059, isoleucine 0.00098, leucine 0.0015, lysine 0.0018, manganese 2e-05, methionine 0.00055, phenylalanine 0.00078, starch nan, sugar nan, threonine 0.00087, tryptophan 0.00022, valine 0.001, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-3 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Foie gras:

Foie gras contains calcium 0.07, calories 462, carbs 4.7, cholesterol 0.15, copper 0.0004, fat 44.0, fiber 0.0, folate 6e-05, iron 0.0055, magnesium 0.013, monounsaturated fat 26.0, net carbs 4.7, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.2, polyunsaturated fat 0.84, potassium 0.138, protein 11.0, saturated fat 14.0, selenium 4.4e-05, sodium 0.697, trans fat nan, vitamin A (IU) 3333.0, vitamin A RAE 0.001001, vitamin B1 9e-05, vitamin B12 9.4e-06, vitamin B2 0.0003, vitamin B3 0.0025, vitamin B5 0.0012, vitamin B6 6e-05, vitamin C 0.002, zinc 0.00092, choline nan, fructose nan, histidine 0.0003, isoleucine 0.00061, leucine 0.001, lysine 0.00086, manganese 0.00012, methionine 0.00027, phenylalanine 0.00057, starch nan, sugar nan, threonine 0.00051, tryptophan 0.00016, valine 0.00072, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-3 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Ground turkey:

Ground turkey contains calcium 0.028, calories 203, carbs 0.0, cholesterol 0.093, copper 0.00015, fat 10.0, fiber 0.0, folate 7e-06, iron 0.0015, magnesium 0.03, monounsaturated fat 3.5, net carbs 0.0, omega-3 DHA 0.01, omega-3 DPA 0.01, omega-3 EPA 0.01, phosphorus 0.254, polyunsaturated fat 2.9, potassium 0.294, protein 27.0, saturated fat 2.7, selenium 3.1e-05, sodium 0.078, trans fat 0.13, vitamin A (IU) 79.0, vitamin A RAE 2.4e-05, vitamin B1 8e-05, vitamin B12 1.3e-06, vitamin B2 0.00021, vitamin B3 0.0087, vitamin B5 0.0012, vitamin B6 0.00063, vitamin C 0.0, zinc 0.0031, choline 0.078, fructose nan, histidine 0.00081, isoleucine 0.0012, leucine 0.0023, lysine 0.0025, manganese 1e-05, methionine 0.00081, phenylalanine 0.0011, starch nan, sugar 0.0, threonine 0.0013, tryptophan 0.00031, valine 0.0013, vitamin D 2e-07, vitamin E 0.00011, vitamin K 0.0, omega-3

ALA 0.14, omega-6 eicosadienoic acid 0.02, omega-6 gamma-linoleic acid 0.01, omega-3 eicosatrienoic acid 0.01, omega-6 dihomogamma-linoleic acid 0.01, omega-6 linoleic acid 2.5, omega-6 arachidonic acid nan.

Ground chicken:

Ground chicken contains calcium 0.008, calories 189, carbs 0.0, cholesterol 0.107, copper 6e-05, fat 11.0, fiber 0.0, folate 2e-06, iron 0.00093, magnesium 0.028, monounsaturated fat 4.9, net carbs 0.0, omega-3 DHA 0.03, omega-3 DPA 0.02, omega-3 EPA 0.01, phosphorus 0.234, polyunsaturated fat 2.1, potassium 0.677, protein 23.0, saturated fat 3.1, selenium 1.4e-05, sodium 0.075, trans fat 0.09, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00012, vitamin B12 5.1e-07, vitamin B2 0.0003, vitamin B3 0.0071, vitamin B5 0.0013, vitamin B6 0.00054, vitamin C 0.0, zinc 0.0019, choline 0.059, fructose nan, histidine 0.00071, isoleucine 0.0011, leucine 0.0018, lysine 0.002, manganese 2e-05, methionine 0.0006, phenylalanine 0.00091, starch nan, sugar 0.0, threonine 0.00097, tryptophan 0.0002, valine 0.0011, vitamin D nan, vitamin E 0.00039, vitamin K 2.1e-06, omega-3 ALA 0.08, omega-6 eicosadienoic acid 0.02, omega-6 gamma-linoleic acid 0.02, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid 1.8, omega-6 arachidonic acid nan.

Chicken feet:

Chicken feet contains calcium 0.088, calories 215, carbs 0.2, cholesterol 0.084, copper 0.0001, fat 15.0, fiber 0.0, folate 8.6e-05, iron 0.00091, magnesium 0.005, monounsaturated fat 5.5, net carbs 0.2, omega-3 DHA 0.04, omega-3 DPA 0.02, omega-3 EPA 0.01, phosphorus 0.083, polyunsaturated fat 3.0, potassium 0.031, protein 19.0, saturated fat 3.9, selenium 3.6e-06, sodium 0.067, trans fat nan, vitamin A (IU) 100.0, vitamin A RAE 3e-05, vitamin B1 6e-05, vitamin B12 4.7e-07, vitamin B2 0.0002, vitamin B3 0.0004, vitamin B5 nan, vitamin B6 1e-05, vitamin C 0.0, zinc 0.00069, choline 0.013, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 0.0, threonine nan, tryptophan nan, valine nan, vitamin D 2e-07, vitamin E 0.00027, vitamin K 2e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Fajita:

Fajita contains calcium 0.013, calories 135, carbs 2.2, cholesterol 0.088, copper 3e-05, fat 5.7, fiber 0.0, folate 4e-06, iron 0.00099, magnesium 0.022, monounsaturated fat 2.3, net carbs 2.2, omega-3 DHA 0.0, omega-3 DPA 0.01, omega-3 EPA 0.0, phosphorus 0.277, polyunsaturated fat 1.1, potassium 0.284, protein 19.0, saturated fat 1.6, selenium 1.7e-05, sodium 0.799, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0001, vitamin B12 5.4e-07, vitamin B2 0.00021, vitamin B3 0.0048, vitamin B5 0.00073, vitamin B6 0.00039, vitamin C 0.0, zinc 0.0014, choline 0.068, fructose nan, histidine 0.00068, isoleucine 0.00081, leucine 0.0016, lysine 0.0019, manganese 7e-05, methionine 0.00055, phenylalanine 0.00076, starch nan, sugar 0.0, threonine 0.00045, tryptophan 0.0002, valine 0.00085, vitamin D nan, vitamin E 0.00022, vitamin K 2e-07, omega-3 ALA nan, omega-6 eicosadienoic acid 0.01, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Barbecue chicken:

Barbecue chicken contains calcium 0.016, calories 226, carbs 0.12, cholesterol 0.127, copper 8e-05, fat 15.0, fiber 0.0, folate 8e-06, iron 0.00095, magnesium 0.021, monounsaturated fat 6.4, net carbs 0.12, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.218, polyunsaturated fat 2.0, potassium 0.255, protein 23.0, saturated fat 3.9, selenium 2.2e-05, sodium 0.335, trans fat 0.08, vitamin A (IU) 67.0, vitamin A RAE 2e-05, vitamin B1 6e-05, vitamin B12 4.7e-07, vitamin B2 0.00023, vitamin B3 0.0057, vitamin B5 0.00015, vitamin B6 0.00019, vitamin C 0.0, zinc 0.0018, choline 0.063, fructose 0.04, histidine 0.00059, isoleucine 0.00085, leucine 0.0015, lysine 0.0018, manganese 1e-05, methionine 0.00057, phenylalanine 0.00069, starch 0.0, sugar 0.12, threonine 0.00066, tryptophan 0.00017, valine 0.00094, vitamin D 0.0, vitamin E 0.00046, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid 0.01, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6

dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Turkey ham:

Turkey ham contains calcium 0.007, calories 118, carbs 3.1, cholesterol 0.064, copper nan, fat 4.0, fiber 0.0, folate nan, iron 0.001, magnesium 0.016, monounsaturated fat 1.3, net carbs 3.1, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.289, polyunsaturated fat 0.87, potassium 0.253, protein 16.0, saturated fat 1.2, selenium 3.8e-05, sodium 0.909, trans fat nan, vitamin A (IU) 53.0, vitamin A RAE 1.6e-05, vitamin B1 0.00023, vitamin B12 8e-07, vitamin B2 0.00027, vitamin B3 0.0041, vitamin B5 nan, vitamin B6 6e-05, vitamin C 0.0, zinc 0.0021, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 1.2, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Ostrich:

Ostrich contains calcium 0.006, calories 145, carbs 0.0, cholesterol 0.085, copper 0.00015, fat 2.6, fiber 0.0, folate 1.5e-05, iron 0.0028, magnesium 0.025, monounsaturated fat 0.97, net carbs 0.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.251, polyunsaturated fat 0.44, potassium 0.362, protein 28.0, saturated fat 1.0, selenium 3.8e-05, sodium 0.08, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00023, vitamin B12 6.3e-06, vitamin B2 0.00029, vitamin B3 0.0071, vitamin B5 0.0013, vitamin B6 0.00055, vitamin C 0.0, zinc 0.0049, choline nan, fructose nan, histidine 0.00072, isoleucine 0.0014, leucine 0.0023, lysine 0.0025, manganese 2e-05, methionine 0.0008, phenylalanine 0.0012, starch nan, sugar 0.0, threonine 0.0013, tryptophan 0.00025, valine 0.0014, vitamin D nan, vitamin E 0.00023, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Blood sausage:

Blood sausage contains calcium 0.006, calories 379, carbs 1.3, cholesterol 0.12, copper 4e-05, fat 35.0, fiber 0.0, folate 5e-06, iron 0.0064, magnesium 0.008, monounsaturated fat 16.0, net carbs 1.3, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.022, polyunsaturated fat 3.5, potassium 0.038, protein 15.0, saturated fat 13.0, selenium 1.6e-05, sodium 0.68, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 7e-05, vitamin B12 1e-06, vitamin B2 0.00013, vitamin B3 0.0012, vitamin B5 0.0006, vitamin B6 4e-05, vitamin C 0.0, zinc 0.0013, choline 0.073, fructose nan, histidine 0.00071, isoleucine 0.00032, leucine 0.0014, lysine 0.0011, manganese 1e-05, methionine 0.0002, phenylalanine 0.00082, starch nan, sugar 1.3, threonine 0.00057, tryptophan 0.00018, valine 0.001, vitamin D 1.3e-06, vitamin E 0.00013, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Bockwurst:

Bockwurst contains calcium 0.041, calories 301, carbs 3.0, cholesterol 0.093, copper 0.0001, fat 26.0, fiber 1.0, folate 1.7e-05, iron 0.0012, magnesium 0.026, monounsaturated fat 13.0, net carbs 2.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.169, polyunsaturated fat 2.3, potassium 0.27, protein 14.0, saturated fat 10.0, selenium 1.1e-05, sodium 0.756, trans fat nan, vitamin A (IU) 256.0, vitamin A RAE 1.5e-05, vitamin B1 0.00019, vitamin B12 8.6e-07, vitamin B2 0.00023, vitamin B3 0.0056, vitamin B5 0.00089, vitamin B6 0.00038, vitamin C 0.0032, zinc 0.0021, choline 0.046, fructose 0.01, histidine 0.00051, isoleucine 0.00068, leucine 0.0011, lysine 0.0012, manganese 0.00017, methionine 0.00033, phenylalanine 0.00056, starch 0.0, sugar 1.3, threonine 0.00061, tryptophan 0.153, valine 0.00077, vitamin D 0.0, vitamin E 0.00038, vitamin K 7e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Bologna sausage:

Bologna sausage contains calcium 0.011, calories 247, carbs 0.73, cholesterol 0.059, copper 8e-05, fat 20.0, fiber 0.0, folate 5e-06, iron 0.00077, magnesium 0.014, monounsaturated fat 9.7, net carbs 0.73, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.139, polyunsaturated fat 2.1, potassium 0.281, protein 15.0, saturated fat 6.8, selenium 1.3e-05, sodium 0.907, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00052, vitamin B12 9.3e-07, vitamin B2 0.00016, vitamin B3 0.0039, vitamin B5 0.00072, vitamin B6 0.00027, vitamin C 0.0, zinc 0.002, choline 0.054, fructose nan, histidine 0.00048, isoleucine 0.00066, leucine 0.0012, lysine 0.0012, manganese 4e-05, methionine 0.00041, phenylalanine 0.00059, starch nan, sugar 0.0, threonine 0.00064, tryptophan 0.00015, valine 0.00074, vitamin D 1.4e-06, vitamin E 0.00026, vitamin K 3e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Braunschweiger:

Braunschweiger contains calcium 0.009, calories 327, carbs 3.1, cholesterol 0.18, copper 0.00024, fat 29.0, fiber 0.0, folate 4.4e-05, iron 0.011, magnesium 0.011, monounsaturated fat 13.0, net carbs 3.1, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.168, polyunsaturated fat 3.2, potassium 0.199, protein 15.0, saturated fat 9.3, selenium 5.8e-05, sodium 0.977, trans fat nan, vitamin A (IU) 14051.0, vitamin A RAE 0.00422, vitamin B1 0.00025, vitamin B12 2e-05, vitamin B2 0.0015, vitamin B3 0.0084, vitamin B5 0.0034, vitamin B6 0.00033, vitamin C 0.0, zinc 0.0028, choline 0.256, fructose nan, histidine 0.00032, isoleucine 0.00048, leucine 0.001, lysine 0.00091, manganese 0.00016, methionine 0.00031, phenylalanine 0.00055, starch nan, sugar 0.0, threonine 0.00053, tryptophan 0.00015, valine 0.00062, vitamin D 1.2e-06, vitamin E 0.00035, vitamin K 1.6e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chorizo:

Chorizo contains calcium 0.008, calories 455, carbs 1.9, cholesterol 0.088, copper 8e-05, fat 38.0, fiber 0.0, folate 2e-06, iron 0.0016, magnesium 0.018, monounsaturated fat 18.0, net carbs 1.9, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.15, polyunsaturated fat 3.5, potassium 0.398, protein 24.0, saturated fat 14.0, selenium 2.1e-05, sodium 1.235, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00063, vitamin B12 2e-06, vitamin B2 0.0003, vitamin B3 0.0051, vitamin B5 0.0011, vitamin B6 0.00053, vitamin C 0.0, zinc 0.0034, choline 0.097, fructose nan, histidine 0.00072, isoleucine 0.0022, leucine 0.0017, lysine 0.0024, manganese 4e-05, methionine 0.00047, phenylalanine 0.0011, starch nan, sugar 0.0, threonine 0.0015, tryptophan 0.00028, valine 0.00091, vitamin D 1.5e-06, vitamin E 0.00022, vitamin K 1.6e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Headcheese:

Headcheese contains calcium 0.016, calories 157, carbs 0.0, cholesterol 0.069, copper 0.00012, fat 11.0, fiber 0.0, folate 2e-06, iron 0.0015, magnesium 0.009, monounsaturated fat 5.6, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.056, polyunsaturated fat 1.1, potassium 0.031, protein 14.0, saturated fat 3.4, selenium 1e-07, sodium 0.941, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 2e-05, vitamin B12 1.1e-06, vitamin B2 0.00012, vitamin B3 0.00044, vitamin B5 nan, vitamin B6 0.00019, vitamin C 0.0, zinc 0.00097, choline 0.104, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 0.0, threonine nan, tryptophan nan, valine nan, vitamin D 9e-07, vitamin E 0.00025, vitamin K 3.4e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Knackwurst:

Knackwurst contains calcium 0.011, calories 307, carbs 3.2, cholesterol 0.06, copper 6e-05, fat 28.0, fiber 0.0, folate 2e-06, iron 0.00066, magnesium 0.011, monounsaturated fat 13.0, net carbs 3.2, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.098, polyunsaturated fat 2.9, potassium 0.199, protein 11.0, saturated fat 10.0, selenium 1.4e-05, sodium 0.93, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00034, vitamin B12 1.2e-06, vitamin B2 0.00014, vitamin B3 0.0027, vitamin B5 0.00032, vitamin B6 0.00017, vitamin C 0.0, zinc 0.0017, choline 0.055, fructose nan, histidine 0.00031, isoleucine 0.00064, leucine 0.00087, lysine 0.001, manganese 2e-05, methionine 0.00028, phenylalanine 0.0005, starch nan, sugar 0.0, threonine 0.00043, tryptophan 0.00014, valine 0.00064, vitamin D 1.1e-06, vitamin E 0.00057, vitamin K 1.6e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Leberkäse:

Leberkäse contains calcium 0.008, calories 304, carbs 2.1, cholesterol 0.174, copper 0.00038, fat 26.0, fiber 0.0, folate 0.000104, iron 0.011, magnesium 0.012, monounsaturated fat 12.0, net carbs 2.1, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.207, polyunsaturated fat 3.4, potassium 0.226, protein 15.0, saturated fat 9.0, selenium 3.7e-05, sodium 1.225, trans fat nan, vitamin A (IU) 17490.0, vitamin A RAE 0.005252, vitamin B1 0.00021, vitamin B12 2.5e-05, vitamin B2 0.0022, vitamin B3 0.012, vitamin B5 0.0035, vitamin B6 0.00047, vitamin C 0.003, zinc 0.0037, choline nan, fructose nan, histidine 0.00039, isoleucine 0.00063, leucine 0.0013, lysine 0.0012, manganese 0.0002, methionine 0.00034, phenylalanine 0.00072, starch nan, sugar nan, threonine 0.00065, tryptophan 0.00021, valine 0.00081, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Roast beef:

Roast beef contains calcium 0.005, calories 115, carbs 0.64, cholesterol 0.051, copper 9e-05, fat 3.7, fiber 0.0, folate 5e-06, iron 0.0021, magnesium 0.02, monounsaturated fat 1.5, net carbs 0.64, omega-3 DHA 0.0, omega-3 DPA 0.01, omega-3 EPA 0.01, phosphorus 0.242, polyunsaturated fat 0.27, potassium 0.647, protein 19.0, saturated fat 1.3, selenium 1.5e-05, sodium 0.853, trans fat 0.15, vitamin A (IU) 11.0, vitamin A RAE 3e-06, vitamin B1 4e-05, vitamin B12 2e-06, vitamin B2 0.00021, vitamin B3 0.0056, vitamin B5 0.00057, vitamin B6 0.00046, vitamin C 0.0, zinc 0.0032, choline 0.044, fructose 0.0, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 2e-05, methionine nan, phenylalanine nan, starch nan, sugar 0.29, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.00049, vitamin K 1.6e-06, omega-3 ALA 0.02, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.0, omega-6 dihomo-gamma-linoleic acid 0.01, omega-6 linoleic acid 0.14, omega-6 arachidonic acid nan.

Luncheon meat:

Luncheon meat contains calcium 0.005, calories 189, carbs 1.0, cholesterol 0.078, copper 3e-05, fat 13.0, fiber 0.0, folate 0.0, iron 0.00097, magnesium 0.018, monounsaturated fat 5.7, net carbs 1.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.17, polyunsaturated fat 1.6, potassium 0.3, protein 18.0, saturated fat 3.9, selenium 3.8e-05, sodium 0.82, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00013, vitamin B12 9.2e-07, vitamin B2 0.00021, vitamin B3 0.0052, vitamin B5 0.00061, vitamin B6 0.00027, vitamin C 0.0, zinc 0.0022, choline 0.064, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 4e-05, methionine nan, phenylalanine nan, starch nan, sugar 0.0, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E 0.00016, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid 0.06, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Mortadella:

Mortadella contains calcium 0.018, calories 311, carbs 3.1, cholesterol 0.056, copper 6e-05, fat 25.0, fiber 0.0,

folate 3e-06, iron 0.0014, magnesium 0.011, monounsaturated fat 11.0, net carbs 3.1, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.097, polyunsaturated fat 3.1, potassium 0.163, protein 16.0, saturated fat 9.5, selenium 2.3e-05, sodium 1.246, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00027, vitamin B12 1.5e-06, vitamin B2 0.153, vitamin B3 0.0027, vitamin B5 0.00044, vitamin B6 0.00013, vitamin C 0.00021, choline 0.072, fructose nan, histidine 0.00052, isoleucine 0.00071, leucine 0.0012, lysine 0.00021, manganese 3e-05, methionine 0.00039, phenylalanine 0.0006, starch nan, sugar 0.0, threonine 0.00063, tryptophan 0.00015, valine 0.00074, vitamin D 1e-06, vitamin E 0.00022, vitamin K 1.6e-06, omega-3 ALA 0.0, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chicken liver pate:

Chicken liver pate contains calcium 0.01, calories 201, carbs 6.6, cholesterol 0.391, copper 0.00018, fat 13.0, fiber 0.0, folate 0.000321, iron 0.0092, magnesium 0.013, monounsaturated fat 5.3, net carbs 6.6, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.175, polyunsaturated fat 2.5, potassium 0.095, protein 13.0, saturated fat 4.0, selenium 4.6e-05, sodium 0.386, trans fat nan, vitamin A (IU) 724.0, vitamin A RAE 0.000217, vitamin B1 5e-05, vitamin B12 8.1e-06, vitamin B2 0.0014, vitamin B3 0.0075, vitamin B5 0.0026, vitamin B6 0.00026, vitamin C 0.01, zinc 0.0021, choline 0.229, fructose nan, histidine 0.00035, isoleucine 0.00074, leucine 0.0012, lysine 0.00095, manganese 0.00016, methionine 0.00034, phenylalanine 0.00069, starch nan, sugar 0.0, threonine 0.0006, tryptophan 0.0002, valine 0.00086, vitamin D 0.0, vitamin E 0.00098, vitamin K 0.0, omega-3 ALA 0.0, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pâté:

Pâté contains calcium 0.07, calories 319, carbs 1.5, cholesterol 0.255, copper 0.0004, fat 28.0, fiber 0.0, folate 6e-05, iron 0.0055, magnesium 0.013, monounsaturated fat 12.0, net carbs 1.5, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.2, polyunsaturated fat 3.2, potassium 0.138, protein 14.0, saturated fat 9.6, selenium 4.2e-05, sodium 0.697, trans fat nan, vitamin A (IU) 3300.0, vitamin A RAE 0.000991, vitamin B1 3e-05, vitamin B12 3.2e-06, vitamin B2 0.0006, vitamin B3 0.0033, vitamin B5 0.0012, vitamin B6 6e-05, vitamin C 0.002, zinc 0.0029, choline nan, fructose nan, histidine 0.0003, isoleucine 0.00055, leucine 0.0011, lysine 0.00084, manganese 0.00012, methionine 0.00028, phenylalanine 0.00058, starch nan, sugar nan, threonine 0.00057, tryptophan 0.00016, valine 0.00077, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pepperoni:

Pepperoni contains calcium 0.019, calories 504, carbs 1.2, cholesterol 0.097, copper 9e-05, fat 46.0, fiber 0.0, folate 5e-06, iron 0.0013, magnesium 0.018, monounsaturated fat 21.0, net carbs 1.2, omega-3 DHA 0.0, omega-3 DPA 0.02, omega-3 EPA 0.0, phosphorus 0.158, polyunsaturated fat 4.5, potassium 0.274, protein 19.0, saturated fat 18.0, selenium 2.9e-05, sodium 1.582, trans fat 1.5, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00027, vitamin B12 1.3e-06, vitamin B2 0.00026, vitamin B3 0.005, vitamin B5 0.00093, vitamin B6 0.00036, vitamin C 0.0, zinc 0.0024, choline 0.051, fructose 0.0, histidine 0.00069, isoleucine 0.0009, leucine 0.0016, lysine 0.0017, manganese 0.0011, methionine 0.00051, phenylalanine 0.00078, starch nan, sugar 0.0, threonine 0.00087, tryptophan 0.00023, valine 0.00099, vitamin D 1.3e-06, vitamin E 0.001, vitamin K 5.8e-06, omega-3 ALA 0.16, omega-6 eicosadienoic acid 0.14, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.02, omega-6 dihomogamma-linoleic acid 0.04, omega-6 linoleic acid 3.6, omega-6 arachidonic acid nan.

Salami:

Salami contains calcium 0.015, calories 336, carbs 2.4, cholesterol 0.089, copper 0.00036, fat 26.0, fiber 0.0, folate 3e-06, iron 0.0016, magnesium 0.019, monounsaturated fat 11.0, net carbs 2.4, omega-3 DHA 0.0, omega-3 DPA

0.0, omega-3 EPA 0.0, phosphorus 0.191, polyunsaturated fat 2.5, potassium 0.316, protein 22.0, saturated fat 0.0, selenium 3.1e-05, sodium 1.74, trans fat 0.59, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00037, vitamin B12 1.5e-06, vitamin B2 0.00036, vitamin B3 0.0061, vitamin B5 0.0012, vitamin B6 0.00046, vitamin C 0.00029, choline 0.094, fructose 0.0, histidine 0.00036, isoleucine 0.00068, leucine 0.00093, lysine 0.0011, manganese 0.00098, methionine 0.0003, phenylalanine 0.00048, starch nan, sugar 0.96, threonine 0.0005, tryptophan 0.00011, valine 0.00067, vitamin D 1e-06, vitamin E 0.00022, vitamin K 3.2e-06, omega-3 ALA 0.0, omega-6 eicosadienoic acid 0.08, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid 2.1, omega-6 arachidonic acid nan.

Cervelat:

Cervelat contains calcium 0.009, calories 362, carbs 3.3, cholesterol 0.074, copper 0.00015, fat 30.0, fiber 0.0, folate 2e-06, iron 0.002, magnesium 0.014, monounsaturated fat 13.0, net carbs 3.3, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 DPA 0.0, phosphorus 0.111, polyunsaturated fat 1.2, potassium 0.26, protein 17.0, saturated fat 12.0, selenium 2e-05, sodium 1.3, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00015, vitamin B12 5.5e-06, vitamin B2 0.00033, vitamin B3 0.0043, vitamin B5 nan, vitamin B6 0.00026, vitamin C 0.017, zinc 0.0026, choline 0.079, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 0.85, threonine nan, tryptophan nan, valine nan, vitamin D 1.1e-06, vitamin E 0.00022, vitamin K 1.3e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Vienna sausage:

Vienna sausage contains calcium 0.01, calories 230, carbs 2.6, cholesterol 0.087, copper 3e-05, fat 19.0, fiber 0.0, folate 4e-06, iron 0.00088, magnesium 0.007, monounsaturated fat 9.6, net carbs 2.6, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 DPA 0.0, phosphorus 0.049, polyunsaturated fat 1.3, potassium 0.101, protein 11.0, saturated fat 7.1, selenium 1.7e-05, sodium 0.879, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 9e-05, vitamin B12 1e-06, vitamin B2 0.00011, vitamin B3 0.0016, vitamin B5 0.00035, vitamin B6 0.00012, vitamin C 0.0, zinc 0.0016, choline 0.044, fructose nan, histidine 0.00027, isoleucine 0.00056, leucine 0.0008, lysine 0.00079, manganese nan, methionine 0.00027, phenylalanine 0.00043, starch nan, sugar 0.0, threonine 0.00036, tryptophan 0.00011, valine 0.00057, vitamin D 6e-07, vitamin E 0.00022, vitamin K 1.6e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Italian sausage:

Italian sausage contains calcium 0.021, calories 344, carbs 4.3, cholesterol 0.057, copper 8e-05, fat 27.0, fiber 0.1, folate 5e-06, iron 0.0014, magnesium 0.018, monounsaturated fat 17.0, net carbs 4.2, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 DPA 0.0, phosphorus 0.17, polyunsaturated fat 3.5, potassium 0.304, protein 19.0, saturated fat 10.0, selenium 2.2e-05, sodium 0.743, trans fat nan, vitamin A (IU) 16.0, vitamin A RAE 1e-05, vitamin B1 0.00062, vitamin B12 1.3e-06, vitamin B2 0.00023, vitamin B3 0.0042, vitamin B5 nan, vitamin B6 0.00033, vitamin C 0.0001, zinc 0.0024, choline 0.078, fructose nan, histidine 0.00058, isoleucine 0.00073, leucine 0.0013, lysine 0.0015, manganese nan, methionine 0.00049, phenylalanine 0.00067, starch nan, sugar 1.9, threonine 0.00079, tryptophan 0.00016, valine 0.0008, vitamin D 1e-06, vitamin E 0.00025, vitamin K 3.4e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Turkey bacon:

Turkey bacon contains calcium 0.08, calories 226, carbs 1.9, cholesterol 0.086, copper 7e-05, fat 17.0, fiber nan, folate 1e-05, iron 0.0014, magnesium 0.016, monounsaturated fat 6.2, net carbs 1.9, omega-3 DHA 0.01, omega-3 EPA 0.01, omega-3 DPA 0.01, phosphorus 0.222, polyunsaturated fat 4.7, potassium 0.349, protein 16.0, saturated fat 10.0, selenium 2.2e-05, sodium 0.743, trans fat nan, vitamin A (IU) 16.0, vitamin A RAE 1e-05, vitamin B1 0.00062, vitamin B12 1.3e-06, vitamin B2 0.00023, vitamin B3 0.0042, vitamin B5 nan, vitamin B6 0.00033, vitamin C 0.0001, zinc 0.0024, choline 0.078, fructose nan, histidine 0.00058, isoleucine 0.00073, leucine 0.0013, lysine 0.0015, manganese nan, methionine 0.00049, phenylalanine 0.00067, starch nan, sugar 1.9, threonine 0.00079, tryptophan 0.00016, valine 0.0008, vitamin D 1e-06, vitamin E 0.00025, vitamin K 3.4e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

fat 4.5, selenium 1.6e-05, sodium 1.069, trans fat 0.18, vitamin A (IU) 34.0, vitamin A RAE 1e-05, vitamin B1 0.00024, vitamin B12 1.2e-06, vitamin B2 0.00024, vitamin B3 0.004, vitamin B5 0.00068, vitamin B6 0.00024, vitamin C 0.0025, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00016, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E 0.00011, vitamin K nan, omega-3 ALA 0.24, omega-6 eicosadienoic acid 0.03, omega-6 gamma-linoleic acid 0.01, omega-3 eicosatrienoic acid 0.0, omega-6 dihomo-gamma-linoleic acid 0.01, omega-6 linoleic acid 4.2, omega-6 arachidonic acid nan.

Liverwurst:

Liverwurst contains calcium 0.022, calories 305, carbs 5.9, cholesterol 0.118, copper 0.00024, fat 25.0, fiber 2.5, folate 3e-05, iron 0.0089, magnesium 0.012, monounsaturated fat 12.0, net carbs 3.4, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.23, polyunsaturated fat 2.4, potassium 0.17, protein 12.0, saturated fat 9.9, selenium 5.8e-05, sodium 0.7, trans fat nan, vitamin A (IU) 13636.0, vitamin A RAE 0.004091, vitamin B1 0.00027, vitamin B12 1.3e-05, vitamin B2 0.001, vitamin B3 0.0043, vitamin B5 0.003, vitamin B6 0.00019, vitamin C 0.0035, zinc 0.0023, choline nan, fructose nan, histidine 0.00045, isoleucine 0.00065, leucine 0.0011, lysine 0.0012, manganese 0.00016, methionine 0.00029, phenylalanine 0.00062, starch nan, sugar 1.7, threonine 0.00067, tryptophan 0.00015, valine 0.00086, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Polish sausage:

Polish sausage contains calcium 0.012, calories 259, carbs 3.6, cholesterol 0.066, copper 9e-05, fat 19.0, fiber 0.0, folate 2e-06, iron 0.00088, magnesium 0.014, monounsaturated fat 9.7, net carbs 3.6, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.136, polyunsaturated fat 0.79, potassium 0.237, protein 18.0, saturated fat 8.0, selenium 1.8e-05, sodium 1.54, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0005, vitamin B12 9.8e-07, vitamin B2 0.00015, vitamin B3 0.0034, vitamin B5 0.00045, vitamin B6 0.00019, vitamin C 0.0, zinc 0.0019, choline nan, fructose nan, histidine 0.00044, isoleucine 0.00061, leucine 0.0011, lysine 0.0011, manganese 5e-05, methionine 0.00038, phenylalanine 0.00054, starch nan, sugar 0.0, threonine 0.00059, tryptophan 0.00014, valine 0.00068, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Summer sausage:

Summer sausage contains calcium 0.081, calories 426, carbs 1.8, cholesterol 0.089, copper 7e-05, fat 38.0, fiber 0.2, folate 7e-06, iron 0.0023, magnesium 0.013, monounsaturated fat 14.0, net carbs 1.6, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.178, polyunsaturated fat 3.0, potassium 0.206, protein 19.0, saturated fat 10.0, selenium 7.5e-06, sodium 1.483, trans fat nan, vitamin A (IU) 749.0, vitamin A RAE 0.000225, vitamin B1 0.00025, vitamin B12 1.7e-06, vitamin B2 0.00016, vitamin B3 0.0029, vitamin B5 0.00076, vitamin B6 0.00013, vitamin C 0.0, zinc 0.0023, choline nan, fructose nan, histidine 0.00047, isoleucine 0.00062, leucine 0.0011, lysine 0.0012, manganese 3e-05, methionine 0.00036, phenylalanine 0.00056, starch nan, sugar 0.12, threonine 0.00054, tryptophan 0.00015, valine 0.00069, vitamin D 3e-07, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Turkey sausage:

Turkey sausage contains calcium 0.032, calories 235, carbs 1.6, cholesterol 0.16, copper 0.00011, fat 18.0, fiber 0.0, folate 4e-06, iron 0.0011, magnesium 0.016, monounsaturated fat 5.2, net carbs 1.6, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.155, polyunsaturated fat 4.7, potassium 0.229, protein 15.0, saturated fat 3.8, selenium 0.0, sodium 0.639, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1

Bratwurst:

Kielbasa:

Scrapple:

Meatball:

Meatball contains calcium 0.08, calories 286, carbs 8.1, cholesterol 0.066, copper 0.00012, fat 22.0, fiber 2.3, folate 3.6e-05, iron 0.0018, magnesium 0.031, monounsaturated fat 9.2, net carbs 5.8, omega-3 DHA 0.0, omega-3 DPA 0.01, omega-3 EPA 0.01, phosphorus 0.239, polyunsaturated fat 3.3, potassium 0.296, protein 14.0, saturated fat 7.6, selenium 1.5e-05, sodium 0.666, trans fat 0.58, vitamin A (IU) 73.0, vitamin A RAE 2.2e-05, vitamin B1 0.00014, vitamin B12 1e-06, vitamin B2 0.00023, vitamin B3 0.0031, vitamin B5 0.00092, vitamin B6 0.0002, vitamin C 0.0, zinc 0.0017, choline 0.045, fructose 0.21, histidine nan, isoleucine nan, leucine nan, lysine nan,

manganese 0.00028, methionine nan, phenylalanine nan, starch 2.3, sugar 3.5, threonine nan, tryptophan nan, valine nan, vitamin D 1e-07, vitamin E 0.00042, vitamin K 8.2e-06, omega-3 ALA 0.16, omega-6 eicosadienoic acid 0.07, omega-6 gamma-linoleic acid 0.01, omega-3 eicosatrienoic acid 0.01, omega-6 dihomo-gamma-linoleic acid 0.02, omega-6 linoleic acid 2.8, omega-6 arachidonic acid nan.

Pork belly:

Pork belly contains calcium 0.005, calories 518, carbs 0.0, cholesterol 0.072, copper 5e-05, fat 53.0, fiber 0.0, folate 1e-06, iron 0.00052, magnesium 0.004, monounsaturated fat 25.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.108, polyunsaturated fat 5.7, potassium 0.185, protein 9.3, saturated fat 19.0, selenium 8e-06, sodium 0.032, trans fat nan, vitamin A (IU) 10.0, vitamin A RAE 3e-06, vitamin B1 0.0004, vitamin B12 8.4e-07, vitamin B2 0.00024, vitamin B3 0.0046, vitamin B5 0.00026, vitamin B6 0.00013, vitamin C 0.0003, zinc 0.001, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 1e-05, methionine nan, phenylalanine nan, starch nan, sugar 0.0, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E 0.00039, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pork leg:

Pork leg contains calcium 0.005, calories 245, carbs 0.0, cholesterol 0.073, copper 7e-05, fat 19.0, fiber 0.0, folate 7e-06, iron 0.00085, magnesium 0.02, monounsaturated fat 8.4, net carbs 0.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.199, polyunsaturated fat 2.0, potassium 0.315, protein 17.0, saturated fat 6.5, selenium 2.9e-05, sodium 0.047, trans fat nan, vitamin A (IU) 7.0, vitamin A RAE 0.0, vitamin B1 0.00074, vitamin B12 6.3e-07, vitamin B2 0.0002, vitamin B3 0.0046, vitamin B5 0.00069, vitamin B6 0.0004, vitamin C 0.0007, zinc 0.0019, choline nan, fructose nan, histidine 0.00066, isoleucine 0.00079, leucine 0.0014, lysine 0.0016, manganese 2e-05, methionine 0.00044, phenylalanine 0.00069, starch nan, sugar nan, threonine 0.00078, tryptophan 0.00021, valine 0.00093, vitamin D 5e-07, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pork loin:

Pork loin contains calcium 0.018, calories 198, carbs 0.0, cholesterol 0.063, copper 6e-05, fat 13.0, fiber 0.0, folate 1e-06, iron 0.00079, magnesium 0.021, monounsaturated fat 5.6, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.197, polyunsaturated fat 1.3, potassium 0.356, protein 20.0, saturated fat 4.4, selenium 3.3e-05, sodium 0.05, trans fat nan, vitamin A (IU) 7.0, vitamin A RAE 2e-06, vitamin B1 0.0009, vitamin B12 5.3e-07, vitamin B2 0.00025, vitamin B3 0.0046, vitamin B5 0.00072, vitamin B6 0.00047, vitamin C 0.0006, zinc 0.0017, choline 0.07, fructose nan, histidine 0.00077, isoleucine 0.00091, leucine 0.0016, lysine 0.0018, manganese 1e-05, methionine 0.00051, phenylalanine 0.00079, starch nan, sugar 0.0, threonine 0.00089, tryptophan 0.00024, valine 0.0011, vitamin D 5e-07, vitamin E 0.00021, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pork:

Pork contains calcium 0.019, calories 242, carbs 0.0, cholesterol 0.08, copper 7e-05, fat 14.0, fiber 0.0, folate 5e-06, iron 0.00087, magnesium 0.028, monounsaturated fat 6.2, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.246, polyunsaturated fat 1.2, potassium 0.423, protein 27.0, saturated fat 5.2, selenium 4.5e-05, sodium 0.062, trans fat nan, vitamin A (IU) 7.0, vitamin A RAE 2e-06, vitamin B1 0.00088, vitamin B12 7e-07, vitamin B2 0.00032, vitamin B3 0.005, vitamin B5 0.0007, vitamin B6 0.00046, vitamin C 0.0006, zinc 0.0024, choline 0.094, fructose nan, histidine 0.0011, isoleucine 0.0013, leucine 0.0022, lysine 0.0024, manganese 1e-05, methionine 0.00071, phenylalanine 0.0011, starch nan, sugar 0.0, threonine 0.0012, tryptophan nan, valine nan, vitamin D 1e-07, vitamin E 0.00042, vitamin K 8.2e-06, omega-3 ALA 0.16, omega-6 eicosadienoic acid 0.07, omega-6 gamma-linoleic acid 0.01, omega-3 eicosatrienoic acid 0.01, omega-6 dihomo-gamma-linoleic acid 0.02, omega-6 linoleic acid 2.8, omega-6 arachidonic acid nan.

0.00034, valine 0.0015, vitamin D 1.3e-06, vitamin E 0.00029, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pork chop:

Pork chop contains calcium 0.056, calories 231, carbs 0.0, cholesterol 0.078, copper 0.00011, fat 14.0, fiber 0.0, folate 0.0, iron 0.00087, magnesium 0.02, monounsaturated fat 4.9, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.01, omega-3 EPA 0.0, phosphorus 0.241, polyunsaturated fat 1.9, potassium 0.315, protein 24.0, saturated fat 4.3, selenium 3.6e-05, sodium 0.074, trans fat 0.07, vitamin A (IU) 15.0, vitamin A RAE 4e-06, vitamin B1 0.00049, vitamin B12 6.6e-07, vitamin B2 0.00031, vitamin B3 0.0079, vitamin B5 0.0011, vitamin B6 0.00049, vitamin C 0.0, zinc 0.0032, choline 0.068, fructose nan, histidine 0.00097, isoleucine 0.0011, leucine 0.002, lysine 0.0021, manganese 1e-05, methionine 0.00065, phenylalanine 0.00099, starch nan, sugar 0.0, threonine 0.001, tryptophan 0.00028, valine 0.0012, vitamin D 1e-06, vitamin E 0.00021, vitamin K 0.0, omega-3 ALA 0.07, omega-6 eicosadienoic acid 0.07, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid 0.92, omega-6 arachidonic acid nan.

Pork shoulder:

Pork shoulder contains calcium 0.015, calories 236, carbs 0.0, cholesterol 0.071, copper 8e-05, fat 18.0, fiber 0.0, folate 5e-06, iron 0.0011, magnesium 0.018, monounsaturated fat 8.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.182, polyunsaturated fat 1.9, potassium 0.302, protein 17.0, saturated fat 6.2, selenium 2.6e-05, sodium 0.065, trans fat nan, vitamin A (IU) 7.0, vitamin A RAE 2e-06, vitamin B1 0.00077, vitamin B12 7.4e-07, vitamin B2 0.00028, vitamin B3 0.0038, vitamin B5 0.00072, vitamin B6 0.00035, vitamin C 0.0007, zinc 0.0027, choline 0.061, fructose nan, histidine 0.00066, isoleucine 0.00078, leucine 0.0014, lysine 0.0015, manganese 1e-05, methionine 0.00044, phenylalanine 0.00068, starch nan, sugar 0.0, threonine 0.00077, tryptophan 0.00021, valine 0.00092, vitamin D 1.7e-06, vitamin E 0.00019, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pork spare ribs:

Pork spare ribs contains calcium 0.015, calories 277, carbs 0.0, cholesterol 0.08, copper 8e-05, fat 23.0, fiber 0.0, folate 0.0, iron 0.00091, magnesium 0.016, monounsaturated fat 8.5, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.141, polyunsaturated fat 4.0, potassium 0.242, protein 15.0, saturated fat 7.5, selenium 2.2e-05, sodium 0.081, trans fat 0.22, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00032, vitamin B12 3.8e-07, vitamin B2 0.00025, vitamin B3 0.0047, vitamin B5 0.00063, vitamin B6 0.00057, vitamin C 0.0, zinc 0.0025, choline 0.06, fructose nan, histidine 0.00067, isoleucine 0.00076, leucine 0.0013, lysine 0.0014, manganese 1e-05, methionine 0.00043, phenylalanine 0.00065, starch nan, sugar 0.0, threonine 0.0007, tryptophan 0.00016, valine 0.00081, vitamin D 2.3e-06, vitamin E 0.00037, vitamin K 0.0, omega-3 ALA 0.08, omega-6 eicosadienoic acid 0.08, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid 3.1, omega-6 arachidonic acid nan.

Pork jowl:

Pork jowl contains calcium 0.004, calories 655, carbs 0.0, cholesterol 0.09, copper 4e-05, fat 70.0, fiber 0.0, folate 1e-06, iron 0.00042, magnesium 0.003, monounsaturated fat 33.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.086, polyunsaturated fat 8.1, potassium 0.148, protein 6.4, saturated fat 25.0, selenium 1.5e-06, sodium 0.025, trans fat nan, vitamin A (IU) 9.0, vitamin A RAE 3e-06, vitamin B1 0.00039, vitamin B12 8.2e-07, vitamin B2 0.00024, vitamin B3 0.0045, vitamin B5 0.00025, vitamin B6 9e-05, vitamin C 0.0, zinc 0.00084, choline nan, fructose nan, histidine 7e-05, isoleucine 0.00017, leucine 0.00045, lysine 0.00053, manganese 1e-05, methionine 0.0001, phenylalanine 0.00024, starch nan, sugar 0.0, threonine 0.00021, tryptophan 2e-05, valine 0.00031, vitamin D nan, vitamin E 0.00029, vitamin K nan, omega-3 ALA nan, omega-6

eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihydro-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Liver:

Liver contains calcium 0.01, calories 165, carbs 3.8, cholesterol 0.355, copper 0.00063, fat 4.4, fiber 0.0, folate 0.000163, iron 0.018, magnesium 0.014, monounsaturated fat 0.63, net carbs 3.8, omega-3 DHA 0.03, omega-3 DPA 0.04, omega-3 EPA 0.0, phosphorus 0.241, polyunsaturated fat 1.1, potassium 0.15, protein 26.0, saturated fat 1.4, selenium 6.8e-05, sodium 0.049, trans fat nan, vitamin A (IU) 17997.0, vitamin A RAE 0.005405, vitamin B1 0.00026, vitamin B12 1.9e-05, vitamin B2 0.0022, vitamin B3 0.0084, vitamin B5 0.0048, vitamin B6 0.00057, vitamin C 0.024, zinc 0.0067, choline nan, fructose nan, histidine 0.00071, isoleucine 0.0013, leucine 0.0023, lysine 0.002, manganese 0.0003, methionine 0.00065, phenylalanine 0.0013, starch nan, sugar nan, threonine 0.0011, tryptophan 0.00037, valine 0.0016, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihydro-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Ham:

Ham contains calcium 0.008, calories 145, carbs 1.5, cholesterol 0.053, copper 8e-05, fat 5.5, fiber 0.0, folate 3e-06, iron 0.0015, magnesium 0.014, monounsaturated fat 2.6, net carbs 1.5, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.196, polyunsaturated fat 0.54, potassium 0.287, protein 21.0, saturated fat 1.8, selenium 2e-05, sodium 1.203, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00075, vitamin B12 6.5e-07, vitamin B2 0.0002, vitamin B3 0.004, vitamin B5 0.0004, vitamin B6 0.0004, vitamin C 0.0, zinc 0.0029, choline 0.085, fructose nan, histidine 0.00075, isoleucine 0.00092, leucine 0.0017, lysine 0.0018, manganese 5e-05, methionine 0.00055, phenylalanine 0.0009, starch nan, sugar 0.0, threonine 0.00093, tryptophan 0.00025, valine 0.00091, vitamin D 8e-07, vitamin E 0.00025, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihydro-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pork bacon:

Pork bacon contains calcium 0.01, calories 548, carbs 1.4, cholesterol 0.107, copper 0.00018, fat 43.0, fiber 0.0, folate 2e-06, iron 0.0015, magnesium 0.03, monounsaturated fat 19.0, net carbs 1.4, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.506, polyunsaturated fat 4.9, potassium 0.539, protein 36.0, saturated fat 14.0, selenium 5.9e-05, sodium 2.193, trans fat 0.0, vitamin A (IU) 37.0, vitamin A RAE 1.1e-05, vitamin B1 0.00035, vitamin B12 1.2e-06, vitamin B2 0.00025, vitamin B3 0.011, vitamin B5 0.001, vitamin B6 0.00031, vitamin C 0.0, zinc 0.0034, choline 0.119, fructose nan, histidine 0.0013, isoleucine 0.0017, leucine 0.0028, lysine 0.003, manganese 2e-05, methionine 0.0008, phenylalanine 0.0014, starch nan, sugar 0.0, threonine 0.0014, tryptophan 0.0003, valine 0.0019, vitamin D nan, vitamin E 0.00032, vitamin K 1e-07, omega-3 ALA 0.21, omega-6 eicosadienoic acid 0.2, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihydro-gamma-linoleic acid nan, omega-6 linoleic acid 4.1, omega-6 arachidonic acid nan.

Pork hock:

Pork hock contains calcium 0.019, calories 171, carbs 0.0, cholesterol 0.089, copper 8e-05, fat 11.0, fiber 0.0, folate 1e-06, iron 0.0011, magnesium 0.006, monounsaturated fat 5.1, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.06, polyunsaturated fat 1.2, potassium 0.047, protein 19.0, saturated fat 3.2, selenium 2.6e-05, sodium 1.05, trans fat 0.11, vitamin A (IU) 76.0, vitamin A RAE 2.3e-05, vitamin B1 8e-05, vitamin B12 5.1e-07, vitamin B2 7e-05, vitamin B3 0.0011, vitamin B5 0.00034, vitamin B6 6e-05, vitamin C 0.0, zinc 0.0024, choline nan, fructose 0.0, histidine 0.00021, isoleucine 0.00033, leucine 0.00084, lysine 0.00082, manganese 2e-05, methionine 0.00021, phenylalanine 0.00055, starch nan, sugar 0.0, threonine 0.00052, tryptophan 4e-05, valine 0.00048, vitamin D nan, vitamin E 0.00017, vitamin K 0.0, omega-3 ALA 0.04, omega-6 eicosadienoic acid 0.05, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6

dihomo-gamma-linoleic acid nan, omega-6 linoleic acid 0.99, omega-6 arachidonic acid nan.

Canadian bacon:

Canadian bacon contains calcium 0.007, calories 146, carbs 1.8, cholesterol 0.067, copper 6e-05, fat 2.8, fiber 0.0, folate 4e-06, iron 0.00056, magnesium 0.027, monounsaturated fat 1.3, net carbs 1.8, omega-3 DHA 0.0, omega-3 DPA 0.01, omega-3 EPA 0.0, phosphorus 0.309, polyunsaturated fat 0.49, potassium 0.999, protein 28.0, saturated fat 1.0, selenium 5e-05, sodium 0.993, trans fat 0.01, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00067, vitamin B12 4.3e-07, vitamin B2 0.00019, vitamin B3 0.01, vitamin B5 0.00072, vitamin B6 0.00028, vitamin C 0.0, zinc 0.0017, choline 0.105, fructose 0.0, histidine 0.0011, isoleucine 0.0013, leucine 0.0023, lysine 0.0025, manganese 2e-05, methionine 0.00076, phenylalanine 0.0012, starch nan, sugar 1.2, threonine 0.0012, tryptophan 0.00033, valine 0.0014, vitamin D 2e-07, vitamin E 0.00041, vitamin K 2e-07, omega-3 ALA 0.01, omega-6 eicosadienoic acid 0.01, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.0, omega-6 dihomogamma-linoleic acid 0.01, omega-6 linoleic acid 0.36, omega-6 arachidonic acid nan.

Short ribs:

Short ribs contains calcium 0.012, calories 471, carbs 0.0, cholesterol 0.094, copper 0.0001, fat 42.0, fiber 0.0, folate 5e-06, iron 0.0023, magnesium 0.015, monounsaturated fat 19.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.02, omega-3 EPA 0.0, phosphorus 0.162, polyunsaturated fat 1.5, potassium 0.224, protein 22.0, saturated fat 18.0, selenium 2.1e-05, sodium 0.05, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 5e-05, vitamin B12 2.6e-06, vitamin B2 0.00015, vitamin B3 0.0025, vitamin B5 0.00025, vitamin B6 0.00022, vitamin C 0.0, zinc 0.0049, choline 0.082, fructose nan, histidine 0.00069, isoleucine 0.00098, leucine 0.0017, lysine 0.0018, manganese 1e-05, methionine 0.00056, phenylalanine 0.00085, starch nan, sugar 0.0, threonine 0.00086, tryptophan 0.00014, valine 0.0011, vitamin D 7e-07, vitamin E 0.00029, vitamin K 2.4e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Beef shank:

Beef shank contains calcium 0.032, calories 201, carbs 0.0, cholesterol 0.078, copper 0.00017, fat 6.4, fiber 0.0, folate 1e-05, iron 0.0039, magnesium 0.03, monounsaturated fat 2.9, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.263, polyunsaturated fat 0.21, potassium 0.447, protein 34.0, saturated fat 2.3, selenium 3e-05, sodium 0.064, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00014, vitamin B12 3.8e-06, vitamin B2 0.00021, vitamin B3 0.0059, vitamin B5 0.00041, vitamin B6 0.00037, vitamin C 0.0, zinc 0.01, choline nan, fructose nan, histidine 0.0012, isoleucine 0.0015, leucine 0.0027, lysine 0.0028, manganese 2e-05, methionine 0.00086, phenylalanine 0.0013, starch nan, sugar nan, threonine 0.0015, tryptophan 0.00038, valine 0.0016, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

T bone steak:

T bone steak contains calcium 0.019, calories 217, carbs 0.0, cholesterol 0.081, copper 8e-05, fat 11.0, fiber 0.0, folate 7e-06, iron 0.0036, magnesium 0.02, monounsaturated fat 5.2, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.01, omega-3 EPA 0.0, phosphorus 0.21, polyunsaturated fat 0.58, potassium 0.28, protein 27.0, saturated fat 4.6, selenium 3e-05, sodium 0.068, trans fat 0.6, vitamin A (IU) 5.0, vitamin A RAE 1e-06, vitamin B1 6e-05, vitamin B12 1.9e-06, vitamin B2 0.00027, vitamin B3 0.0063, vitamin B5 0.00031, vitamin B6 0.00076, vitamin C 0.0, zinc 0.0047, choline 0.066, fructose nan, histidine 0.0011, isoleucine 0.0013, leucine 0.0025, lysine 0.0027, manganese 0.0, methionine 0.00076, phenylalanine 0.0011, starch nan, sugar 0.0, threonine 0.0013, tryptophan 0.00033, valine 0.0014, vitamin D 1e-07, vitamin E 0.00014, vitamin K 1.5e-06, omega-3 ALA 0.02, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid 0.02, omega-6 linoleic acid 0.37, omega-6 arachidonic acid nan.

Beef Liver:

Beef Liver contains calcium 0.006, calories 191, carbs 5.1, cholesterol 0.396, copper 0.014, fat 5.3, fiber 0.0, folate 0.000253, iron 0.0065, magnesium 0.021, monounsaturated fat 1.1, net carbs 5.1, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.497, polyunsaturated fat 1.1, potassium 0.352, protein 29.0, saturated fat 2.9, selenium 3.6e-05, sodium 0.079, trans fat 0.37, vitamin A (IU) 31714.0, vitamin A RAE 0.009442, vitamin B1 0.00019, vitamin B12 7.1e-05, vitamin B2 0.0034, vitamin B3 0.018, vitamin B5 0.0071, vitamin B6 0.001, vitamin C 0.0019, zinc 0.0053, choline 0.426, fructose nan, histidine 0.00088, isoleucine 0.0014, leucine 0.0027, lysine 0.0022, manganese 0.00036, methionine 0.00076, phenylalanine 0.0015, starch nan, sugar 0.0, threonine 0.0012, tryptophan 0.00037, valine 0.0018, vitamin D 1.2e-06, vitamin E 0.00051, vitamin K 3.3e-06, omega-3 ALA 0.02, omega-6 eicosadienoic acid 0.01, omega-6 gamma-linoleic acid 0.03, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid 0.66, omega-6 arachidonic acid nan.

Corned beef:

Corned beef contains calcium 0.008, calories 251, carbs 0.47, cholesterol 0.098, copper 0.00015, fat 19.0, fiber 0.0, folate 6e-06, iron 0.0019, magnesium 0.012, monounsaturated fat 9.2, net carbs 0.47, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.125, polyunsaturated fat 0.67, potassium 0.145, protein 18.0, saturated fat 6.3, selenium 3.3e-05, sodium 0.973, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 3e-05, vitamin B12 1.6e-06, vitamin B2 0.00017, vitamin B3 0.003, vitamin B5 0.00042, vitamin B6 0.00023, vitamin C 0.0, zinc 0.0046, choline 0.069, fructose nan, histidine 0.00058, isoleucine 0.00083, leucine 0.0014, lysine 0.0015, manganese 2e-05, methionine 0.00047, phenylalanine 0.00072, starch nan, sugar 0.0, threonine 0.00073, tryptophan 0.00012, valine 0.0009, vitamin D 1e-07, vitamin E 0.00016, vitamin K 1.5e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pastrami:

Pastrami contains calcium 0.01, calories 147, carbs 0.36, cholesterol 0.068, copper 9e-05, fat 5.8, fiber 0.0, folate 6e-06, iron 0.0022, magnesium 0.017, monounsaturated fat 2.1, net carbs 0.36, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.175, polyunsaturated fat 0.15, potassium 0.21, protein 22.0, saturated fat 2.7, selenium 1.8e-05, sodium 1.078, trans fat nan, vitamin A (IU) 42.0, vitamin A RAE 2e-06, vitamin B1 5e-05, vitamin B12 1.9e-06, vitamin B2 0.00016, vitamin B3 0.0043, vitamin B5 0.00027, vitamin B6 0.00022, vitamin C 0.0003, zinc 0.005, choline 0.082, fructose 0.01, histidine 0.00068, isoleucine 0.00098, leucine 0.0017, lysine 0.0018, manganese 3e-05, methionine 0.00056, phenylalanine 0.00085, starch nan, sugar 0.1, threonine 0.00086, tryptophan 0.00014, valine 0.0011, vitamin D 1e-07, vitamin E 0.00012, vitamin K 7e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pot roast:

Pot roast contains calcium 0.016, calories 297, carbs 0.0, cholesterol 0.116, copper 0.0001, fat 19.0, fiber 0.0, folate 9e-06, iron 0.0024, magnesium 0.019, monounsaturated fat 8.2, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.174, polyunsaturated fat 0.71, potassium 0.231, protein 29.0, saturated fat 7.5, selenium 2.7e-05, sodium 0.047, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 6e-05, vitamin B12 2.1e-06, vitamin B2 0.00017, vitamin B3 0.0041, vitamin B5 0.00057, vitamin B6 0.00028, vitamin C 0.0, zinc 0.0067, choline 0.11, fructose nan, histidine 0.00092, isoleucine 0.0013, leucine 0.0023, lysine 0.0024, manganese 1e-05, methionine 0.00075, phenylalanine 0.0011, starch nan, sugar 0.0, threonine 0.0012, tryptophan 0.00019, valine 0.0014, vitamin D 2e-07, vitamin E 0.00051, vitamin K 1.8e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Beef ribs:

Beef ribs contains calcium 0.01, calories 372, carbs 0.0, cholesterol 0.085, copper 9e-05, fat 30.0, fiber 0.0, folate 7e-06, iron 0.0023, magnesium 0.02, monounsaturated fat 13.0, net carbs 0.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.172, polyunsaturated fat 1.1, potassium 0.29, protein 23.0, saturated fat 12.0, selenium 2.1e-05, sodium 0.064, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 7e-05, vitamin B12 2.3e-06, vitamin B2 0.00019, vitamin B3 0.0036, vitamin B5 0.00037, vitamin B6 0.00023, vitamin C 0.0, zinc 0.0058, choline nan, fructose nan, histidine 0.00078, isoleucine 0.001, leucine 0.0018, lysine 0.0019, manganese 1e-05, methionine 0.00058, phenylalanine 0.00089, starch nan, sugar nan, threonine 0.001, tryptophan 0.00026, valine 0.0011, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Beef sirloin:

Beef sirloin contains calcium 0.022, calories 177, carbs 0.0, cholesterol 0.081, copper 9e-05, fat 5.0, fiber 0.0, folate 1e-05, iron 0.0019, magnesium 0.027, monounsaturated fat 2.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.253, polyunsaturated fat 0.19, potassium 0.41, protein 31.0, saturated fat 1.9, selenium 3.9e-05, sodium 0.066, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 9e-05, vitamin B12 1.5e-06, vitamin B2 0.00016, vitamin B3 0.009, vitamin B5 0.00061, vitamin B6 0.00068, vitamin C 0.0, zinc 0.0057, choline 0.117, fructose nan, histidine 0.00098, isoleucine 0.0014, leucine 0.0025, lysine 0.0026, manganese 1e-05, methionine 0.0008, phenylalanine 0.0012, starch nan, sugar 0.0, threonine 0.0012, tryptophan 0.0002, valine 0.0015, vitamin D nan, vitamin E 0.00039, vitamin K 1.4e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Porterhouse steak:

Porterhouse steak contains calcium 0.007, calories 276, carbs 0.0, cholesterol 0.067, copper 0.00013, fat 19.0, fiber 0.0, folate 7e-06, iron 0.0029, magnesium 0.022, monounsaturated fat 8.7, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.193, polyunsaturated fat 0.69, potassium 0.299, protein 24.0, saturated fat 7.3, selenium 2e-05, sodium 0.065, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0001, vitamin B12 2.2e-06, vitamin B2 0.00023, vitamin B3 0.0042, vitamin B5 0.00031, vitamin B6 0.00037, vitamin C 0.0, zinc 0.0046, choline 0.091, fructose nan, histidine 0.00078, isoleucine 0.0012, leucine 0.0021, lysine 0.0022, manganese 2e-05, methionine 0.00068, phenylalanine 0.001, starch nan, sugar 0.0, threonine 0.0011, tryptophan 0.00026, valine 0.0013, vitamin D nan, vitamin E 0.00018, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Ground beef:

Ground beef contains calcium 0.033, calories 241, carbs 0.0, cholesterol 0.088, copper 8e-05, fat 15.0, fiber 0.0, folate 7e-06, iron 0.0023, magnesium 0.017, monounsaturated fat 7.3, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.166, polyunsaturated fat 0.41, potassium 0.241, protein 24.0, saturated fat 6.1, selenium 1.9e-05, sodium 0.073, trans fat 1.2, vitamin A (IU) 9.0, vitamin A RAE 3e-06, vitamin B1 5e-05, vitamin B12 2.5e-06, vitamin B2 0.00017, vitamin B3 0.004, vitamin B5 0.00051, vitamin B6 0.00031, vitamin C 0.0, zinc 0.0058, choline 0.073, fructose nan, histidine 0.00078, isoleucine 0.0011, leucine 0.0019, lysine 0.002, manganese 1e-05, methionine 0.00061, phenylalanine 0.00093, starch nan, sugar 0.0, threonine 0.00092, tryptophan 0.00012, valine 0.0012, vitamin D 0.0, vitamin E 0.00012, vitamin K 2.9e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid 0.01, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Brisket:

Brisket contains calcium 0.016, calories 289, carbs 0.0, cholesterol 0.106, copper 0.0001, fat 18.0, fiber 0.0, folate

9e-06, iron 0.0024, magnesium 0.019, monounsaturated fat 7.9, net carbs 0.0, omega-3 DHA 0.0, omega-3 EPA 0.0, phosphorus 0.175, polyunsaturated fat 0.68, potassium 0.232, protein 29.0, saturated fat 7.3, selenium 2.7e-05, sodium 0.048, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 6e-05, vitamin B12 2.1e-06, vitamin B2 0.00017, vitamin B3 0.0041, vitamin B5 0.00057, vitamin B6 0.00028, vitamin C 0.0067, choline 0.11, fructose nan, histidine 0.00088, isoleucine 0.0013, leucine 0.0022, lysine 0.0023, methionine 1e-05, methionine 0.00072, phenylalanine 0.0011, starch nan, sugar 0.0, threonine 0.0011, tryptophan 0.0014, valine 0.0014, vitamin D nan, vitamin E 0.00051, vitamin K 1.8e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Beefsteak:

Beefsteak contains calcium 0.022, calories 250, carbs 0.0, cholesterol 0.079, copper 7e-05, fat 15.0, fiber 0.0, folate 8e-06, iron 0.0016, magnesium 0.023, monounsaturated fat 6.3, net carbs 0.0, omega-3 DHA 0.0, omega-3 EPA 0.0, phosphorus 0.213, polyunsaturated fat 0.56, potassium 0.34, protein 27.0, saturated fat 6.0, selenium 2.9e-05, sodium 0.057, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 8e-05, vitamin B12 1.4e-06, vitamin B2 0.00014, vitamin B3 0.007, vitamin B5 0.00053, vitamin B6 0.00059, vitamin C 0.0, zinc 0.0049, choline 0.102, fructose nan, histidine 0.00084, isoleucine 0.0012, leucine 0.0021, lysine 0.0022, manganese 1e-05, methionine 0.00069, phenylalanine 0.001, starch nan, sugar 0.0, threonine 0.0011, tryptophan 0.00017, valine 0.0013, vitamin D nan, vitamin E 0.00045, vitamin K 1.6e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Beef tenderloin:

Beef tenderloin contains calcium 0.009, calories 324, carbs 0.0, cholesterol 0.085, copper 0.00012, fat 25.0, fiber 0.0, folate 8e-06, iron 0.0031, magnesium 0.022, monounsaturated fat 10.0, net carbs 0.0, omega-3 DHA nan, omega-3 EPA nan, omega-3 DPA nan, phosphorus 0.203, polyunsaturated fat 1.0, potassium 0.331, protein 24.0, saturated fat 9.7, selenium 2.3e-05, sodium 0.057, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 9e-05, vitamin B12 2.5e-06, vitamin B2 0.00026, vitamin B3 0.003, vitamin B5 0.00025, vitamin B6 0.00025, vitamin C 0.0, zinc 0.004, choline 0.091, fructose nan, histidine 0.00082, isoleucine 0.0011, leucine 0.0019, lysine 0.002, manganese 1e-05, methionine 0.00061, phenylalanine 0.00093, starch nan, sugar 0.0, threonine 0.001, tryptophan 0.00027, valine 0.0012, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Flank steak:

Flank steak contains calcium 0.02, calories 192, carbs 0.0, cholesterol 0.079, copper 8e-05, fat 8.2, fiber 0.0, folate 9e-06, iron 0.0017, magnesium 0.023, monounsaturated fat 3.3, net carbs 0.0, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 DPA 0.0, phosphorus 0.21, polyunsaturated fat 0.32, potassium 0.339, protein 28.0, saturated fat 3.4, selenium 2.9e-05, sodium 0.056, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 8e-05, vitamin B12 1.6e-06, vitamin B2 0.00013, vitamin B3 0.0074, vitamin B5 0.00055, vitamin B6 0.00058, vitamin C 0.0, zinc 0.0049, choline 0.105, fructose nan, histidine 0.00088, isoleucine 0.0013, leucine 0.0022, lysine 0.0023, manganese 1e-05, methionine 0.00072, phenylalanine 0.0011, starch nan, sugar 0.0, threonine 0.0011, tryptophan 0.00018, valine 0.0014, vitamin D nan, vitamin E 0.00038, vitamin K 1.4e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Lamb:

Lamb contains calcium 0.017, calories 294, carbs 0.0, cholesterol 0.097, copper 0.00012, fat 21.0, fiber 0.0, folate 1.8e-05, iron 0.0019, magnesium 0.023, monounsaturated fat 8.8, net carbs 0.0, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 DPA 0.0, phosphorus 0.213, polyunsaturated fat 0.56, potassium 0.34, protein 27.0, saturated fat 6.0, selenium 2.9e-05, sodium 0.057, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 8e-05, vitamin B12 1.4e-06, vitamin B2 0.00014, vitamin B3 0.007, vitamin B5 0.00053, vitamin B6 0.00059, vitamin C 0.0, zinc 0.0049, choline 0.102, fructose nan, histidine 0.00084, isoleucine 0.0012, leucine 0.0021, lysine 0.0022, manganese 1e-05, methionine 0.00069, phenylalanine 0.001, starch nan, sugar 0.0, threonine 0.0011, tryptophan 0.00017, valine 0.0013, vitamin D nan, vitamin E 0.00045, vitamin K 1.6e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

0.0, omega-3 EPA 0.0, phosphorus 0.188, polyunsaturated fat 1.5, potassium 0.31, protein 25.0, saturated fat 0.0, selenium 2.6e-05, sodium 0.072, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0001, vitamin B12 2.6e-06, vitamin B2 0.00025, vitamin B3 0.0067, vitamin B5 0.00066, vitamin B6 0.00013, vitamin C 0.0045, choline 0.094, fructose nan, histidine 0.00078, isoleucine 0.0012, leucine 0.0019, lysine 0.0022, manganese 2e-05, methionine 0.00063, phenylalanine 0.001, starch nan, sugar 0.0, threonine 0.0011, tryptophan 0.00029, valine 0.0013, vitamin D 1e-07, vitamin E 0.00014, vitamin K 4.6e-06, omega-3 ALA nan, omega-3 DHA nan, omega-3 EPA nan, omega-3 DPA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Lamb leg:

Lamb leg contains calcium 0.009, calories 230, carbs 0.0, cholesterol 0.069, copper 0.00011, fat 17.0, fiber 0.0, folate 1.9e-05, iron 0.0017, magnesium 0.023, monounsaturated fat 7.0, net carbs 0.0, omega-3 DHA nan, omega-3 EPA nan, omega-3 DPA nan, phosphorus 0.17, polyunsaturated fat 1.4, potassium 0.249, protein 18.0, saturated fat 7.4, selenium 2.1e-05, sodium 0.056, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00013, vitamin B12 2.5e-06, vitamin B2 0.00023, vitamin B3 0.0063, vitamin B5 0.00069, vitamin B6 0.00015, vitamin C 0.0, zinc 0.0033, choline nan, fructose nan, histidine 0.00057, isoleucine 0.00086, leucine 0.0014, lysine 0.0016, manganese 2e-05, methionine 0.00046, phenylalanine 0.00073, starch nan, sugar nan, threonine 0.00077, tryptophan 0.00021, valine 0.00097, vitamin D nan, vitamin E 0.00021, vitamin K nan, omega-3 ALA nan, omega-3 DHA nan, omega-3 EPA nan, omega-3 DPA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Lamb loin:

Lamb loin contains calcium 0.018, calories 309, carbs 0.0, cholesterol 0.095, copper 0.00012, fat 24.0, fiber 0.0, folate 1.9e-05, iron 0.0021, magnesium 0.023, monounsaturated fat 9.7, net carbs 0.0, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 DPA 0.0, phosphorus 0.18, polyunsaturated fat 1.9, potassium 0.246, protein 23.0, saturated fat 10.0, selenium 2.5e-05, sodium 0.064, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0001, vitamin B12 2.2e-06, vitamin B2 0.00024, vitamin B3 0.0071, vitamin B5 0.00065, vitamin B6 0.00011, vitamin C 0.0, zinc 0.0034, choline 0.088, fructose nan, histidine 0.00071, isoleucine 0.0011, leucine 0.0018, lysine 0.002, manganese 2e-05, methionine 0.00058, phenylalanine 0.00092, starch nan, sugar 0.0, threonine 0.00097, tryptophan 0.00026, valine 0.0012, vitamin D 1e-07, vitamin E 0.00011, vitamin K 4.7e-06, omega-3 ALA nan, omega-3 DHA nan, omega-3 EPA nan, omega-3 DPA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Lamb ribs:

Lamb ribs contains calcium 0.022, calories 359, carbs 0.0, cholesterol 0.097, copper 0.00012, fat 30.0, fiber 0.0, folate 1.5e-05, iron 0.0016, magnesium 0.02, monounsaturated fat 13.0, net carbs 0.0, omega-3 DHA nan, omega-3 EPA nan, omega-3 DPA nan, phosphorus 0.166, polyunsaturated fat 2.2, potassium 0.271, protein 21.0, saturated fat 13.0, selenium 2.2e-05, sodium 0.073, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 9e-05, vitamin B12 2.2e-06, vitamin B2 0.00021, vitamin B3 0.0068, vitamin B5 0.00063, vitamin B6 0.00011, vitamin C 0.0, zinc 0.0035, choline nan, fructose nan, histidine 0.00067, isoleucine 0.001, leucine 0.0016, lysine 0.0019, manganese 2e-05, methionine 0.00054, phenylalanine 0.00086, starch nan, sugar nan, threonine 0.0009, tryptophan 0.00025, valine 0.0011, vitamin D nan, vitamin E 0.0001, vitamin K nan, omega-3 ALA nan, omega-3 DHA nan, omega-3 EPA nan, omega-3 DPA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Lamb shoulder:

Lamb shoulder contains calcium 0.018, calories 279, carbs 0.0, cholesterol 0.092, copper 0.00011, fat 20.0, fiber 0.0, folate 2e-05, iron 0.002, magnesium 0.023, monounsaturated fat 8.3, net carbs 0.0, omega-3 DHA nan, omega-3 EPA nan, omega-3 DPA nan, phosphorus 0.183, polyunsaturated fat 1.6, potassium 0.259, protein 23.0, saturated fat 10.0, selenium 2.5e-05, sodium 0.064, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0001, vitamin B12 2.2e-06, vitamin B2 0.00024, vitamin B3 0.0071, vitamin B5 0.00065, vitamin B6 0.00011, vitamin C 0.0, zinc 0.0034, choline 0.088, fructose nan, histidine 0.00071, isoleucine 0.0011, leucine 0.0018, lysine 0.002, manganese 2e-05, methionine 0.00058, phenylalanine 0.00092, starch nan, sugar 0.0, threonine 0.00097, tryptophan 0.00026, valine 0.0012, vitamin D 1e-07, vitamin E 0.00011, vitamin K 4.7e-06, omega-3 ALA nan, omega-3 DHA nan, omega-3 EPA nan, omega-3 DPA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

saturated fat 8.7, selenium 2.5e-05, sodium 0.065, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 9e-05, vitamin B12 2.6e-06, vitamin B2 0.00025, vitamin B3 0.0067, vitamin B5 0.00071, vitamin B6 0.00001, vitamin C 0.0, zinc 0.0045, choline nan, fructose nan, histidine 0.00071, isoleucine 0.0011, leucine 0.0018, lysine 0.002, manganese 2e-05, methionine 0.00058, phenylalanine 0.00092, starch nan, sugar nan, threonine 0.00001, tryptophan 0.00026, valine 0.0012, vitamin D nan, vitamin E 0.00014, vitamin K nan, omega-3 ALA nan, omega-3 DHA nan, omega-3 EPA nan, omega-3 DPA nan, omega-3 gamma-linolenic acid nan, omega-3 eicosadienoic acid nan, omega-3 eicosatrienoic acid nan, omega-3 dihomo-gamma-linolenic acid nan, omega-3 linolenic acid nan, omega-3 arachidonic acid nan.

Veal:

Veal contains calcium 0.017, calories 172, carbs 0.0, cholesterol 0.103, copper 0.0001, fat 7.6, fiber 0.0, folate 1.1e-05, iron 0.00099, magnesium 0.024, monounsaturated fat 2.8, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.217, polyunsaturated fat 0.55, potassium 0.337, protein 24.0, saturated fat 3.0, selenium 1.4e-05, sodium 0.083, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 7e-05, vitamin B12 1.3e-06, vitamin B2 0.00027, vitamin B3 0.008, vitamin B5 0.0012, vitamin B6 0.00039, vitamin C 0.0, zinc 0.0039, choline 0.095, fructose nan, histidine 0.00089, isoleucine 0.0012, leucine 0.0019, lysine 0.002, manganese 4e-05, methionine 0.00057, phenylalanine 0.00098, starch nan, sugar 0.0, threonine 0.0011, tryptophan 0.00025, valine 0.0013, vitamin D 0.0, vitamin E 0.00015, vitamin K 1.2e-06, omega-3 ALA nan, omega-3 DHA nan, omega-3 EPA nan, omega-3 DPA nan, omega-3 gamma-linolenic acid nan, omega-3 eicosadienoic acid nan, omega-3 eicosatrienoic acid nan, omega-3 dihomo-gamma-linolenic acid nan, omega-3 linolenic acid nan, omega-3 arachidonic acid nan.

Game:

Game contains calcium 0.004, calories 150, carbs 0.0, cholesterol 0.126, copper 0.00021, fat 2.7, fiber 0.0, folate 9e-06, iron 0.0042, magnesium 0.028, monounsaturated fat 0.63, net carbs 0.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.21, polyunsaturated fat 0.58, potassium 0.372, protein 29.0, saturated fat 0.97, selenium 1.3e-05, sodium 0.054, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE nan, vitamin B1 0.00026, vitamin B12 nan, vitamin B2 0.00073, vitamin B3 nan, vitamin B5 nan, vitamin B6 nan, vitamin C 0.0, zinc 0.0017, choline nan, fructose nan, histidine 0.0014, isoleucine 0.0011, leucine 0.0025, lysine 0.0025, manganese 2e-05, methionine 0.00084, phenylalanine 0.0012, starch nan, sugar nan, threonine 0.0014, tryptophan nan, valine 0.0013, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-3 DHA nan, omega-3 EPA nan, omega-3 DPA nan, omega-3 gamma-linolenic acid nan, omega-3 eicosadienoic acid nan, omega-3 eicosatrienoic acid nan, omega-3 dihomo-gamma-linolenic acid nan, omega-3 linolenic acid nan, omega-3 arachidonic acid nan.

Bear meat:

Bear meat contains calcium 0.005, calories 259, carbs 0.0, cholesterol 0.098, copper 0.00015, fat 13.0, fiber 0.0, folate 6e-06, iron 0.011, magnesium 0.023, monounsaturated fat 5.7, net carbs 0.0, omega-3 DHA 0.04, omega-3 DPA 0.03, omega-3 EPA 0.0, phosphorus 0.17, polyunsaturated fat 2.4, potassium 0.263, protein 32.0, saturated fat 3.5, selenium 1.1e-05, sodium 0.071, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0001, vitamin B12 2.5e-06, vitamin B2 0.00082, vitamin B3 0.0034, vitamin B5 nan, vitamin B6 0.00029, vitamin C 0.0, zinc 0.01, choline 0.122, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 0.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.00049, vitamin K 1.8e-06, omega-3 ALA nan, omega-3 DHA nan, omega-3 EPA nan, omega-3 DPA nan, omega-3 gamma-linolenic acid nan, omega-3 eicosadienoic acid nan, omega-3 eicosatrienoic acid nan, omega-3 dihomo-gamma-linolenic acid nan, omega-3 linolenic acid nan, omega-3 arachidonic acid nan.

Bison meat:

Bison meat contains calcium 0.008, calories 143, carbs 0.0, cholesterol 0.082, copper 0.00011, fat 2.4, fiber 0.0, folate 8e-06, iron 0.0034, magnesium 0.026, monounsaturated fat 0.95, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.209, polyunsaturated fat 0.24, potassium 0.361, protein 28.0, saturated fat 0.91, selenium 3.6e-05, sodium 0.057, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0001,

vitamin B12 2.9e-06, vitamin B2 0.00027, vitamin B3 0.0037, vitamin B5 nan, vitamin B6 0.0004, vitamin C 0.0037, choline 0.115, fructose nan, histidine 0.00075, isoleucine 0.0012, leucine 0.0022, lysine 0.0022, manganese 1e-05, methionine 0.00067, phenylalanine 0.0011, starch nan, sugar 0.0, threonine 0.0012, tryptophan nan, valine 0.0013, vitamin D 0.0, vitamin E 0.00036, vitamin K 1.3e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Caribou meat:

Caribou meat contains calcium 0.022, calories 167, carbs 0.0, cholesterol 0.109, copper 0.00026, fat 4.4, fiber 0.0, folate 5e-06, iron 0.0062, magnesium 0.027, monounsaturated fat 1.3, net carbs 0.0, omega-3 DHA 0.06, omega-3 DPA 0.03, omega-3 EPA 0.0, phosphorus 0.233, polyunsaturated fat 0.62, potassium 0.31, protein 30.0, saturated fat 1.7, selenium 1.4e-05, sodium 0.06, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00025, vitamin B12 6.6e-06, vitamin B2 0.0009, vitamin B3 0.0058, vitamin B5 0.0027, vitamin B6 0.00032, vitamin C 0.003, zinc 0.0053, choline 0.123, fructose nan, histidine 0.0012, isoleucine 0.0013, leucine 0.0025, lysine 0.0027, manganese 9e-05, methionine 0.00067, phenylalanine 0.0013, starch nan, sugar 0.0, threonine 0.0013, tryptophan 0.00046, valine 0.0014, vitamin D 0.0, vitamin E 0.0004, vitamin K 1.4e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Goat:

Goat contains calcium 0.017, calories 143, carbs 0.0, cholesterol 0.075, copper 0.0003, fat 3.0, fiber 0.0, folate 5e-06, iron 0.0037, magnesium 0.0, monounsaturated fat 1.4, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.201, polyunsaturated fat 0.23, potassium 0.405, protein 27.0, saturated fat 0.93, selenium 1.2e-05, sodium 0.086, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 9e-05, vitamin B12 1.2e-06, vitamin B2 0.00061, vitamin B3 0.004, vitamin B5 nan, vitamin B6 0.0, vitamin C 0.0, zinc 0.0053, choline 0.106, fructose nan, histidine 0.00057, isoleucine 0.0014, leucine 0.0023, lysine 0.002, manganese 4e-05, methionine 0.00073, phenylalanine 0.00094, starch nan, sugar 0.0, threonine 0.0013, tryptophan 0.0004, valine 0.0015, vitamin D 0.0, vitamin E 0.00034, vitamin K 1.2e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Horse meat:

Horse meat contains calcium 0.008, calories 175, carbs 0.0, cholesterol 0.068, copper 0.00017, fat 6.1, fiber 0.0, folate nan, iron 0.005, magnesium 0.025, monounsaturated fat 2.1, net carbs 0.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.247, polyunsaturated fat 0.85, potassium 0.379, protein 28.0, saturated fat 1.9, selenium 1.4e-05, sodium 0.055, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0001, vitamin B12 3.2e-06, vitamin B2 0.00012, vitamin B3 0.0048, vitamin B5 nan, vitamin B6 0.00033, vitamin C 0.002, zinc 0.0038, choline nan, fructose nan, histidine 0.0011, isoleucine 0.0013, leucine 0.0022, lysine 0.0024, manganese 2e-05, methionine 0.00062, phenylalanine 0.0012, starch nan, sugar nan, threonine 0.0013, tryptophan 0.00035, valine 0.0015, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Rabbit Meat:

Rabbit Meat contains calcium 0.018, calories 173, carbs 0.0, cholesterol 0.123, copper 0.00018, fat 3.5, fiber 0.0, folate 8e-06, iron 0.0049, magnesium 0.031, monounsaturated fat 0.95, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.24, polyunsaturated fat 0.68, potassium 0.343, protein 33.0, saturated fat 1.1, selenium 1.5e-05, sodium 0.045, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 2e-05, vitamin B12 6.5e-06, vitamin B2 7e-05, vitamin B3 0.0064, vitamin B5 nan, vitamin B6 0.00034, vitamin C 0.0, zinc

0.0024, choline 0.13, fructose nan, histidine 0.00093, isoleucine 0.0016, leucine 0.0026, lysine 0.0029, ma nan, methionine 0.00083, phenylalanine 0.0014, starch nan, sugar 0.0, threonine 0.0015, tryptophan 0.000 valine 0.0017, vitamin D 0.0, vitamin E 0.00041, vitamin K 1.5e-06, omega-3 ALA nan, omega-6 eicosadie nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linolei nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Elk meat:

Elk meat contains calcium 0.005, calories 162, carbs 0.0, cholesterol 0.072, copper 0.00035, fat 3.4, fiber 0.0, folate 9e-06, iron 0.0041, magnesium 0.029, monounsaturated fat 0.97, net carbs 0.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.285, polyunsaturated fat 0.16, potassium 0.392, protein 31.0, saturated fat 1.3, selenium 1.1e-05, sodium 0.05, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00014, vitamin B12 3e-06, vitamin B2 0.00037, vitamin B3 0.0061, vitamin B5 0.0012, vitamin B6 0.00049, vitamin C 0.0, zinc 0.0041, choline nan, fructose nan, histidine 0.00095, isoleucine 0.0013, leucine 0.0023, lysine 0.0025, manganese 2e-05, methionine 0.00076, phenylalanine 0.0011, starch nan, sugar 0.0, threonine 0.0012, tryptophan 0.00028, valine 0.0014, vitamin D nan, vitamin E 0.00055, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Deer meat:

Deer meat contains calcium 0.005, calories 149, carbs 0.0, cholesterol 0.088, copper 0.00025, fat 2.4, fiber 0.0, folate 9e-06, iron 0.0043, magnesium 0.033, monounsaturated fat 0.55, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.299, polyunsaturated fat 0.13, potassium 0.434, protein 30.0, saturated fat 1.1, selenium 1.1e-05, sodium 0.057, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00026, vitamin B12 3.6e-06, vitamin B2 0.00056, vitamin B3 0.0088, vitamin B5 0.00086, vitamin B6 0.00061, vitamin C 0.0, zinc 0.004, choline nan, fructose nan, histidine 0.0009, isoleucine 0.0013, leucine 0.0023, lysine 0.0024, manganese 2e-05, methionine 0.0007, phenylalanine 0.0011, starch nan, sugar 0.0, threonine 0.0011, tryptophan 0.00027, valine 0.0015, vitamin D nan, vitamin E 0.00062, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chuck steak:

Chuck steak contains calcium 0.016, calories 277, carbs 0.0, cholesterol 0.087, copper 8e-05, fat 20.0, fiber 0.0, folate 6e-06, iron 0.0025, magnesium 0.022, monounsaturated fat 9.5, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.193, polyunsaturated fat 0.81, potassium 0.325, protein 25.0, saturated fat 8.7, selenium 2.8e-05, sodium 0.071, trans fat 1.3, vitamin A (IU) 25.0, vitamin A RAE 7e-06, vitamin B1 7e-05, vitamin B12 3e-06, vitamin B2 0.00019, vitamin B3 0.0047, vitamin B5 0.00075, vitamin B6 0.00037, vitamin C 0.0, zinc 0.0087, choline 0.079, fructose nan, histidine 0.00081, isoleucine 0.0011, leucine 0.002, lysine 0.0022, manganese 1e-05, methionine 0.00071, phenylalanine 0.00095, starch nan, sugar 0.0, threonine 0.0011, tryptophan 0.00028, valine 0.0011, vitamin D 1e-07, vitamin E 0.0001, vitamin K 1.6e-06, omega-3 ALA 0.04, omega-6 eicosadienoic acid 0.01, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid 0.62, omega-6 arachidonic acid nan.

Rib eye steak:

Rib eye steak contains calcium 0.011, calories 291, carbs 0.0, cholesterol 0.08, copper 8e-05, fat 22.0, fiber 0.0, folate 6e-06, iron 0.0022, magnesium 0.022, monounsaturated fat 11.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.01, omega-3 EPA 0.0, phosphorus 0.152, polyunsaturated fat 1.0, potassium 0.26, protein 24.0, saturated fat 9.7, selenium 3e-05, sodium 0.054, trans fat 1.5, vitamin A (IU) 25.0, vitamin A RAE 8e-06, vitamin B1 7e-05, vitamin B12 2.1e-06, vitamin B2 0.00029, vitamin B3 0.0049, vitamin B5 0.00054, vitamin B6 0.00048, vitamin C 0.0, zinc 0.0059, choline 0.049, fructose nan, histidine 0.00089, isoleucine 0.0011, leucine 0.002, lysine 0.0023,

manganese 8e-05, methionine 0.00064, phenylalanine 0.00095, starch nan, sugar 0.0, threonine 0.0011, tryptophan 0.00027, valine 0.0012, vitamin D 2e-07, vitamin E 0.0001, vitamin K 1.6e-06, omega-3 ALA 0.0, omega-6 eicosadienoic acid 0.01, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid 0.02, omega-6 linoleic acid 0.7, omega-6 arachidonic acid nan.

Steak:

Steak contains calcium 0.012, calories 271, carbs 0.0, cholesterol 0.078, copper 9e-05, fat 19.0, fiber 0.0, folate 6e-06, iron 0.0024, magnesium 0.023, monounsaturated fat 9.2, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.01, omega-3 EPA 0.0, phosphorus 0.163, polyunsaturated fat 0.9, potassium 0.279, protein 25.0, saturated fat 8.4, selenium 3.2e-05, sodium 0.058, trans fat nan, vitamin A (IU) 25.0, vitamin A RAE 7e-06, vitamin B1 7e-05, vitamin B12 2.2e-06, vitamin B2 0.0003, vitamin B3 0.0051, vitamin B5 nan, vitamin B6 0.0005, vitamin C 0.0, zinc 0.0063, choline nan, fructose nan, histidine 0.00093, isoleucine 0.0012, leucine 0.0021, lysine 0.0024, manganese nan, methionine 0.00067, phenylalanine 0.001, starch nan, sugar 0.0, threonine 0.0012, tryptophan 0.00028, valine 0.0012, vitamin D 1e-07, vitamin E nan, vitamin K 1.6e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Beef:

Beef contains calcium 0.013, calories 169, carbs 0.0, cholesterol 0.085, copper 0.0001, fat 6.5, fiber 0.0, folate 7e-06, iron 0.003, magnesium 0.014, monounsaturated fat 2.7, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.01, omega-3 EPA 0.0, phosphorus 0.259, polyunsaturated fat 0.53, potassium 0.352, protein 28.0, saturated fat 2.6, selenium 2.5e-05, sodium 0.054, trans fat 0.38, vitamin A (IU) 6.0, vitamin A RAE 2e-06, vitamin B1 7e-05, vitamin B12 4.2e-06, vitamin B2 0.0004, vitamin B3 0.0058, vitamin B5 0.00048, vitamin B6 0.00067, vitamin C 0.0, zinc 0.0037, choline 0.076, fructose nan, histidine 0.0012, isoleucine 0.0015, leucine 0.0028, lysine 0.0032, manganese 1e-05, methionine 0.00087, phenylalanine 0.0013, starch nan, sugar 0.0, threonine 0.0015, tryptophan 0.00036, valine 0.0016, vitamin D 1e-07, vitamin E 0.00025, vitamin K 1.6e-06, omega-3 ALA 0.01, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid 0.02, omega-6 linoleic acid 0.35, omega-6 arachidonic acid nan.

Mutton:

Mutton contains calcium 0.01, calories 234, carbs 0.08, cholesterol 0.109, copper 6e-05, fat 11.0, fiber nan, folate 0.0, iron 0.0048, magnesium 0.031, monounsaturated fat 4.5, net carbs 0.08, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.272, polyunsaturated fat 0.81, potassium 0.409, protein 33.0, saturated fat 5.1, selenium 3.8e-05, sodium 0.135, trans fat nan, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 6e-05, vitamin B12 4.4e-06, vitamin B2 0.0003, vitamin B3 0.0065, vitamin B5 0.0009, vitamin B6 0.00038, vitamin C nan, zinc 0.0059, choline 0.101, fructose nan, histidine 0.00098, isoleucine 0.0016, leucine 0.0028, lysine 0.003, manganese 3e-05, methionine 0.00092, phenylalanine 0.0014, starch nan, sugar nan, threonine 0.0014, tryptophan 0.00026, valine 0.0017, vitamin D nan, vitamin E 0.0008, vitamin K nan, omega-3 ALA 0.15, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.03, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Frog legs:

Frog legs contains calcium 0.018, calories 73, carbs 0.0, cholesterol 0.05, copper 0.00025, fat 0.3, fiber 0.0, folate 1.5e-05, iron 0.0015, magnesium 0.02, monounsaturated fat 0.05, net carbs 0.0, omega-3 DHA 0.02, omega-3 DPA 0.01, omega-3 EPA 0.01, phosphorus 0.147, polyunsaturated fat 0.1, potassium 0.285, protein 16.0, saturated fat 0.08, selenium 1.4e-05, sodium 0.058, trans fat nan, vitamin A (IU) 50.0, vitamin A RAE 1.5e-05, vitamin B1 0.00014, vitamin B12 4e-07, vitamin B2 0.00025, vitamin B3 0.0012, vitamin B5 nan, vitamin B6 0.00012, vitamin C 0.0, zinc 0.001, choline 0.065, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 0.0, threonine nan, tryptophan nan, valine nan, vitamin D

2e-07, vitamin E 0.001, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Allspice:

Allspice contains calcium 0.661, calories 263, carbs 72.0, cholesterol 0.0, copper 0.00055, fat 8.7, fiber 22.0, folate 3.6e-05, iron 0.0071, magnesium 0.135, monounsaturated fat 0.66, net carbs 51.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.113, polyunsaturated fat 2.4, potassium 1.044, protein 6.1, saturated fat 2.6, selenium 2.7e-06, sodium 0.077, trans fat 0.0, vitamin A (IU) 540.0, vitamin A RAE 2.7e-05, vitamin B1 0.0001, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.0029, vitamin B5 nan, vitamin B6 0.00021, vitamin C 0.039, zinc 0.001, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0029, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Star anise:

Star anise contains calcium 0.646, calories 337, carbs 50.0, cholesterol 0.0, copper 0.00091, fat 16.0, fiber 15.0, folate 1e-05, iron 0.037, magnesium 0.17, monounsaturated fat 9.8, net carbs 35.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.44, polyunsaturated fat 3.2, potassium 1.441, protein 18.0, saturated fat 0.59, selenium 5e-06, sodium 0.016, trans fat nan, vitamin A (IU) 311.0, vitamin A RAE 1.6e-05, vitamin B1 0.00034, vitamin B12 0.0, vitamin B2 0.00029, vitamin B3 0.0031, vitamin B5 0.0008, vitamin B6 0.00065, vitamin C 0.021, zinc 0.0053, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0023, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Bay leaf:

Bay leaf contains calcium 0.834, calories 313, carbs 75.0, cholesterol 0.0, copper 0.00042, fat 8.4, fiber 26.0, folate 0.00018, iron 0.043, magnesium 0.12, monounsaturated fat 1.6, net carbs 49.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.113, polyunsaturated fat 2.3, potassium 0.529, protein 7.6, saturated fat 2.3, selenium 2.8e-06, sodium 0.023, trans fat 0.0, vitamin A (IU) 6185.0, vitamin A RAE 0.000309, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 0.00042, vitamin B3 0.002, vitamin B5 nan, vitamin B6 0.0017, vitamin C 0.047, zinc 0.0037, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0082, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Caraway spice:

Caraway spice contains calcium 0.689, calories 333, carbs 50.0, cholesterol 0.0, copper 0.00091, fat 15.0, fiber 38.0, folate 1e-05, iron 0.016, magnesium 0.258, monounsaturated fat 7.1, net carbs 12.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.568, polyunsaturated fat 3.3, potassium 1.351, protein 20.0, saturated fat 0.62, selenium 1.2e-05, sodium 0.017, trans fat nan, vitamin A (IU) 363.0, vitamin A RAE 1.8e-05, vitamin B1 0.00038, vitamin B12 0.0, vitamin B2 0.00038, vitamin B3 0.0036, vitamin B5 nan, vitamin B6 0.00036, vitamin C 0.021, zinc 0.0055, choline 0.025, fructose nan, histidine 0.00055, isoleucine 0.00083, leucine 0.0012, lysine 0.001, manganese 0.0013, methionine 0.00036, phenylalanine 0.00087, starch nan, sugar 0.64, threonine 0.00076, tryptophan 0.00024, valine 0.001, vitamin D 0.0, vitamin E 0.0025, vitamin K 0.0, omega-3 ALA nan,

omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-3 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cardamom:

Cardamom contains calcium 0.383, calories 311, carbs 68.0, cholesterol 0.0, copper 0.00038, fat 6.7, fiber 28.0, folate nan, iron 0.014, magnesium 0.229, monounsaturated fat 0.87, net carbs 40.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.178, polyunsaturated fat 0.43, potassium 1.119, protein 11.0, saturated fat 0.68, selenium nan, sodium 0.018, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0002, vitamin B12 0.0, vitamin B2 0.00018, vitamin B3 0.0011, vitamin B5 nan, vitamin B6 0.00023, vitamin C 0.021, zinc 0.0075, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.028, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chili powder spice:

Chili powder spice contains calcium 0.33, calories 282, carbs 50.0, cholesterol 0.0, copper 0.001, fat 14.0, fiber 35.0, folate 2.8e-05, iron 0.017, magnesium 0.149, monounsaturated fat 3.2, net carbs 15.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.3, polyunsaturated fat 8.0, potassium 1.95, protein 13.0, saturated fat 2.5, selenium 2e-05, sodium 2.867, trans fat 0.0, vitamin A (IU) 29650.0, vitamin A RAE 0.001483, vitamin B1 0.00025, vitamin B12 0.0, vitamin B2 0.00094, vitamin B3 0.012, vitamin B5 0.00089, vitamin B6 0.0021, vitamin C 0.0007, zinc 0.0043, choline 0.067, fructose 4.3, histidine 0.00018, isoleucine 0.00039, leucine 0.00063, lysine 0.00036, manganese 0.0017, methionine 0.00013, phenylalanine 0.00037, starch nan, sugar 7.2, threonine 0.00027, tryptophan 7e-05, valine 0.00054, vitamin D 0.0, vitamin E 0.038, vitamin K 0.000106, omega-3 ALA 0.52, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.01, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cinnamon:

Cinnamon contains calcium 1.002, calories 247, carbs 81.0, cholesterol 0.0, copper 0.00034, fat 1.2, fiber 53.0, folate 6e-06, iron 0.0083, magnesium 0.06, monounsaturated fat 0.25, net carbs 27.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.064, polyunsaturated fat 0.07, potassium 0.431, protein 4.0, saturated fat 0.35, selenium 3.1e-06, sodium 0.01, trans fat 0.0, vitamin A (IU) 295.0, vitamin A RAE 1.5e-05, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 4e-05, vitamin B3 0.0013, vitamin B5 0.00036, vitamin B6 0.00016, vitamin C 0.0038, zinc 0.0018, choline 0.011, fructose 1.1, histidine 0.00012, isoleucine 0.00015, leucine 0.00025, lysine 0.00024, manganese 0.017, methionine 8e-05, phenylalanine 0.00015, starch nan, sugar 2.2, threonine 0.00014, tryptophan 5e-05, valine 0.00022, vitamin D 0.0, vitamin E 0.0023, vitamin K 3.1e-05, omega-3 ALA 0.01, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Ground cloves:

Ground cloves contains calcium 0.632, calories 274, carbs 66.0, cholesterol 0.0, copper 0.00037, fat 13.0, fiber 34.0, folate 2.5e-05, iron 0.012, magnesium 0.259, monounsaturated fat 1.4, net carbs 32.0, omega-3 DHA 0.0, omega-3 DPA 0.18, omega-3 EPA 0.01, phosphorus 0.104, polyunsaturated fat 3.6, potassium 1.02, protein 6.0, saturated fat 4.0, selenium 7.2e-06, sodium 0.277, trans fat 0.25, vitamin A (IU) 160.0, vitamin A RAE 8e-06, vitamin B1 0.00016, vitamin B12 0.0, vitamin B2 0.00022, vitamin B3 0.0016, vitamin B5 0.00051, vitamin B6 0.00039, vitamin C 0.0002, zinc 0.0023, choline 0.037, fructose 1.1, histidine 0.00013, isoleucine 0.00024, leucine 0.0004, lysine 0.00037, manganese 0.06, methionine 8e-05, phenylalanine 0.00023, starch nan, sugar 2.4, threonine 0.00018, tryptophan 3e-05, valine 0.00034, vitamin D 0.0, vitamin E 0.0088, vitamin K 0.000142, omega-3 ALA 0.59, omega-6 eicosadienoic acid 0.02, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan.

acid nan, omega-6 dihomo-gamma-linoleic acid 0.01, omega-6 linoleic acid 2.6, omega-6 arachidonic acid nan,

Coriander seeds:

Coriander seeds contains calcium 0.709, calories 298, carbs 55.0, cholesterol 0.0, copper 0.00098, fat 18.0, fiber 42.0, folate 0.0, iron 0.016, magnesium 0.33, monounsaturated fat 14.0, net carbs 13.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.409, polyunsaturated fat 1.8, potassium 1.267, protein 12.0, saturated fat 0.99, selenium 2.6e-05, sodium 0.035, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00024, vitamin B12 0.0, vitamin B2 0.00029, vitamin B3 0.0021, vitamin B5 nan, vitamin B6 nan, vitamin C 0.021, zinc 0.0047, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0019, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cumin:

Cumin contains calcium 0.931, calories 375, carbs 44.0, cholesterol 0.0, copper 0.00087, fat 22.0, fiber 11.0, folate 1e-05, iron 0.066, magnesium 0.366, monounsaturated fat 14.0, net carbs 34.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.499, polyunsaturated fat 3.3, potassium 1.788, protein 18.0, saturated fat 1.5, selenium 5.2e-06, sodium 0.168, trans fat nan, vitamin A (IU) 1270.0, vitamin A RAE 6.4e-05, vitamin B1 0.00063, vitamin B12 0.0, vitamin B2 0.00033, vitamin B3 0.0046, vitamin B5 nan, vitamin B6 0.00044, vitamin C 0.0077, zinc 0.0048, choline 0.025, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0033, methionine nan, phenylalanine nan, starch nan, sugar 2.3, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0033, vitamin K 5.4e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Curry powder:

Curry powder contains calcium 0.525, calories 325, carbs 56.0, cholesterol 0.0, copper 0.0012, fat 14.0, fiber 53.0, folate 5.6e-05, iron 0.019, magnesium 0.255, monounsaturated fat 8.8, net carbs 2.6, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.367, polyunsaturated fat 3.1, potassium 1.17, protein 14.0, saturated fat 1.6, selenium 4e-05, sodium 0.052, trans fat 0.0, vitamin A (IU) 19.0, vitamin A RAE 1e-06, vitamin B1 0.00018, vitamin B12 0.0, vitamin B2 0.0002, vitamin B3 0.0033, vitamin B5 0.0011, vitamin B6 0.00011, vitamin C 0.0007, zinc 0.0047, choline 0.064, fructose 0.79, histidine 0.00029, isoleucine 0.00063, leucine 0.00089, lysine 0.0007, manganese 0.0083, methionine 0.00019, phenylalanine 0.00058, starch nan, sugar 2.8, threonine 0.00035, tryptophan 0.00011, valine 0.00075, vitamin D 0.0, vitamin E 0.025, vitamin K 0.0001, omega-3 ALA 0.26, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.01, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Dill seeds:

Dill seeds contains calcium 1.516, calories 305, carbs 55.0, cholesterol 0.0, copper 0.00078, fat 15.0, fiber 21.0, folate 1e-05, iron 0.016, magnesium 0.256, monounsaturated fat 9.4, net carbs 34.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.277, polyunsaturated fat 1.0, potassium 1.186, protein 16.0, saturated fat 0.73, selenium 1.2e-05, sodium 0.02, trans fat nan, vitamin A (IU) 53.0, vitamin A RAE 3e-06, vitamin B1 0.00042, vitamin B12 0.0, vitamin B2 0.00028, vitamin B3 0.0028, vitamin B5 nan, vitamin B6 0.00025, vitamin C 0.021, zinc 0.0052, choline nan, fructose nan, histidine 0.00032, isoleucine 0.00077, leucine 0.00093, lysine 0.001, manganese 0.0018, methionine 0.00014, phenylalanine 0.00067, starch nan, sugar nan, threonine 0.00058, tryptophan nan, valine 0.0011, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Dried dill weed:

Dried dill weed contains calcium 1.784, calories 253, carbs 56.0, cholesterol 0.0, copper 0.00049, fat 4.4, fiber 14.0, folate nan, iron 0.049, magnesium 0.451, monounsaturated fat nan, net carbs 42.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.543, polyunsaturated fat nan, potassium 3.308, protein 20.0, saturated fat 0.23, selenium nan, sodium 0.208, trans fat 0.0, vitamin A (IU) 5850.0, vitamin A RAE 0.000293, vitamin B1 0.00042, vitamin B12 0.0, vitamin B2 0.00028, vitamin B3 0.0028, vitamin B5 nan, vitamin B6 0.0017, vitamin C 0.05, zinc 0.0033, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.004, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Fennel seeds:

Fennel seeds contains calcium 1.196, calories 345, carbs 52.0, cholesterol 0.0, copper 0.0011, fat 15.0, fiber 40.0, folate nan, iron 0.019, magnesium 0.385, monounsaturated fat 9.9, net carbs 12.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.487, polyunsaturated fat 1.7, potassium 1.694, protein 16.0, saturated fat 0.48, selenium nan, sodium 0.088, trans fat nan, vitamin A (IU) 135.0, vitamin A RAE 7e-06, vitamin B1 0.00041, vitamin B12 0.0, vitamin B2 0.00035, vitamin B3 0.0061, vitamin B5 nan, vitamin B6 0.00047, vitamin C 0.021, zinc 0.0037, choline nan, fructose nan, histidine 0.00033, isoleucine 0.0007, leucine 0.001, lysine 0.00076, manganese 0.0065, methionine 0.0003, phenylalanine 0.00065, starch nan, sugar nan, threonine 0.0006, tryptophan 0.00025, valine 0.00092, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Fenugreek:

Fenugreek contains calcium 0.176, calories 323, carbs 58.0, cholesterol 0.0, copper 0.0011, fat 6.4, fiber 25.0, folate 5.7e-05, iron 0.034, magnesium 0.191, monounsaturated fat nan, net carbs 34.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.296, polyunsaturated fat nan, potassium 0.77, protein 23.0, saturated fat 1.5, selenium 6.3e-06, sodium 0.067, trans fat 0.0, vitamin A (IU) 60.0, vitamin A RAE 3e-06, vitamin B1 0.00032, vitamin B12 0.0, vitamin B2 0.00037, vitamin B3 0.0016, vitamin B5 nan, vitamin B6 0.0006, vitamin C 0.003, zinc 0.0025, choline nan, fructose nan, histidine 0.00067, isoleucine 0.0012, leucine 0.0018, lysine 0.0017, manganese 0.0012, methionine 0.00034, phenylalanine 0.0011, starch nan, sugar nan, threonine 0.0009, tryptophan 0.00039, valine 0.0011, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Garlic powder:

Garlic powder contains calcium 0.079, calories 331, carbs 73.0, cholesterol 0.0, copper 0.00053, fat 0.73, fiber 9.0, folate 4.7e-05, iron 0.0057, magnesium 0.077, monounsaturated fat 0.12, net carbs 64.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.414, polyunsaturated fat 0.18, potassium 1.193, protein 17.0, saturated fat 0.25, selenium 2.4e-05, sodium 0.06, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00044, vitamin B12 0.0, vitamin B2 0.00014, vitamin B3 0.0008, vitamin B5 0.00074, vitamin B6 0.0017, vitamin C 0.0012, zinc 0.003, choline 0.068, fructose 0.31, histidine 0.00026, isoleucine 0.00041, leucine 0.00073, lysine 0.00077, manganese 0.00098, methionine 0.00011, phenylalanine 0.00053, starch nan, sugar 2.4, threonine 0.00037, tryptophan 0.00012, valine 0.00067, vitamin D 0.0, vitamin E 0.00067, vitamin K 4e-07, omega-3 ALA 0.01, omega-6 eicosadienoic acid 0.02, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Ground ginger:

Ground ginger contains calcium 0.114, calories 335, carbs 72.0, cholesterol 0.0, copper 0.00048, fat 4.2, fiber 14.0, folate 1.3e-05, iron 0.02, magnesium 0.214, monounsaturated fat 0.48, net carbs 58.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.168, polyunsaturated fat 0.93, potassium 1.32, protein 9.0, saturated fat 2.6, selenium 5.6e-05, sodium 0.027, trans fat 0.0, vitamin A (IU) 30.0, vitamin A RAE 2e-06, vitamin B1 5e-05, vitamin B12 0.0, vitamin B2 0.00017, vitamin B3 0.0096, vitamin B5 0.00048, vitamin B6 0.00063, vitamin C 0.0007, zinc 0.0036, choline 0.041, fructose 1.8, histidine 0.0002, isoleucine 0.00034, leucine 0.00051, lysine 0.00024, manganese 0.033, methionine 9e-05, phenylalanine 0.00031, starch nan, sugar 3.4, threonine 0.00029, tryptophan 0.00015, valine 0.00041, vitamin D 0.0, vitamin E 0.0, vitamin K 8e-07, omega-3 ALA 0.22, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Marjoram:

Marjoram contains calcium 1.99, calories 271, carbs 61.0, cholesterol 0.0, copper 0.0011, fat 7.0, fiber 40.0, folate 0.000274, iron 0.083, magnesium 0.346, monounsaturated fat 0.94, net carbs 20.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.306, polyunsaturated fat 4.4, potassium 1.522, protein 13.0, saturated fat 0.53, selenium 4.5e-06, sodium 0.077, trans fat 0.0, vitamin A (IU) 8068.0, vitamin A RAE 0.000403, vitamin B1 0.00029, vitamin B12 0.0, vitamin B2 0.00032, vitamin B3 0.0041, vitamin B5 nan, vitamin B6 0.0012, vitamin C 0.051, zinc 0.0036, choline 0.044, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0054, methionine nan, phenylalanine nan, starch nan, sugar 4.1, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0017, vitamin K 0.000622, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Nutmeg:

Nutmeg contains calcium 0.184, calories 525, carbs 49.0, cholesterol 0.0, copper 0.001, fat 36.0, fiber 21.0, folate 7.6e-05, iron 0.003, magnesium 0.183, monounsaturated fat 3.2, net carbs 28.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.213, polyunsaturated fat 0.35, potassium 0.35, protein 5.8, saturated fat 26.0, selenium 1.6e-06, sodium 0.016, trans fat nan, vitamin A (IU) 102.0, vitamin A RAE 5e-06, vitamin B1 0.00035, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.0013, vitamin B5 nan, vitamin B6 0.00016, vitamin C 0.003, zinc 0.0022, choline 0.0088, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0029, methionine nan, phenylalanine nan, starch nan, sugar 3.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Onion powder:

Onion powder contains calcium 0.384, calories 341, carbs 79.0, cholesterol 0.0, copper 0.00059, fat 1.0, fiber 15.0, folate 6.4e-05, iron 0.0039, magnesium 0.113, monounsaturated fat 0.2, net carbs 64.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.322, polyunsaturated fat 0.31, potassium 0.985, protein 10.0, saturated fat 0.22, selenium 1.4e-05, sodium 0.073, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00046, vitamin B12 0.0, vitamin B2 8e-05, vitamin B3 0.00032, vitamin B5 0.00073, vitamin B6 0.00072, vitamin C 0.023, zinc 0.0041, choline 0.039, fructose 1.7, histidine 0.00016, isoleucine 0.00014, leucine 0.00022, lysine 0.00049, manganese 0.0013, methionine 9e-05, phenylalanine 0.00028, starch nan, sugar 6.6, threonine 0.00014, tryptophan 6e-05, valine 0.00017, vitamin D 0.0, vitamin E 0.00027, vitamin K 4.1e-06, omega-3 ALA 0.02, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Oregano:

Oregano contains calcium 1.597, calories 265, carbs 69.0, cholesterol 0.0, copper 0.00063, fat 4.3, fiber 43.0, folate

0.000237, iron 0.037, magnesium 0.27, monounsaturated fat 0.72, net carbs 26.0, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 EPA 0.0, phosphorus 0.148, polyunsaturated fat 1.4, potassium 1.26, protein 9.0, saturated fat 1.6, selenium 4.5e-06, sodium 0.025, trans fat 0.0, vitamin A (IU) 1701.0, vitamin A RAE 8.5e-05, vitamin B1 0.00018, vitamin B12 0.0, vitamin B2 0.00053, vitamin B3 0.0046, vitamin B5 0.00092, vitamin B6 0.001, vitamin C 0.0023, zinc 0.0027, choline 0.032, fructose 1.1, histidine 0.00014, isoleucine 0.00044, leucine 0.00078, lysine 0.0005, manganese 0.005, methionine 0.00013, phenylalanine 0.00045, starch nan, sugar 4.1, threonine 0.0002, tryptophan 0.0002, valine 0.00059, vitamin D 0.0, vitamin E 0.018, vitamin K 0.000622, omega-3 ALA 0.62, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Paprika:

Paprika contains calcium 0.229, calories 282, carbs 54.0, cholesterol 0.0, copper 0.00071, fat 13.0, fiber 35.0, folate 4.9e-05, iron 0.021, magnesium 0.178, monounsaturated fat 1.7, net carbs 19.0, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 EPA 0.0, phosphorus 0.314, polyunsaturated fat 7.8, potassium 2.28, protein 14.0, saturated fat 2.1, selenium 6.3e-06, sodium 0.068, trans fat 0.0, vitamin A (IU) 49254.0, vitamin A RAE 0.002463, vitamin B1 0.00033, vitamin B12 0.0, vitamin B2 0.0012, vitamin B3 0.01, vitamin B5 0.0025, vitamin B6 0.0021, vitamin C 0.0009, zinc 0.0043, choline 0.052, fructose 6.7, histidine 0.00025, isoleucine 0.00057, leucine 0.00092, lysine 0.00069, manganese 0.0016, methionine 0.0002, phenylalanine 0.00061, starch nan, sugar 10.0, threonine 0.00049, tryptophan 7e-05, valine 0.00075, vitamin D 0.0, vitamin E 0.029, vitamin K 8e-05, omega-3 ALA 0.45, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Dried parsely:

Dried parsely contains calcium 1.14, calories 292, carbs 51.0, cholesterol 0.0, copper 0.00078, fat 5.5, fiber 27.0, folate 0.00018, iron 0.022, magnesium 0.4, monounsaturated fat 0.76, net carbs 24.0, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 EPA 0.0, phosphorus 0.436, polyunsaturated fat 3.1, potassium 2.683, protein 27.0, saturated fat 1.4, selenium 1.4e-05, sodium 0.452, trans fat 0.0, vitamin A (IU) 1939.0, vitamin A RAE 9.7e-05, vitamin B1 0.0002, vitamin B12 0.0, vitamin B2 0.0024, vitamin B3 0.0099, vitamin B5 0.0011, vitamin B6 0.0009, vitamin C 0.125, zinc 0.0054, choline 0.097, fructose 0.42, histidine 0.00072, isoleucine 0.0015, leucine 0.0028, lysine 0.0021, manganese 0.0098, methionine 0.0006, phenylalanine 0.0017, starch nan, sugar 7.3, threonine 0.0012, tryptophan 0.00048, valine 0.002, vitamin D 0.0, vitamin E 0.009, vitamin K 0.00136, omega-3 ALA 1.9, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.02, omega-3 eicosatrienoic acid 0.0, omega-6 dihomo-gamma-linoleic acid 0.0, omega-6 linoleic acid 1.2, omega-6 arachidonic acid nan.

Black pepper:

Black pepper contains calcium 0.443, calories 251, carbs 64.0, cholesterol 0.0, copper 0.0013, fat 3.3, fiber 25.0, folate 1.7e-05, iron 0.0097, magnesium 0.171, monounsaturated fat 0.74, net carbs 39.0, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 EPA 0.0, phosphorus 0.158, polyunsaturated fat 1.0, potassium 1.329, protein 10.0, saturated fat 1.4, selenium 4.9e-06, sodium 0.02, trans fat 0.0, vitamin A (IU) 547.0, vitamin A RAE 2.7e-05, vitamin B1 0.00011, vitamin B12 0.0, vitamin B2 0.00018, vitamin B3 0.0011, vitamin B5 0.0014, vitamin B6 0.00029, vitamin C 0.0, zinc 0.0012, choline 0.011, fructose 0.23, histidine 0.00016, isoleucine 0.00037, leucine 0.001, lysine 0.00024, manganese 0.013, methionine 0.0001, phenylalanine 0.00045, starch nan, sugar 0.64, threonine 0.00024, tryptophan 6e-05, valine 0.00055, vitamin D 0.0, vitamin E 0.001, vitamin K 0.000164, omega-3 ALA 0.15, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cayenne pepper:

Cayenne pepper contains calcium 0.148, calories 318, carbs 57.0, cholesterol 0.0, copper 0.00037, fat 17.0, fiber 27.0, folate 0.000106, iron 0.0078, magnesium 0.152, monounsaturated fat 2.8, net carbs 29.0, omega-3 DHA 0.0,

omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.293, polyunsaturated fat 8.4, potassium 2.014, protein 10.0, saturated fat 3.3, selenium 8.8e-06, sodium 0.03, trans fat nan, vitamin A (IU) 41610.0, vitamin A RAE 0.0, vitamin B1 0.00033, vitamin B12 0.0, vitamin B2 0.00092, vitamin B3 0.0087, vitamin B5 nan, vitamin B6 0.0, vitamin C 0.076, zinc 0.0025, choline 0.052, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.002, methionine nan, phenylalanine nan, starch nan, sugar 10.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.03, vitamin K 8e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

White pepper:

White pepper contains calcium 0.265, calories 296, carbs 69.0, cholesterol 0.0, copper 0.00091, fat 2.1, fiber 26.0, folate 1e-05, iron 0.014, magnesium 0.09, monounsaturated fat 0.79, net carbs 42.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.176, polyunsaturated fat 0.62, potassium 0.073, protein 10.0, saturated fat 0.63, selenium 3.1e-06, sodium 0.005, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 0.00013, vitamin B3 0.00021, vitamin B5 nan, vitamin B6 0.0001, vitamin C 0.021, zinc 0.0011, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0043, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Poppy seed:

Poppy seed contains calcium 1.438, calories 525, carbs 28.0, cholesterol 0.0, copper 0.0016, fat 42.0, fiber 20.0, folate 8.2e-05, iron 0.0098, magnesium 0.347, monounsaturated fat 6.0, net carbs 8.6, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.87, polyunsaturated fat 29.0, potassium 0.719, protein 18.0, saturated fat 4.5, selenium 1.4e-05, sodium 0.026, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00085, vitamin B12 0.0, vitamin B2 0.0001, vitamin B3 0.0009, vitamin B5 0.00032, vitamin B6 0.00025, vitamin C 0.001, zinc 0.0079, choline 0.0088, fructose 0.29, histidine 0.00047, isoleucine 0.00082, leucine 0.0013, lysine 0.00095, manganese 0.0067, methionine 0.0005, phenylalanine 0.00076, starch nan, sugar 3.0, threonine 0.00069, tryptophan 0.00018, valine 0.0011, vitamin D 0.0, vitamin E 0.0018, vitamin K 0.0, omega-3 ALA 0.27, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Poultry seasoning:

Poultry seasoning contains calcium 0.996, calories 307, carbs 66.0, cholesterol 0.0, copper 0.00084, fat 7.5, fiber 11.0, folate 0.000138, iron 0.035, magnesium 0.224, monounsaturated fat 1.2, net carbs 54.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.171, polyunsaturated fat 1.9, potassium 0.684, protein 9.6, saturated fat 3.3, selenium 7.2e-06, sodium 0.027, trans fat 0.0, vitamin A (IU) 2632.0, vitamin A RAE 0.000132, vitamin B1 0.00026, vitamin B12 0.0, vitamin B2 0.00019, vitamin B3 0.003, vitamin B5 nan, vitamin B6 0.0013, vitamin C 0.012, zinc 0.0031, choline 0.03, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0069, methionine nan, phenylalanine nan, starch nan, sugar 1.8, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0013, vitamin K 0.000805, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pumpkin pie spice:

Pumpkin pie spice contains calcium 0.682, calories 342, carbs 69.0, cholesterol 0.0, copper 0.00048, fat 13.0, fiber 15.0, folate 2.4e-05, iron 0.02, magnesium 0.136, monounsaturated fat 1.1, net carbs 54.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.118, polyunsaturated fat 0.78, potassium 0.663, protein 5.8,

saturated fat 6.5, selenium 9.3e-06, sodium 0.052, trans fat nan, vitamin A (IU) 261.0, vitamin A RAE 1.3e-05, vitamin B1 0.00013, vitamin B12 0.0, vitamin B2 0.00014, vitamin B3 0.0022, vitamin B5 nan, vitamin B6 0.0001, vitamin C 0.023, zinc 0.0024, choline 0.021, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.016, methionine nan, phenylalanine nan, starch nan, sugar 7.8, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0019, vitamin K 2.8e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Dried rosemary:

Dried rosemary contains calcium 1.28, calories 331, carbs 64.0, cholesterol 0.0, copper 0.00055, fat 15.0, fiber 43.0, folate 0.000307, iron 0.029, magnesium 0.22, monounsaturated fat 3.0, net carbs 21.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.07, polyunsaturated fat 2.3, potassium 0.955, protein 4.9, saturated fat 7.4, selenium 4.6e-06, sodium 0.05, trans fat nan, vitamin A (IU) 3128.0, vitamin A RAE 0.000156, vitamin B1 0.00051, vitamin B12 0.0, vitamin B2 0.00043, vitamin B3 0.001, vitamin B5 nan, vitamin B6 0.0017, vitamin C 0.061, zinc 0.0032, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0019, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Saffron:

Saffron contains calcium 0.111, calories 310, carbs 65.0, cholesterol 0.0, copper 0.00033, fat 5.9, fiber 3.9, folate 9.3e-05, iron 0.011, magnesium 0.264, monounsaturated fat 0.43, net carbs 61.0, omega-3 DHA 0.0, omega-3 DPA 0.01, omega-3 EPA 0.0, phosphorus 0.252, polyunsaturated fat 2.1, potassium 1.724, protein 11.0, saturated fat 1.6, selenium 5.6e-06, sodium 0.148, trans fat 0.0, vitamin A (IU) 530.0, vitamin A RAE 2.7e-05, vitamin B1 0.00012, vitamin B12 0.0, vitamin B2 0.00027, vitamin B3 0.0015, vitamin B5 nan, vitamin B6 0.001, vitamin C 0.081, zinc 0.0011, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.028, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Tarragon:

Tarragon contains calcium 1.139, calories 295, carbs 50.0, cholesterol 0.0, copper 0.00068, fat 7.2, fiber 7.4, folate 0.000274, iron 0.032, magnesium 0.347, monounsaturated fat 0.47, net carbs 43.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.313, polyunsaturated fat 3.7, potassium 3.02, protein 23.0, saturated fat 1.9, selenium 4.4e-06, sodium 0.062, trans fat 0.0, vitamin A (IU) 4200.0, vitamin A RAE 0.00021, vitamin B1 0.00025, vitamin B12 0.0, vitamin B2 0.0013, vitamin B3 0.009, vitamin B5 nan, vitamin B6 0.0024, vitamin C 0.05, zinc 0.0039, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.008, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Dried thyme:

Dried thyme contains calcium 1.89, calories 276, carbs 64.0, cholesterol 0.0, copper 0.00086, fat 7.4, fiber 37.0, folate 0.000274, iron 0.124, magnesium 0.22, monounsaturated fat 0.47, net carbs 27.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.201, polyunsaturated fat 1.2, potassium 0.814, protein 9.1, saturated fat 2.7, selenium 4.6e-06, sodium 0.055, trans fat 0.0, vitamin A (IU) 3800.0, vitamin A RAE 0.00019,

vitamin B1 0.00051, vitamin B12 0.0, vitamin B2 0.0004, vitamin B3 0.0049, vitamin B5 nan, vitamin B6 0.0, vitamin C 0.05, zinc 0.0062, choline 0.044, fructose nan, histidine nan, isoleucine 0.00047, leucine 0.0004, 0.00021, manganese 0.0079, methionine nan, phenylalanine nan, starch nan, sugar 1.7, threonine 0.0002, tryptophan 0.00019, valine 0.0005, vitamin D 0.0, vitamin E 0.0075, vitamin K 0.001715, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Turmeric:

Turmeric contains calcium 0.168, calories 312, carbs 67.0, cholesterol 0.0, copper 0.0013, fat 3.3, fiber 23.0, folate 2e-05, iron 0.055, magnesium 0.208, monounsaturated fat 0.45, net carbs 44.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.299, polyunsaturated fat 0.76, potassium 2.08, protein 9.7, saturated fat 1.8, selenium 6.2e-06, sodium 0.027, trans fat 0.06, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 6e-05, vitamin B12 0.0, vitamin B2 0.00015, vitamin B3 0.0014, vitamin B5 0.00054, vitamin B6 0.00011, vitamin C 0.0007, zinc 0.0045, choline 0.049, fructose 0.45, histidine 0.00015, isoleucine 0.00047, leucine 0.00081, lysine 0.00038, manganese 0.02, methionine 0.00014, phenylalanine 0.00053, starch nan, sugar 3.2, threonine 0.00033, tryptophan 0.00017, valine 0.00066, vitamin D 0.0, vitamin E 0.0044, vitamin K 1.3e-05, omega-3 ALA 0.0, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.08, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Mustard:

Mustard contains calcium 0.063, calories 60, carbs 5.8, cholesterol 0.0, copper 7e-05, fat 3.3, fiber 4.0, folate 7e-06, iron 0.0016, magnesium 0.048, monounsaturated fat 2.2, net carbs 1.8, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.108, polyunsaturated fat 0.77, potassium 0.152, protein 3.7, saturated fat 0.21, selenium 3.4e-05, sodium 1.104, trans fat 0.01, vitamin A (IU) 109.0, vitamin A RAE 5e-06, vitamin B1 0.00018, vitamin B12 0.0, vitamin B2 7e-05, vitamin B3 0.00057, vitamin B5 0.00025, vitamin B6 7e-05, vitamin C 0.0003, zinc 0.00064, choline 0.022, fructose 0.23, histidine 0.00012, isoleucine 0.00015, leucine 0.00029, lysine 0.00026, manganese 0.00042, methionine 8e-05, phenylalanine 0.00016, starch 0.64, sugar 0.92, threonine 0.00017, tryptophan 1e-05, valine 0.00019, vitamin D 0.0, vitamin E 0.00036, vitamin K 1.4e-06, omega-3 ALA 0.37, omega-6 eicosadienoic acid 0.01, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.02, omega-6 dihomo-gamma-linoleic acid 0.0, omega-6 linoleic acid 0.36, omega-6 arachidonic acid nan.

Table salt:

Table salt contains calcium 0.024, calories 0, carbs 0.0, cholesterol 0.0, copper 3e-05, fat 0.0, fiber 0.0, folate 0.0, iron 0.00033, magnesium 0.001, monounsaturated fat 0.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 0.0, potassium 0.008, protein 0.0, saturated fat 0.0, selenium 1e-07, sodium 38.758, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.0001, choline 0.0, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese 0.0001, methionine 0.0, phenylalanine 0.0, starch nan, sugar 0.0, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Apple cider vinegar:

Apple cider vinegar contains calcium 0.007, calories 21, carbs 0.93, cholesterol 0.0, copper 1e-05, fat 0.0, fiber 0.0, folate 0.0, iron 0.0002, magnesium 0.005, monounsaturated fat 0.0, net carbs 0.93, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.008, polyunsaturated fat 0.0, potassium 0.073, protein 0.0, saturated fat 0.0, selenium 1e-07, sodium 0.005, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 4e-05, choline 0.0, fructose 0.3, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese 0.00025, methionine 0.0, phenylalanine 0.0,

starch nan, sugar 0.4, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Vanilla extract:

Vanilla extract contains calcium 0.011, calories 288, carbs 13.0, cholesterol 0.0, copper 7e-05, fat 0.06, fiber 0.0, folate 0.0, iron 0.00012, magnesium 0.012, monounsaturated fat 0.01, net carbs 13.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.006, polyunsaturated fat 0.0, potassium 0.148, protein 0.06, saturated fat 0.01, selenium 0.0, sodium 0.009, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 0.0001, vitamin B3 0.00043, vitamin B5 4e-05, vitamin B6 3e-05, vitamin C 0.0, zinc 0.00011, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00023, methionine nan, phenylalanine nan, starch nan, sugar 13.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Vinegar:

Vinegar contains calcium 0.006, calories 18, carbs 0.04, cholesterol 0.0, copper 1e-05, fat 0.0, fiber 0.0, folate 0.0, iron 3e-05, magnesium 0.001, monounsaturated fat 0.0, net carbs 0.04, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.004, polyunsaturated fat 0.0, potassium 0.002, protein 0.0, saturated fat 0.0, selenium 5e-07, sodium 0.002, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 1e-05, choline 0.0, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 6e-05, methionine nan, phenylalanine nan, starch nan, sugar 0.04, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Caper:

Caper contains calcium 0.04, calories 23, carbs 4.9, cholesterol 0.0, copper 0.00037, fat 0.86, fiber 3.2, folate 2.3e-05, iron 0.0017, magnesium 0.033, monounsaturated fat 0.06, net carbs 1.7, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.01, polyunsaturated fat 0.3, potassium 0.04, protein 2.4, saturated fat 0.23, selenium 1.2e-06, sodium 2.348, trans fat 0.0, vitamin A (IU) 138.0, vitamin A RAE 7e-06, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 0.00014, vitamin B3 0.00065, vitamin B5 3e-05, vitamin B6 2e-05, vitamin C 0.0043, zinc 0.00032, choline 0.0065, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 8e-05, methionine nan, phenylalanine nan, starch nan, sugar 0.41, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.00088, vitamin K 2.5e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Horseradish:

Horseradish contains calcium 0.056, calories 48, carbs 11.0, cholesterol 0.0, copper 6e-05, fat 0.69, fiber 3.3, folate 5.7e-05, iron 0.00042, magnesium 0.027, monounsaturated fat 0.13, net carbs 8.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.031, polyunsaturated fat 0.34, potassium 0.246, protein 1.2, saturated fat 0.09, selenium 2.8e-06, sodium 0.42, trans fat 0.0, vitamin A (IU) 2.0, vitamin A RAE 0.0, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.00039, vitamin B5 9e-05, vitamin B6 7e-05, vitamin C 0.025, zinc 0.00083, choline 0.0065, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00013, methionine nan, phenylalanine nan, starch 0.0, sugar 8.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 1e-05, vitamin K 1.3e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan,

omega-6 arachidonic acid nan.

Spearmint:

Spearmint contains calcium 0.199, calories 44, carbs 8.4, cholesterol 0.0, copper 0.00024, fat 0.73, fiber 6.8, folate 0.000105, iron 0.012, magnesium 0.063, monounsaturated fat 0.03, net carbs 1.6, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.06, polyunsaturated fat 0.39, potassium 0.458, protein 3.3, saturated fat 0.19, selenium nan, sodium 0.03, trans fat 0.0, vitamin A (IU) 4054.0, vitamin A RAE 0.000203, vitamin B1 8e-05, vitamin B12 0.0, vitamin B2 0.00018, vitamin B3 0.00095, vitamin B5 0.00025, vitamin B6 0.00016, vitamin C 0.013, zinc 0.0011, choline nan, fructose nan, histidine 7e-05, isoleucine 0.00014, leucine 0.00025, lysine 0.00014, manganese 0.0011, methionine 5e-05, phenylalanine 0.00017, starch nan, sugar nan, threonine 0.00014, tryptophan 5e-05, valine 0.00016, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihydro-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Balsamic vinegar:

Balsamic vinegar contains calcium 0.027, calories 88, carbs 17.0, cholesterol nan, copper 3e-05, fat 0.0, fiber nan, folate nan, iron 0.00072, magnesium 0.012, monounsaturated fat nan, net carbs 17.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.019, polyunsaturated fat nan, potassium 0.112, protein 0.49, saturated fat 0.0, selenium nan, sodium 0.023, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 nan, vitamin B12 nan, vitamin B2 nan, vitamin B3 nan, vitamin B5 nan, vitamin B6 nan, vitamin C 0.0, zinc 8e-05, choline nan, fructose 7.4, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00013, methionine nan, phenylalanine nan, starch nan, sugar 15.0, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihydro-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Taco seasoning:

Taco seasoning contains calcium nan, calories 188, carbs 56.0, cholesterol 0.0, copper nan, fat 0.0, fiber 19.0, folate nan, iron 0.0068, magnesium nan, monounsaturated fat nan, net carbs 37.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus nan, polyunsaturated fat nan, potassium nan, protein 0.0, saturated fat 0.0, selenium nan, sodium 8.068, trans fat 0.0, vitamin A (IU) 9381.0, vitamin A RAE nan, vitamin B1 nan, vitamin B12 nan, vitamin B2 nan, vitamin B3 nan, vitamin B5 nan, vitamin B6 nan, vitamin C 0.045, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 19.0, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihydro-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Mayonnaise:

Mayonnaise contains calcium 0.008, calories 680, carbs 0.57, cholesterol 0.042, copper 2e-05, fat 75.0, fiber 0.0, folate 5e-06, iron 0.00021, magnesium 0.001, monounsaturated fat 17.0, net carbs 0.57, omega-3 DHA 0.01, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.021, polyunsaturated fat 45.0, potassium 0.02, protein 0.96, saturated fat 12.0, selenium 2.3e-06, sodium 0.635, trans fat 0.19, vitamin A (IU) 65.0, vitamin A RAE 1.6e-05, vitamin B1 1e-05, vitamin B12 1.2e-07, vitamin B2 2e-05, vitamin B3 0.0, vitamin B5 0.00017, vitamin B6 1e-05, vitamin C 0.0, zinc 0.00015, choline 0.034, fructose 0.05, histidine 3e-05, isoleucine 7e-05, leucine 0.0001, lysine 7e-05, manganese 1e-05, methionine 4e-05, phenylalanine 6e-05, starch nan, sugar 0.57, threonine 6e-05, tryptophan 2e-05, valine 7e-05, vitamin D 2e-07, vitamin E 0.0033, vitamin K 0.000163, omega-3 ALA 5.3, omega-6 eicosadienoic acid 0.03, omega-6 gamma-linoleic acid 0.13, omega-3 eicosatrienoic acid 0.0, omega-6 dihydro-gamma-linoleic acid 0.0, omega-6 linoleic acid 39.0, omega-6 arachidonic acid nan.

Cocoa solids:

Cocoa solids contains calcium 0.128, calories 228, carbs 58.0, cholesterol 0.0, copper 0.0038, fat 14.0, fiber 37.0, folate 3.2e-05, iron 0.014, magnesium 0.499, monounsaturated fat 4.6, net carbs 21.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.734, polyunsaturated fat 0.44, potassium 1.524, protein 20.0, saturated fat 8.1, selenium 1.4e-05, sodium 0.021, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 8e-05, vitamin B12 0.0, vitamin B2 0.00024, vitamin B3 0.0022, vitamin B5 0.00025, vitamin B6 0.00012, vitamin C 0.0, zinc 0.0068, choline 0.012, fructose nan, histidine 0.00034, isoleucine 0.00076, leucine 0.0012, lysine 0.00098, manganese 0.0038, methionine 0.0002, phenylalanine 0.00094, starch nan, sugar 1.8, threonine 0.00078, tryptophan 0.00029, valine 0.0012, vitamin D 0.0, vitamin E 0.0001, vitamin K 2.5e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Alfalfa seeds:

Alfalfa seeds contains calcium 0.032, calories 23, carbs 2.1, cholesterol 0.0, copper 0.00016, fat 0.69, fiber 1.9, folate 3.6e-05, iron 0.00096, magnesium 0.027, monounsaturated fat 0.06, net carbs 0.2, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.07, polyunsaturated fat 0.41, potassium 0.079, protein 4.0, saturated fat 0.07, selenium 6e-07, sodium 0.006, trans fat 0.0, vitamin A (IU) 155.0, vitamin A RAE 8e-06, vitamin B1 8e-05, vitamin B12 0.0, vitamin B2 0.00013, vitamin B3 0.00048, vitamin B5 0.00056, vitamin B6 3e-05, vitamin C 0.0082, zinc 0.00092, choline 0.014, fructose 0.12, histidine nan, isoleucine 0.00014, leucine 0.00027, lysine 0.00021, manganese 0.00019, methionine nan, phenylalanine nan, starch nan, sugar 0.2, threonine 0.00013, tryptophan nan, valine 0.00015, vitamin D 0.0, vitamin E 2e-05, vitamin K 3.1e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Radish seeds:

Radish seeds contains calcium 0.051, calories 43, carbs 3.6, cholesterol 0.0, copper 0.00012, fat 2.5, fiber nan, folate 9.5e-05, iron 0.00086, magnesium 0.044, monounsaturated fat 0.42, net carbs 3.6, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.113, polyunsaturated fat 1.1, potassium 0.086, protein 3.8, saturated fat 0.77, selenium 6e-07, sodium 0.006, trans fat 0.0, vitamin A (IU) 391.0, vitamin A RAE 2e-05, vitamin B1 0.0001, vitamin B12 0.0, vitamin B2 0.0001, vitamin B3 0.0029, vitamin B5 0.00073, vitamin B6 0.00029, vitamin C 0.029, zinc 0.00056, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00026, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Lotus seeds:

Lotus seeds contains calcium 0.163, calories 332, carbs 64.0, cholesterol 0.0, copper 0.00035, fat 2.0, fiber nan, folate 0.000104, iron 0.0035, magnesium 0.21, monounsaturated fat 0.39, net carbs 64.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.626, polyunsaturated fat 1.2, potassium 1.368, protein 15.0, saturated fat 0.33, selenium nan, sodium 0.005, trans fat nan, vitamin A (IU) 50.0, vitamin A RAE 3e-06, vitamin B1 0.00064, vitamin B12 0.0, vitamin B2 0.00015, vitamin B3 0.0016, vitamin B5 0.00085, vitamin B6 0.00063, vitamin C 0.0, zinc 0.0011, choline nan, fructose nan, histidine 0.00043, isoleucine 0.00077, leucine 0.0012, lysine 0.00099, manganese 0.0023, methionine 0.00027, phenylalanine 0.00077, starch nan, sugar nan, threonine 0.00075, tryptophan 0.00022, valine 0.00099, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Safflower:

Safflower contains calcium 0.078, calories 517, carbs 34.0, cholesterol 0.0, copper 0.0017, fat 38.0, fiber nan, folate 0.00016, iron 0.0049, magnesium 0.353, monounsaturated fat 4.8, net carbs 34.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.644, polyunsaturated fat 28.0, potassium 0.687, protein 16.0, saturated fat 3.7, selenium nan, sodium 0.003, trans fat nan, vitamin A (IU) 50.0, vitamin A RAE 3e-06, vitamin B1 0.0012, vitamin B12 0.0, vitamin B2 0.00042, vitamin B3 0.0023, vitamin B5 0.004, vitamin B6 0.0012, vitamin C 0.0, zinc 0.0051, choline nan, fructose nan, histidine 0.00045, isoleucine 0.00072, leucine 0.0012, lysine 0.00053, manganese 0.002, methionine 0.00028, phenylalanine 0.00081, starch nan, sugar nan, threonine 0.00059, tryptophan 0.00018, valine 0.001, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Acorns:

Acorns contains calcium 0.041, calories 387, carbs 41.0, cholesterol 0.0, copper 0.00062, fat 24.0, fiber nan, folate 8.7e-05, iron 0.00079, magnesium 0.062, monounsaturated fat 15.0, net carbs 41.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.079, polyunsaturated fat 4.6, potassium 0.539, protein 6.2, saturated fat 3.1, selenium nan, sodium 0.0, trans fat nan, vitamin A (IU) 39.0, vitamin A RAE 2e-06, vitamin B1 0.00011, vitamin B12 0.0, vitamin B2 0.00012, vitamin B3 0.0018, vitamin B5 0.00072, vitamin B6 0.00053, vitamin C 0.0, zinc 0.00051, choline nan, fructose nan, histidine 0.00017, isoleucine 0.00029, leucine 0.00049, lysine 0.00038, manganese 0.0013, methionine 0.0001, phenylalanine 0.00027, starch nan, sugar nan, threonine 0.00024, tryptophan 7e-05, valine 0.00035, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Almond:

Almond contains calcium 0.269, calories 579, carbs 22.0, cholesterol 0.0, copper 0.001, fat 50.0, fiber 13.0, folate 4.4e-05, iron 0.0037, magnesium 0.27, monounsaturated fat 32.0, net carbs 9.1, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.481, polyunsaturated fat 12.0, potassium 0.733, protein 21.0, saturated fat 3.8, selenium 4.1e-06, sodium 0.001, trans fat 0.02, vitamin A (IU) 2.0, vitamin A RAE 0.0, vitamin B1 0.00021, vitamin B12 0.0, vitamin B2 0.0011, vitamin B3 0.0036, vitamin B5 0.00047, vitamin B6 0.00014, vitamin C 0.0, zinc 0.0031, choline 0.052, fructose 0.11, histidine 0.00054, isoleucine 0.00075, leucine 0.0015, lysine 0.00057, manganese 0.0022, methionine 0.00016, phenylalanine 0.0011, starch 0.72, sugar 4.4, threonine 0.0006, tryptophan 0.00021, valine 0.00086, vitamin D 0.0, vitamin E 0.026, vitamin K 0.0, omega-3 ALA 0.0, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid 12.0, omega-6 arachidonic acid nan.

Almond paste:

Almond paste contains calcium 0.172, calories 458, carbs 48.0, cholesterol 0.0, copper 0.00045, fat 28.0, fiber 4.8, folate 7.3e-05, iron 0.0016, magnesium 0.13, monounsaturated fat 18.0, net carbs 43.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.258, polyunsaturated fat 5.8, potassium 0.314, protein 9.0, saturated fat 2.6, selenium 4.2e-06, sodium 0.009, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 8e-05, vitamin B12 0.0, vitamin B2 0.00041, vitamin B3 0.0014, vitamin B5 0.00011, vitamin B6 4e-05, vitamin C 0.0001, zinc 0.0015, choline 0.029, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00086, methionine nan, phenylalanine nan, starch nan, sugar 36.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.014, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Beechnuts:

Beechnuts contains calcium 0.001, calories 576, carbs 34.0, cholesterol 0.0, copper 0.00067, fat 50.0, fiber nan,

folate 0.000113, iron 0.0025, magnesium 0.0, monounsaturated fat 22.0, net carbs 34.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.0, polyunsaturated fat 20.0, potassium 1.017, protein 1.0, saturated fat 5.7, selenium nan, sodium 0.038, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0003, vitamin B12 0.0, vitamin B2 0.00037, vitamin B3 0.00088, vitamin B5 0.00093, vitamin B6 0.00068, vitamin C 0.016, zinc 0.00036, choline nan, fructose nan, histidine 0.00017, isoleucine 0.00025, leucine 0.00037, lysine 0.00037, manganese 0.0013, methionine 0.00015, phenylalanine 0.00026, starch nan, sugar nan, threonine 0.00022, tryptophan 7e-05, valine 0.00035, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Brazil nut:

Brazil nut contains calcium 0.16, calories 659, carbs 12.0, cholesterol 0.0, copper 0.0017, fat 67.0, fiber 7.5, folate 2.2e-05, iron 0.0024, magnesium 0.376, monounsaturated fat 24.0, net carbs 4.2, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.725, polyunsaturated fat 24.0, potassium 0.659, protein 14.0, saturated fat 16.0, selenium 0.001917, sodium 0.003, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00062, vitamin B12 0.0, vitamin B2 4e-05, vitamin B3 0.0003, vitamin B5 0.00018, vitamin B6 0.0001, vitamin C 0.0007, zinc 0.0041, choline 0.029, fructose 0.0, histidine 0.00041, isoleucine 0.00052, leucine 0.0012, lysine 0.00049, manganese 0.0012, methionine 0.0011, phenylalanine 0.00064, starch 0.25, sugar 2.3, threonine 0.00037, tryptophan 0.00014, valine 0.00076, vitamin D 0.0, vitamin E 0.0057, vitamin K 0.0, omega-3 ALA 0.02, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.02, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid 24.0, omega-6 arachidonic acid nan.

Cashew:

Cashew contains calcium 0.037, calories 553, carbs 30.0, cholesterol 0.0, copper 0.0022, fat 44.0, fiber 3.3, folate 2.5e-05, iron 0.0067, magnesium 0.292, monounsaturated fat 24.0, net carbs 27.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.593, polyunsaturated fat 7.8, potassium 0.66, protein 18.0, saturated fat 7.8, selenium 2e-05, sodium 0.012, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00042, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.0011, vitamin B5 0.00086, vitamin B6 0.00042, vitamin C 0.0005, zinc 0.0058, choline nan, fructose 0.05, histidine 0.00046, isoleucine 0.00079, leucine 0.0015, lysine 0.00093, manganese 0.0017, methionine 0.00036, phenylalanine 0.00095, starch 23.0, sugar 5.9, threonine 0.00069, tryptophan 0.00029, valine 0.0011, vitamin D 0.0, vitamin E 0.0009, vitamin K 3.4e-05, omega-3 ALA nan, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chestnut:

Chestnut contains calcium 0.046, calories 131, carbs 28.0, cholesterol 0.0, copper 0.00047, fat 1.4, fiber nan, folate 3.8e-05, iron 0.0017, magnesium 0.054, monounsaturated fat 0.48, net carbs 28.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.099, polyunsaturated fat 0.55, potassium 0.715, protein 2.0, saturated fat 0.26, selenium nan, sodium 0.027, trans fat nan, vitamin A (IU) 17.0, vitamin A RAE 1e-06, vitamin B1 0.00015, vitamin B12 0.0, vitamin B2 0.0001, vitamin B3 0.00073, vitamin B5 0.00032, vitamin B6 0.00023, vitamin C 0.027, zinc 0.00025, choline nan, fructose nan, histidine 6e-05, isoleucine 8e-05, leucine 0.00012, lysine 0.00012, manganese 0.00085, methionine 5e-05, phenylalanine 8e-05, starch nan, sugar nan, threonine 7e-05, tryptophan 2e-05, valine 0.00011, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Hazelnut:

Hazelnut contains calcium 0.114, calories 628, carbs 17.0, cholesterol 0.0, copper 0.0017, fat 61.0, fiber 9.7, folate 0.000113, iron 0.0047, magnesium 0.163, monounsaturated fat 46.0, net carbs 7.0, omega-3 DHA 0.0, omega-3

DPA 0.0, omega-3 EPA 0.0, phosphorus 0.29, polyunsaturated fat 7.9, potassium 0.68, protein 15.0, saturated fat 4.5, selenium 2.4e-06, sodium 0.0, trans fat nan, vitamin A (IU) 20.0, vitamin A RAE 1e-06, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.00011, vitamin B3 0.0018, vitamin B5 0.00092, vitamin B6 0.00056, vitamin C 0.0, zinc 0.0025, choline 0.046, fructose 0.07, histidine 0.00043, isoleucine 0.00055, leucine 0.0011, lysine 0.0, manganese 0.0062, methionine 0.00022, phenylalanine 0.00066, starch 0.48, sugar 4.3, threonine 0.0005, tryptophan 0.00019, valine 0.0007, vitamin D 0.0, vitamin E 0.015, vitamin K 1.4e-05, omega-3 ALA nan, omega-3 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Ginkgo nuts:

Ginkgo nuts contains calcium 0.002, calories 182, carbs 38.0, cholesterol 0.0, copper 0.00027, fat 1.7, fiber nan, folate 5.4e-05, iron 0.001, magnesium 0.027, monounsaturated fat 0.62, net carbs 38.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.124, polyunsaturated fat 0.62, potassium 0.51, protein 4.3, saturated fat 0.32, selenium nan, sodium 0.007, trans fat nan, vitamin A (IU) 558.0, vitamin A RAE 2.8e-05, vitamin B1 0.00022, vitamin B12 0.0, vitamin B2 9e-05, vitamin B3 0.006, vitamin B5 0.00016, vitamin B6 0.00033, vitamin C 0.015, zinc 0.00034, choline nan, fructose nan, histidine 0.0001, isoleucine 0.00021, leucine 0.00032, lysine 0.00021, manganese 0.00011, methionine 6e-05, phenylalanine 0.00017, starch nan, sugar nan, threonine 0.00027, tryptophan 7e-05, valine 0.00028, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Hickory nut:

Hickory nut contains calcium 0.061, calories 657, carbs 18.0, cholesterol 0.0, copper 0.00074, fat 64.0, fiber 6.4, folate 4e-05, iron 0.0021, magnesium 0.173, monounsaturated fat 33.0, net carbs 12.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.336, polyunsaturated fat 22.0, potassium 0.436, protein 13.0, saturated fat 7.0, selenium 8.1e-06, sodium 0.001, trans fat nan, vitamin A (IU) 131.0, vitamin A RAE 7e-06, vitamin B1 0.00087, vitamin B12 0.0, vitamin B2 0.00013, vitamin B3 0.00091, vitamin B5 0.0017, vitamin B6 0.00019, vitamin C 0.002, zinc 0.0043, choline nan, fructose nan, histidine 0.00039, isoleucine 0.00058, leucine 0.001, lysine 0.0005, manganese 0.0046, methionine 0.0003, phenylalanine 0.00071, starch nan, sugar nan, threonine 0.00042, tryptophan 0.00014, valine 0.00073, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Macadamia:

Macadamia contains calcium 0.085, calories 718, carbs 14.0, cholesterol 0.0, copper 0.00076, fat 76.0, fiber 8.6, folate 1.1e-05, iron 0.0037, magnesium 0.13, monounsaturated fat 59.0, net carbs 5.2, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.188, polyunsaturated fat 1.5, potassium 0.368, protein 7.9, saturated fat 12.0, selenium 3.6e-06, sodium 0.005, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0012, vitamin B12 0.0, vitamin B2 0.00016, vitamin B3 0.0025, vitamin B5 0.00076, vitamin B6 0.00028, vitamin C 0.0012, zinc 0.0013, choline nan, fructose 0.07, histidine 0.0002, isoleucine 0.00031, leucine 0.0006, lysine 2e-05, manganese 0.0041, methionine 2e-05, phenylalanine 0.00067, starch 1.1, sugar 4.6, threonine 0.00037, tryptophan 7e-05, valine 0.00036, vitamin D 0.0, vitamin E 0.00054, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Mixed nuts:

Mixed nuts contains calcium 0.117, calories 607, carbs 21.0, cholesterol 0.0, copper 0.00091, fat 54.0, fiber 7.0, folate 8.3e-05, iron 0.0026, magnesium 0.229, monounsaturated fat 28.0, net carbs 14.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.01, phosphorus 0.456, polyunsaturated fat 15.0, potassium 0.632, protein 20.0,

saturated fat 8.7, selenium 3.4e-05, sodium 0.005, trans fat 0.06, vitamin A (IU) 3.0, vitamin A RAE 0.0, vitamin B1 0.00019, vitamin B12 0.0, vitamin B2 0.0002, vitamin B3 0.0077, vitamin B5 0.0011, vitamin B6 0.00035, vitamin C 0.0005, zinc 0.0034, choline 0.052, fructose 0.0, histidine 0.00057, isoleucine 0.00083, leucine 0.0017, lysine 0.00078, manganese 0.002, methionine 0.00028, phenylalanine 0.0012, starch 4.2, sugar 4.2, threonine 0.00022, tryptophan 0.00022, valine 0.001, vitamin D 0.0, vitamin E 0.0078, vitamin K 5.7e-06, omega-3 ALA 0.08, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-6 eicosadienoic acid 0.01, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.0, omega-6 dihomo-gamma-linoleic acid 0.0, omega-6 linoleic acid 14.0, omega-6 arachidonic acid nan.

Pecan:

Pecan contains calcium 0.07, calories 691, carbs 14.0, cholesterol 0.0, copper 0.0012, fat 72.0, fiber 9.6, folate 2.2e-05, iron 0.0025, magnesium 0.121, monounsaturated fat 41.0, net carbs 4.3, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.277, polyunsaturated fat 22.0, potassium 0.41, protein 9.2, saturated fat 6.2, selenium 3.8e-06, sodium 0.0, trans fat nan, vitamin A (IU) 56.0, vitamin A RAE 3e-06, vitamin B1 0.00066, vitamin B12 0.0, vitamin B2 0.00013, vitamin B3 0.0012, vitamin B5 0.00086, vitamin B6 0.00021, vitamin C 0.0011, zinc 0.0045, choline 0.041, fructose 0.04, histidine 0.00026, isoleucine 0.00034, leucine 0.0006, lysine 0.00029, manganese 0.0045, methionine 0.00018, phenylalanine 0.00043, starch 0.46, sugar 4.0, threonine 0.00031, tryptophan 9e-05, valine 0.00041, vitamin D 0.0, vitamin E 0.0014, vitamin K 3.5e-06, omega-3 ALA nan, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pili nuts:

Pili nuts contains calcium 0.145, calories 719, carbs 4.0, cholesterol 0.0, copper 0.00096, fat 80.0, fiber nan, folate 6e-05, iron 0.0035, magnesium 0.302, monounsaturated fat 37.0, net carbs 4.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.575, polyunsaturated fat 7.6, potassium 0.507, protein 11.0, saturated fat 31.0, selenium nan, sodium 0.003, trans fat nan, vitamin A (IU) 41.0, vitamin A RAE 2e-06, vitamin B1 0.00091, vitamin B12 0.0, vitamin B2 9e-05, vitamin B3 0.00052, vitamin B5 0.00048, vitamin B6 0.00012, vitamin C 0.0006, zinc 0.003, choline nan, fructose nan, histidine 0.00026, isoleucine 0.00048, leucine 0.00089, lysine 0.00037, manganese 0.0023, methionine 0.0004, phenylalanine 0.0005, starch nan, sugar nan, threonine 0.00041, tryptophan 0.00019, valine 0.0007, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pine nuts:

Pine nuts contains calcium 0.016, calories 673, carbs 13.0, cholesterol 0.0, copper 0.0013, fat 68.0, fiber 3.7, folate 3.4e-05, iron 0.0055, magnesium 0.251, monounsaturated fat 19.0, net carbs 9.4, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.575, polyunsaturated fat 34.0, potassium 0.597, protein 14.0, saturated fat 4.9, selenium 7e-07, sodium 0.002, trans fat nan, vitamin A (IU) 29.0, vitamin A RAE 1e-06, vitamin B1 0.00036, vitamin B12 0.0, vitamin B2 0.00023, vitamin B3 0.0044, vitamin B5 0.00031, vitamin B6 9e-05, vitamin C 0.0008, zinc 0.0065, choline 0.056, fructose 0.07, histidine 0.00034, isoleucine 0.00054, leucine 0.00099, lysine 0.00054, manganese 0.0088, methionine 0.00026, phenylalanine 0.00052, starch 1.4, sugar 3.6, threonine 0.00037, tryptophan 0.00011, valine 0.00069, vitamin D 0.0, vitamin E 0.0093, vitamin K 5.4e-05, omega-3 ALA 0.11, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, omega-6 eicosadienoic acid 0.4, omega-6 gamma-linoleic acid 0.05, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pistachio:

Pistachio contains calcium 0.105, calories 560, carbs 27.0, cholesterol 0.0, copper 0.0013, fat 45.0, fiber 11.0, folate 5.1e-05, iron 0.0039, magnesium 0.121, monounsaturated fat 23.0, net carbs 17.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.49, polyunsaturated fat 14.0, potassium 1.025, protein 20.0, saturated fat 5.9, selenium 7e-06, sodium 0.001, trans fat 0.0, vitamin A (IU) 516.0, vitamin A RAE 2.6e-05, vitamin B1 0.00066, vitamin B12 0.0, vitamin B2 0.00013, vitamin B3 0.0012, vitamin B5 0.00086, vitamin B6 0.00021, vitamin C 0.0011, zinc 0.0045, choline 0.041, fructose 0.04, histidine 0.00026, isoleucine 0.00034, leucine 0.0006, lysine 0.00029, manganese 0.0045, methionine 0.00018, phenylalanine 0.00043, starch 0.46, sugar 4.0, threonine 0.00031, tryptophan 9e-05, valine 0.00041, vitamin D 0.0, vitamin E 0.0014, vitamin K 3.5e-06, omega-3 ALA nan, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

B1 0.00087, vitamin B12 0.0, vitamin B2 0.00016, vitamin B3 0.0013, vitamin B5 0.00052, vitamin B6 0.00000, vitamin C 0.0056, zinc 0.0022, choline nan, fructose 0.24, histidine 0.00051, isoleucine 0.00092, leucine 0.00000, lysine 0.0011, manganese 0.0012, methionine 0.00036, phenylalanine 0.0011, starch 1.7, sugar 7.7, threonine 0.00068, tryptophan 0.00025, valine 0.0012, vitamin D 0.0, vitamin E 0.0029, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid 14.0, omega-6 arachidonic acid nan.

Walnut:

Walnut contains calcium 0.098, calories 654, carbs 14.0, cholesterol 0.0, copper 0.0016, fat 65.0, fiber 6.7, folate 9.8e-05, iron 0.0029, magnesium 0.158, monounsaturated fat 8.9, net carbs 7.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.346, polyunsaturated fat 47.0, potassium 0.441, protein 15.0, saturated fat 6.1, selenium 4.9e-06, sodium 0.002, trans fat nan, vitamin A (IU) 20.0, vitamin A RAE 1e-06, vitamin B1 0.00034, vitamin B12 0.0, vitamin B2 0.00015, vitamin B3 0.0011, vitamin B5 0.00057, vitamin B6 0.00054, vitamin C 0.0013, zinc 0.0031, choline 0.039, fructose 0.09, histidine 0.00039, isoleucine 0.00063, leucine 0.0012, lysine 0.00042, manganese 0.0034, methionine 0.00024, phenylalanine 0.00071, starch 0.06, sugar 2.6, threonine 0.0006, tryptophan 0.00017, valine 0.00075, vitamin D 0.0, vitamin E 0.0007, vitamin K 2.7e-06, omega-3 ALA nan, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Tahini:

Tahini contains calcium 0.426, calories 595, carbs 21.0, cholesterol 0.0, copper 0.0016, fat 54.0, fiber 9.3, folate 9.8e-05, iron 0.009, magnesium 0.095, monounsaturated fat 20.0, net carbs 12.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.732, polyunsaturated fat 24.0, potassium 0.414, protein 17.0, saturated fat 7.5, selenium 3.4e-05, sodium 0.115, trans fat nan, vitamin A (IU) 67.0, vitamin A RAE 3e-06, vitamin B1 0.0012, vitamin B12 0.0, vitamin B2 0.00047, vitamin B3 0.0055, vitamin B5 0.00069, vitamin B6 0.00015, vitamin C 0.0, zinc 0.0046, choline 0.026, fructose nan, histidine 0.0005, isoleucine 0.00073, leucine 0.0013, lysine 0.00055, manganese 0.0015, methionine 0.00056, phenylalanine 0.0009, starch nan, sugar 0.49, threonine 0.00071, tryptophan 0.00037, valine 0.00095, vitamin D 0.0, vitamin E 0.00025, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Watermelon seeds:

Watermelon seeds contains calcium 0.054, calories 557, carbs 15.0, cholesterol 0.0, copper 0.00069, fat 47.0, fiber nan, folate 5.8e-05, iron 0.0073, magnesium 0.515, monounsaturated fat 7.4, net carbs 15.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.755, polyunsaturated fat 28.0, potassium 0.648, protein 28.0, saturated fat 9.8, selenium nan, sodium 0.099, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00019, vitamin B12 0.0, vitamin B2 0.00015, vitamin B3 0.0036, vitamin B5 0.00035, vitamin B6 9e-05, vitamin C 0.0, zinc 0.01, choline nan, fructose nan, histidine 0.00078, isoleucine 0.0013, leucine 0.0021, lysine 0.00089, manganese 0.0016, methionine 0.00083, phenylalanine 0.002, starch nan, sugar nan, threonine 0.0011, tryptophan 0.00039, valine 0.0016, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Almond butter:

Almond butter contains calcium 0.347, calories 614, carbs 19.0, cholesterol 0.0, copper 0.00093, fat 56.0, fiber 10.0, folate 5.3e-05, iron 0.0035, magnesium 0.279, monounsaturated fat 32.0, net carbs 8.5, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.508, polyunsaturated fat 14.0, potassium 0.748, protein 21.0, saturated fat 4.2, selenium 2.4e-06, sodium 0.007, trans fat nan, vitamin A (IU) 1.0, vitamin A RAE 0.0, vitamin B1 4e-05, vitamin B12 0.0, vitamin B2 0.00094, vitamin B3 0.0032, vitamin B5 0.00032, vitamin B6 0.0001, vitamin C

0.0, zinc 0.0033, choline 0.052, fructose 0.0, histidine 0.00055, isoleucine 0.00081, leucine 0.0015, lysine 0.0021, methionine 0.00012, phenylalanine 0.0011, starch 0.08, sugar 4.4, threonine 0.00056, tryptophan 0.00016, valine 0.00094, vitamin D 0.0, vitamin E 0.024, vitamin K 0.0, omega-3 ALA nan, omega-3 DHA nan, omega-3 EPA nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Castanea crenata:

Castanea crenata contains calcium 0.031, calories 154, carbs 35.0, cholesterol 0.0, copper 0.00056, fat 0.53, fiber nan, folate 4.7e-05, iron 0.0015, magnesium 0.049, monounsaturated fat 0.28, net carbs 35.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.072, polyunsaturated fat 0.14, potassium 0.329, protein 2.3, saturated fat 0.08, selenium nan, sodium 0.014, trans fat nan, vitamin A (IU) 37.0, vitamin A RAE 2e-06, vitamin B1 0.00034, vitamin B12 0.0, vitamin B2 0.00016, vitamin B3 0.0015, vitamin B5 0.00021, vitamin B6 0.00028, vitamin C 0.026, zinc 0.0011, choline nan, fructose nan, histidine 6e-05, isoleucine 0.00011, leucine 0.00014, lysine 0.00015, manganese 0.0016, methionine 5e-05, phenylalanine 9e-05, starch nan, sugar nan, threonine 9e-05, tryptophan 3e-05, valine 0.00013, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cashew butter:

Cashew butter contains calcium 0.061, calories 609, carbs 30.0, cholesterol 0.0, copper 0.0018, fat 53.0, fiber 3.0, folate 5.5e-05, iron 0.0049, magnesium 0.206, monounsaturated fat 27.0, net carbs 27.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.388, polyunsaturated fat 13.0, potassium 0.447, protein 12.0, saturated fat 11.0, selenium 9.3e-06, sodium 0.295, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00016, vitamin B12 0.0, vitamin B2 0.00016, vitamin B3 0.0011, vitamin B5 nan, vitamin B6 0.0002, vitamin C 0.0, zinc 0.0044, choline 0.048, fructose nan, histidine 0.00026, isoleucine 0.00045, leucine 0.00083, lysine 0.00052, manganese nan, methionine 0.0002, phenylalanine 0.00054, starch nan, sugar 9.1, threonine 0.00039, tryptophan 0.00016, valine 0.00062, vitamin D 0.0, vitamin E 0.0051, vitamin K 3e-05, omega-3 ALA nan, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Peanut:

Peanut contains calcium 0.092, calories 567, carbs 16.0, cholesterol 0.0, copper 0.0011, fat 49.0, fiber 8.5, folate 0.00024, iron 0.0046, magnesium 0.168, monounsaturated fat 24.0, net carbs 7.6, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.376, polyunsaturated fat 16.0, potassium 0.705, protein 26.0, saturated fat 6.3, selenium 7.2e-06, sodium 0.018, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00064, vitamin B12 0.0, vitamin B2 0.00014, vitamin B3 0.012, vitamin B5 0.0018, vitamin B6 0.00035, vitamin C 0.0, zinc 0.0033, choline 0.053, fructose nan, histidine 0.00065, isoleucine 0.00091, leucine 0.0017, lysine 0.00093, manganese 0.0019, methionine 0.00032, phenylalanine 0.0014, starch nan, sugar 4.7, threonine 0.00088, tryptophan 0.00025, valine 0.0011, vitamin D 0.0, vitamin E 0.0083, vitamin K 0.0, omega-3 ALA nan, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Basil:

Basil contains calcium 0.177, calories 23, carbs 2.7, cholesterol 0.0, copper 0.00039, fat 0.64, fiber 1.6, folate 6.8e-05, iron 0.0032, magnesium 0.064, monounsaturated fat 0.09, net carbs 1.1, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.056, polyunsaturated fat 0.39, potassium 0.295, protein 3.2, saturated fat 0.04, selenium 3e-07, sodium 0.004, trans fat 0.0, vitamin A (IU) 5275.0, vitamin A RAE 0.000264, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 8e-05, vitamin B3 0.0009, vitamin B5 0.00021, vitamin B6 0.00016, vitamin C 0.018, zinc 0.00081, choline 0.011, fructose 0.02, histidine 5e-05, isoleucine 0.0001, leucine 0.00019, lysine 0.00019, manganese 0.00019, methionine 0.00019, phenylalanine 0.00019, starch 0.02, sugar 0.02, threonine 0.00019, tryptophan 0.00019, valine 0.00019, vitamin D 0.0, vitamin E 0.00019, vitamin K 0.00019, omega-3 ALA nan, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

0.00011, manganese 0.0011, methionine 4e-05, phenylalanine 0.00013, starch nan, sugar 0.3, threonine 0.00011, tryptophan 4e-05, valine 0.00013, vitamin D 0.0, vitamin E 0.0008, vitamin K 0.000415, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Dill:

Dill contains calcium 0.208, calories 43, carbs 7.0, cholesterol 0.0, copper 0.00015, fat 1.1, fiber 2.1, folate 0.00015, iron 0.0066, magnesium 0.055, monounsaturated fat 0.8, net carbs 4.9, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.066, polyunsaturated fat 0.1, potassium 0.738, protein 3.5, saturated fat 0.06, selenium nan, sodium 0.061, trans fat 0.0, vitamin A (IU) 7718.0, vitamin A RAE 0.000386, vitamin B1 6e-05, vitamin B12 0.0, vitamin B2 0.0003, vitamin B3 0.0016, vitamin B5 0.0004, vitamin B6 0.00019, vitamin C 0.085, zinc 0.00091, choline nan, fructose nan, histidine 7e-05, isoleucine 0.0002, leucine 0.00016, lysine 0.00025, manganese 0.0013, methionine 1e-05, phenylalanine 7e-05, starch nan, sugar nan, threonine 7e-05, tryptophan 1e-05, valine 0.00015, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Thyme:

Thyme contains calcium 0.405, calories 101, carbs 24.0, cholesterol 0.0, copper 0.00056, fat 1.7, fiber 14.0, folate 4.5e-05, iron 0.017, magnesium 0.16, monounsaturated fat 0.08, net carbs 10.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.106, polyunsaturated fat 0.53, potassium 0.609, protein 5.6, saturated fat 0.47, selenium nan, sodium 0.009, trans fat 0.0, vitamin A (IU) 4751.0, vitamin A RAE 0.000238, vitamin B1 5e-05, vitamin B12 0.0, vitamin B2 0.00047, vitamin B3 0.0018, vitamin B5 0.00041, vitamin B6 0.00035, vitamin C 0.16, zinc 0.0018, choline nan, fructose nan, histidine nan, isoleucine 0.00029, leucine 0.00026, lysine 0.00013, manganese 0.0017, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine 0.00015, tryptophan 0.00011, valine 0.00031, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Rosemary:

Rosemary contains calcium 0.317, calories 131, carbs 21.0, cholesterol 0.0, copper 0.0003, fat 5.9, fiber 14.0, folate 0.000109, iron 0.0067, magnesium 0.091, monounsaturated fat 1.2, net carbs 6.6, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.066, polyunsaturated fat 0.9, potassium 0.668, protein 3.3, saturated fat 2.8, selenium nan, sodium 0.026, trans fat 0.0, vitamin A (IU) 2924.0, vitamin A RAE 0.000146, vitamin B1 4e-05, vitamin B12 0.0, vitamin B2 0.00015, vitamin B3 0.00091, vitamin B5 0.0008, vitamin B6 0.00034, vitamin C 0.022, zinc 0.00093, choline nan, fructose nan, histidine 7e-05, isoleucine 0.00014, leucine 0.00025, lysine 0.00014, manganese 0.00096, methionine 5e-05, phenylalanine 0.00017, starch nan, sugar nan, threonine 0.00014, tryptophan 5e-05, valine 0.00017, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Peppermint:

Peppermint contains calcium 0.243, calories 70, carbs 15.0, cholesterol 0.0, copper 0.00033, fat 0.94, fiber 8.0, folate 0.000114, iron 0.0051, magnesium 0.08, monounsaturated fat 0.03, net carbs 6.9, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.073, polyunsaturated fat 0.51, potassium 0.569, protein 3.8, saturated fat 0.25, selenium nan, sodium 0.031, trans fat 0.0, vitamin A (IU) 4248.0, vitamin A RAE 0.000212, vitamin B1 8e-05, vitamin B12 0.0, vitamin B2 0.00027, vitamin B3 0.0017, vitamin B5 0.00034, vitamin B6 0.00013, vitamin C 0.032, zinc 0.0011, choline nan, fructose nan, histidine 8e-05, isoleucine 0.00015, leucine 0.00028, lysine 0.00016, manganese 0.0012, methionine 5e-05, phenylalanine 0.00019, starch nan, sugar nan, threonine 0.00015,

tryptophan 6e-05, valine 0.00019, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Garden rhubarb:

Garden rhubarb contains calcium 0.086, calories 21, carbs 4.5, cholesterol 0.0, copper 2e-05, fat 0.2, fiber 1.8, folate 7e-06, iron 0.00022, magnesium 0.012, monounsaturated fat 0.04, net carbs 2.7, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.014, polyunsaturated fat 0.1, potassium 0.288, protein 0.9, saturated fat 0.05, selenium 1.1e-06, sodium 0.004, trans fat 0.0, vitamin A (IU) 102.0, vitamin A RAE 5e-06, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.0003, vitamin B5 9e-05, vitamin B6 2e-05, vitamin C 0.008, zinc 0.0001, choline 0.0061, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0002, methionine nan, phenylalanine nan, starch nan, sugar 1.1, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.00027, vitamin K 2.9e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Amaranth leaves:

Amaranth leaves contains calcium 0.215, calories 23, carbs 4.0, cholesterol 0.0, copper 0.00016, fat 0.33, fiber nan, folate 8.5e-05, iron 0.0023, magnesium 0.055, monounsaturated fat 0.08, net carbs 4.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.05, polyunsaturated fat 0.15, potassium 0.611, protein 2.5, saturated fat 0.09, selenium 9e-07, sodium 0.02, trans fat 0.0, vitamin A (IU) 2917.0, vitamin A RAE 0.000146, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 0.00016, vitamin B3 0.00066, vitamin B5 6e-05, vitamin B6 0.00019, vitamin C 0.043, zinc 0.0009, choline nan, fructose nan, histidine 5e-05, isoleucine 0.00012, leucine 0.0002, lysine 0.00013, manganese 0.00089, methionine 4e-05, phenylalanine 0.00013, starch nan, sugar nan, threonine 0.0001, tryptophan 3e-05, valine 0.00014, vitamin D 0.0, vitamin E nan, vitamin K 0.00114, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Rapini:

Rapini contains calcium 0.108, calories 22, carbs 2.9, cholesterol 0.0, copper 4e-05, fat 0.49, fiber 2.7, folate 8.3e-05, iron 0.0021, magnesium 0.022, monounsaturated fat 0.03, net carbs 0.15, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.073, polyunsaturated fat 0.13, potassium 0.196, protein 3.2, saturated fat 0.05, selenium 1e-06, sodium 0.033, trans fat 0.0, vitamin A (IU) 2622.0, vitamin A RAE 0.000131, vitamin B1 0.00016, vitamin B12 0.0, vitamin B2 0.00013, vitamin B3 0.0012, vitamin B5 0.00032, vitamin B6 0.00017, vitamin C 0.02, zinc 0.00077, choline 0.018, fructose 0.17, histidine 7e-05, isoleucine 0.0001, leucine 0.00017, lysine 0.0002, manganese 0.0004, methionine 5e-05, phenylalanine 0.00013, starch nan, sugar 0.38, threonine 0.00011, tryptophan 4e-05, valine 0.00015, vitamin D 0.0, vitamin E 0.0016, vitamin K 0.000224, omega-3 ALA nan, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Butterbur:

Butterbur contains calcium 0.103, calories 14, carbs 3.6, cholesterol 0.0, copper 0.0001, fat 0.04, fiber nan, folate 1e-05, iron 0.0001, magnesium 0.014, monounsaturated fat nan, net carbs 3.6, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.012, polyunsaturated fat nan, potassium 0.655, protein 0.39, saturated fat nan, selenium 9e-07, sodium 0.007, trans fat 0.0, vitamin A (IU) 50.0, vitamin A RAE 3e-06, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.0002, vitamin B5 3e-05, vitamin B6 0.0001, vitamin C 0.032, zinc 0.00016, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00027, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic

acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cardoon:

Cardoon contains calcium 0.07, calories 17, carbs 4.1, cholesterol 0.0, copper 0.00023, fat 0.1, fiber 1.6, folate 6.8e-05, iron 0.0007, magnesium 0.042, monounsaturated fat 0.02, net carbs 2.5, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.023, polyunsaturated fat 0.04, potassium 0.4, protein 0.7, saturated fat 0.01, selenium 2e-07, sodium 0.17, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.0003, vitamin B5 0.00034, vitamin B6 0.00012, vitamin C 0.002, zinc 0.00017, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00026, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Celery:

Celery contains calcium 0.04, calories 16, carbs 3.0, cholesterol 0.0, copper 4e-05, fat 0.17, fiber 1.6, folate 3.6e-05, iron 0.0002, magnesium 0.011, monounsaturated fat 0.03, net carbs 1.4, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.024, polyunsaturated fat 0.08, potassium 0.26, protein 0.69, saturated fat 0.04, selenium 4e-07, sodium 0.08, trans fat 0.0, vitamin A (IU) 449.0, vitamin A RAE 2.2e-05, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.00032, vitamin B5 0.00025, vitamin B6 7e-05, vitamin C 0.0031, zinc 0.00013, choline 0.0061, fructose 0.37, histidine 1e-05, isoleucine 2e-05, leucine 3e-05, lysine 3e-05, manganese 0.0001, methionine 1e-05, phenylalanine 2e-05, starch 0.0, sugar 1.3, threonine 2e-05, tryptophan 1e-05, valine 3e-05, vitamin D 0.0, vitamin E 0.00027, vitamin K 2.9e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chard:

Chard contains calcium 0.058, calories 20, carbs 4.1, cholesterol 0.0, copper 0.00016, fat 0.08, fiber 2.1, folate 9e-06, iron 0.0023, magnesium 0.086, monounsaturated fat 0.02, net carbs 2.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.033, polyunsaturated fat 0.03, potassium 0.549, protein 1.9, saturated fat 0.01, selenium 9e-07, sodium 0.179, trans fat 0.0, vitamin A (IU) 6124.0, vitamin A RAE 0.000306, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 9e-05, vitamin B3 0.00036, vitamin B5 0.00016, vitamin B6 9e-05, vitamin C 0.018, zinc 0.00033, choline 0.029, fructose nan, histidine 4e-05, isoleucine 0.00015, leucine 0.00014, lysine 0.0001, manganese 0.00033, methionine 2e-05, phenylalanine 0.00011, starch nan, sugar 1.1, threonine 9e-05, tryptophan 2e-05, valine 0.00011, vitamin D 0.0, vitamin E 0.0019, vitamin K 0.000327, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chives:

Chives contains calcium 0.092, calories 30, carbs 4.4, cholesterol 0.0, copper 0.00016, fat 0.73, fiber 2.5, folate 0.000105, iron 0.0016, magnesium 0.042, monounsaturated fat 0.1, net carbs 1.9, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.058, polyunsaturated fat 0.27, potassium 0.296, protein 3.3, saturated fat 0.15, selenium 9e-07, sodium 0.003, trans fat 0.0, vitamin A (IU) 4353.0, vitamin A RAE 0.000218, vitamin B1 8e-05, vitamin B12 0.0, vitamin B2 0.00012, vitamin B3 0.00065, vitamin B5 0.00032, vitamin B6 0.00014, vitamin C 0.058, zinc 0.00056, choline 0.0052, fructose nan, histidine 6e-05, isoleucine 0.00014, leucine 0.0002, lysine 0.00016, manganese 0.00037, methionine 4e-05, phenylalanine 0.00011, starch nan, sugar 1.9, threonine 0.00013, tryptophan 4e-05, valine 0.00015, vitamin D 0.0, vitamin E 0.00021, vitamin K 0.000213, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6

dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chrysanthemum:

Chrysanthemum contains calcium 0.117, calories 24, carbs 3.0, cholesterol 0.0, copper 0.00014, fat 0.56, fiber 3.0, folate 0.000177, iron 0.0023, magnesium 0.032, monounsaturated fat nan, net carbs 0.02, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.054, polyunsaturated fat nan, potassium 0.567, protein 3.4, saturated fat nan, selenium nan, sodium 0.118, trans fat 0.0, vitamin A (IU) 2320.0, vitamin A RAE 0.000116, vitamin B1 0.00013, vitamin B12 0.0, vitamin B2 0.00014, vitamin B3 0.00053, vitamin B5 0.00022, vitamin B6 0.00018, vitamin C 0.0014, zinc 0.00071, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00094, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K 0.00035, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Marrow-stem Kale:

Marrow-stem Kale contains calcium 0.232, calories 32, carbs 5.4, cholesterol 0.0, copper 5e-05, fat 0.61, fiber 4.0, folate 0.000129, iron 0.00047, magnesium 0.027, monounsaturated fat 0.03, net carbs 1.4, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.025, polyunsaturated fat 0.2, potassium 0.213, protein 3.0, saturated fat 0.06, selenium 1.3e-06, sodium 0.017, trans fat 0.0, vitamin A (IU) 5019.0, vitamin A RAE 0.000251, vitamin B1 5e-05, vitamin B12 0.0, vitamin B2 0.00013, vitamin B3 0.00074, vitamin B5 0.00027, vitamin B6 0.00017, vitamin C 0.035, zinc 0.00021, choline 0.023, fructose nan, histidine 5e-05, isoleucine 0.0001, leucine 0.00015, lysine 0.00012, manganese 0.00066, methionine 3e-05, phenylalanine 9e-05, starch nan, sugar 0.46, threonine 9e-05, tryptophan 3e-05, valine 0.00012, vitamin D 0.0, vitamin E 0.0023, vitamin K 0.000437, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Collard Greens:

Collard Greens contains calcium 0.141, calories 33, carbs 5.7, cholesterol 0.0, copper 5e-05, fat 0.72, fiber 4.0, folate 1.6e-05, iron 0.0011, magnesium 0.021, monounsaturated fat 0.03, net carbs 1.7, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.032, polyunsaturated fat 0.17, potassium 0.117, protein 2.7, saturated fat 0.05, selenium 5e-07, sodium 0.015, trans fat 0.0, vitamin A (IU) 7600.0, vitamin A RAE 0.00038, vitamin B1 4e-05, vitamin B12 0.0, vitamin B2 0.00011, vitamin B3 0.00058, vitamin B5 0.00022, vitamin B6 0.00013, vitamin C 0.018, zinc 0.00023, choline 0.038, fructose nan, histidine 4e-05, isoleucine 9e-05, leucine 0.00013, lysine 0.0001, manganese 0.00051, methionine 3e-05, phenylalanine 8e-05, starch nan, sugar 0.4, threonine 7e-05, tryptophan 3e-05, valine 0.0001, vitamin D 0.0, vitamin E 0.00088, vitamin K 0.000407, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Coriander:

Coriander contains calcium 0.067, calories 23, carbs 3.7, cholesterol 0.0, copper 0.00023, fat 0.52, fiber 2.8, folate 6.2e-05, iron 0.0018, magnesium 0.026, monounsaturated fat 0.28, net carbs 0.87, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.048, polyunsaturated fat 0.04, potassium 0.521, protein 2.1, saturated fat 0.01, selenium 9e-07, sodium 0.046, trans fat 0.0, vitamin A (IU) 6748.0, vitamin A RAE 0.000337, vitamin B1 7e-05, vitamin B12 0.0, vitamin B2 0.00016, vitamin B3 0.0011, vitamin B5 0.00057, vitamin B6 0.00015, vitamin C 0.027, zinc 0.0005, choline 0.013, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00043, methionine nan, phenylalanine nan, starch nan, sugar 0.87, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0025, vitamin K 0.00031, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Garden cress:

Garden cress contains calcium 0.081, calories 32, carbs 5.5, cholesterol 0.0, copper 0.00017, fat 0.7, fiber 1.1, folate 8e-05, iron 0.0013, magnesium 0.038, monounsaturated fat 0.24, net carbs 4.4, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.076, polyunsaturated fat 0.23, potassium 0.606, protein 2.6, saturated fat 0.02, selenium 9e-07, sodium 0.014, trans fat 0.0, vitamin A (IU) 6917.0, vitamin A RAE 0.000346, vitamin B1 8e-05, vitamin B12 0.0, vitamin B2 0.00026, vitamin B3 0.001, vitamin B5 0.00024, vitamin B6 0.00025, vitamin C 0.069, zinc 0.00023, choline 0.02, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00055, methionine nan, phenylalanine nan, starch nan, sugar 4.4, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0007, vitamin K 0.000542, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Dandelion greens:

Dandelion greens contains calcium 0.187, calories 45, carbs 9.2, cholesterol 0.0, copper 0.00017, fat 0.7, fiber 3.5, folate 2.7e-05, iron 0.0031, magnesium 0.036, monounsaturated fat 0.01, net carbs 5.7, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.066, polyunsaturated fat 0.31, potassium 0.397, protein 2.7, saturated fat 0.17, selenium 5e-07, sodium 0.076, trans fat 0.0, vitamin A (IU) 10161.0, vitamin A RAE 0.000508, vitamin B1 0.00019, vitamin B12 0.0, vitamin B2 0.00026, vitamin B3 0.00081, vitamin B5 8e-05, vitamin B6 0.00025, vitamin C 0.035, zinc 0.00041, choline 0.035, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00034, methionine nan, phenylalanine nan, starch nan, sugar 0.71, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0034, vitamin K 0.000778, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Escarole:

Escarole contains calcium 0.046, calories 19, carbs 3.1, cholesterol 0.0, copper 9e-05, fat 0.18, fiber 2.8, folate 7.8e-05, iron 0.00072, magnesium 0.013, monounsaturated fat 0.0, net carbs 0.27, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.022, polyunsaturated fat 0.08, potassium 0.245, protein 1.2, saturated fat 0.04, selenium 2e-07, sodium 0.019, trans fat nan, vitamin A (IU) 1888.0, vitamin A RAE 9.4e-05, vitamin B1 6e-05, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.00031, vitamin B5 0.00083, vitamin B6 2e-05, vitamin C 0.0033, zinc 0.00069, choline 0.015, fructose nan, histidine 2e-05, isoleucine 7e-05, leucine 9e-05, lysine 6e-05, manganese 0.00039, methionine 1e-05, phenylalanine 5e-05, starch nan, sugar 0.23, threonine 5e-05, tryptophan 1e-05, valine 6e-05, vitamin D 0.0, vitamin E 0.0004, vitamin K 0.000212, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Drumstick leaves:

Drumstick leaves contains calcium 0.185, calories 64, carbs 8.3, cholesterol 0.0, copper 0.00011, fat 1.4, fiber 2.0, folate 4e-05, iron 0.004, magnesium 0.042, monounsaturated fat nan, net carbs 6.3, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.112, polyunsaturated fat nan, potassium 0.337, protein 9.4, saturated fat nan, selenium 9e-07, sodium 0.009, trans fat 0.0, vitamin A (IU) 7564.0, vitamin A RAE 0.000378, vitamin B1 0.00026, vitamin B12 0.0, vitamin B2 0.00066, vitamin B3 0.0022, vitamin B5 0.00013, vitamin B6 0.0012, vitamin C 0.052, zinc 0.0006, choline nan, fructose nan, histidine 0.0002, isoleucine 0.00045, leucine 0.00079, lysine 0.00054, manganese 0.0011, methionine 0.00012, phenylalanine 0.00049, starch nan, sugar nan, threonine 0.00041, tryptophan 0.00014, valine 0.00061, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Kale:

Kale contains calcium 0.072, calories 28, carbs 5.6, cholesterol 0.0, copper 0.00016, fat 0.4, fiber 2.0, folate 1.3e-05, iron 0.0009, magnesium 0.018, monounsaturated fat 0.03, net carbs 3.6, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.028, polyunsaturated fat 0.19, potassium 0.228, protein 1.9, saturated fat 0.05, selenium 9e-07, sodium 0.023, trans fat 0.0, vitamin A (IU) 13621.0, vitamin A RAE 0.000681, vitamin B1 5e-05, vitamin B12 0.0, vitamin B2 7e-05, vitamin B3 0.0005, vitamin B5 5e-05, vitamin B6 0.00014, vitamin C 0.041, zinc 0.00024, choline 0.0004, fructose nan, histidine 4e-05, isoleucine 0.00011, leucine 0.00013, lysine 0.00011, manganese 0.00042, methionine 2e-05, phenylalanine 0.0001, starch nan, sugar 1.3, threonine 9e-05, tryptophan 2e-05, valine 0.0001, vitamin D 0.0, vitamin E 0.00085, vitamin K 0.000817, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Lambsquarters:

Lambsquarters contains calcium 0.309, calories 43, carbs 7.3, cholesterol 0.0, copper 0.00029, fat 0.8, fiber 4.0, folate 3e-05, iron 0.0012, magnesium 0.034, monounsaturated fat 0.15, net carbs 3.3, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.072, polyunsaturated fat 0.35, potassium 0.452, protein 4.2, saturated fat 0.06, selenium 9e-07, sodium 0.043, trans fat 0.0, vitamin A (IU) 11600.0, vitamin A RAE 0.00058, vitamin B1 0.00016, vitamin B12 0.0, vitamin B2 0.00044, vitamin B3 0.0012, vitamin B5 9e-05, vitamin B6 0.00027, vitamin C 0.08, zinc 0.00044, choline nan, fructose nan, histidine 0.00012, isoleucine 0.00025, leucine 0.00035, lysine 0.00035, manganese 0.00078, methionine 5e-05, phenylalanine 0.00017, starch nan, sugar nan, threonine 0.00016, tryptophan 4e-05, valine 0.00023, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Leek:

Leek contains calcium 0.059, calories 61, carbs 14.0, cholesterol 0.0, copper 0.00012, fat 0.3, fiber 1.8, folate 6.4e-05, iron 0.0021, magnesium 0.028, monounsaturated fat 0.0, net carbs 12.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.035, polyunsaturated fat 0.17, potassium 0.18, protein 1.5, saturated fat 0.04, selenium 1e-06, sodium 0.02, trans fat 0.0, vitamin A (IU) 1667.0, vitamin A RAE 8.3e-05, vitamin B1 6e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.0004, vitamin B5 0.00014, vitamin B6 0.00023, vitamin C 0.012, zinc 0.00012, choline 0.0095, fructose nan, histidine 3e-05, isoleucine 5e-05, leucine 0.0001, lysine 8e-05, manganese 0.00048, methionine 2e-05, phenylalanine 6e-05, starch nan, sugar 3.9, threonine 6e-05, tryptophan 1e-05, valine 6e-05, vitamin D 0.0, vitamin E 0.00092, vitamin K 4.7e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Lettuce:

Lettuce contains calcium 0.036, calories 15, carbs 2.9, cholesterol 0.0, copper 3e-05, fat 0.15, fiber 1.3, folate 3.8e-05, iron 0.00086, magnesium 0.013, monounsaturated fat 0.01, net carbs 1.6, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.029, polyunsaturated fat 0.08, potassium 0.194, protein 1.4, saturated fat 0.02, selenium 6e-07, sodium 0.028, trans fat 0.0, vitamin A (IU) 7405.0, vitamin A RAE 0.00037, vitamin B1 7e-05, vitamin B12 0.0, vitamin B2 8e-05, vitamin B3 0.00038, vitamin B5 0.00013, vitamin B6 9e-05, vitamin C 0.0092, zinc 0.00018, choline 0.014, fructose 0.43, histidine 2e-05, isoleucine 8e-05, leucine 8e-05, lysine 8e-05, manganese 0.00025, methionine 2e-05, phenylalanine 6e-05, starch 0.0, sugar 0.78, threonine 6e-05, tryptophan 1e-05, valine 7e-05, vitamin D 0.0, vitamin E 0.00022, vitamin K 0.000126, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Mustard Greens:

Mustard Greens contains calcium 0.118, calories 26, carbs 4.5, cholesterol 0.0, copper 0.00015, fat 0.47, fiber 2.0,

folate 9e-06, iron 0.00087, magnesium 0.013, monounsaturated fat 0.11, net carbs 2.5, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.042, polyunsaturated fat 0.05, potassium 0.162, protein 0.0, saturated fat 0.01, selenium 6e-07, sodium 0.009, trans fat 0.0, vitamin A (IU) 12370.0, vitamin A RAE 0.0, vitamin B1 4e-05, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.00043, vitamin B5 0.00012, vitamin B6 0.00012, vitamin C 0.025, zinc 0.00022, choline 0.0004, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 1.4, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0018, vitamin K 0.000593, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Scallion:

Scallion contains calcium 0.072, calories 32, carbs 7.3, cholesterol 0.0, copper 8e-05, fat 0.19, fiber 2.6, folate 6.4e-05, iron 0.0015, magnesium 0.02, monounsaturated fat 0.03, net carbs 4.7, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.037, polyunsaturated fat 0.07, potassium 0.276, protein 1.8, saturated fat 0.03, selenium 6e-07, sodium 0.016, trans fat 0.0, vitamin A (IU) 997.0, vitamin A RAE 5e-05, vitamin B1 6e-05, vitamin B12 0.0, vitamin B2 8e-05, vitamin B3 0.00053, vitamin B5 8e-05, vitamin B6 6e-05, vitamin C 0.019, zinc 0.00039, choline 0.0057, fructose nan, histidine 3e-05, isoleucine 8e-05, leucine 0.00011, lysine 9e-05, manganese 0.00016, methionine 2e-05, phenylalanine 6e-05, starch nan, sugar 2.3, threonine 7e-05, tryptophan 2e-05, valine 8e-05, vitamin D 0.0, vitamin E 0.00055, vitamin K 0.000207, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Welsh onion:

Welsh onion contains calcium 0.018, calories 34, carbs 6.5, cholesterol 0.0, copper 7e-05, fat 0.4, fiber 2.4, folate 1.6e-05, iron 0.0012, magnesium 0.023, monounsaturated fat 0.06, net carbs 4.1, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.049, polyunsaturated fat 0.16, potassium 0.212, protein 1.9, saturated fat 0.07, selenium 6e-07, sodium 0.017, trans fat 0.0, vitamin A (IU) 1160.0, vitamin A RAE nan, vitamin B1 5e-05, vitamin B12 0.0, vitamin B2 9e-05, vitamin B3 0.0004, vitamin B5 0.00017, vitamin B6 7e-05, vitamin C 0.027, zinc 0.00052, choline 0.0053, fructose nan, histidine 3e-05, isoleucine 8e-05, leucine 0.00011, lysine 0.0001, manganese 0.00014, methionine 2e-05, phenylalanine 6e-05, starch nan, sugar 2.2, threonine 7e-05, tryptophan 2e-05, valine 8e-05, vitamin D 0.0, vitamin E 0.00051, vitamin K 0.000193, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Parsley:

Parsley contains calcium 0.138, calories 36, carbs 6.3, cholesterol 0.0, copper 0.00015, fat 0.79, fiber 3.3, folate 0.000152, iron 0.0062, magnesium 0.05, monounsaturated fat 0.3, net carbs 3.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.058, polyunsaturated fat 0.12, potassium 0.554, protein 3.0, saturated fat 0.13, selenium 1e-07, sodium 0.056, trans fat 0.0, vitamin A (IU) 8424.0, vitamin A RAE 0.000421, vitamin B1 9e-05, vitamin B12 0.0, vitamin B2 0.0001, vitamin B3 0.0013, vitamin B5 0.0004, vitamin B6 9e-05, vitamin C 0.133, zinc 0.0011, choline 0.013, fructose nan, histidine 6e-05, isoleucine 0.00012, leucine 0.0002, lysine 0.00018, manganese 0.00016, methionine 4e-05, phenylalanine 0.00015, starch nan, sugar 0.85, threonine 0.00012, tryptophan 5e-05, valine 0.00017, vitamin D 0.0, vitamin E 0.00075, vitamin K 0.00164, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pumpkin leaves:

Pumpkin leaves contains calcium 0.039, calories 19, carbs 2.3, cholesterol 0.0, copper 0.00013, fat 0.4, fiber nan, folate 3.6e-05, iron 0.0022, magnesium 0.038, monounsaturated fat 0.05, net carbs 2.3, omega-3 DHA nan,

omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.104, polyunsaturated fat 0.02, potassium 0.436, protein 0.02, saturated fat 0.21, selenium 9e-07, sodium 0.011, trans fat 0.0, vitamin A (IU) 1942.0, vitamin A RAE 9.7e-05, vitamin B1 9e-05, vitamin B12 0.0, vitamin B2 0.00013, vitamin B3 0.00092, vitamin B5 4e-05, vitamin B6 0.00002, vitamin C 0.011, zinc 0.0002, choline nan, fructose nan, histidine 5e-05, isoleucine 0.00016, leucine 0.00002, manganese 0.00036, methionine 5e-05, phenylalanine 0.00017, starch nan, sugar nan, threonine 0.00002, tryptophan 4e-05, valine 0.00018, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-3 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Purslane:

Purslane contains calcium 0.065, calories 20, carbs 3.4, cholesterol 0.0, copper 0.00011, fat 0.36, fiber nan, folate 1.2e-05, iron 0.002, magnesium 0.068, monounsaturated fat nan, net carbs 3.4, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.044, polyunsaturated fat nan, potassium 0.494, protein 2.0, saturated fat nan, selenium 9e-07, sodium 0.045, trans fat 0.0, vitamin A (IU) 1320.0, vitamin A RAE nan, vitamin B1 5e-05, vitamin B12 0.0, vitamin B2 0.00011, vitamin B3 0.00048, vitamin B5 4e-05, vitamin B6 7e-05, vitamin C 0.021, zinc 0.00017, choline 0.013, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0003, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Spinach:

Spinach contains calcium 0.136, calories 23, carbs 3.8, cholesterol 0.0, copper 0.00017, fat 0.26, fiber 2.4, folate 0.000146, iron 0.0036, magnesium 0.087, monounsaturated fat 0.01, net carbs 1.4, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.056, polyunsaturated fat 0.11, potassium 0.466, protein 3.0, saturated fat 0.04, selenium 1.5e-06, sodium 0.07, trans fat 0.0, vitamin A (IU) 10481.0, vitamin A RAE 0.000524, vitamin B1 0.0001, vitamin B12 0.0, vitamin B2 0.00024, vitamin B3 0.00049, vitamin B5 0.00015, vitamin B6 0.00024, vitamin C 0.0098, zinc 0.00076, choline 0.02, fructose nan, histidine 7e-05, isoleucine 0.00015, leucine 0.00023, lysine 0.00018, manganese 0.00094, methionine 6e-05, phenylalanine 0.00013, starch nan, sugar 0.43, threonine 0.00013, tryptophan 4e-05, valine 0.00017, vitamin D 0.0, vitamin E 0.0021, vitamin K 0.000494, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Sweet potato leaves:

Sweet potato leaves contains calcium 0.078, calories 42, carbs 8.8, cholesterol 0.0, copper nan, fat 0.51, fiber 5.3, folate nan, iron 0.00097, magnesium 0.07, monounsaturated fat 0.02, net carbs 3.5, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.081, polyunsaturated fat 0.23, potassium 0.508, protein 2.5, saturated fat 0.11, selenium 9e-07, sodium 0.006, trans fat 0.0, vitamin A (IU) 3778.0, vitamin A RAE 0.000189, vitamin B1 0.00016, vitamin B12 0.0, vitamin B2 0.00035, vitamin B3 0.0011, vitamin B5 0.00023, vitamin B6 0.00019, vitamin C 0.011, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine 0.00023, manganese nan, methionine 9e-05, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan 4e-05, valine nan, vitamin D 0.0, vitamin E nan, vitamin K 0.000302, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Taro leaves:

Taro leaves contains calcium 0.107, calories 42, carbs 6.7, cholesterol 0.0, copper 0.00027, fat 0.74, fiber 3.7, folate 0.000126, iron 0.0023, magnesium 0.045, monounsaturated fat 0.06, net carbs 3.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.06, polyunsaturated fat 0.31, potassium 0.648, protein 5.0,

saturated fat 0.15, selenium 9e-07, sodium 0.003, trans fat 0.0, vitamin A (IU) 4825.0, vitamin A RAE 0.00021, vitamin B1 0.00021, vitamin B12 0.0, vitamin B2 0.00046, vitamin B3 0.0015, vitamin B5 8e-05, vitamin B6 0.00024, vitamin C 0.052, zinc 0.00041, choline 0.013, fructose nan, histidine 0.00011, isoleucine 0.00026, leucine 0.00017, lysine 0.00025, manganese 0.00071, methionine 8e-05, phenylalanine 0.0002, starch nan, sugar 3.0, threonine 0.00017, tryptophan 5e-05, valine 0.00026, vitamin D 0.0, vitamin E 0.002, vitamin K 0.000109, omega-3 ALA nan, omega-3 DHA nan, omega-3 EPA nan, omega-3 DPA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Vine spinach (basella):

Vine spinach (basella) contains calcium 0.109, calories 19, carbs 3.4, cholesterol 0.0, copper 0.00011, fat 0.3, fiber 0.5, folate 0.00014, iron 0.0012, magnesium 0.065, monounsaturated fat nan, net carbs 3.4, omega-3 DHA nan, omega-3 EPA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.052, polyunsaturated fat nan, potassium 0.51, protein 1.8, saturated fat nan, selenium 8e-07, sodium 0.024, trans fat 0.0, vitamin A (IU) 8000.0, vitamin A RAE 0.0004, vitamin B1 5e-05, vitamin B12 0.0, vitamin B2 0.00016, vitamin B3 0.0005, vitamin B5 5e-05, vitamin B6 0.00024, vitamin C 0.102, zinc 0.00043, choline nan, fructose nan, histidine 4e-05, isoleucine 5e-05, leucine 0.0001, lysine 9e-05, manganese 0.00074, methionine 2e-05, phenylalanine 9e-05, starch nan, sugar nan, threonine 6e-05, tryptophan 3e-05, valine 7e-05, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-3 DHA nan, omega-3 EPA nan, omega-3 DPA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Watercress:

Watercress contains calcium 0.12, calories 11, carbs 1.3, cholesterol 0.0, copper 8e-05, fat 0.1, fiber 0.5, folate 9e-06, iron 0.0002, magnesium 0.021, monounsaturated fat 0.01, net carbs 0.79, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.06, polyunsaturated fat 0.04, potassium 0.33, protein 2.3, saturated fat 0.03, selenium 9e-07, sodium 0.041, trans fat 0.0, vitamin A (IU) 3191.0, vitamin A RAE 0.00016, vitamin B1 9e-05, vitamin B12 0.0, vitamin B2 0.00012, vitamin B3 0.0002, vitamin B5 0.00031, vitamin B6 0.00013, vitamin C 0.043, zinc 0.00011, choline 0.009, fructose nan, histidine 4e-05, isoleucine 9e-05, leucine 0.00017, lysine 0.00013, manganese 0.00024, methionine 2e-05, phenylalanine 0.00011, starch nan, sugar 0.2, threonine 0.00013, tryptophan 3e-05, valine 0.00014, vitamin D 0.0, vitamin E 0.001, vitamin K 0.00025, omega-3 ALA nan, omega-3 DHA nan, omega-3 EPA nan, omega-3 DPA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Borage:

Borage contains calcium 0.093, calories 21, carbs 3.1, cholesterol 0.0, copper 0.00013, fat 0.7, fiber nan, folate 1.3e-05, iron 0.0033, magnesium 0.052, monounsaturated fat 0.21, net carbs 3.1, omega-3 DHA nan, omega-3 EPA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.053, polyunsaturated fat 0.11, potassium 0.47, protein 1.8, saturated fat 0.17, selenium 9e-07, sodium 0.08, trans fat 0.0, vitamin A (IU) 4200.0, vitamin A RAE 0.00021, vitamin B1 6e-05, vitamin B12 0.0, vitamin B2 0.00015, vitamin B3 0.0009, vitamin B5 4e-05, vitamin B6 8e-05, vitamin C 0.035, zinc 0.0002, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00035, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-3 DHA nan, omega-3 EPA nan, omega-3 DPA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Drumstick tree:

Drumstick tree contains calcium 0.03, calories 37, carbs 8.5, cholesterol 0.0, copper 8e-05, fat 0.2, fiber 3.2, folate 4.4e-05, iron 0.00036, magnesium 0.045, monounsaturated fat 0.1, net carbs 5.3, omega-3 DHA nan, omega-3 EPA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.05, polyunsaturated fat 0.0, potassium 0.461, protein 2.1, saturated fat 0.03, selenium 7e-07, sodium 0.042, trans fat 0.0, vitamin A (IU) 74.0, vitamin A RAE 4e-06, vitamin B1 5e-05,

vitamin B12 0.0, vitamin B2 7e-05, vitamin B3 0.00062, vitamin B5 0.00079, vitamin B6 0.00012, vitamin C 0.00045, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00032, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Arugula:

Arugula contains calcium 0.16, calories 25, carbs 3.7, cholesterol 0.0, copper 8e-05, fat 0.66, fiber 1.6, folate 9.7e-05, iron 0.0015, magnesium 0.047, monounsaturated fat 0.05, net carbs 2.1, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.052, polyunsaturated fat 0.32, potassium 0.369, protein 2.6, saturated fat 0.09, selenium 3e-07, sodium 0.027, trans fat 0.0, vitamin A (IU) 2373.0, vitamin A RAE 0.000119, vitamin B1 4e-05, vitamin B12 0.0, vitamin B2 9e-05, vitamin B3 0.00031, vitamin B5 0.00044, vitamin B6 7e-05, vitamin C 0.015, zinc 0.00047, choline 0.015, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00032, methionine nan, phenylalanine nan, starch nan, sugar 2.1, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.00043, vitamin K 0.000109, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Lemongrass:

Lemongrass contains calcium 0.065, calories 99, carbs 25.0, cholesterol 0.0, copper 0.00027, fat 0.49, fiber nan, folate 7.5e-05, iron 0.0082, magnesium 0.06, monounsaturated fat 0.05, net carbs 25.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.101, polyunsaturated fat 0.17, potassium 0.723, protein 1.8, saturated fat 0.12, selenium 7e-07, sodium 0.006, trans fat 0.0, vitamin A (IU) 6.0, vitamin A RAE 0.0, vitamin B1 7e-05, vitamin B12 0.0, vitamin B2 0.00014, vitamin B3 0.0011, vitamin B5 5e-05, vitamin B6 8e-05, vitamin C 0.0026, zinc 0.0022, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0052, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Grape leaves:

Grape leaves contains calcium 0.363, calories 93, carbs 17.0, cholesterol 0.0, copper 0.00042, fat 2.1, fiber 11.0, folate 8.3e-05, iron 0.0026, magnesium 0.095, monounsaturated fat 0.08, net carbs 6.3, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.091, polyunsaturated fat 1.1, potassium 0.272, protein 5.6, saturated fat 0.34, selenium 9e-07, sodium 0.009, trans fat 0.0, vitamin A (IU) 27521.0, vitamin A RAE 0.001376, vitamin B1 4e-05, vitamin B12 0.0, vitamin B2 0.00035, vitamin B3 0.0024, vitamin B5 0.00023, vitamin B6 0.0004, vitamin C 0.011, zinc 0.00067, choline 0.013, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0029, methionine nan, phenylalanine nan, starch nan, sugar 6.3, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.002, vitamin K 0.000109, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Fireweed:

Fireweed contains calcium 0.429, calories 103, carbs 19.0, cholesterol 0.0, copper 0.00032, fat 2.8, fiber 11.0, folate 0.000112, iron 0.0024, magnesium 0.156, monounsaturated fat nan, net carbs 8.6, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.108, polyunsaturated fat nan, potassium 0.494, protein 4.7, saturated fat nan, selenium 9e-07, sodium 0.034, trans fat 0.0, vitamin A (IU) 3598.0, vitamin A RAE 0.00018, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 0.00014, vitamin B3 0.0047, vitamin B5 0.0014, vitamin B6 0.00063,

vitamin C 0.0022, zinc 0.0027, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0067, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Barley:

Barley contains calcium 0.011, calories 123, carbs 28.0, cholesterol 0.0, copper 0.00011, fat 0.44, fiber 3.8, folate 1.6e-05, iron 0.0013, magnesium 0.022, monounsaturated fat 0.06, net carbs 24.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.054, polyunsaturated fat 0.21, potassium 0.093, protein 2.3, saturated fat 0.09, selenium 8.6e-06, sodium 0.003, trans fat nan, vitamin A (IU) 7.0, vitamin A RAE 0.0, vitamin B1 8e-05, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.0021, vitamin B5 0.00014, vitamin B6 0.00012, vitamin C 0.0, zinc 0.00082, choline 0.013, fructose nan, histidine 5e-05, isoleucine 8e-05, leucine 0.00015, lysine 8e-05, manganese 0.00026, methionine 4e-05, phenylalanine 0.00013, starch nan, sugar 0.28, threonine 8e-05, tryptophan 4e-05, valine 0.00011, vitamin D 0.0, vitamin E 1e-05, vitamin K 8e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Bulgur:

Bulgur contains calcium 0.01, calories 83, carbs 19.0, cholesterol 0.0, copper 8e-05, fat 0.24, fiber 4.5, folate 1.8e-05, iron 0.00096, magnesium 0.032, monounsaturated fat 0.03, net carbs 14.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.04, polyunsaturated fat 0.1, potassium 0.068, protein 3.1, saturated fat 0.04, selenium 6e-07, sodium 0.005, trans fat nan, vitamin A (IU) 2.0, vitamin A RAE 0.0, vitamin B1 6e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.001, vitamin B5 0.00034, vitamin B6 8e-05, vitamin C 0.0, zinc 0.00057, choline 0.0069, fructose nan, histidine 7e-05, isoleucine 0.00011, leucine 0.00021, lysine 9e-05, manganese 0.00061, methionine 5e-05, phenylalanine 0.00015, starch nan, sugar 0.1, threonine 9e-05, tryptophan 5e-05, valine 0.00014, vitamin D 0.0, vitamin E 1e-05, vitamin K 5e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Corn grain:

Corn grain contains calcium 0.007, calories 365, carbs 74.0, cholesterol 0.0, copper 0.00031, fat 4.7, fiber 7.3, folate 1.9e-05, iron 0.0027, magnesium 0.127, monounsaturated fat 1.3, net carbs 67.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.21, polyunsaturated fat 2.2, potassium 0.287, protein 9.4, saturated fat 0.67, selenium 1.6e-05, sodium 0.035, trans fat nan, vitamin A (IU) 214.0, vitamin A RAE 1.1e-05, vitamin B1 0.00039, vitamin B12 0.0, vitamin B2 0.0002, vitamin B3 0.0036, vitamin B5 0.00042, vitamin B6 0.00062, vitamin C 0.0, zinc 0.0022, choline nan, fructose nan, histidine 0.00029, isoleucine 0.00034, leucine 0.0012, lysine 0.00027, manganese 0.00049, methionine 0.0002, phenylalanine 0.00046, starch nan, sugar 0.64, threonine 0.00035, tryptophan 7e-05, valine 0.00048, vitamin D 0.0, vitamin E 0.00049, vitamin K 3e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Hominy:

Hominy contains calcium 0.01, calories 72, carbs 14.0, cholesterol 0.0, copper 3e-05, fat 0.88, fiber 2.5, folate 1e-06, iron 0.00062, magnesium 0.016, monounsaturated fat 0.23, net carbs 12.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.035, polyunsaturated fat 0.4, potassium 0.009, protein 1.5, saturated fat 0.12, selenium 3e-06, sodium 0.345, trans fat nan, vitamin A (IU) 1.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 1e-05, vitamin B3 3e-05, vitamin B5 0.00015, vitamin B6 1e-05, vitamin C 0.0, zinc 0.0011, choline 0.0031, fructose nan, histidine 5e-05, isoleucine 6e-05, leucine 0.0002, lysine 3e-05, manganese 7e-05,

methionine 3e-05, phenylalanine 8e-05, starch nan, sugar 1.8, threonine 5e-05, tryptophan 1e-05, valine 8e-05, vitamin D 0.0, vitamin E 5e-05, vitamin K 2e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Bran:

Bran contains calcium 0.01, calories 40, carbs 11.0, cholesterol 0.0, copper 7e-05, fat 0.86, fiber 2.6, folate 6e-06, iron 0.00088, magnesium 0.04, monounsaturated fat 0.29, net carbs 8.8, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.119, polyunsaturated fat 0.34, potassium 0.092, protein 3.2, saturated fat 0.16, selenium 7.7e-06, sodium 0.001, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00016, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.00014, vitamin B5 0.00022, vitamin B6 3e-05, vitamin C 0.0, zinc 0.00053, choline nan, fructose nan, histidine 7e-05, isoleucine 0.00011, leucine 0.00024, lysine 0.00013, manganese 0.00096, methionine 6e-05, phenylalanine 0.00016, starch nan, sugar nan, threonine 9e-05, tryptophan 6e-05, valine 0.00017, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Triticale:

Triticale contains calcium 0.037, calories 336, carbs 72.0, cholesterol 0.0, copper 0.00046, fat 2.1, fiber nan, folate 7.3e-05, iron 0.0026, magnesium 0.13, monounsaturated fat 0.21, net carbs 72.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.358, polyunsaturated fat 0.91, potassium 0.332, protein 13.0, saturated fat 0.37, selenium nan, sodium 0.005, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00042, vitamin B12 0.0, vitamin B2 0.00013, vitamin B3 0.0014, vitamin B5 0.0013, vitamin B6 0.00014, vitamin C 0.0, zinc 0.0035, choline nan, fructose nan, histidine 0.00031, isoleucine 0.00048, leucine 0.00091, lysine 0.00037, manganese 0.0032, methionine 0.0002, phenylalanine 0.00064, starch nan, sugar nan, threonine 0.00041, tryptophan 0.00016, valine 0.00061, vitamin D 0.0, vitamin E 0.0009, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Wild rice:

Wild rice contains calcium 0.003, calories 101, carbs 21.0, cholesterol 0.0, copper 0.00012, fat 0.34, fiber 1.8, folate 2.6e-05, iron 0.0006, magnesium 0.032, monounsaturated fat 0.05, net carbs 20.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.082, polyunsaturated fat 0.21, potassium 0.101, protein 4.0, saturated fat 0.05, selenium 8e-07, sodium 0.003, trans fat nan, vitamin A (IU) 3.0, vitamin A RAE 0.0, vitamin B1 5e-05, vitamin B12 0.0, vitamin B2 9e-05, vitamin B3 0.0013, vitamin B5 0.00015, vitamin B6 0.00014, vitamin C 0.0, zinc 0.0013, choline 0.01, fructose 0.2, histidine 0.0001, isoleucine 0.00017, leucine 0.00028, lysine 0.00017, manganese 0.00028, methionine 0.00012, phenylalanine 0.0002, starch nan, sugar 0.73, threonine 0.00013, tryptophan 5e-05, valine 0.00023, vitamin D 0.0, vitamin E 0.00024, vitamin K 5e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Spinach pasta:

Spinach pasta contains calcium 0.043, calories 289, carbs 56.0, cholesterol 0.073, copper 0.0002, fat 2.1, fiber nan, folate 0.000177, iron 0.0033, magnesium 0.063, monounsaturated fat 0.66, net carbs 56.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.148, polyunsaturated fat 0.47, potassium 0.272, protein 11.0, saturated fat 0.48, selenium nan, sodium 0.027, trans fat nan, vitamin A (IU) 241.0, vitamin A RAE 2.5e-05, vitamin B1 0.00061, vitamin B12 3.1e-07, vitamin B2 0.0004, vitamin B3 0.0035, vitamin B5 0.00069, vitamin B6 0.00032, vitamin C 0.0, zinc 0.0014, choline nan, fructose nan, histidine 0.00024, isoleucine 0.00049, leucine 0.00081, lysine 0.00034, manganese 0.00078, methionine 0.00021, phenylalanine 0.00056, starch nan, sugar nan, threonine

0.00035, tryptophan 0.00015, valine 0.00054, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chow mein:

Chow mein contains calcium 0.02, calories 475, carbs 73.0, cholesterol 0.0, copper 0.00017, fat 15.0, fiber 3.7, folate 0.000106, iron 0.0047, magnesium 0.052, monounsaturated fat 8.9, net carbs 69.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.161, polyunsaturated fat 3.6, potassium 0.12, protein 8.1, saturated fat 2.2, selenium 4.3e-05, sodium 1.174, trans fat 0.8, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00058, vitamin B12 0.0, vitamin B2 0.00042, vitamin B3 0.006, vitamin B5 0.00053, vitamin B6 0.00011, vitamin C 0.0, zinc 0.0014, choline 0.0087, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 5.7, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0023, vitamin K 1.4e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Somen noodles:

Somen noodles contains calcium 0.008, calories 131, carbs 28.0, cholesterol 0.0, copper 3e-05, fat 0.18, fiber nan, folate 2e-06, iron 0.00052, magnesium 0.002, monounsaturated fat 0.02, net carbs 28.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.027, polyunsaturated fat 0.07, potassium 0.029, protein 4.0, saturated fat 0.03, selenium nan, sodium 0.161, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.0001, vitamin B5 0.00017, vitamin B6 1e-05, vitamin C 0.0, zinc 0.00022, choline nan, fructose nan, histidine 8e-05, isoleucine 0.00016, leucine 0.00027, lysine 8e-05, manganese 0.00025, methionine 6e-05, phenylalanine 0.00019, starch nan, sugar nan, threonine 0.00011, tryptophan 5e-05, valine 0.00017, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Barley flour:

Barley flour contains calcium 0.032, calories 345, carbs 75.0, cholesterol 0.0, copper 0.00034, fat 1.6, fiber 10.0, folate 8e-06, iron 0.0027, magnesium 0.096, monounsaturated fat 0.21, net carbs 64.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.296, polyunsaturated fat 0.77, potassium 0.309, protein 11.0, saturated fat 0.34, selenium 3.8e-05, sodium 0.004, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00037, vitamin B12 0.0, vitamin B2 0.00011, vitamin B3 0.0063, vitamin B5 0.00015, vitamin B6 0.0004, vitamin C 0.0, zinc 0.002, choline 0.038, fructose nan, histidine 0.00024, isoleucine 0.00038, leucine 0.00071, lysine 0.00039, manganese 0.001, methionine 0.0002, phenylalanine 0.00059, starch nan, sugar 0.8, threonine 0.00036, tryptophan 0.00018, valine 0.00052, vitamin D 0.0, vitamin E 0.00057, vitamin K 2.2e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Rice noodles:

Rice noodles contains calcium 0.004, calories 108, carbs 24.0, cholesterol 0.0, copper 4e-05, fat 0.2, fiber 1.0, folate 1e-06, iron 0.00014, magnesium 0.003, monounsaturated fat 0.03, net carbs 23.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.02, polyunsaturated fat 0.02, potassium 0.004, protein 1.8, saturated fat 0.02, selenium 4.5e-06, sodium 0.019, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 7e-05, vitamin B5 1e-05, vitamin B6 1e-05, vitamin C 0.0, zinc 0.00025, choline 0.0016, fructose nan, histidine 5e-05, isoleucine 7e-05, leucine 0.00015, lysine 6e-05, manganese 0.00011, methionine 4e-05, phenylalanine 0.0001, starch nan, sugar 0.03, threonine 6e-05, tryptophan 2e-05, valine 0.0001, vitamin D 0.0, vitamin E 3e-05, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan,

omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Quinoa:

Quinoa contains calcium 0.017, calories 120, carbs 21.0, cholesterol 0.0, copper 0.00019, fat 1.9, fiber 2.8, folate 4.2e-05, iron 0.0015, magnesium 0.064, monounsaturated fat 0.53, net carbs 19.0, omega-3 DHA 0.02, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.152, polyunsaturated fat 1.1, potassium 0.172, protein 4.4, saturated fat 0.23, selenium 2.8e-06, sodium 0.007, trans fat nan, vitamin A (IU) 5.0, vitamin A RAE 0.0, vitamin B1 0.00011, vitamin B12 0.0, vitamin B2 0.00011, vitamin B3 0.00041, vitamin B5 nan, vitamin B6 0.00012, vitamin C 0.0, zinc 0.0011, choline 0.023, fructose nan, histidine 0.00013, isoleucine 0.00016, leucine 0.00026, lysine 0.00024, manganese 0.00063, methionine 0.0001, phenylalanine 0.00019, starch 18.0, sugar 0.87, threonine 0.00013, tryptophan 5e-05, valine 0.00019, vitamin D 0.0, vitamin E 0.00063, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Wheat:

Wheat contains calcium 0.009, calories 132, carbs 28.0, cholesterol 0.0, copper 0.00021, fat 0.83, fiber 4.3, folate 1.1e-05, iron 0.0018, magnesium 0.048, monounsaturated fat 0.08, net carbs 23.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.147, polyunsaturated fat 0.24, potassium 0.164, protein 5.7, saturated fat 0.08, selenium 3.2e-05, sodium 0.008, trans fat 0.0, vitamin A (IU) 4.0, vitamin A RAE nan, vitamin B1 0.0001, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.0023, vitamin B5 nan, vitamin B6 7e-05, vitamin C nan, zinc 0.0018, choline nan, fructose nan, histidine 0.00015, isoleucine 0.00022, leucine 0.00043, lysine 0.00016, manganese 0.001, methionine 0.0001, phenylalanine 0.0003, starch nan, sugar 3.1, threonine 0.00017, tryptophan 5e-05, valine 0.00027, vitamin D nan, vitamin E 0.00024, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Spelt:

Spelt contains calcium 0.01, calories 127, carbs 26.0, cholesterol 0.0, copper 0.00022, fat 0.85, fiber 3.9, folate 1.3e-05, iron 0.0017, magnesium 0.049, monounsaturated fat nan, net carbs 23.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.15, polyunsaturated fat nan, potassium 0.143, protein 5.5, saturated fat nan, selenium 4e-06, sodium 0.005, trans fat nan, vitamin A (IU) 4.0, vitamin A RAE 0.0, vitamin B1 0.0001, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.0026, vitamin B5 nan, vitamin B6 8e-05, vitamin C 0.0, zinc 0.0013, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0011, methionine nan, phenylalanine nan, starch 20.0, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E 0.00026, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Teff:

Teff contains calcium 0.049, calories 101, carbs 20.0, cholesterol 0.0, copper 0.00023, fat 0.65, fiber 2.8, folate 1.8e-05, iron 0.0021, magnesium 0.05, monounsaturated fat nan, net carbs 17.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.12, polyunsaturated fat nan, potassium 0.107, protein 3.9, saturated fat nan, selenium nan, sodium 0.008, trans fat nan, vitamin A (IU) 2.0, vitamin A RAE 0.0, vitamin B1 0.00018, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.00091, vitamin B5 nan, vitamin B6 0.0001, vitamin C nan, zinc 0.0011, choline nan, fructose nan, histidine 9e-05, isoleucine 0.00015, leucine 0.00031, lysine 0.00011, manganese 0.0029, methionine 0.00013, phenylalanine 0.0002, starch nan, sugar nan, threonine 0.00015, tryptophan 4e-05, valine 0.0002, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6

linoleic acid nan, omega-6 arachidonic acid nan.

Egg noodles:

Egg noodles contains calcium 0.012, calories 138, carbs 25.0, cholesterol 0.029, copper 0.0001, fat 2.1, fiber 1.2, folate 7e-06, iron 0.0006, magnesium 0.021, monounsaturated fat 0.58, net carbs 24.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.076, polyunsaturated fat 0.55, potassium 0.038, protein 4.5, saturated fat 0.42, selenium 2.4e-05, sodium 0.005, trans fat 0.03, vitamin A (IU) 21.0, vitamin A RAE 6e-06, vitamin B1 3e-05, vitamin B12 9e-08, vitamin B2 2e-05, vitamin B3 0.0004, vitamin B5 0.00026, vitamin B6 5e-05, vitamin C 0.0, zinc 0.00065, choline 0.026, fructose 0.0, histidine 0.00012, isoleucine 0.00019, leucine 0.00037, lysine 0.00014, manganese 0.00032, methionine 9e-05, phenylalanine 0.00024, starch nan, sugar 0.4, threonine 0.00014, tryptophan 4e-05, valine 0.00022, vitamin D 1e-07, vitamin E 0.00017, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Millet flour:

Millet flour contains calcium 0.014, calories 382, carbs 75.0, cholesterol nan, copper 0.00054, fat 4.3, fiber 3.5, folate 4.2e-05, iron 0.0039, magnesium 0.119, monounsaturated fat 0.92, net carbs 72.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.285, polyunsaturated fat 2.6, potassium 0.224, protein 11.0, saturated fat 0.54, selenium 3.3e-05, sodium 0.004, trans fat 0.0, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 0.00041, vitamin B12 nan, vitamin B2 7e-05, vitamin B3 0.006, vitamin B5 0.0013, vitamin B6 0.00037, vitamin C 0.0, zinc 0.0026, choline nan, fructose 0.0, histidine 0.00026, isoleucine 0.00047, leucine 0.0015, lysine 0.00014, manganese 0.001, methionine 0.00032, phenylalanine 0.00068, starch 70.0, sugar 1.7, threonine 0.00035, tryptophan 0.00017, valine 0.00058, vitamin D nan, vitamin E 0.00011, vitamin K 8e-07, omega-3 ALA 0.04, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.0, omega-6 dihomogamma-linoleic acid 0.0, omega-6 linoleic acid 2.5, omega-6 arachidonic acid nan.

Lard:

Lard contains calcium 0.0, calories 902, carbs 0.0, cholesterol 0.095, copper 0.0, fat 100.0, fiber 0.0, folate 0.0, iron 0.0, magnesium 0.0, monounsaturated fat 45.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 11.0, potassium 0.0, protein 0.0, saturated fat 39.0, selenium 2e-07, sodium 0.0, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.00011, choline 0.05, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese 0.0, methionine 0.0, phenylalanine 0.0, starch nan, sugar 0.0, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D 2.5e-06, vitamin E 0.0006, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Russian dressing:

Russian dressing contains calcium 0.013, calories 355, carbs 32.0, cholesterol 0.0, copper 6e-05, fat 26.0, fiber 0.7, folate 5e-06, iron 0.0006, magnesium 0.01, monounsaturated fat 5.9, net carbs 31.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.02, polyunsaturated fat 15.0, potassium 0.173, protein 0.69, saturated fat 2.4, selenium 1.6e-06, sodium 1.133, trans fat 0.17, vitamin A (IU) 577.0, vitamin A RAE 2.9e-05, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 5e-05, vitamin B3 0.00059, vitamin B5 0.0004, vitamin B6 0.0001, vitamin C 0.006, zinc 0.00022, choline 0.0046, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 6e-05, methionine nan, phenylalanine nan, starch nan, sugar 18.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0033, vitamin K 5.4e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Thousand island:

Thousand island contains calcium 0.017, calories 379, carbs 15.0, cholesterol 0.026, copper 0.0, fat 35.0, fiber 0.8, folate 0.0, iron 0.0012, magnesium 0.008, monounsaturated fat 7.9, net carbs 14.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.027, polyunsaturated fat 18.0, potassium 0.107, protein 1.1, saturated fat 5.1, selenium 1.5e-06, sodium 0.962, trans fat nan, vitamin A (IU) 213.0, vitamin A RAE 1.4e-05, vitamin B1 0.0014, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.00042, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.00026, choline 0.0046, fructose 4.0, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese 4e-05, methionine 0.0, phenylalanine 0.0, starch 0.0, sugar 15.0, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D 0.0, vitamin E 0.004, vitamin K 6.9e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

French dressing:

French dressing contains calcium 0.011, calories 222, carbs 31.0, cholesterol 0.0, copper 0.00016, fat 12.0, fiber 1.5, folate 2e-06, iron 0.00073, magnesium 0.008, monounsaturated fat 4.5, net carbs 30.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.016, polyunsaturated fat 3.9, potassium 0.107, protein 0.58, saturated fat 0.84, selenium 1.6e-06, sodium 0.838, trans fat nan, vitamin A (IU) 541.0, vitamin A RAE 2.7e-05, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 5e-05, vitamin B3 0.00047, vitamin B5 0.0, vitamin B6 6e-05, vitamin C 0.0048, zinc 0.0002, choline 0.004, fructose nan, histidine 1e-05, isoleucine 1e-05, leucine 2e-05, lysine 2e-05, manganese 0.00011, methionine 0.0, phenylalanine 2e-05, starch nan, sugar 17.0, threonine 1e-05, tryptophan 0.0, valine 1e-05, vitamin D 0.0, vitamin E 0.001, vitamin K 1.8e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Italian dressing:

Italian dressing contains calcium 0.015, calories 102, carbs 10.0, cholesterol 0.0, copper 2e-05, fat 6.7, fiber 0.0, folate 3e-06, iron 0.00025, magnesium 0.004, monounsaturated fat 1.7, net carbs 10.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.012, polyunsaturated fat 3.2, potassium 0.09, protein 0.39, saturated fat 0.83, selenium 1.6e-06, sodium 0.891, trans fat 0.02, vitamin A (IU) 12.0, vitamin A RAE 1e-06, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 1e-05, vitamin B3 9e-05, vitamin B5 0.0, vitamin B6 6e-05, vitamin C 0.0, zinc 6e-05, choline 0.0033, fructose 5.1, histidine 1e-05, isoleucine 2e-05, leucine 2e-05, lysine 2e-05, manganese 3e-05, methionine 1e-05, phenylalanine 1e-05, starch 0.0, sugar 9.2, threonine 1e-05, tryptophan 1e-05, valine 2e-05, vitamin D 0.0, vitamin E 0.0043, vitamin K 1.3e-05, omega-3 ALA 0.44, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.02, omega-3 eicosatrienoic acid 0.0, omega-6 dihomo-gamma-linoleic acid 0.0, omega-6 linoleic acid 2.8, omega-6 arachidonic acid nan.

Soybean oil:

Soybean oil contains calcium 0.0, calories 884, carbs 0.0, cholesterol 0.0, copper 0.0, fat 100.0, fiber 0.0, folate 0.0, iron 0.0, magnesium 0.0, monounsaturated fat 43.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 38.0, potassium 0.0, protein 0.0, saturated fat 15.0, selenium 0.0, sodium 0.0, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.0, choline 0.0002, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese nan, methionine 0.0, phenylalanine 0.0, starch nan, sugar 0.0, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D 0.0, vitamin E 0.0081, vitamin K 2.5e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Rice bran oil:

Rice bran oil contains calcium 0.0, calories 884, carbs 0.0, cholesterol 0.0, copper nan, fat 100.0, fiber 0.0, folate 0.0, iron 7e-05, magnesium 0.0, monounsaturated fat 39.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0,

omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 35.0, potassium 0.0, protein 0.0, saturated fat 20.0, selenium 0.0, sodium 0.0, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.0, choline nan, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese nan, methionine 0.0, phenylalanine 0.0, starch nan, sugar 0.0, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D nan, vitamin E 0.032, vitamin K 2.5e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Wheat germ oil:

Wheat germ oil contains calcium 0.0, calories 884, carbs 0.0, cholesterol 0.0, copper 0.0, fat 100.0, fiber 0.0, folate 0.0, iron 0.0, magnesium 0.0, monounsaturated fat 15.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 62.0, potassium 0.0, protein 0.0, saturated fat 19.0, selenium 0.0, sodium 0.0, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.0, choline 0.02, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese nan, methionine 0.0, phenylalanine 0.0, starch nan, sugar 0.0, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D 0.0, vitamin E 0.149, vitamin K 2.5e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Peanut oil:

Peanut oil contains calcium 0.0, calories 884, carbs 0.0, cholesterol 0.0, copper 0.0, fat 100.0, fiber 0.0, folate 0.0, iron 3e-05, magnesium 0.0, monounsaturated fat 46.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 32.0, potassium 0.0, protein 0.0, saturated fat 17.0, selenium 0.0, sodium 0.0, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 1e-05, choline 0.0001, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese nan, methionine 0.0, phenylalanine 0.0, starch nan, sugar 0.0, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D 0.0, vitamin E 0.016, vitamin K 7e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Coconut oil:

Coconut oil contains calcium 0.001, calories 892, carbs 0.0, cholesterol 0.0, copper 0.0, fat 99.0, fiber 0.0, folate 0.0, iron 5e-05, magnesium 0.0, monounsaturated fat 6.3, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 1.7, potassium 0.0, protein 0.0, saturated fat 82.0, selenium 0.0, sodium 0.0, trans fat 0.03, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 2e-05, choline 0.0003, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese 0.0, methionine 0.0, phenylalanine 0.0, starch nan, sugar 0.0, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D 0.0, vitamin E 0.00011, vitamin K 6e-07, omega-3 ALA 0.02, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.0, omega-6 dihomo-gamma-linoleic acid 0.0, omega-6 linoleic acid 1.7, omega-6 arachidonic acid nan.

Olive oil:

Olive oil contains calcium 0.001, calories 884, carbs 0.0, cholesterol 0.0, copper 0.0, fat 100.0, fiber 0.0, folate 0.0, iron 0.00056, magnesium 0.0, monounsaturated fat 73.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 11.0, potassium 0.001, protein 0.0, saturated fat 14.0, selenium 0.0, sodium 0.002, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.0, choline 0.0003, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese 0.0, methionine 0.0, phenylalanine 0.0, starch nan, sugar 0.0, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D 0.0, vitamin E 0.014, vitamin K 6e-05, omega-3 ALA

nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Palm oil:

Palm oil contains calcium 0.0, calories 884, carbs 0.0, cholesterol 0.0, copper 0.0, fat 100.0, fiber 0.0, folate 0.0, iron 1e-05, magnesium 0.0, monounsaturated fat 37.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 9.3, potassium 0.0, protein 0.0, saturated fat 49.0, selenium 0.0, sodium 0.0, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.0, choline 0.0003, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese nan, methionine 0.0, phenylalanine 0.0, starch nan, sugar 0.0, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D nan, vitamin E 0.016, vitamin K 8e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Sesame oil:

Sesame oil contains calcium 0.0, calories 884, carbs 0.0, cholesterol 0.0, copper 0.0, fat 100.0, fiber 0.0, folate 0.0, iron 0.0, magnesium 0.0, monounsaturated fat 40.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 42.0, potassium 0.0, protein 0.0, saturated fat 14.0, selenium 0.0, sodium 0.0, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.0, choline 0.0002, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese nan, methionine 0.0, phenylalanine 0.0, starch nan, sugar 0.0, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D 0.0, vitamin E 0.0014, vitamin K 1.4e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cocoa butter:

Cocoa butter contains calcium 0.0, calories 884, carbs 0.0, cholesterol 0.0, copper 0.0, fat 100.0, fiber 0.0, folate 0.0, iron 0.0, magnesium 0.0, monounsaturated fat 33.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 3.0, potassium 0.0, protein 0.0, saturated fat 60.0, selenium 0.0, sodium 0.0, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.0, choline 0.0003, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese 0.0, methionine 0.0, phenylalanine 0.0, starch nan, sugar 0.0, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D nan, vitamin E 0.0018, vitamin K 2.5e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cottonseed oil:

Cottonseed oil contains calcium 0.0, calories 884, carbs 0.0, cholesterol 0.0, copper 0.0, fat 100.0, fiber 0.0, folate 0.0, iron 0.0, magnesium 0.0, monounsaturated fat 18.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 52.0, potassium 0.0, protein 0.0, saturated fat 26.0, selenium 0.0, sodium 0.0, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.0, choline 0.0002, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese nan, methionine 0.0, phenylalanine 0.0, starch nan, sugar 0.0, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D 0.0, vitamin E 0.035, vitamin K 2.5e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Safflower oil:

Safflower oil contains calcium 0.0, calories 884, carbs 0.0, cholesterol 0.0, copper 0.0, fat 100.0, fiber 0.0, folate 0.0, iron 0.0, magnesium 0.0, monounsaturated fat 75.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0,

omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 13.0, potassium 0.0, protein 0.0, saturated fat 7.5, 0.0, sodium 0.0, trans fat 0.1, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.0, choline 0.0002, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese 0.0, methionine 0.0, phenylalanine 0.0, starch nan, sugar 0.0, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D 0.0, vitamin E 0.034, vitamin K 7.1e-06, omega-3 ALA 0.0, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid 13.0, omega-6 arachidonic acid nan.

Grape seed oil:

Grape seed oil contains calcium 0.0, calories 884, carbs 0.0, cholesterol 0.0, copper nan, fat 100.0, fiber 0.0, folate 0.0, iron 0.0, magnesium 0.0, monounsaturated fat 16.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 70.0, potassium 0.0, protein 0.0, saturated fat 9.6, selenium 0.0, sodium 0.0, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.0, choline nan, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese nan, methionine 0.0, phenylalanine 0.0, starch nan, sugar 0.0, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D nan, vitamin E 0.029, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Walnut oil:

Walnut oil contains calcium 0.0, calories 884, carbs 0.0, cholesterol 0.0, copper 0.0, fat 100.0, fiber 0.0, folate 0.0, iron 0.0, magnesium 0.0, monounsaturated fat 23.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 63.0, potassium 0.0, protein 0.0, saturated fat 9.1, selenium 0.0, sodium 0.0, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.0, choline 0.0004, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese nan, methionine 0.0, phenylalanine 0.0, starch nan, sugar 0.0, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D 0.0, vitamin E 0.0004, vitamin K 1.5e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Babassu oil:

Babassu oil contains calcium 0.0, calories 884, carbs 0.0, cholesterol 0.0, copper nan, fat 100.0, fiber 0.0, folate 0.0, iron 0.0, magnesium 0.0, monounsaturated fat 11.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 1.6, potassium 0.0, protein 0.0, saturated fat 81.0, selenium 0.0, sodium 0.0, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.0, choline nan, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese nan, methionine 0.0, phenylalanine 0.0, starch nan, sugar 0.0, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D nan, vitamin E 0.019, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Blue cheese dressing:

Blue cheese dressing contains calcium 0.037, calories 484, carbs 4.8, cholesterol 0.031, copper 1e-05, fat 51.0, fiber 0.4, folate 5e-06, iron 9e-05, magnesium 0.008, monounsaturated fat 13.0, net carbs 4.4, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.074, polyunsaturated fat 28.0, potassium 0.088, protein 1.4, saturated fat 8.3, selenium 1e-06, sodium 0.642, trans fat 1.3, vitamin A (IU) 73.0, vitamin A RAE 1.4e-05, vitamin B1 1e-05, vitamin B12 2.7e-07, vitamin B2 0.0001, vitamin B3 0.0001, vitamin B5 0.00039, vitamin B6 4e-05, vitamin C 0.0007, zinc 0.00021, choline 0.018, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 1e-05, methionine nan, phenylalanine nan, starch nan, sugar 3.5, threonine nan, tryptophan nan, valine nan.

nan, vitamin D 1e-07, vitamin E 0.0043, vitamin K 8.6e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Sunflower oil:

Sunflower oil contains calcium 0.0, calories 884, carbs 0.0, cholesterol 0.0, copper 0.0, fat 100.0, fiber 0.0, folate 0.0, iron 0.0, magnesium 0.0, monounsaturated fat 46.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 36.0, potassium 0.0, protein 0.0, saturated fat 13.0, selenium 0.0, sodium 0.0, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.0, choline nan, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese 0.0, methionine 0.0, phenylalanine 0.0, starch nan, sugar 0.0, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D nan, vitamin E 0.041, vitamin K 5.4e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Duck fat:

Duck fat contains calcium 0.0, calories 882, carbs 0.0, cholesterol 0.1, copper 0.0, fat 100.0, fiber 0.0, folate 0.0, iron 0.0, magnesium 0.0, monounsaturated fat 49.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 13.0, potassium 0.0, protein 0.0, saturated fat 33.0, selenium 2e-07, sodium 0.0, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.0, choline 0.122, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese nan, methionine 0.0, phenylalanine 0.0, starch nan, sugar 0.0, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D 4.8e-06, vitamin E 0.0027, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Avocado oil:

Avocado oil contains calcium 0.0, calories 884, carbs 0.0, cholesterol nan, copper 0.0, fat 100.0, fiber 0.0, folate 0.0, iron 0.0, magnesium 0.0, monounsaturated fat 71.0, net carbs 0.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.0, polyunsaturated fat 13.0, potassium 0.0, protein 0.0, saturated fat 12.0, selenium 0.0, sodium 0.0, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.0, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Canola oil:

Canola oil contains calcium 0.0, calories 884, carbs 0.0, cholesterol 0.0, copper 0.0, fat 100.0, fiber 0.0, folate 0.0, iron 0.0, magnesium 0.0, monounsaturated fat 63.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 28.0, potassium 0.0, protein 0.0, saturated fat 7.4, selenium 0.0, sodium 0.0, trans fat 0.4, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.0, choline 0.0002, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0, methionine nan, phenylalanine nan, starch nan, sugar 0.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.017, vitamin K 7.1e-05, omega-3 ALA 9.1, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid 19.0, omega-6 arachidonic acid nan.

Mustard oil:

Mustard oil contains calcium 0.0, calories 884, carbs 0.0, cholesterol nan, copper 0.0, fat 100.0, fiber 0.0, folate 0.0,

iron 0.0, magnesium 0.0, monounsaturated fat 59.0, net carbs 0.0, omega-3 DHA nan, omega-3 DPA nan, EPA nan, phosphorus 0.0, polyunsaturated fat 21.0, potassium 0.0, protein 0.0, saturated fat 12.0, selenium 0.0, sodium 0.0, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.0, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Salmon oil:

Salmon oil contains calcium 0.0, calories 902, carbs 0.0, cholesterol 0.485, copper 0.0, fat 100.0, fiber 0.0, folate 0.0, iron 0.0, magnesium 0.0, monounsaturated fat 29.0, net carbs 0.0, omega-3 DHA 18.0, omega-3 DPA 3.0, omega-3 EPA 13.0, phosphorus 0.0, polyunsaturated fat 40.0, potassium 0.0, protein 0.0, saturated fat 20.0, selenium 0.0, sodium 0.0, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.0, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Fish oil:

Fish oil contains calcium 0.0, calories 902, carbs 0.0, cholesterol 0.71, copper 0.0, fat 100.0, fiber 0.0, folate 0.0, iron 0.0, magnesium 0.0, monounsaturated fat 34.0, net carbs 0.0, omega-3 DHA 11.0, omega-3 DPA 2.0, omega-3 EPA 10.0, phosphorus 0.0, polyunsaturated fat 32.0, potassium 0.0, protein 0.0, saturated fat 30.0, selenium 0.0, sodium 0.0, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.0, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 8.3e-06, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Margarine:

Margarine contains calcium 0.003, calories 717, carbs 0.7, cholesterol 0.0, copper 0.0, fat 81.0, fiber 0.0, folate 1e-06, iron 6e-05, magnesium 0.003, monounsaturated fat 39.0, net carbs 0.7, omega-3 DHA 0.0, omega-3 DPA 0.01, omega-3 EPA 0.0, phosphorus 0.005, polyunsaturated fat 24.0, potassium 0.018, protein 0.16, saturated fat 15.0, selenium 0.0, sodium 0.002, trans fat 15.0, vitamin A (IU) 3577.0, vitamin A RAE 0.000819, vitamin B1 1e-05, vitamin B12 1e-07, vitamin B2 4e-05, vitamin B3 2e-05, vitamin B5 nan, vitamin B6 1e-05, vitamin C 0.0002, zinc 0.0, choline 0.012, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 0.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.009, vitamin K 9.3e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid 22.0, omega-6 arachidonic acid nan.

Spread:

Spread contains calcium nan, calories 158, carbs 0.0, cholesterol 0.0, copper nan, fat 17.0, fiber 0.0, folate nan, iron nan, magnesium nan, monounsaturated fat 7.6, net carbs 0.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.0, polyunsaturated fat 4.0, potassium 0.012, protein 0.0, saturated fat 2.2, selenium nan, sodium 0.755, trans fat 2.5, vitamin A (IU) 4489.0, vitamin A RAE nan, vitamin B1 nan, vitamin B12 nan, vitamin B2 nan, vitamin B3 nan, vitamin B5 nan, vitamin B6 nan, vitamin C nan, zinc nan, choline nan, fructose nan, histidine

nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 0.0, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E 0.0017, vitamin K 1.2e-05, ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Honey mustard:

Honey mustard contains calcium 0.067, calories 207, carbs 28.0, cholesterol 0.0, copper 3e-05, fat 10.0, fiber 0.8, folate 2e-06, iron 0.00041, magnesium 0.012, monounsaturated fat 5.6, net carbs 27.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.028, polyunsaturated fat 3.2, potassium 0.055, protein 0.98, saturated fat 0.83, selenium 6.8e-06, sodium 0.701, trans fat 0.0, vitamin A (IU) 14.0, vitamin A RAE 1e-06, vitamin B1 7e-05, vitamin B12 0.0, vitamin B2 1e-05, vitamin B3 0.00012, vitamin B5 7e-05, vitamin B6 2e-05, vitamin C 0.0004, zinc 0.00017, choline 0.0049, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00014, methionine nan, phenylalanine nan, starch nan, sugar 18.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0015, vitamin K 1.3e-05, omega-3 ALA nan, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Benecol:

Benecol contains calcium 0.004, calories 357, carbs 5.7, cholesterol nan, copper 0.0, fat 39.0, fiber nan, folate nan, iron 0.0, magnesium 0.001, monounsaturated fat 19.0, net carbs 5.7, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.004, polyunsaturated fat 12.0, potassium 0.004, protein 0.0, saturated fat 4.8, selenium nan, sodium 0.67, trans fat 2.2, vitamin A (IU) 4567.0, vitamin A RAE 0.00137, vitamin B1 1e-05, vitamin B12 nan, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 nan, vitamin B6 0.0, vitamin C nan, zinc 0.0, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E 0.037, vitamin K 5.7e-05, omega-3 ALA 2.0, omega-6 eicosadienoic acid 0.04, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid 9.6, omega-6 arachidonic acid nan.

Poppy seed dressing:

Poppy seed dressing contains calcium 0.059, calories 399, carbs 24.0, cholesterol 0.015, copper 4e-05, fat 33.0, fiber 0.3, folate 3e-06, iron 0.00025, magnesium 0.009, monounsaturated fat 8.2, net carbs 23.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.049, polyunsaturated fat 17.0, potassium 0.061, protein 0.92, saturated fat 6.1, selenium 1.2e-06, sodium 0.933, trans fat 0.14, vitamin A (IU) 180.0, vitamin A RAE 5.1e-05, vitamin B1 2e-05, vitamin B12 9e-08, vitamin B2 6e-05, vitamin B3 5e-05, vitamin B5 0.00011, vitamin B6 2e-05, vitamin C 0.0003, zinc 0.00025, choline 0.006, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00013, methionine nan, phenylalanine nan, starch nan, sugar 23.0, threonine nan, tryptophan nan, valine nan, vitamin D 1e-07, vitamin E 0.0024, vitamin K 5e-05, omega-3 ALA nan, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cesar dressing:

Cesar dressing contains calcium 0.033, calories 131, carbs 31.0, cholesterol 0.001, copper 2e-05, fat 0.23, fiber 0.2, folate 2e-06, iron 0.00029, magnesium 0.004, monounsaturated fat 0.05, net carbs 31.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.03, polyunsaturated fat 0.01, potassium 0.048, protein 1.5, saturated fat 0.1, selenium 2.2e-06, sodium 1.265, trans fat nan, vitamin A (IU) 4.0, vitamin A RAE 1e-06, vitamin B1 3e-05, vitamin B12 4e-08, vitamin B2 1e-05, vitamin B3 3e-05, vitamin B5 3e-05, vitamin B6 4e-05, vitamin C 0.0001, zinc 0.0003, choline 0.0024, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 4e-05, methionine nan, phenylalanine nan, starch nan, sugar 8.8, threonine nan, tryptophan nan, valine

nan, vitamin D 0.0, vitamin E 2e-05, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Flaxseed oil:

Flaxseed oil contains calcium 0.009, calories 878, carbs 0.39, cholesterol 0.0, copper 7e-05, fat 99.0, fiber nan, folate nan, iron 0.00034, magnesium 0.015, monounsaturated fat 21.0, net carbs 0.39, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.027, polyunsaturated fat 65.0, potassium 0.031, protein 0.37, saturated fat 9.0, selenium nan, sodium 0.006, trans fat 0.18, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 nan, vitamin B12 nan, vitamin B2 nan, vitamin B3 nan, vitamin B5 nan, vitamin B6 nan, vitamin C nan, zinc 0.00031, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00014, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E 0.00071, vitamin K 3.3e-06, omega-3 ALA 49.0, omega-6 eicosadienoic acid 0.03, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.08, omega-6 dihomo-gamma-linoleic acid 0.03, omega-6 linoleic acid 16.0, omega-6 arachidonic acid nan.

Barbecue sauce:

Barbecue sauce contains calcium 0.033, calories 172, carbs 41.0, cholesterol 0.0, copper 7e-05, fat 0.63, fiber 0.9, folate 2e-06, iron 0.00064, magnesium 0.013, monounsaturated fat 0.08, net carbs 40.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.02, polyunsaturated fat 0.1, potassium 0.232, protein 0.82, saturated fat 0.05, selenium 1.3e-06, sodium 1.027, trans fat 0.0, vitamin A (IU) 224.0, vitamin A RAE 1.1e-05, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.0006, vitamin B5 0.00016, vitamin B6 8e-05, vitamin C 0.0006, zinc 0.00017, choline 0.0071, fructose 14.0, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00013, methionine nan, phenylalanine nan, starch 0.35, sugar 33.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0008, vitamin K 1.8e-06, omega-3 ALA 0.02, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.0, omega-6 dihomo-gamma-linoleic acid 0.0, omega-6 linoleic acid 0.08, omega-6 arachidonic acid nan.

Béchamel sauce:

Béchamel sauce contains calcium 0.126, calories 105, carbs 7.4, cholesterol 0.008, copper 1e-05, fat 6.7, fiber 0.1, folate 9e-06, iron 0.00021, magnesium 0.015, monounsaturated fat 2.7, net carbs 7.3, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.101, polyunsaturated fat 1.6, potassium 0.163, protein 3.8, saturated fat 2.2, selenium 3.3e-06, sodium 0.328, trans fat nan, vitamin A (IU) 262.0, vitamin A RAE 7.3e-05, vitamin B1 6e-05, vitamin B12 3e-07, vitamin B2 0.00018, vitamin B3 0.00026, vitamin B5 0.00034, vitamin B6 4e-05, vitamin C 0.0008, zinc 0.00042, choline 0.014, fructose nan, histidine 9e-05, isoleucine 0.0002, leucine 0.00032, lysine 0.00026, manganese 2e-05, methionine 8e-05, phenylalanine 0.00016, starch nan, sugar 4.8, threonine 0.00015, tryptophan 5e-05, valine 0.00022, vitamin D 1.2e-06, vitamin E 0.00017, vitamin K 6e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Hot sauce:

Hot sauce contains calcium 0.008, calories 11, carbs 1.8, cholesterol 0.0, copper 3e-05, fat 0.37, fiber 0.3, folate 6e-06, iron 0.00048, magnesium 0.005, monounsaturated fat 0.03, net carbs 1.5, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.011, polyunsaturated fat 0.2, potassium 0.144, protein 0.51, saturated fat 0.05, selenium 0.0, sodium 2.643, trans fat nan, vitamin A (IU) 162.0, vitamin A RAE 8e-06, vitamin B1 4e-05, vitamin B12 0.0, vitamin B2 8e-05, vitamin B3 0.00025, vitamin B5 0.00011, vitamin B6 0.00016, vitamin C 0.075, zinc 0.00011, choline nan, fructose nan, histidine 1e-05, isoleucine 2e-05, leucine 3e-05, lysine 2e-05, manganese 5e-05, methionine 1e-05, phenylalanine 2e-05, starch nan, sugar 1.3, threonine 2e-05, tryptophan 1e-05, valine 2e-05, vitamin D nan, vitamin E 0.00012, vitamin K 2.4e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan,

omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Hoisin sauce:

Hoisin sauce contains calcium 0.032, calories 220, carbs 44.0, cholesterol 0.003, copper 0.00013, fat 3.4, fiber 2.8, folate 2.3e-05, iron 0.001, magnesium 0.024, monounsaturated fat 0.96, net carbs 41.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.038, polyunsaturated fat 1.7, potassium 0.119, protein 3.3, saturated fat 0.57, selenium 1.8e-06, sodium 1.615, trans fat nan, vitamin A (IU) 6.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.00022, vitamin B3 0.0012, vitamin B5 7e-05, vitamin B6 6e-05, vitamin C 0.0004, zinc 0.00032, choline 0.008, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00025, methionine nan, phenylalanine nan, starch nan, sugar 27.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.00028, vitamin K 5e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Salsa:

Salsa contains calcium 0.012, calories 36, carbs 7.0, cholesterol 0.0, copper 0.0001, fat 0.2, fiber 1.4, folate 1.9e-05, iron 0.0022, magnesium 0.016, monounsaturated fat 0.02, net carbs 5.6, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.03, polyunsaturated fat 0.11, potassium 0.27, protein 1.5, saturated fat 0.03, selenium 4e-07, sodium 0.43, trans fat nan, vitamin A (IU) 550.0, vitamin A RAE 2.8e-05, vitamin B1 5e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.0011, vitamin B5 nan, vitamin B6 0.00015, vitamin C 0.004, zinc 0.00017, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Fish sauce:

Fish sauce contains calcium 0.043, calories 35, carbs 3.6, cholesterol 0.0, copper 5e-05, fat 0.01, fiber 0.0, folate 5.1e-05, iron 0.00078, magnesium 0.175, monounsaturated fat 0.0, net carbs 3.6, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.007, polyunsaturated fat 0.0, potassium 0.288, protein 5.1, saturated fat 0.0, selenium 9.1e-06, sodium 7.851, trans fat nan, vitamin A (IU) 12.0, vitamin A RAE 4e-06, vitamin B1 1e-05, vitamin B12 4.8e-07, vitamin B2 6e-05, vitamin B3 0.0023, vitamin B5 0.00012, vitamin B6 0.0004, vitamin C 0.0005, zinc 0.0002, choline 0.013, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00023, methionine nan, phenylalanine nan, starch nan, sugar 3.6, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Marinara sauce:

Marinara sauce contains calcium 0.027, calories 51, carbs 8.1, cholesterol 0.002, copper 8e-05, fat 1.5, fiber 1.8, folate 1.3e-05, iron 0.00078, magnesium 0.018, monounsaturated fat 0.38, net carbs 6.3, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.034, polyunsaturated fat 0.51, potassium 0.319, protein 1.4, saturated fat 0.17, selenium 1.1e-06, sodium 0.03, trans fat nan, vitamin A (IU) 650.0, vitamin A RAE 3.3e-05, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.0039, vitamin B5 nan, vitamin B6 0.00017, vitamin C 0.002, zinc 0.0002, choline 0.014, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00014, methionine nan, phenylalanine nan, starch nan, sugar 5.5, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0024, vitamin K 1.4e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan,

omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Olive:

Olive contains calcium 0.088, calories 115, carbs 6.3, cholesterol 0.0, copper 0.00025, fat 11.0, fiber 3.2, folate 0.0, iron 0.0033, magnesium 0.004, monounsaturated fat 7.9, net carbs 3.1, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.003, polyunsaturated fat 0.91, potassium 0.008, protein 0.84, saturated fat 1.4, selenium 9e-07, sodium 0.735, trans fat 0.0, vitamin A (IU) 403.0, vitamin A RAE 2e-05, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 4e-05, vitamin B5 2e-05, vitamin B6 1e-05, vitamin C 0.0009, zinc 0.00022, choline 0.01, fructose nan, histidine 2e-05, isoleucine 3e-05, leucine 5e-05, lysine 3e-05, manganese 2e-05, methionine 1e-05, phenylalanine 3e-05, starch nan, sugar 0.0, threonine 3e-05, tryptophan nan, valine 4e-05, vitamin D 0.0, vitamin E 0.0017, vitamin K 1.4e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Tomato paste:

Tomato paste contains calcium 0.036, calories 82, carbs 19.0, cholesterol 0.0, copper 0.00037, fat 0.47, fiber 4.1, folate 1.2e-05, iron 0.003, magnesium 0.042, monounsaturated fat 0.07, net carbs 15.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.083, polyunsaturated fat 0.16, potassium 1.014, protein 4.3, saturated fat 0.1, selenium 5.3e-06, sodium 0.059, trans fat 0.0, vitamin A (IU) 1525.0, vitamin A RAE 7.6e-05, vitamin B1 6e-05, vitamin B12 0.0, vitamin B2 0.00015, vitamin B3 0.0031, vitamin B5 0.00014, vitamin B6 0.00022, vitamin C 0.022, zinc 0.00063, choline 0.039, fructose 5.9, histidine 7e-05, isoleucine 9e-05, leucine 0.00012, lysine 0.00013, manganese 0.0003, methionine 3e-05, phenylalanine 0.00013, starch 0.22, sugar 12.0, threonine 0.00013, tryptophan 3e-05, valine 9e-05, vitamin D 0.0, vitamin E 0.0043, vitamin K 1.1e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Ketchup:

Ketchup contains calcium 0.015, calories 101, carbs 27.0, cholesterol 0.0, copper 9e-05, fat 0.1, fiber 0.3, folate 9e-06, iron 0.00035, magnesium 0.013, monounsaturated fat 0.02, net carbs 27.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.026, polyunsaturated fat 0.04, potassium 0.281, protein 1.0, saturated fat 0.01, selenium 7e-07, sodium 0.907, trans fat 0.0, vitamin A (IU) 527.0, vitamin A RAE 2.6e-05, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 0.00017, vitamin B3 0.0014, vitamin B5 5e-05, vitamin B6 0.00016, vitamin C 0.0041, zinc 0.00017, choline 0.013, fructose 8.7, histidine 1e-05, isoleucine 1e-05, leucine 2e-05, lysine 2e-05, manganese 8e-05, methionine 1e-05, phenylalanine 2e-05, starch nan, sugar 21.0, threonine 2e-05, tryptophan 1e-05, valine 1e-05, vitamin D 0.0, vitamin E 0.0015, vitamin K 3e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Wasabi:

Wasabi contains calcium 0.128, calories 109, carbs 24.0, cholesterol 0.0, copper 0.00016, fat 0.63, fiber 7.8, folate 1.8e-05, iron 0.001, magnesium 0.069, monounsaturated fat nan, net carbs 16.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.08, polyunsaturated fat nan, potassium 0.568, protein 4.8, saturated fat nan, selenium nan, sodium 0.017, trans fat 0.0, vitamin A (IU) 35.0, vitamin A RAE 2e-06, vitamin B1 0.00013, vitamin B12 0.0, vitamin B2 0.00011, vitamin B3 0.00074, vitamin B5 0.0002, vitamin B6 0.00027, vitamin C 0.042, zinc 0.0016, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00039, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Miso:

Miso contains calcium 0.057, calories 198, carbs 25.0, cholesterol 0.0, copper 0.00042, fat 6.0, fiber 5.4, folate 1.9e-05, iron 0.0025, magnesium 0.048, monounsaturated fat 1.1, net carbs 20.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.159, polyunsaturated fat 2.9, potassium 0.21, protein 13.0, saturated fat 1.0, selenium 7e-06, sodium 3.728, trans fat 0.0, vitamin A (IU) 87.0, vitamin A RAE 4e-06, vitamin B1 0.0001, vitamin B12 8e-08, vitamin B2 0.00023, vitamin B3 0.00091, vitamin B5 0.00034, vitamin B6 0.0002, vitamin C 0.0, zinc 0.0026, choline 0.072, fructose 6.0, histidine 0.00024, isoleucine 0.00051, leucine 0.00082, lysine 0.00048, manganese 0.00086, methionine 0.00013, phenylalanine 0.00049, starch nan, sugar 6.2, threonine 0.00048, tryptophan 0.00016, valine 0.00055, vitamin D 0.0, vitamin E 1e-05, vitamin K 2.9e-05, omega-3 ALA nan, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Soy milk:

Soy milk contains calcium 0.025, calories 54, carbs 6.3, cholesterol 0.0, copper 0.00013, fat 1.8, fiber 0.6, folate 1.8e-05, iron 0.00064, magnesium 0.025, monounsaturated fat 0.4, net carbs 5.7, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.052, polyunsaturated fat 0.96, potassium 0.118, protein 3.3, saturated fat 0.21, selenium 4.8e-06, sodium 0.051, trans fat 0.0, vitamin A (IU) 3.0, vitamin A RAE 0.0, vitamin B1 6e-05, vitamin B12 0.0, vitamin B2 7e-05, vitamin B3 0.00051, vitamin B5 0.00037, vitamin B6 8e-05, vitamin C 0.0, zinc 0.00012, choline 0.024, fructose nan, histidine 6e-05, isoleucine 0.00011, leucine 0.00019, lysine 0.00013, manganese 0.00022, methionine 3e-05, phenylalanine 0.00011, starch nan, sugar 4.0, threonine 0.00011, tryptophan 4e-05, valine 0.00012, vitamin D 0.0, vitamin E 0.00011, vitamin K 3e-06, omega-3 ALA nan, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Soy sauce:

Soy sauce contains calcium 0.033, calories 53, carbs 4.9, cholesterol 0.0, copper 4e-05, fat 0.57, fiber 0.8, folate 1.4e-05, iron 0.0015, magnesium 0.074, monounsaturated fat 0.09, net carbs 4.1, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.166, polyunsaturated fat 0.26, potassium 0.435, protein 8.1, saturated fat 0.07, selenium 5e-07, sodium 5.493, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 3e-05, vitamin B12 0.0, vitamin B2 0.00017, vitamin B3 0.0022, vitamin B5 0.0003, vitamin B6 0.00015, vitamin C 0.0, zinc 0.00087, choline 0.018, fructose 0.0, histidine 0.00017, isoleucine 0.00032, leucine 0.00054, lysine 0.00038, manganese 0.001, methionine 0.0001, phenylalanine 0.00035, starch nan, sugar 0.4, threonine 0.00027, tryptophan 0.0001, valine 0.00033, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Peanut butter:

Peanut butter contains calcium 0.049, calories 598, carbs 22.0, cholesterol 0.0, copper 0.00042, fat 51.0, fiber 5.0, folate 8.7e-05, iron 0.0017, magnesium 0.168, monounsaturated fat 26.0, net carbs 17.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.335, polyunsaturated fat 13.0, potassium 0.558, protein 22.0, saturated fat 10.0, selenium 4.1e-06, sodium 0.017, trans fat 0.08, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.00015, vitamin B12 0.0, vitamin B2 0.00019, vitamin B3 0.013, vitamin B5 0.0011, vitamin B6 0.00044, vitamin C 0.0, zinc 0.0025, choline 0.063, fructose 0.12, histidine 0.00056, isoleucine 0.00062, leucine 0.0015, lysine 0.00068, manganese 0.0017, methionine 0.00027, phenylalanine 0.0012, starch 3.6, sugar 10.0, threonine 0.00053, tryptophan 0.00023, valine 0.00078, vitamin D 0.0, vitamin E 0.0091, vitamin K 3e-07, omega-3 ALA 0.03, omega-6 eicosadienoic acid 0.01, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.01, omega-6 dihomogamma-linoleic acid 0.0, omega-6 linoleic acid 12.0, omega-6 arachidonic acid nan.

Sweet and sour:

Sweet and sour contains calcium 0.01, calories 150, carbs 38.0, cholesterol 0.0, copper 8e-05, fat 0.02, fiber 0.1, folate 8e-06, iron 0.00021, magnesium 0.008, monounsaturated fat 0.0, net carbs 38.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.007, polyunsaturated fat 0.0, potassium 0.099, protein 0.27, saturated fat 0.0, selenium 4e-07, sodium 0.371, trans fat nan, vitamin A (IU) 10.0, vitamin A RAE 1e-06, vitamin B1 5e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.00019, vitamin B5 9e-05, vitamin B6 5e-05, vitamin C 0.0087, zinc 9e-05, choline 0.0024, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00076, methionine nan, phenylalanine nan, starch nan, sugar 19.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 1e-05, vitamin K 2e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cocktail sauce:

Cocktail sauce contains calcium 0.026, calories 124, carbs 28.0, cholesterol 0.0, copper 0.00011, fat 1.1, fiber 1.8, folate 1.7e-05, iron 0.00083, magnesium 0.017, monounsaturated fat 0.0, net carbs 26.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.03, polyunsaturated fat 0.0, potassium 0.309, protein 1.4, saturated fat 0.0, selenium 2.2e-06, sodium 0.983, trans fat nan, vitamin A (IU) 359.0, vitamin A RAE 1.8e-05, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 5e-05, vitamin B3 0.00082, vitamin B5 7e-05, vitamin B6 8e-05, vitamin C 0.012, zinc 0.00038, choline 0.011, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00015, methionine nan, phenylalanine nan, starch nan, sugar 12.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0011, vitamin K 4.4e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Green Goddess Dressing:

Green Goddess Dressing contains calcium 0.034, calories 427, carbs 7.4, cholesterol 0.04, copper 1e-05, fat 43.0, fiber 0.1, folate 4e-06, iron 0.00035, magnesium 0.007, monounsaturated fat 9.4, net carbs 7.3, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.031, polyunsaturated fat 23.0, potassium 0.058, protein 1.9, saturated fat 6.0, selenium 1.6e-06, sodium 0.867, trans fat nan, vitamin A (IU) 41.0, vitamin A RAE 1e-05, vitamin B1 2e-05, vitamin B12 2.6e-07, vitamin B2 5e-05, vitamin B3 0.00014, vitamin B5 nan, vitamin B6 1e-05, vitamin C 0.0002, zinc 0.00025, choline 0.0036, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 6.7, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0046, vitamin K 9.7e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Tomato sauce:

Tomato sauce contains calcium 0.014, calories 24, carbs 5.3, cholesterol 0.0, copper 0.00012, fat 0.3, fiber 1.5, folate 9e-06, iron 0.00096, magnesium 0.015, monounsaturated fat 0.04, net carbs 3.8, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.027, polyunsaturated fat 0.12, potassium 0.297, protein 1.2, saturated fat 0.04, selenium 6e-07, sodium 0.011, trans fat 0.0, vitamin A (IU) 435.0, vitamin A RAE 2.2e-05, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 7e-05, vitamin B3 0.00099, vitamin B5 0.00031, vitamin B6 0.0001, vitamin C 0.007, zinc 0.00022, choline 0.0099, fructose 1.7, histidine 2e-05, isoleucine 3e-05, leucine 3e-05, lysine 4e-05, manganese 0.00011, methionine 1e-05, phenylalanine 4e-05, starch nan, sugar 3.6, threonine 4e-05, tryptophan 1e-05, valine 3e-05, vitamin D 0.0, vitamin E 0.0014, vitamin K 2.8e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Vegetable oil:

Vegetable oil contains calcium 0.0, calories 884, carbs 0.0, cholesterol 0.0, copper 0.0, fat 100.0, fiber 0.0, folate

0.0, iron 0.00013, magnesium 0.0, monounsaturated fat 48.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 33.0, potassium 0.0, protein 0.0, saturated fat 14.0, selenium 0.0, sodium 0.0, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 2e-05, choline 0.0002, fructose 5.7, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0, methionine nan, phenylalanine nan, starch nan, sugar 0.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.015, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Apple juice:

Apple juice contains calcium 0.008, calories 46, carbs 11.0, cholesterol 0.0, copper 1e-05, fat 0.13, fiber 0.2, folate 0.0, iron 0.00012, magnesium 0.005, monounsaturated fat 0.01, net carbs 11.0, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 DPA 0.0, phosphorus 0.007, polyunsaturated fat 0.04, potassium 0.101, protein 0.1, saturated fat 0.02, selenium 1e-07, sodium 0.004, trans fat 0.0, vitamin A (IU) 1.0, vitamin A RAE 0.0, vitamin B1 2e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 7e-05, vitamin B5 5e-05, vitamin B6 2e-05, vitamin C 0.0009, zinc 2e-05, choline 0.0018, fructose 5.7, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 7e-05, methionine nan, phenylalanine nan, starch nan, sugar 9.6, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 1e-05, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Orange juice:

Orange juice contains calcium 0.011, calories 45, carbs 10.0, cholesterol 0.0, copper 4e-05, fat 0.2, fiber 0.2, folate 3e-05, iron 0.0002, magnesium 0.011, monounsaturated fat 0.04, net carbs 10.0, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 DPA 0.0, phosphorus 0.017, polyunsaturated fat 0.04, potassium 0.2, protein 0.7, saturated fat 0.02, selenium 1e-07, sodium 0.001, trans fat 0.0, vitamin A (IU) 200.0, vitamin A RAE 1e-05, vitamin B1 9e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.0004, vitamin B5 0.00019, vitamin B6 4e-05, vitamin C 0.05, zinc 5e-05, choline 0.0062, fructose nan, histidine 0.0, isoleucine 1e-05, leucine 1e-05, lysine 1e-05, manganese 1e-05, methionine 0.0, phenylalanine 1e-05, starch nan, sugar 8.4, threonine 1e-05, tryptophan 0.0, valine 1e-05, vitamin D 0.0, vitamin E 4e-05, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pineapple juice:

Pineapple juice contains calcium 0.013, calories 53, carbs 13.0, cholesterol 0.0, copper 7e-05, fat 0.12, fiber 0.2, folate 1.8e-05, iron 0.00031, magnesium 0.012, monounsaturated fat 0.01, net carbs 13.0, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 DPA 0.0, phosphorus 0.008, polyunsaturated fat 0.04, potassium 0.13, protein 0.36, saturated fat 0.01, selenium 1e-07, sodium 0.002, trans fat 0.0, vitamin A (IU) 5.0, vitamin A RAE 0.0, vitamin B1 6e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.0002, vitamin B5 6e-05, vitamin B6 0.0001, vitamin C 0.044, zinc 0.00011, choline 0.0033, fructose 3.8, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0005, methionine nan, phenylalanine nan, starch nan, sugar 10.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 2e-05, vitamin K 3e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Carrot juice:

Carrot juice contains calcium 0.024, calories 40, carbs 9.3, cholesterol 0.0, copper 5e-05, fat 0.15, fiber 0.8, folate 4e-06, iron 0.00046, magnesium 0.014, monounsaturated fat 0.01, net carbs 8.5, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 DPA 0.0, phosphorus 0.042, polyunsaturated fat 0.07, potassium 0.292, protein 0.95, saturated fat

0.03, selenium 6e-07, sodium 0.066, trans fat 0.0, vitamin A (IU) 19124.0, vitamin A RAE 0.000956, vitamin B1 0.000956, vitamin B12 0.0, vitamin B2 6e-05, vitamin B3 0.00039, vitamin B5 0.00023, vitamin B6 0.00022, vitamin C 0.0085, zinc 0.00018, choline 0.0099, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00013, methionine nan, phenylalanine nan, starch nan, sugar 3.9, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0012, vitamin K 1.6e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Tomato juice:

Tomato juice contains calcium 0.01, calories 17, carbs 3.5, cholesterol 0.0, copper 4e-05, fat 0.29, fiber 0.4, folate 2e-05, iron 0.00039, magnesium 0.011, monounsaturated fat 0.01, net carbs 3.1, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.019, polyunsaturated fat 0.03, potassium 0.217, protein 0.85, saturated fat 0.02, selenium 5e-07, sodium 0.01, trans fat 0.0, vitamin A (IU) 450.0, vitamin A RAE 2.3e-05, vitamin B1 0.0001, vitamin B12 0.0, vitamin B2 8e-05, vitamin B3 0.00067, vitamin B5 nan, vitamin B6 7e-05, vitamin C 0.07, zinc 0.00011, choline 0.0068, fructose 1.3, histidine 1e-05, isoleucine 2e-05, leucine 2e-05, lysine 3e-05, manganese 7e-05, methionine 1e-05, phenylalanine 3e-05, starch nan, sugar 2.6, threonine 3e-05, tryptophan 1e-05, valine 2e-05, vitamin D 0.0, vitamin E 0.00032, vitamin K 2.3e-06, omega-3 ALA 0.01, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid 0.0, omega-6 dihomo-gamma-linoleic acid 0.0, omega-6 linoleic acid 0.02, omega-6 arachidonic acid nan.

Beer:

Beer contains calcium 0.004, calories 43, carbs 3.6, cholesterol 0.0, copper 1e-05, fat 0.0, fiber 0.0, folate 6e-06, iron 2e-05, magnesium 0.006, monounsaturated fat 0.0, net carbs 3.6, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.014, polyunsaturated fat 0.0, potassium 0.027, protein 0.46, saturated fat 0.0, selenium 6e-07, sodium 0.004, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 1e-05, vitamin B12 2e-08, vitamin B2 3e-05, vitamin B3 0.00051, vitamin B5 4e-05, vitamin B6 5e-05, vitamin C 0.0, zinc 1e-05, choline 0.01, fructose 0.0, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese 1e-05, methionine 0.0, phenylalanine 0.0, starch 0.0, sugar 0.0, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Daiquiri:

Daiquiri contains calcium 0.003, calories 186, carbs 6.9, cholesterol 0.0, copper 2e-05, fat 0.06, fiber 0.1, folate 2e-06, iron 9e-05, magnesium 0.002, monounsaturated fat 0.01, net carbs 6.8, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.005, polyunsaturated fat 0.02, potassium 0.021, protein 0.06, saturated fat 0.01, selenium 1e-07, sodium 0.005, trans fat 0.0, vitamin A (IU) 4.0, vitamin A RAE 0.0, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 1e-05, vitamin B3 5e-05, vitamin B5 2e-05, vitamin B6 1e-05, vitamin C 0.0016, zinc 4e-05, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 2e-05, methionine nan, phenylalanine nan, starch nan, sugar 5.6, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E 3e-05, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Piña colada:

Piña colada contains calcium 0.008, calories 174, carbs 23.0, cholesterol 0.0, copper 8e-05, fat 1.9, fiber 0.3, folate 1.2e-05, iron 0.00021, magnesium 0.008, monounsaturated fat 0.08, net carbs 22.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.007, polyunsaturated fat 0.03, potassium 0.071, protein 0.42, saturated fat 1.6, selenium 7e-07, sodium 0.006, trans fat 0.0, vitamin A (IU) 2.0, vitamin A RAE 0.0, vitamin B1 3e-05,

vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.00012, vitamin B5 6e-05, vitamin B6 5e-05, vitamin C 0.00013, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00013, methionine nan, phenylalanine nan, starch nan, sugar 22.0, threonine nan, tryptophan nan, valine nan, vitamin E 2e-05, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Tequila sunrise:

Tequila sunrise contains calcium 0.0, calories 110, carbs 11.0, cholesterol 0.0, copper 4e-05, fat 0.1, fiber 0.0, folate 1.1e-05, iron 2e-05, magnesium 0.007, monounsaturated fat nan, net carbs 11.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.01, polyunsaturated fat nan, potassium 0.01, protein 0.3, saturated fat nan, selenium 0.0, sodium 0.057, trans fat 0.0, vitamin A (IU) 97.0, vitamin A RAE 5e-06, vitamin B1 4e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.00019, vitamin B5 9e-05, vitamin B6 5e-05, vitamin C 0.019, zinc 0.0006, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 1e-05, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Monster energy drink:

Monster energy drink contains calcium 0.0, calories 5, carbs 1.4, cholesterol 0.0, copper 0.0, fat 0.0, fiber 0.0, folate 0.0, iron 0.0, magnesium 0.0, monounsaturated fat 0.0, net carbs 1.4, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 0.0, potassium 0.0, protein 0.0, saturated fat 0.0, selenium 0.0, sodium 0.075, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 2.5e-06, vitamin B2 0.00071, vitamin B3 0.0083, vitamin B5 nan, vitamin B6 0.00083, vitamin C 0.0, zinc 0.0, choline 0.0, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 1.4, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Whiskey sour:

Whiskey sour contains calcium 0.272, calories 383, carbs 97.0, cholesterol 0.0, copper 0.00013, fat 0.1, fiber 0.0, folate 0.0, iron 0.00039, magnesium 0.019, monounsaturated fat 0.01, net carbs 97.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.013, polyunsaturated fat 0.04, potassium 0.019, protein 0.6, saturated fat 0.02, selenium 6e-07, sodium 0.274, trans fat 0.0, vitamin A (IU) 30.0, vitamin A RAE 2e-06, vitamin B1 1e-05, vitamin B12 1e-08, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 6e-05, vitamin B6 0.0, vitamin C 0.0027, zinc 0.00014, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0, methionine nan, phenylalanine nan, starch nan, sugar 97.0, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Creme de menthe:

Creme de menthe contains calcium 0.0, calories 371, carbs 42.0, cholesterol 0.0, copper 8e-05, fat 0.3, fiber 0.0, folate 0.0, iron 7e-05, magnesium 0.0, monounsaturated fat 0.02, net carbs 42.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 0.17, potassium 0.0, protein 0.0, saturated fat 0.01, selenium 4e-07, sodium 0.005, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 4e-05, choline 0.0, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese 4e-05, methionine 0.0, phenylalanine 0.0, starch

nan, sugar 42.0, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

SlimFast shake:

SlimFast shake contains calcium 0.13, calories 58, carbs 0.85, cholesterol 0.004, copper 1e-05, fat 2.9, fiber 0.4, folate 3.9e-05, iron 0.00096, magnesium 0.044, monounsaturated fat 2.1, net carbs 0.45, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.136, polyunsaturated fat 0.29, potassium 0.179, protein 6.6, saturated fat 0.45, selenium 4.5e-06, sodium 0.072, trans fat 0.0, vitamin A (IU) 565.0, vitamin A RAE 0.000171, vitamin B1 0.00017, vitamin B12 6e-07, vitamin B2 0.00019, vitamin B3 0.0024, vitamin B5 0.0012, vitamin B6 0.00021, vitamin C 0.019, zinc 0.00085, choline 0.0, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 0.6, threonine nan, tryptophan nan, valine nan, vitamin D 1.1e-06, vitamin E 0.0046, vitamin K 6.5e-06, omega-3 ALA nan, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Fuze juice:

Fuze juice contains calcium 0.009, calories 38, carbs 9.2, cholesterol 0.0, copper 4e-05, fat 0.06, fiber 0.2, folate 4.4e-05, iron 0.0001, magnesium 0.01, monounsaturated fat 0.01, net carbs 9.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.016, polyunsaturated fat 0.01, potassium 0.192, protein 0.68, saturated fat 0.01, selenium 1e-07, sodium 0.01, trans fat nan, vitamin A (IU) 400.0, vitamin A RAE 2e-05, vitamin B1 8e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.0002, vitamin B5 nan, vitamin B6 0.00016, vitamin C 0.024, zinc 5e-05, choline 0.0057, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 9.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0011, vitamin K 1e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Gin:

Gin contains calcium 0.0, calories 263, carbs 0.0, cholesterol 0.0, copper 0.0, fat 0.0, fiber 0.0, folate 0.0, iron 0.0, magnesium 0.0, monounsaturated fat 0.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 0.0, potassium 0.0, protein 0.0, saturated fat 0.0, selenium 0.0, sodium 0.002, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.0, choline 0.0, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese 0.0, methionine 0.0, phenylalanine 0.0, starch nan, sugar 0.0, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Rum:

Rum contains calcium 0.0, calories 231, carbs 0.0, cholesterol 0.0, copper 5e-05, fat 0.0, fiber 0.0, folate 0.0, iron 0.00012, magnesium 0.0, monounsaturated fat 0.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.005, polyunsaturated fat 0.0, potassium 0.002, protein 0.0, saturated fat 0.0, selenium 0.0, sodium 0.001, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 7e-05, choline 0.0, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese 2e-05, methionine 0.0, phenylalanine 0.0, starch nan, sugar 0.0, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Vodka:

Vodka contains calcium 0.0, calories 231, carbs 0.0, cholesterol 0.0, copper 1e-05, fat 0.0, fiber 0.0, folate 0.0, iron 1e-05, magnesium 0.0, monounsaturated fat 0.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.005, polyunsaturated fat 0.0, potassium 0.001, protein 0.0, saturated fat 0.0, selenium 0.0, sodium 0.001, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE nan, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 1e-05, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.0, choline nan, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese 0.0, methionine 0.0, phenylalanine 0.0, starch nan, sugar 0.0, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Whisky:

Whisky contains calcium 0.0, calories 250, carbs 0.1, cholesterol 0.0, copper 1e-05, fat 0.0, fiber 0.0, folate 0.0, iron 2e-05, magnesium 0.0, monounsaturated fat 0.0, net carbs 0.1, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.003, polyunsaturated fat 0.0, potassium 0.001, protein 0.0, saturated fat 0.0, selenium 0.0, sodium 0.0, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 5e-05, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 2e-05, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 1e-05, methionine nan, phenylalanine nan, starch nan, sugar 0.1, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Wine:

Wine contains calcium 0.008, calories 83, carbs 2.7, cholesterol 0.0, copper 1e-05, fat 0.0, fiber 0.0, folate 1e-06, iron 0.00037, magnesium 0.011, monounsaturated fat 0.0, net carbs 2.7, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.02, polyunsaturated fat 0.0, potassium 0.099, protein 0.07, saturated fat 0.0, selenium 2e-07, sodium 0.005, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.00017, vitamin B5 4e-05, vitamin B6 5e-05, vitamin C 0.0, zinc 0.00013, choline 0.005, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00012, methionine nan, phenylalanine nan, starch nan, sugar 0.79, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Smoothie:

Smoothie contains calcium 0.041, calories 37, carbs 8.2, cholesterol 0.0, copper nan, fat 0.0, fiber 0.0, folate nan, iron 0.00015, magnesium nan, monounsaturated fat nan, net carbs 8.2, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus nan, polyunsaturated fat nan, potassium 0.024, protein 1.2, saturated fat 0.0, selenium nan, sodium 0.029, trans fat 0.0, vitamin A (IU) 408.0, vitamin A RAE nan, vitamin B1 nan, vitamin B12 2.4e-07, vitamin B2 nan, vitamin B3 0.00082, vitamin B5 nan, vitamin B6 8e-05, vitamin C 0.025, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 7.4, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Red Wine:

Red Wine contains calcium 0.008, calories 85, carbs 2.6, cholesterol 0.0, copper 1e-05, fat 0.0, fiber 0.0, folate 1e-06, iron 0.00046, magnesium 0.012, monounsaturated fat 0.0, net carbs 2.6, omega-3 DHA 0.0, omega-3 DPA

0.0, omega-3 EPA 0.0, phosphorus 0.023, polyunsaturated fat 0.0, potassium 0.127, protein 0.07, saturated fat 0.0, selenium 2e-07, sodium 0.004, trans fat 0.0, vitamin A (IU) 2.0, vitamin A RAE 0.0, vitamin B1 1e-05, vitamin B2 0.0, vitamin B3 3e-05, vitamin B5 3e-05, vitamin B6 6e-05, vitamin C 0.0, zinc 0.0001, fructose 0.0057, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00013, methionine nan, phenylalanine nan, starch nan, sugar 0.62, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 4e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-6 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pinot noir:

Pinot noir contains calcium nan, calories 82, carbs 2.3, cholesterol nan, copper nan, fat 0.0, fiber nan, folate nan, iron nan, magnesium nan, monounsaturated fat nan, net carbs 2.3, omega-3 DHA nan, omega-3 EPA nan, omega-3 DPA nan, phosphorus nan, polyunsaturated fat nan, potassium nan, protein 0.07, saturated fat nan, selenium nan, sodium nan, trans fat 0.0, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 nan, vitamin B12 nan, vitamin B2 nan, vitamin B3 nan, vitamin B5 nan, vitamin B6 nan, vitamin C nan, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Syrah wine:

Syrah wine contains calcium nan, calories 83, carbs 2.6, cholesterol nan, copper nan, fat 0.0, fiber nan, folate nan, iron nan, magnesium nan, monounsaturated fat nan, net carbs 2.6, omega-3 DHA nan, omega-3 EPA nan, omega-3 DPA nan, phosphorus nan, polyunsaturated fat nan, potassium nan, protein 0.07, saturated fat nan, selenium nan, sodium nan, trans fat 0.0, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 nan, vitamin B12 nan, vitamin B2 nan, vitamin B3 nan, vitamin B5 nan, vitamin B6 nan, vitamin C nan, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Zinfandel wine:

Zinfandel wine contains calcium nan, calories 88, carbs 2.9, cholesterol nan, copper nan, fat 0.0, fiber nan, folate nan, iron nan, magnesium nan, monounsaturated fat nan, net carbs 2.9, omega-3 DHA nan, omega-3 EPA nan, omega-3 DPA nan, phosphorus nan, polyunsaturated fat nan, potassium nan, protein 0.07, saturated fat nan, selenium nan, sodium nan, trans fat 0.0, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 nan, vitamin B12 nan, vitamin B2 nan, vitamin B3 nan, vitamin B5 nan, vitamin B6 nan, vitamin C nan, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Petite Sirah wine:

Petite Sirah wine contains calcium nan, calories 85, carbs 2.7, cholesterol nan, copper nan, fat 0.0, fiber nan, folate nan, iron nan, magnesium nan, monounsaturated fat nan, net carbs 2.7, omega-3 DHA nan, omega-3 EPA nan, omega-3 DPA nan, phosphorus nan, polyunsaturated fat nan, potassium nan, protein 0.07, saturated fat nan, selenium nan, sodium nan, trans fat 0.0, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 nan, vitamin B12 nan, vitamin B2 nan, vitamin B3 nan, vitamin B5 nan, vitamin B6 nan, vitamin C nan, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

White wine:

White wine contains calcium 0.009, calories 82, carbs 2.6, cholesterol 0.0, copper 0.0, fat 0.0, fiber 0.0, folate 1e-06, iron 0.00027, magnesium 0.01, monounsaturated fat 0.0, net carbs 2.6, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.018, polyunsaturated fat 0.0, potassium 0.071, protein 0.07, saturated fat 0.0, selenium 1e-07, sodium 0.005, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.00011, vitamin B5 5e-05, vitamin B6 5e-05, vitamin C 0.0, zinc 0.00012, choline 0.0043, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00012, methionine nan, phenylalanine nan, starch nan, sugar 0.96, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 4e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Sangiovese wine:

Sangiovese wine contains calcium nan, calories 86, carbs 2.6, cholesterol nan, copper nan, fat 0.0, fiber nan, folate nan, iron nan, magnesium nan, monounsaturated fat nan, net carbs 2.6, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus nan, polyunsaturated fat nan, potassium nan, protein 0.07, saturated fat nan, selenium nan, sodium nan, trans fat 0.0, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 nan, vitamin B12 nan, vitamin B2 nan, vitamin B3 nan, vitamin B5 nan, vitamin B6 nan, vitamin C nan, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Carignan wine:

Carignan wine contains calcium nan, calories 74, carbs 2.4, cholesterol nan, copper nan, fat 0.0, fiber nan, folate nan, iron nan, magnesium nan, monounsaturated fat nan, net carbs 2.4, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus nan, polyunsaturated fat nan, potassium nan, protein 0.07, saturated fat nan, selenium nan, sodium nan, trans fat 0.0, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 nan, vitamin B12 nan, vitamin B2 nan, vitamin B3 nan, vitamin B5 nan, vitamin B6 nan, vitamin C nan, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Pinot Gris:

Pinot Gris contains calcium nan, calories 83, carbs 2.1, cholesterol nan, copper nan, fat 0.0, fiber nan, folate nan, iron nan, magnesium nan, monounsaturated fat nan, net carbs 2.1, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus nan, polyunsaturated fat nan, potassium nan, protein 0.07, saturated fat nan, selenium nan, sodium nan, trans fat 0.0, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 nan, vitamin B12 nan, vitamin B2 nan, vitamin B3 nan, vitamin B5 nan, vitamin B6 nan, vitamin C nan, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Muller Thurgau:

Muller Thurgau contains calcium nan, calories 76, carbs 3.5, cholesterol nan, copper nan, fat 0.0, fiber nan, folate nan, iron nan, magnesium nan, monounsaturated fat nan, net carbs 3.5, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus nan, polyunsaturated fat nan, potassium nan, protein 0.07, saturated fat nan, selenium nan, sodium nan, trans fat 0.0, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 nan, vitamin B12 nan, vitamin B2 nan, vitamin B3 nan, vitamin B5 nan, vitamin B6 nan, vitamin C nan, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Carbonated water:

Carbonated water contains calcium 0.005, calories 0, carbs 0.0, cholesterol 0.0, copper 1e-05, fat 0.0, fiber 0.0, folate 0.0, iron 1e-05, magnesium 0.001, monounsaturated fat 0.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 0.0, potassium 0.002, protein 0.0, saturated fat 0.0, selenium 0.0, sodium 0.021, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.0001, choline 0.0, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese 0.0, methionine 0.0, phenylalanine 0.0, starch nan, sugar 0.0, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Gewürztraminer:

Gewürztraminer contains calcium nan, calories 81, carbs 11.0, cholesterol nan, copper nan, fat 0.0, fiber nan, folate nan, iron nan, magnesium nan, monounsaturated fat nan, net carbs 2.6, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus nan, polyunsaturated fat nan, potassium nan, protein 0.07, saturated fat nan, selenium nan, sodium nan, trans fat 0.0, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 nan, vitamin B12 nan, vitamin B2 nan, vitamin B3 nan, vitamin B5 nan, vitamin B6 nan, vitamin C nan, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Gewurztraminer:

Gewurztraminer contains calcium nan, calories 108, carbs 2.6, cholesterol nan, copper nan, fat 0.0, fiber nan, folate nan, iron nan, magnesium nan, monounsaturated fat nan, net carbs 2.6, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus nan, polyunsaturated fat nan, potassium nan, protein 0.07, saturated fat nan, selenium nan, sodium nan, trans fat 0.0, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 nan, vitamin B12 nan, vitamin B2 nan, vitamin B3 nan, vitamin B5 nan, vitamin B6 nan, vitamin C nan, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Semillon:

Semillon contains calcium nan, calories 82, carbs 3.1, cholesterol nan, copper nan, fat 0.0, fiber nan, folate nan, iron nan, magnesium nan, monounsaturated fat nan, net carbs 3.1, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus nan, polyunsaturated fat nan, potassium nan, protein 0.07, saturated fat nan, selenium nan, sodium nan, trans fat 0.0, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 nan, vitamin B12 nan, vitamin B2 nan, vitamin B3 nan, vitamin B5 nan, vitamin B6 nan, vitamin C nan, zinc nan, choline nan, fructose nan,

histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Riesling:

Riesling contains calcium nan, calories 80, carbs 3.7, cholesterol nan, copper nan, fat 0.0, fiber nan, folate nan, iron nan, magnesium nan, monounsaturated fat nan, net carbs 3.7, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus nan, polyunsaturated fat nan, potassium nan, protein 0.07, saturated fat nan, selenium nan, sodium nan, trans fat 0.0, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 nan, vitamin B12 nan, vitamin B2 nan, vitamin B3 nan, vitamin B5 nan, vitamin B6 nan, vitamin C nan, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Sauvignon blanc:

Sauvignon blanc contains calcium nan, calories 81, carbs 2.1, cholesterol nan, copper nan, fat 0.0, fiber nan, folate nan, iron nan, magnesium nan, monounsaturated fat nan, net carbs 2.1, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus nan, polyunsaturated fat nan, potassium nan, protein 0.07, saturated fat nan, selenium nan, sodium nan, trans fat 0.0, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 nan, vitamin B12 nan, vitamin B2 nan, vitamin B3 nan, vitamin B5 nan, vitamin B6 nan, vitamin C nan, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Ginger ale:

Ginger ale contains calcium 0.003, calories 34, carbs 8.8, cholesterol 0.0, copper 2e-05, fat 0.0, fiber 0.0, folate 0.0, iron 0.00018, magnesium 0.001, monounsaturated fat 0.0, net carbs 8.8, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 0.0, potassium 0.001, protein 0.0, saturated fat 0.0, selenium 1e-07, sodium 0.007, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 5e-05, choline 0.0, fructose 3.7, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 1e-05, methionine nan, phenylalanine nan, starch nan, sugar 8.9, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Iced tea:

Iced tea contains calcium 0.003, calories 36, carbs 9.1, cholesterol nan, copper 1e-05, fat 0.0, fiber 0.0, folate nan, iron 0.0, magnesium 0.001, monounsaturated fat nan, net carbs 9.1, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.036, polyunsaturated fat nan, potassium 0.019, protein 0.0, saturated fat nan, selenium nan, sodium 0.021, trans fat 0.0, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 nan, vitamin B12 nan, vitamin B2 nan, vitamin B3 nan, vitamin B5 nan, vitamin B6 nan, vitamin C nan, zinc 6e-05, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00013, methionine nan, phenylalanine nan, starch nan, sugar 9.1, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Muscat wine:

Muscat wine contains calcium nan, calories 82, carbs 5.2, cholesterol nan, copper nan, fat 0.0, fiber nan, folate nan, iron nan, magnesium nan, monounsaturated fat nan, net carbs 5.2, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus nan, polyunsaturated fat nan, potassium nan, protein 0.07, saturated fat nan, selenium nan, sodium nan, trans fat 0.0, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 nan, vitamin B12 nan, vitamin B2 nan, vitamin B3 nan, vitamin B5 nan, vitamin B6 nan, vitamin C nan, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Grape soda:

Grape soda contains calcium 0.003, calories 43, carbs 11.0, cholesterol 0.0, copper 2e-05, fat 0.0, fiber 0.0, folate 0.0, iron 8e-05, magnesium 0.001, monounsaturated fat 0.0, net carbs 11.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 0.0, potassium 0.001, protein 0.0, saturated fat 0.0, selenium 0.0, sodium 0.015, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 7e-05, choline nan, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese 1e-05, methionine 0.0, phenylalanine 0.0, starch nan, sugar nan, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Sprite:

Sprite contains calcium 0.002, calories 40, carbs 10.0, cholesterol 0.0, copper 0.0, fat 0.02, fiber 0.0, folate 0.0, iron 0.00011, magnesium 0.001, monounsaturated fat 0.0, net carbs 10.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 0.0, potassium 0.001, protein 0.05, saturated fat 0.0, selenium 0.0, sodium 0.009, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 2e-05, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 4e-05, choline 0.0004, fructose 5.2, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0, methionine nan, phenylalanine nan, starch nan, sugar 9.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

French wine:

French wine contains calcium nan, calories 86, carbs 3.7, cholesterol nan, copper nan, fat 0.0, fiber nan, folate nan, iron nan, magnesium nan, monounsaturated fat nan, net carbs 3.7, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus nan, polyunsaturated fat nan, potassium nan, protein 0.07, saturated fat nan, selenium nan, sodium nan, trans fat 0.0, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 nan, vitamin B12 nan, vitamin B2 nan, vitamin B3 nan, vitamin B5 nan, vitamin B6 nan, vitamin C nan, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Red Bull Energy Drink:

Red Bull Energy Drink contains calcium 0.006, calories 43, carbs 10.0, cholesterol 0.0, copper 0.0, fat 0.0, fiber 0.0, folate 0.0, iron 6e-05, magnesium 0.019, monounsaturated fat 0.0, net carbs 10.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 0.0, potassium 0.003, protein 0.46, saturated fat 0.0, selenium 2e-07, sodium 0.039, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 4e-05, vitamin B12 2e-06, vitamin B2 0.0001, vitamin B3 0.0098, vitamin B5 0.0015, vitamin B6 0.0022, vitamin C 0.0, zinc 1e-05,

choline 0.0003, fructose 1.6, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 1e-05, methionine nan, phenylalanine nan, starch nan, sugar 10.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Tonic water:

Tonic water contains calcium 0.001, calories 34, carbs 8.8, cholesterol 0.0, copper 1e-05, fat 0.0, fiber 0.0, folate 0.0, iron 1e-05, magnesium 0.0, monounsaturated fat 0.0, net carbs 8.8, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 0.0, potassium 0.0, protein 0.0, saturated fat 0.0, selenium 0.0, sodium 0.012, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.0001, choline 0.0, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese 0.0, methionine 0.0, phenylalanine 0.0, starch nan, sugar 8.8, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chardonnay:

Chardonnay contains calcium 0.009, calories 84, carbs 2.2, cholesterol nan, copper 0.0, fat 0.0, fiber 0.0, folate 1e-06, iron 0.00027, magnesium 0.01, monounsaturated fat nan, net carbs 2.2, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.018, polyunsaturated fat nan, potassium 0.071, protein 0.07, saturated fat nan, selenium 1e-07, sodium 0.005, trans fat 0.0, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.00011, vitamin B5 5e-05, vitamin B6 5e-05, vitamin C 0.0, zinc 0.00012, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00012, methionine nan, phenylalanine nan, starch nan, sugar 0.96, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Chocolate syrup:

Chocolate syrup contains calcium 0.014, calories 279, carbs 65.0, cholesterol 0.0, copper 0.00051, fat 1.1, fiber 2.6, folate 2e-06, iron 0.0021, magnesium 0.065, monounsaturated fat 0.29, net carbs 63.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.129, polyunsaturated fat 0.03, potassium 0.224, protein 2.1, saturated fat 0.52, selenium 1.4e-06, sodium 0.072, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 5e-05, vitamin B3 0.00032, vitamin B5 1e-05, vitamin B6 1e-05, vitamin C 0.0002, zinc 0.00073, choline 0.0013, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00038, methionine nan, phenylalanine nan, starch nan, sugar 50.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 2e-05, vitamin K 5e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Oolong tea:

Oolong tea contains calcium 0.001, calories 1, carbs 0.15, cholesterol 0.0, copper 0.0, fat 0.0, fiber 0.0, folate 0.0, iron 0.0, magnesium 0.001, monounsaturated fat 0.0, net carbs 0.15, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.001, polyunsaturated fat 0.0, potassium 0.012, protein 0.0, saturated fat 0.0, selenium 0.0, sodium 0.003, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 6e-05, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 1e-05, choline 0.0, fructose 0.0, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00021, methionine nan, phenylalanine nan, starch nan, sugar 0.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0,

omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Green tea:

Green tea contains calcium 0.003, calories 30, carbs 7.2, cholesterol 0.0, copper 1e-05, fat 0.18, fiber 0.0, folate 0.0, iron 2e-05, magnesium 0.001, monounsaturated fat 0.0, net carbs 7.2, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 0.0, potassium 0.005, protein 0.0, saturated fat 0.0, selenium 0.0, sodium 0.002, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 4e-05, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0077, zinc 1e-05, choline 0.0, fructose 3.6, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00012, methionine nan, phenylalanine nan, starch nan, sugar 6.9, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Minute maid lemonade:

Minute maid lemonade contains calcium 0.002, calories 46, carbs 12.0, cholesterol 0.0, copper 2e-05, fat 0.0, fiber 0.0, folate 1e-06, iron 0.0, magnesium 0.002, monounsaturated fat 0.0, net carbs 12.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.001, polyunsaturated fat 0.0, potassium 0.01, protein 0.0, saturated fat 0.0, selenium 1e-07, sodium 0.006, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 1e-05, vitamin B5 nan, vitamin B6 0.0, vitamin C 0.0031, zinc 1e-05, choline 0.0005, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 12.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Lemon tea:

Lemon tea contains calcium 0.0, calories 2, carbs 0.41, cholesterol 0.0, copper 1e-05, fat 0.0, fiber 0.0, folate 0.0, iron 0.0, magnesium 0.0, monounsaturated fat 0.0, net carbs 0.41, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 0.0, potassium 0.037, protein 0.0, saturated fat 0.0, selenium 0.0, sodium 0.001, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 nan, vitamin B6 0.0, vitamin C 0.0, zinc 1e-05, choline 0.0, fructose 0.0, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 9e-05, methionine nan, phenylalanine nan, starch nan, sugar 0.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Coffee:

Coffee contains calcium 0.002, calories 1, carbs 0.0, cholesterol 0.0, copper 0.0, fat 0.02, fiber 0.0, folate 2e-06, iron 1e-05, magnesium 0.003, monounsaturated fat 0.02, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.003, polyunsaturated fat 0.0, potassium 0.049, protein 0.12, saturated fat 0.0, selenium 0.0, sodium 0.002, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 8e-05, vitamin B3 0.00019, vitamin B5 0.00025, vitamin B6 0.0, vitamin C 0.0, zinc 2e-05, choline 0.0026, fructose 0.0, histidine 0.0, isoleucine 0.0, leucine 1e-05, lysine 0.0, manganese 2e-05, methionine 0.0, phenylalanine 0.0, starch nan, sugar 0.0, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D 0.0, vitamin E 1e-05, vitamin K 1e-07, omega-3 ALA 0.0, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Espresso:

Espresso contains calcium 0.002, calories 9, carbs 1.7, cholesterol 0.0, copper 5e-05, fat 0.18, fiber 0.0, folate

1e-06, iron 0.00013, magnesium 0.08, monounsaturated fat 0.0, net carbs 1.7, omega-3 DHA 0.0, omega-3 EPA 0.0, phosphorus 0.007, polyunsaturated fat 0.09, potassium 0.115, protein 0.12, saturated fat 0.09, selenium 0.0, sodium 0.014, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B2 0.00018, vitamin B3 0.0052, vitamin B5 3e-05, vitamin B6 0.0, vitamin C 0.0002, zinc 5e-05, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 5e-05, methionine nan, phenylalanine nan, starch nan, sugar 0.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 1e-07, omega-3 ALA 0.0, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid 0.0, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Instant coffee:

Instant coffee contains calcium 0.004, calories 2, carbs 0.34, cholesterol 0.0, copper 1e-05, fat 0.0, fiber 0.0, folate 0.0, iron 4e-05, magnesium 0.004, monounsaturated fat 0.0, net carbs 0.34, omega-3 DHA 0.0, omega-3 EPA 0.0, phosphorus 0.003, polyunsaturated fat 0.0, potassium 0.03, protein 0.1, saturated fat 0.0, selenium 1e-07, sodium 0.004, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B2 0.0, vitamin B3 0.00024, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 1e-05, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 2e-05, methionine nan, phenylalanine nan, starch nan, sugar 0.0, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Aloe vera juice:

Aloe vera juice contains calcium 0.008, calories 15, carbs 3.8, cholesterol 0.0, copper 0.0, fat 0.0, fiber 0.0, folate 0.0, iron 0.00015, magnesium 0.0, monounsaturated fat 0.0, net carbs 3.8, omega-3 DHA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 0.0, potassium 0.0, protein 0.0, saturated fat 0.0, selenium 0.0, sodium 0.008, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 nan, vitamin B6 0.0, vitamin C 0.0038, zinc 0.0, choline 0.0, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 3.8, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Mocha:

Mocha contains calcium 0.271, calories 460, carbs 74.0, cholesterol 0.0, copper 0.00044, fat 16.0, fiber 1.9, folate 9e-06, iron 0.0, magnesium 0.068, monounsaturated fat 8.9, net carbs 72.0, omega-3 DHA 0.0, omega-3 EPA 0.0, phosphorus 0.251, polyunsaturated fat 1.1, potassium 1.033, protein 5.3, saturated fat 4.9, selenium 6.2e-06, sodium 0.317, trans fat 0.0, vitamin A (IU) 5.0, vitamin A RAE 1e-06, vitamin B1 3e-05, vitamin B2 4.5e-07, vitamin B3 0.0023, vitamin B5 5e-05, vitamin B6 6e-05, vitamin C 0.0006, zinc 0.00096, choline 0.031, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00045, methionine nan, phenylalanine nan, starch nan, sugar 58.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 1.5e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Malt beer:

Malt beer contains calcium 0.004, calories 68, carbs 10.0, cholesterol 0.0, copper 1e-05, fat 0.0, fiber 0.0, folate 4e-06, iron 3e-05, magnesium 0.004, monounsaturated fat 0.0, net carbs 10.0, omega-3 DHA 0.0, omega-3 EPA 0.0, phosphorus 0.007, polyunsaturated fat 0.0, potassium 0.027, protein 0.0, saturated fat 0.0, selenium 3e-07, sodium 0.005, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 1e-05, vitamin B2

1e-08, vitamin B2 1e-05, vitamin B3 0.00023, vitamin B5 4e-05, vitamin B6 2e-05, vitamin C 0.0028, zinc 1e-05, choline 0.0044, fructose 3.9, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 1e-05, methionine nan, phenylalanine nan, starch 0.0, sugar 9.8, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 2e-05, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Cranberry juice:

Cranberry juice contains calcium 0.003, calories 54, carbs 14.0, cholesterol 0.0, copper 1e-05, fat 0.1, fiber 0.0, folate 0.0, iron 0.0001, magnesium 0.001, monounsaturated fat 0.02, net carbs 14.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.001, polyunsaturated fat 0.06, potassium 0.014, protein 0.0, saturated fat 0.01, selenium 2e-07, sodium 0.002, trans fat 0.0, vitamin A (IU) 8.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 4e-05, vitamin B5 5e-05, vitamin B6 0.0, vitamin C 0.042, zinc 3e-05, choline 0.0011, fructose 5.0, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 5e-05, methionine nan, phenylalanine nan, starch nan, sugar 12.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.00022, vitamin K 1e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Light beer:

Light beer contains calcium 0.004, calories 46, carbs 0.77, cholesterol 0.0, copper 1e-05, fat 0.0, fiber 0.0, folate 6e-06, iron 3e-05, magnesium 0.005, monounsaturated fat 0.0, net carbs 0.77, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.012, polyunsaturated fat 0.0, potassium 0.021, protein 0.25, saturated fat 0.0, selenium 4e-07, sodium 0.004, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 1e-05, vitamin B12 2e-08, vitamin B2 2e-05, vitamin B3 0.00039, vitamin B5 nan, vitamin B6 3e-05, vitamin C 0.0, zinc 1e-05, choline 0.0088, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 0.09, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Rose wine:

Rose wine contains calcium 0.01, calories 83, carbs 3.8, cholesterol 0.0, copper 1e-05, fat 0.0, fiber 0.0, folate 1e-06, iron 0.0002, magnesium 0.01, monounsaturated fat 0.0, net carbs 3.8, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.018, polyunsaturated fat 0.0, potassium 0.059, protein 0.36, saturated fat 0.0, selenium 2e-07, sodium 0.005, trans fat nan, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 2e-05, vitamin B12 1e-08, vitamin B2 2e-05, vitamin B3 9e-05, vitamin B5 0.00015, vitamin B6 4e-05, vitamin C 0.0, zinc 0.00011, choline 0.0, fructose 2.1, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00013, methionine nan, phenylalanine nan, starch nan, sugar 3.8, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Lemonade:

Lemonade contains calcium 0.004, calories 40, carbs 10.0, cholesterol 0.0, copper 2e-05, fat 0.04, fiber 0.0, folate 1e-06, iron 0.00016, magnesium 0.002, monounsaturated fat 0.0, net carbs 10.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.002, polyunsaturated fat 0.01, potassium 0.015, protein 0.07, saturated fat 0.01, selenium 1e-07, sodium 0.004, trans fat 0.0, vitamin A (IU) 1.0, vitamin A RAE 0.0, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 2e-05, vitamin B5 1e-05, vitamin B6 1e-05, vitamin C 0.0039, zinc 2e-05,

choline 0.0004, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 1e-05, me nan, phenylalanine nan, starch nan, sugar 10.0, threonine nan, tryptophan nan, valine nan, vitamin D nan, 1e-05, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Malt:

Malt contains calcium 0.098, calories 85, carbs 11.0, cholesterol 0.01, copper 4e-05, fat 3.3, fiber 0.5, folate 9e-06, iron 0.00021, magnesium 0.015, monounsaturated fat 0.83, net carbs 11.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.091, polyunsaturated fat 0.21, potassium 0.172, protein 3.4, saturated fat 1.9, selenium 5.4e-06, sodium 0.06, trans fat nan, vitamin A (IU) 95.0, vitamin A RAE 2.6e-05, vitamin B1 5e-05, vitamin B12 4.2e-07, vitamin B2 0.00018, vitamin B3 0.00026, vitamin B5 0.00035, vitamin B6 5e-05, vitamin C 0.0001, zinc 0.00041, choline nan, fructose nan, histidine 8e-05, isoleucine 0.00017, leucine 0.00027, lysine 0.00014, manganese 8e-05, methionine 7e-05, phenylalanine 0.00015, starch nan, sugar 6.7, threonine 0.00014, tryptophan 7e-05, valine 0.00019, vitamin D nan, vitamin E 6e-05, vitamin K 3e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Black tea:

Black tea contains calcium 0.0, calories 1, carbs 0.3, cholesterol 0.0, copper 1e-05, fat 0.0, fiber 0.0, folate 5e-06, iron 2e-05, magnesium 0.003, monounsaturated fat 0.0, net carbs 0.3, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.001, polyunsaturated fat 0.0, potassium 0.037, protein 0.0, saturated fat 0.0, selenium 0.0, sodium 0.003, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 1e-05, vitamin B3 0.0, vitamin B5 1e-05, vitamin B6 0.0, vitamin C 0.0, zinc 2e-05, choline 0.0004, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese 0.00022, methionine 0.0, phenylalanine 0.0, starch nan, sugar 0.0, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Tea:

Tea contains calcium 0.003, calories 1, carbs 0.17, cholesterol 0.0, copper 1e-05, fat 0.0, fiber 0.0, folate 0.0, iron 1e-05, magnesium 0.002, monounsaturated fat 0.0, net carbs 0.17, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.001, polyunsaturated fat 0.0, potassium 0.018, protein 0.06, saturated fat 0.0, selenium 0.0, sodium 0.004, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 3e-05, vitamin B5 1e-05, vitamin B6 0.0, vitamin C 0.0, zinc 1e-05, choline 0.0003, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00039, methionine nan, phenylalanine nan, starch nan, sugar 0.02, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Perrier:

Perrier contains calcium 0.014, calories 0, carbs 0.0, cholesterol 0.0, copper 0.0, fat 0.0, fiber 0.0, folate 0.0, iron 0.0, magnesium 0.0, monounsaturated fat 0.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 0.0, potassium 0.0, protein 0.0, saturated fat 0.0, selenium 0.0, sodium 0.001, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.0, choline nan, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese 0.0, methionine 0.0, phenylalanine 0.0, starch nan, sugar nan, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6

eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihydro-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Coca-Cola:

Coca-Cola contains calcium 0.002, calories 37, carbs 9.6, cholesterol 0.0, copper 0.0, fat 0.02, fiber 0.0, folate 0.0, iron 0.00011, magnesium 0.0, monounsaturated fat 0.0, net carbs 9.6, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.01, polyunsaturated fat 0.0, potassium 0.002, protein 0.07, saturated fat 0.0, selenium 1e-07, sodium 0.004, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 2e-05, choline 0.0003, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0, methionine nan, phenylalanine nan, starch nan, sugar 9.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihydro-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Drinking water:

Drinking water contains calcium 0.003, calories 0, carbs 0.0, cholesterol 0.0, copper 1e-05, fat 0.0, fiber 0.0, folate 0.0, iron 0.0, magnesium 0.001, monounsaturated fat 0.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 0.0, potassium 0.0, protein 0.0, saturated fat 0.0, selenium 0.0, sodium 0.004, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 1e-05, choline 0.0, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0, methionine nan, phenylalanine nan, starch nan, sugar 0.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihydro-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Water:

Water contains calcium 0.003, calories 0, carbs 0.0, cholesterol nan, copper 2e-05, fat 0.0, fiber 0.0, folate nan, iron 0.0, magnesium 0.001, monounsaturated fat nan, net carbs 0.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.0, polyunsaturated fat nan, potassium 0.0, protein 0.0, saturated fat nan, selenium nan, sodium 0.005, trans fat 0.0, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 nan, vitamin B12 nan, vitamin B2 nan, vitamin B3 nan, vitamin B5 nan, vitamin B6 nan, vitamin C nan, zinc 1e-05, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0, methionine nan, phenylalanine nan, starch nan, sugar nan, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihydro-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Coffee liqueur:

Coffee liqueur contains calcium 0.001, calories 336, carbs 47.0, cholesterol 0.0, copper 4e-05, fat 0.3, fiber 0.0, folate 0.0, iron 6e-05, magnesium 0.003, monounsaturated fat 0.02, net carbs 47.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.006, polyunsaturated fat 0.11, potassium 0.03, protein 0.1, saturated fat 0.11, selenium 4e-07, sodium 0.008, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 1e-05, vitamin B3 0.00014, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 3e-05, choline 0.0008, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 1e-05, methionine nan, phenylalanine nan, starch nan, sugar 38.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihydro-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Liqueur:

Liqueur contains calcium 0.016, calories 327, carbs 21.0, cholesterol 0.058, copper 4e-05, fat 16.0, fiber 0.0, folate

2e-06, iron 0.00013, magnesium 0.002, monounsaturated fat 4.5, net carbs 21.0, omega-3 DHA 0.0, omega-3 EPA 0.0, omega-3 DPA 0.0, phosphorus 0.05, polyunsaturated fat 0.67, potassium 0.032, protein 2.8, saturated fat 0.0, selenium 4e-07, sodium 0.092, trans fat nan, vitamin A (IU) 620.0, vitamin A RAE 0.000173, vitamin B1 1e-05, vitamin B2 8e-08, vitamin B3 6e-05, vitamin B5 9e-05, vitamin B6 1e-05, vitamin C 0.00016, choline 0.0081, fructose nan, histidine 8e-05, isoleucine 0.00017, leucine 0.00028, lysine 0.0002, manganese 1e-05, methionine 7e-05, phenylalanine 0.00014, starch nan, sugar 20.0, threonine 0.00013, tryptophan 4e-05, valine 0.00019, vitamin D 0.0, vitamin E 0.00045, vitamin K 1.3e-06, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Gatorade:

Gatorade contains calcium 0.001, calories 26, carbs 6.4, cholesterol 0.0, copper 1e-05, fat 0.0, fiber 0.0, folate 0.0, iron 5e-05, magnesium 0.0, monounsaturated fat 0.0, net carbs 6.4, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.01, polyunsaturated fat 0.0, potassium 0.015, protein 0.0, saturated fat 0.0, selenium 0.0, sodium 0.039, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 1e-05, vitamin B2 0.0, vitamin B3 0.00022, vitamin B5 6e-05, vitamin B6 2e-05, vitamin C 0.0004, zinc 1e-05, choline 0.0, fructose 1.8, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 1e-05, methionine nan, phenylalanine nan, starch nan, sugar 5.2, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 2e-07, omega-3 ALA nan, omega-6 eicosadienoic acid 0.0, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Powerade:

Powerade contains calcium 0.001, calories 32, carbs 7.8, cholesterol 0.0, copper 0.0, fat 0.05, fiber 0.0, folate 0.0, iron 9e-05, magnesium 0.0, monounsaturated fat 0.01, net carbs 7.8, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.001, polyunsaturated fat 0.03, potassium 0.018, protein 0.0, saturated fat 0.01, selenium 0.0, sodium 0.042, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 1e-05, vitamin B2 9.1e-07, vitamin B3 0.0016, vitamin B5 0.0, vitamin B6 0.153, vitamin C 0.0, zinc 1e-05, choline 0.0, fructose 3.2, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0, methionine nan, phenylalanine nan, starch nan, sugar 6.1, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Absinthe:

Absinthe contains calcium 0.0, calories 295, carbs 0.0, cholesterol 0.0, copper 2e-05, fat 0.0, fiber 0.0, folate 0.0, iron 4e-05, magnesium 0.0, monounsaturated fat 0.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.004, polyunsaturated fat 0.0, potassium 0.002, protein 0.0, saturated fat 0.0, selenium 0.0, sodium 0.001, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE nan, vitamin B1 1e-05, vitamin B2 0.0, vitamin B3 1e-05, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 4e-05, choline nan, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese 2e-05, methionine 0.0, phenylalanine 0.0, starch nan, sugar nan, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Roman chamomile:

Roman chamomile contains calcium 0.002, calories 1, carbs 0.2, cholesterol 0.0, copper 2e-05, fat 0.0, fiber 0.0, folate 1e-06, iron 8e-05, magnesium 0.001, monounsaturated fat 0.0, net carbs 0.2, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 0.01, potassium 0.009, protein 0.0, saturated fat 0.0, selenium 0.0, sodium 0.001, trans fat 0.0, vitamin A (IU) 20.0, vitamin A RAE 1e-06, vitamin B1 1e-05, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 1e-05, vitamin B6 0.0, vitamin C 0.0, zinc 4e-05, choline 0.0,

fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 4e-05, methionine nan, phenylalanine nan, starch nan, sugar 0.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-6 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Distilled beverage:

Distilled beverage contains calcium 0.0, calories 250, carbs 0.1, cholesterol 0.0, copper 2e-05, fat 0.0, fiber 0.0, folate 0.0, iron 4e-05, magnesium 0.0, monounsaturated fat 0.0, net carbs 0.1, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.004, polyunsaturated fat 0.0, potassium 0.002, protein 0.0, saturated fat 0.0, selenium 0.0, sodium 0.001, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 1e-05, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 4e-05, choline 0.0, fructose nan, histidine 0.0, isoleucine 0.0, leucine 0.0, lysine 0.0, manganese 2e-05, methionine 0.0, phenylalanine 0.0, starch nan, sugar 0.0, threonine 0.0, tryptophan 0.0, valine 0.0, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Bottled water:

Bottled water contains calcium 0.01, calories 0, carbs 0.0, cholesterol 0.0, copper 1e-05, fat 0.0, fiber 0.0, folate 0.0, iron 0.0, magnesium 0.002, monounsaturated fat 0.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 0.0, potassium 0.0, protein 0.0, saturated fat 0.0, selenium 0.0, sodium 0.002, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 0.0, choline 0.0, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 0.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Merlot:

Merlot contains calcium 0.008, calories 83, carbs 2.5, cholesterol nan, copper 1e-05, fat 0.0, fiber 0.0, folate 1e-06, iron 0.00046, magnesium 0.012, monounsaturated fat nan, net carbs 2.5, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.023, polyunsaturated fat nan, potassium 0.127, protein 0.07, saturated fat nan, selenium 2e-07, sodium 0.004, trans fat 0.0, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 3e-05, vitamin B3 0.00022, vitamin B5 3e-05, vitamin B6 6e-05, vitamin C 0.0, zinc 0.00014, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00013, methionine nan, phenylalanine nan, starch nan, sugar 0.62, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E nan, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Rockstar energy drink:

Rockstar energy drink contains calcium 0.001, calories 58, carbs 13.0, cholesterol 0.0, copper 0.0, fat 0.22, fiber 0.0, folate 0.0, iron 5e-05, magnesium 0.0, monounsaturated fat 0.0, net carbs 13.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.0, polyunsaturated fat 0.0, potassium 0.006, protein 0.34, saturated fat 0.0, selenium 0.0, sodium 0.016, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 3.8e-06, vitamin B2 0.0016, vitamin B3 0.0098, vitamin B5 0.0042, vitamin B6 0.0014, vitamin C 0.0, zinc 5e-05, choline 0.0003, fructose 3.6, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.0, methionine nan, phenylalanine nan, starch nan, sugar 12.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan,

omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Horchata:

Horchata contains calcium 0.018, calories 54, carbs 12.0, cholesterol nan, copper 0.0, fat 0.71, fiber 0.0, folate nan, iron 1e-05, magnesium 0.003, monounsaturated fat nan, net carbs 12.0, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus 0.015, polyunsaturated fat nan, potassium 0.034, protein 0.48, saturated fat nan, selenium 4e-07, sodium 0.014, trans fat nan, vitamin A (IU) nan, vitamin A RAE nan, vitamin B1 0.0, vitamin B12 nan, vitamin B2 0.0, vitamin B3 5e-05, vitamin B5 0.0, vitamin B6 2e-05, vitamin C nan, zinc 6e-05, choline nan, fructose 1.6, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 1e-05, methionine nan, phenylalanine nan, starch 0.99, sugar 9.4, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E 0.00024, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Rice milk:

Rice milk contains calcium 0.118, calories 47, carbs 9.2, cholesterol 0.0, copper 4e-05, fat 0.97, fiber 0.3, folate 2e-06, iron 0.0002, magnesium 0.011, monounsaturated fat 0.63, net carbs 8.9, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.056, polyunsaturated fat 0.31, potassium 0.027, protein 0.28, saturated fat 0.0, selenium 2.2e-06, sodium 0.039, trans fat 0.0, vitamin A (IU) 208.0, vitamin A RAE 6.3e-05, vitamin B1 3e-05, vitamin B12 6.3e-07, vitamin B2 0.00014, vitamin B3 0.00039, vitamin B5 0.00015, vitamin B6 4e-05, vitamin C 0.0, zinc 0.00013, choline 0.0021, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00028, methionine nan, phenylalanine nan, starch nan, sugar 5.3, threonine nan, tryptophan nan, valine nan, vitamin D 1e-06, vitamin E 0.00047, vitamin K 2e-07, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Herbal tea:

Herbal tea contains calcium 0.008, calories 0, carbs 0.0, cholesterol 0.0, copper 0.0, fat 0.0, fiber 0.0, folate 1e-06, iron 8e-05, magnesium 0.003, monounsaturated fat 0.0, net carbs 0.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.001, polyunsaturated fat 0.0, potassium 0.02, protein 0.0, saturated fat 0.0, selenium 0.0, sodium 0.004, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 4e-05, vitamin B5 0.0, vitamin B6 0.0, vitamin C 0.0, zinc 4e-05, choline 0.0004, fructose 0.0, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 0.00048, methionine nan, phenylalanine nan, starch nan, sugar 0.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

V8 juice:

V8 juice contains calcium 0.016, calories 21, carbs 4.1, cholesterol 0.0, copper nan, fat 0.0, fiber 0.8, folate nan, iron 0.0003, magnesium nan, monounsaturated fat 0.0, net carbs 3.3, omega-3 DHA nan, omega-3 DPA nan, omega-3 EPA nan, phosphorus nan, polyunsaturated fat 0.0, potassium 0.193, protein 0.82, saturated fat 0.0, selenium nan, sodium 0.173, trans fat 0.0, vitamin A (IU) 823.0, vitamin A RAE nan, vitamin B1 nan, vitamin B12 nan, vitamin B2 nan, vitamin B3 nan, vitamin B5 nan, vitamin B6 nan, vitamin C 0.03, zinc nan, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 3.3, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E 0.0, vitamin K nan, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomo-gamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Juice:

Juice contains calcium 0.002, calories 54, carbs 13.0, cholesterol 0.0, copper 2e-05, fat 0.0, fiber 0.2, folate 4e-06, iron 0.00011, magnesium 0.003, monounsaturated fat 0.01, net carbs 13.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.004, polyunsaturated fat 0.01, potassium 0.042, protein 0.2, saturated fat 0.0, selenium 0.0, sodium 0.002, trans fat 0.0, vitamin A (IU) 44.0, vitamin A RAE 2e-06, vitamin B1 0.00038, vitamin B12 0.0, vitamin B2 0.00043, vitamin B3 0.005, vitamin B5 6e-05, vitamin B6 0.0005, vitamin C 0.015, zinc 2e-05, choline nan, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese 1e-05, methionine nan, phenylalanine nan, starch nan, sugar 9.4, threonine nan, tryptophan nan, valine nan, vitamin D nan, vitamin E 2e-05, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Sake:

Sake contains calcium 0.005, calories 134, carbs 5.0, cholesterol 0.0, copper 1e-05, fat 0.0, fiber 0.0, folate 0.0, iron 0.0001, magnesium 0.006, monounsaturated fat 0.0, net carbs 5.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.006, polyunsaturated fat 0.0, potassium 0.025, protein 0.5, saturated fat 0.0, selenium 1.4e-06, sodium 0.002, trans fat 0.0, vitamin A (IU) 0.0, vitamin A RAE 0.0, vitamin B1 0.0, vitamin B12 0.0, vitamin B2 0.0, vitamin B3 0.0, vitamin B5 nan, vitamin B6 0.0, vitamin C 0.0, zinc 2e-05, choline 0.0, fructose nan, histidine nan, isoleucine nan, leucine nan, lysine nan, manganese nan, methionine nan, phenylalanine nan, starch nan, sugar 0.0, threonine nan, tryptophan nan, valine nan, vitamin D 0.0, vitamin E 0.0, vitamin K 0.0, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.

Grape juice:

Grape juice contains calcium 0.012, calories 62, carbs 15.0, cholesterol 0.0, copper 3e-05, fat 0.0, fiber 0.0, folate 4e-06, iron 0.0003, magnesium 0.01, monounsaturated fat 0.0, net carbs 15.0, omega-3 DHA 0.0, omega-3 DPA 0.0, omega-3 EPA 0.0, phosphorus 0.011, polyunsaturated fat 0.0, potassium 0.09, protein 0.0, saturated fat 0.0, selenium 1e-07, sodium 0.01, trans fat nan, vitamin A (IU) 77.0, vitamin A RAE 4e-06, vitamin B1 1e-05, vitamin B12 0.0, vitamin B2 2e-05, vitamin B3 0.0002, vitamin B5 nan, vitamin B6 6e-05, vitamin C 0.034, zinc 5e-05, choline 0.0065, fructose nan, histidine 3e-05, isoleucine 1e-05, leucine 2e-05, lysine 2e-05, manganese 7e-05, methionine 3e-05, phenylalanine 2e-05, starch nan, sugar 15.0, threonine 2e-05, tryptophan nan, valine 2e-05, vitamin D 0.0, vitamin E 0.0, vitamin K 1.7e-05, omega-3 ALA nan, omega-6 eicosadienoic acid nan, omega-6 gamma-linoleic acid nan, omega-3 eicosatrienoic acid nan, omega-6 dihomogamma-linoleic acid nan, omega-6 linoleic acid nan, omega-6 arachidonic acid nan.