

**USDA National Nutrient Database for Standard Reference, Release 16**  
**Pantothenic acid (mg) Content of Selected Foods per Common Measure, sorted alphabetically**

<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.127
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.206
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.010
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.000
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.086
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.033
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.033
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.036
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.022
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.186
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.156
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.078
09003	Apples, raw, with skin	138	1 apple	0.084
09004	Apples, raw, without skin	110	1 cup	0.078
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.133
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.232
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.241
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.237
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.224
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.181
09021	Apricots, raw	35	1 apricot	0.084
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.410
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.575
11015	Asparagus, canned, drained solids	72	4 spears	0.100
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.135
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.095
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.284
09038	Avocados, raw, California	28.35	1 oz	0.415
09039	Avocados, raw, Florida	28.35	1 oz	0.264
18005	Bagels, cinnamon-raisin	89	4" bagel	0.453
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.361
18003	Bagels, egg	89	4" bagel	0.597
18003	Bagels, egg	71	3-1/2" bagel	0.476
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.323
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.258
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.044
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.048
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.121
09040	Bananas, raw	118	1 banana	0.394

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09040	Bananas, raw	150	1 cup	0.501
20006	Barley, pearled, cooked	157	1 cup	0.212
20005	Barley, pearled, raw	200	1 cup	0.564
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.244
16008	Beans, baked, canned, with franks	259	1 cup	0.360
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0.261
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	1.338
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.416
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.471
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.384
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.389
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.464
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.015
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.174
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.093
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.066
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.174
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.093
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.066
16051	Beans, white, mature seeds, canned	262	1 cup	0.485
22905	Beef stew, canned entree	232	1 cup	0.496
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.264
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.298
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.532
13350	Beef, cured, dried	28.35	1 oz	0.092
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.573
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.565
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.558
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.264
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.323
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.323
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.357
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.357
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.391
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.306
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.332
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	5.902
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.474

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11084	Beets, canned, drained solids	170	1 cup	0.265
11084	Beets, canned, drained solids	24	1 beet	0.037
11081	Beets, cooked, boiled, drained	50	1 beet	0.073
11081	Beets, cooked, boiled, drained	170	1 cup	0.247
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	0.288
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	0.171
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.096
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.058
09042	Blackberries, raw	144	1 cup	0.397
09055	Blueberries, frozen, sweetened	230	1 cup	0.288
09050	Blueberries, raw	145	1 cup	0.180
07008	Bologna, beef and pork	56.7	2 slices	0.235
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	1.916
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.156
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	0.347
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0.081
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.161
18023	Bread, cornbread, dry mix, prepared	60	1 piece	0.265
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	0.220
18025	Bread, cracked-wheat	25	1 slice	0.128
18027	Bread, egg	40	1/2" slice	0.113
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.097
18031	Bread, indian (navajo) fry	160	10-1/2" bread	0.312
18031	Bread, indian (navajo) fry	90	5" bread	0.176
18033	Bread, italian	20	1 slice	0.076
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.133
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.087
18039	Bread, oatmeal	27	1 slice	0.092
18040	Bread, oatmeal, toasted	25	1 slice	0.060
18041	Bread, pita, white, enriched	28	4" pita	0.111
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.238
18044	Bread, pumpernickel	32	1 slice	0.129
18045	Bread, pumpernickel, toasted	29	1 slice	0.084
18047	Bread, raisin, enriched	26	1 slice	0.101
18048	Bread, raisin, toasted, enriched	24	1 slice	0.066
18053	Bread, reduced-calorie, rye	23	1 slice	0.068
18055	Bread, reduced-calorie, wheat	23	1 slice	0.145
18057	Bread, reduced-calorie, white	23	1 slice	0.106
18060	Bread, rye	32	1 slice	0.141
18061	Bread, rye, toasted	24	1 slice	0.075
18064	Bread, wheat (includes wheat berry)	25	1 slice	0.109
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.071
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.051

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18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.091
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.061
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.155
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.101
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	1.530
21023	Breakfast items, french toast with butter	135	2 slices	0.540
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.228
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.961
11740	Broccoli, flower clusters, raw	11	1 floweret	0.059
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.504
11090	Broccoli, raw	31	1 spear	0.178
11090	Broccoli, raw	88	1 cup	0.504
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.393
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.530
20011	Buckwheat flour, whole-groat	120	1 cup	0.528
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.603
20013	Bulgur, cooked	182	1 cup	0.626
20012	Bulgur, dry	140	1 cup	1.463
01001	Butter, salted	14.2	1 tbsp	0.016
01145	Butter, without salt	14.2	1 tbsp	0.016
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.134
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.095
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.209
11109	Cabbage, raw	70	1 cup	0.098
11112	Cabbage, red, raw	70	1 cup	0.103
11114	Cabbage, savoy, raw	70	1 cup	0.131
18086	Cake, angelfood, commercially prepared	28	1 piece	0.055
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.055
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.277
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	0.129
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	0.289
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.097
18116	Cake, gingerbread, prepared from recipe	74	1 piece	0.278
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	0.232
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.125
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.097
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	0.161
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.107
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.116
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.104
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.143
18134	Cake, sponge, prepared from recipe	63	1 piece	0.344
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0.187

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18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.136
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	0.180
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.224
19074	Candies, caramels	10.1	1 piece	0.060
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.017
19071	Candies, carob	28.35	1 oz	0.213
19087	Candies, confectioner's coating, white	170	1 cup	1.034
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.024
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.040
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	0.028
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.019
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.001
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.003
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.009
19107	Candies, hard	3	1 small piece	0.000
19107	Candies, hard	6	1 piece	0.000
19108	Candies, jellybeans	28.35	10 large	0.003
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.021
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.018
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.112
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	0.183
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.054
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	0.329
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.002
19116	Candies, marshmallows	50	1 cup	0.003
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.208
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.228
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.022
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.176
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.206
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.026
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.279
19080	Candies, semisweet chocolate	168	1 cup	0.176
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.000
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
14142	Carbonated beverage, grape soda	372	12 fl oz	0.000
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.000
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
14150	Carbonated beverage, orange	372	12 fl oz	0.000

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14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
16055	Carob flour	8	1 tbsp	0.004
11655	Carrot juice, canned	236	1 cup	0.538
11960	Carrots, baby, raw	10	1 medium	0.040
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.197
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.362
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.254
11124	Carrots, raw	72	1 carrot	0.197
11124	Carrots, raw	110	1 cup	0.300
11935	Catsup	15	1 tbsp	0.007
11935	Catsup	6	1 packet	0.003
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.630
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.274
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.176
11135	Cauliflower, raw	13	1 floweret	0.085
11135	Cauliflower, raw	100	1 cup	0.652
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.293
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.073
11143	Celery, raw	40	1 stalk	0.098
11143	Celery, raw	120	1 cup	0.295
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.155
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.292
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.083
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.053
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.233
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.034
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.000
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	0.106
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.088
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.149
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.631
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.121
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.215
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.337
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.139
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	9.900
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	9.900
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.000
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.239
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	2.994
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.318

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08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.082
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.280
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	10.121
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.091
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.268
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.080
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.106
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0.000
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	10.080
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.111
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.100
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.377
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.095
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.096
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.130
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	0.299
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.295
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	0.344
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.144
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.179
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.045
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.099
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.062
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.189
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.189
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.131
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.170
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.171
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	0.139
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.331
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	0.468
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.112
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.194
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.156
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.102
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.276

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01164	Cheese sauce, prepared from recipe	243	1 cup	0.566
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.194
01004	Cheese, blue	28.35	1 oz	0.490
01007	Cheese, camembert	38	1 wedge	0.518
01009	Cheese, cheddar	28.35	1 oz	0.117
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.447
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.409
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.486
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.547
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.236
01017	Cheese, cream	14.5	1 tbsp	0.039
01186	Cheese, cream, fat free	15.6	1 tbsp	0.030
01019	Cheese, feta	28.35	1 oz	0.274
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.052
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.026
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.040
01030	Cheese, muenster	28.35	1 oz	0.054
01031	Cheese, neufchatel	28.35	1 oz	0.160
01032	Cheese, parmesan, grated	5	1 tbsp	0.016
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.137
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.074
01035	Cheese, provolone	28.35	1 oz	0.135
01037	Cheese, ricotta, part skim milk	246	1 cup	0.595
01036	Cheese, ricotta, whole milk	246	1 cup	0.524
01040	Cheese, swiss	28.35	1 oz	0.122
18147	Cheesecake commercially prepared	80	1 piece	0.457
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.256
09070	Cherries, sweet, raw	68	10 cherries	0.135
22906	Chicken pot pie, frozen entree	217	1 small pie	0.375
07017	Chicken roll, light meat	56.7	2 slices	0.221
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	1.152
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	0.981
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.830
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	1.059
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	0.725
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.595
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.574
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	4.747
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.865
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.121
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	0.845



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05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.616
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.348
05277	Chicken, canned, meat only, with broth	142	5 oz	1.207
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	1.307
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	1.205
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	0.718
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.469
22904	Chili con carne with beans, canned entree	222	1 cup	0.460
11156	Chives, raw	3	1 tbsp	0.010
14181	Chocolate syrup	18.75	1 tbsp	0.002
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.011
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.894
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.574
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.253
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.253
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.572
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.014
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.878
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.017
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.002
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	0.413
11159	Coleslaw, home-prepared	120	1 cup	0.154
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.414
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.196
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.306
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.015
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.024
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.023
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.031
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.041
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.047
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.017
18170	Cookies, fig bars	16	1 cookie	0.058
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.451
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.075
18177	Cookies, molasses	15	1 cookie, medium	0.062
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.132
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.040
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.097
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.069
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.049

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18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.087
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.069
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.053
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.024
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.036
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.034
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.023
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.039
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.059
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.016
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.676
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.461
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	1.418
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.676
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.248
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.158
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.431
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.431
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.519
20027	Cornstarch	8.064	1 tbsp	0.000
20029	Couscous, cooked	157	1 cup	0.582
20028	Couscous, dry	173	1 cup	2.150
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.254
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.362
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.456
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.707
18214	Crackers, cheese, regular	10	10 crackers	0.053
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.034
18217	Crackers, matzo, plain	28.35	1 matzo	0.126
18220	Crackers, melba toast, plain	20	4 pieces	0.139
18226	Crackers, rye, wafers, plain	11	1 wafer	0.063
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.055
18229	Crackers, standard snack-type, regular	12	4 crackers	0.033
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.036
18232	Crackers, wheat, regular	8	4 crackers	0.042
18235	Crackers, whole-wheat	16	4 crackers	0.130
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.142
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.000
01069	Cream substitute, powdered	2	1 tsp	0.000
01049	Cream, fluid, half and half	15	1 tbsp	0.043

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01053	Cream, fluid, heavy whipping	15	1 tbsp	0.038
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.041
01052	Cream, fluid, light whipping	15	1 tbsp	0.039
01056	Cream, sour, cultured	12	1 tbsp	0.043
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.054
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.009
18239	Croissants, butter	57	1 croissant	0.491
18243	Croutons, seasoned	40	1 cup	0.334
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.340
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.060
15141	Crustaceans, crab, blue, canned	135	1 cup	0.486
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.366
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.300
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.242
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.185
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	0.298
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.158
11206	Cucumber, peeled, raw	119	1 cup	0.286
11206	Cucumber, peeled, raw	280	1 large	0.672
11205	Cucumber, with peel, raw	301	1 large	0.780
11205	Cucumber, with peel, raw	104	1 cup	0.269
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.060
18245	Danish pastry, cheese	71	1 danish	0.216
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0.450
09087	Dates, deglet noor	41.5	5 dates	0.244
09087	Dates, deglet noor	178	1 cup	1.048
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.009
01072	Dessert topping, pressurized	4	1 tbsp	0.000
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.000
02045	Dill weed, fresh	1	5 sprigs	0.004
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.039
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.130
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.061
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.284
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	3.315
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	0.489
01143	Egg substitute, liquid	62.75	1/4 cup	1.694
01124	Egg, white, raw, fresh	33.4	1 large	0.063
01128	Egg, whole, cooked, fried	46	1 large	0.717
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.699
01131	Egg, whole, cooked, poached	50	1 large	0.717
01132	Egg, whole, cooked, scrambled	61	1 large	0.614
01123	Egg, whole, raw, fresh	50	1 large	0.719

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01123	Egg, whole, raw, fresh	58	1 extra large	0.834
01123	Egg, whole, raw, fresh	44	1 medium	0.633
01125	Egg, yolk, raw, fresh	16.6	1 large	0.496
01057	Eggnog	254	1 cup	1.059
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.074
11213	Endive, raw	50	1 cup	0.450
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.254
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.164
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	0.181
21049	Entrees, pizza with cheese	63	1 slice	0.221
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	0.830
21051	Entrees, pizza with pepperoni	71	1 slice	0.249
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	0.800
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	1.120
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	0.723
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	0.656
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	0.620
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	0.432
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	0.316
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	0.601
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.848
21042	Fast foods, chili con carne	253	1 cup	3.593
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	2.053
21043	Fast foods, clams, breaded and fried	115	3/4 cup	0.299
21127	Fast foods, coleslaw	99	3/4 cup	0.149
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	1.071
21015	Fast foods, danish pastry, cheese	91	1 pastry	0.573
21017	Fast foods, danish pastry, fruit	94	1 pastry	0.592
21074	Fast foods, enchilada, with cheese	163	1 enchilada	1.516
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	0.895
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	0.439
21024	Fast foods, french toast sticks	141	5 sticks	0.564
21077	Fast foods, frijoles with cheese	167	1 cup	1.102
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	0.542
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	0.774
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	0.279
21118	Fast foods, hotdog, plain	98	1 sandwich	0.510
21119	Fast foods, hotdog, with chili	114	1 sandwich	0.547
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	1.348
21129	Fast foods, hush puppies	78	5 pieces	0.218
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.268

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21078	Fast foods, nachos, with cheese	113	6-8 nachos	1.311
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.199
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	0.673
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.425
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0.845
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.670
21139	Fast foods, potato, mashed	80	1/3 cup	0.384
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.338
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	0.834
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	0.521
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.589
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	0.476
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	0.889
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	0.778
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	1.869
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.332
21082	Fast foods, taco	171	1 small	1.693
21082	Fast foods, taco	263	1 large	2.604
21083	Fast foods, taco salad	198	1-1/2 cups	1.346
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	1.868
09094	Figs, dried, uncooked	38	2 figs	0.165
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	0.621
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.145
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.138
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.093
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.190
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.493
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.737
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.225
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.128
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.604
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.323
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.069
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.357
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.210
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.096
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.136
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	1.296
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.740
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.540
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.740
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.468
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	1.085

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15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.595
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.546
15111	Fish, swordfish, cooked, dry heat	106	1 piece	0.403
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.323
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	1.114
15128	Fish, tuna salad	205	1 cup	0.533
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.315
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.182
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.105
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.735
07022	Frankfurter, beef	45	1 frank	0.110
07023	Frankfurter, beef and pork	45	1 frank	0.158
07024	Frankfurter, chicken	45	1 frank	0.374
18268	French toast, frozen, ready-to-heat	59	1 slice	0.555
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	0.357
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.011
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.021
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.031
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.485
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.464
19294	Fruit butters, apple	17	1 tbsp	0.008
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.149
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.147
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.035
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.233
11215	Garlic, raw	3	1 clove	0.018
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.003
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
14277	Grape drink, canned	250	8 fl oz	0.008
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.104
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.060
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.179
09404	Grapefruit juice, pink, raw	247	1 cup	0.467
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.325
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.321
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.467
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	1.391
09128	Grapefruit juice, white, raw	247	1 cup	0.467
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.322
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.334

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09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.305
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.080
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.025
06116	Gravy, beef, canned	58.25	1/4 cup	0.012
06119	Gravy, chicken, canned	59.5	1/4 cup	0.012
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.656
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	0.099
06125	Gravy, turkey, canned	59.6	1/4 cup	0.012
07027	Ham, chopped, not canned	21	2 slices	0.059
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	0.266
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.247
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	0.410
11961	Hearts of palm, canned	33	1 piece	0.042
19296	Honey	21	1 tbsps	0.014
02055	Horseradish, prepared	5	1 tsp	0.005
16158	Hummus, commercial	14	1 tbsps	0.018
19270	Ice creams, chocolate	66	1/2 cup	0.366
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.435
19095	Ice creams, vanilla	66	1/2 cup	0.383
19088	Ice creams, vanilla, light	66	1/2 cup	0.236
19089	Ice creams, vanilla, rich	74	1/2 cup	0.340
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.006
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.001
19297	Jams and preserves	20	1 tbsps	0.004
19300	Jellies	19	1 tbsps	0.037
11226	Jerusalem-artichokes, raw	150	1 cup	0.596
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.064
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.069
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.139
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.264
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.578
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.604
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.544
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.561
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.536
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.561
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.519
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.527

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04002	Lard	12.8	1 tbsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.452
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.791
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.833
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.075
09153	Lemon juice, canned or bottled	244	1 cup	0.222
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.014
09152	Lemon juice, raw	47	juice of 1 lemon	0.048
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.042
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.000
09150	Lemons, raw, without peel	58	1 lemon	0.110
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	1.263
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.011
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.245
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.014
11251	Lettuce, cos or romaine, raw	56	1 cup	0.080
11253	Lettuce, green leaf, raw	10	1 leaf	0.013
11253	Lettuce, green leaf, raw	56	1 cup	0.075
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.010
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.641
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.065
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.319
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.277
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.624
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.793
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.010
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.162
09160	Lime juice, raw	38	juice of 1 lime	0.052
20100	Macaroni, cooked, enriched	140	1 cup	0.157
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.143
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	1.028
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.051
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	0.935
09176	Mangos, raw	165	1 cup	0.264



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09176	Mangos, raw	207	1 mango	0.331
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.012
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.008
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.003
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.007
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.002
09181	Melons, cantaloupe, raw	160	1 cup	0.168
09181	Melons, cantaloupe, raw	69	1/8 melon	0.072
09184	Melons, honeydew, raw	170	1 cup	0.264
09184	Melons, honeydew, raw	160	1/8 melon	0.248
01110	Milk shakes, thick chocolate	300	10.6 fl oz	1.089
01111	Milk shakes, thick vanilla	313	11 fl oz	1.152
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.206
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.674
01095	Milk, canned, condensed, sweetened	306	1 cup	2.295
01097	Milk, canned, evaporated, nonfat	256	1 cup	1.889
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	1.608
01102	Milk, chocolate, fluid, commercial,	250	1 cup	0.738
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.755
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0.748
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.744
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.881
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.875
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.869
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.883
16112	Miso	68.75	1 cup	0.177
19305	Molasses, blackstrap	20	1 tbsp	0.176
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.578
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.308
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	0.230
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.155
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	0.186
18274	Muffins, blueberry, commercially prepared	57	1 muffin	0.191
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	0.194
18279	Muffins, corn, commercially prepared	57	1 muffin	0.253
18280	Muffins, corn, dry mix, prepared	50	1 muffin	0.226
18283	Muffins, oat bran	57	1 muffin	0.576
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.061
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.301
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.395
11264	Mushrooms, canned, drained solids	156	1 cup	1.265
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	3.370
11260	Mushrooms, raw	70	1 cup	1.056

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11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	5.211
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.788
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.168
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.017
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.009
09191	Nectarines, raw	136	1 nectarine	0.252
20113	Noodles, chinese, chow mein	45	1 cup	0.240
20110	Noodles, egg, cooked, enriched	160	1 cup	0.232
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.373
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.099
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.052
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.345
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.249
12167	Nuts, chestnuts, european, roasted	143	1 cup	0.792
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.671
12104	Nuts, coconut meat, raw	45	1 piece	0.135
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.260
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.171
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0.342
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0.354
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.245
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0.027
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	0.089
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.145
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.162
20034	Oat bran, cooked	219	1 cup	0.475
20033	Oat bran, raw	94	1 cup	1.404
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.000
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.000
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.000
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.000
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.000
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.341
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.442
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.003
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.138
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.237
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.106
11284	Onions, dehydrated flakes	5	1 tbsp	0.069

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11282	Onions, raw	14	1 slice	0.017
11282	Onions, raw	160	1 cup	0.195
11282	Onions, raw	110	1 whole	0.134
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.075
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.011
09207	Orange juice, canned, unsweetened	249	1 cup	0.374
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.476
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.393
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	1.193
09206	Orange juice, raw	86	juice from 1 orange	0.163
09206	Orange juice, raw	248	1 cup	0.471
09200	Oranges, raw, all commercial varieties	180	1 cup	0.450
09200	Oranges, raw, all commercial varieties	131	1 orange	0.328
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.155
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.092
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.192
09226	Papayas, raw	304	1 papaya	0.663
09226	Papayas, raw	140	1 cup	0.305
11297	Parsley, raw	10	10 sprigs	0.040
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.917
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	0.519
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.049
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.131
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.124
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.049
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.220
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.330
09236	Peaches, raw	170	1 cup	0.260
09236	Peaches, raw	98	1 peach	0.150
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.191
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.210
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.395
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.395
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.341
09340	Pears, asian, raw	122	1 pear	0.085
09340	Pears, asian, raw	275	1 pear	0.193
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.059
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.017
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.017
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.055
09252	Pears, raw	166	1 pear	0.080
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	1.077
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	1.371

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11308	Peas, green, canned, regular pack, drained solids	170	1 cup	0.218
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.227
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	1.166
11670	Peppers, hot chili, green, raw	45	1 pepper	0.027
11819	Peppers, hot chili, red, raw	45	1 pepper	0.090
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.108
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.107
11333	Peppers, sweet, green, raw	119	1 pepper	0.118
11333	Peppers, sweet, green, raw	10	1 ring	0.010
11333	Peppers, sweet, green, raw	149	1 cup	0.148
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.107
11821	Peppers, sweet, red, raw	119	1 pepper	0.377
11821	Peppers, sweet, red, raw	149	1 cup	0.472
11945	Pickle relish, sweet	15	1 tbsp	0.001
11937	Pickles, cucumber, dill	65	1 pickle	0.035
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	0.526
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	0.213
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.319
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.031
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.047
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.139
18302	Pie, apple, prepared from recipe	155	1 piece	0.144
18305	Pie, blueberry, commercially prepared	117	1 piece	0.159
18306	Pie, blueberry, prepared from recipe	147	1 piece	0.182
18308	Pie, cherry, commercially prepared	117	1 piece	0.373
18309	Pie, cherry, prepared from recipe	180	1 piece	0.221
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.444
18316	Pie, coconut custard, commercially prepared	104	1 piece	0.248
18444	Pie, fried pies, cherry	128	1 pie	0.141
18319	Pie, fried pies, fruit	128	1 pie	0.141
18320	Pie, lemon meringue, commercially prepared	113	1 piece	0.896
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	0.272
18324	Pie, pecan, commercially prepared	113	1 piece	0.479
18325	Pie, pecan, prepared from recipe	122	1 piece	0.584
18326	Pie, pumpkin, commercially prepared	109	1 piece	0.553
18327	Pie, pumpkin, prepared from recipe	155	1 piece	0.690
11943	Pimento, canned	12	1 tbsp	0.001
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.133
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.143
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.250
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.049
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.254
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.249

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09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.047
09266	Pineapple, raw, all varieties	155	1 cup	0.318
09278	Plantains, cooked	154	1 cup	0.359
09277	Plantains, raw	179	1 medium	0.465
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.186
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.033
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.033
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.181
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.265
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.177
09279	Plums, raw	66	1 plum	0.089
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.125
07064	Pork sausage, fresh, cooked	26	2 links	0.188
07064	Pork sausage, fresh, cooked	27	1 patty	0.195
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.222
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.242
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.531
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.388
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.423
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.493
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.524
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.570
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.540
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.782
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.587
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.848
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.447
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.462
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.519
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.506
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.570
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.638
11672	Potato pancakes, home-prepared	76	1 pancake	0.563
11399	Potato puffs, frozen, prepared	79	10 puffs	0.520
11414	Potato salad, home-prepared	250	1 cup	1.335
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.760
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	0.586
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	0.948
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.866

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11364	Potatoes, baked, skin, without salt	58	1 skin	0.497
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.707
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.794
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.687
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	0.169
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.129
11370	Potatoes, hashed brown, home-prepared	156	1 cup	1.393
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0.722
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	1.014
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	0.995
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	0.801
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	1.259
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.667
09294	Prune juice, canned	256	1 cup	0.274
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.403
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.398
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.162
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.263
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.214
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.389
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.197
11424	Pumpkin, canned, without salt	245	1 cup	0.980
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.492
11429	Radishes, raw	4.5	1 radish	0.007
09298	Raisins, seedless	145	1 cup	0.138
09298	Raisins, seedless	14	1 packet	0.013
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.375
09302	Raspberries, raw	123	1 cup	0.405
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0.244
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.120
14342	Rice beverage, RICE DREAM, canned	245	1 cup	0.145
20037	Rice, brown, long-grain, cooked	195	1 cup	0.556
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.567
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	2.096
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.294
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.616
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	1.876
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.141
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.142
18353	Rolls, hard (includes kaiser)	57	1 roll	0.234
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.264
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.059

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04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.000
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.000
04133	Salad dressing, french, home recipe	14	1 tbsp	0.000
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.000
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.000
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.000
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.000
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.030
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.061
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.022
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.000
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.000
07069	Salami, cooked, beef and pork	56.7	2 slices	0.482
07072	Salami, dry or hard, pork, beef	20	2 slices	0.212
07073	Sandwich spread, pork, beef	15	1 tbsp	0.065
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	0.351
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	0.428
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	0.719
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.047
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.079
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.011
06166	Sauce, homemade, white, medium	250	1 cup	0.815
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	0.084
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0.745
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.005
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.023
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.036
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.219
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	0.056
11445	Seaweed, kelp, raw	10	2 tbsp	0.064
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.032
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.096
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.104
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.054
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	1.996
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	2.253
14346	Shake, fast food, chocolate	333	16 fl oz	1.299
14347	Shake, fast food, vanilla	333	16 fl oz	1.392
11677	Shallots, raw	10	1 tbsp	0.029
19097	Sherbet, orange	74	1/2 cup	0.163
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.000

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19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.032
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	0.128
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.041
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.112
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.106
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.090
19014	Snacks, fruit leather, rolls	21	1 large	0.011
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.230
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.150
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.147
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.136
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0.000
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.000
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.135
19034	Snacks, popcorn, air-popped	8	1 cup	0.034
19036	Snacks, popcorn, cakes	10	1 cake	0.043
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.097
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.029
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.051
19035	Snacks, popcorn, oil-popped	11	1 cup	0.034
19041	Snacks, pork skins, plain	28.35	1 oz	0.122
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0.175
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.071
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.060
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.234
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.114
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.114
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.077
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	0.234
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.173
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.090
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	0.082
19056	Snacks, tortilla chips, plain	28.35	1 oz	0.223
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	1.407
19061	Snacks, trail mix, tropical	140	1 cup	1.705
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	0.097
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	0.101
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.018
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.048
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	0.195
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	0.360



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06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.169
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	0.106
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	0.336
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.169
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.000
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	0.694
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	0.195
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	0.570
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	0.620
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	0.293
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	0.337
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	0.000
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.000
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	0.125
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	0.206
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	0.504
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	0.547
06206	Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, canned, ready-to-serve	241	1 cup	0.299
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	0.249
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	0.248
06174	Soup, stock, fish, home-prepared	233	1 cup	0.767
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	0.546
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.146
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	0.342
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	0.336
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0.337
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.048
16120	Soy milk, fluid	245	1 cup	0.118
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.051
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	0.230
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0.308
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	0.201
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.157
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.587
02028	Spices, paprika	2.1	1 tsp	0.037

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11658	Spinach souffle, home-prepared	136	1 cup	0.883
11461	Spinach, canned, drained solids	214	1 cup	0.101
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.261
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.143
11457	Spinach, raw	10	1 leaf	0.007
11457	Spinach, raw	30	1 cup	0.020
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.247
11641	Squash, summer, all varieties, raw	113	1 cup	0.175
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.480
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.370
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.275
09316	Strawberries, raw	12	1 strawberry	0.015
09316	Strawberries, raw	18	1 strawberry	0.023
09316	Strawberries, raw	166	1 cup	0.208
19334	Sugars, brown	3.2	1 tsp	0.004
19335	Sugars, granulated	4.2	1 tsp	0.000
19336	Sugars, powdered	8	1 tbsp	0.000
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	0.244
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.080
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	0.788
11512	Sweetpotato, canned, vacuum pack	255	1 cup	1.334
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	1.291
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	0.906
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	0.285
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.116
19350	Syrups, corn, light	20	1 tbsp	0.005
19353	Syrups, maple	20	1 tbsp	0.007
19129	Syrups, table blends, pancake	20	1 tbsp	0.003
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.003
18360	Taco shells, baked	13.3	1 medium	0.063
09223	Tangerine juice, canned, sweetened	249	1 cup	0.311
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.315
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.168
20068	Tapioca, pearl, dry	152	1 cup	0.205
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.020
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.020
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.020
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.014
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.028
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.026
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.133
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.287

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18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.000
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.053
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.061
11954	Tomatillos, raw	34	1 medium	0.051
11540	Tomato juice, canned, with salt added	243	1 cup	0.608
11546	Tomato products, canned, paste, without salt added	262	1 cup	0.372
11547	Tomato products, canned, puree, without salt added	250	1 cup	1.100
11549	Tomato products, canned, sauce	245	1 cup	0.757
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.291
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	0.401
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.015
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.109
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.018
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.160
11955	Tomatoes, sun-dried	2	1 piece	0.042
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.014
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.050
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.186
21088	Tostada with guacamole	130.5	1 tostada	1.005
05286	Turkey and gravy, frozen	142	5-oz package	0.302
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.333
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.686
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	1.080
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	3.548
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.569
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	1.320
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	1.066
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.395
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.113
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.222
02050	Vanilla extract	4.2	1 tsp	0.001
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.867
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	1.088
11578	Vegetable juice cocktail, canned	242	1 cup	0.644
04582	Vegetable oil, canola	14	1 tbsp	0.000
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.233
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.275
02048	Vinegar, cider	15	1 tbsp	0.000
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	0.133
18367	Waffles, plain, prepared from recipe	75	1 waffle	0.364
14429	Water, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.309

**USDA National Nutrient Database for Standard Reference, Release 16**  
**Pantothenic acid (mg) Content of Selected Foods per Common Measure, sorted alphabetically**

<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
09326	Watermelon, raw	286	1 wedge	0.632
09326	Watermelon, raw	152	1 cup	0.336
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.548
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.548
20083	Wheat flour, white, bread, enriched	137	1 cup	0.600
20084	Wheat flour, white, cake, enriched	137	1 cup	0.627
20080	Wheat flour, whole-grain	120	1 cup	1.210
20089	Wild rice, cooked	164	1 cup	0.253
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	0.006
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	1.125
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	1.110
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	1.342
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	1.455
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.883