

**USDA National Nutrient Database for Standard Reference, Release 24**  
**Pantothenic acid ( mg ) Content of Selected Foods per Common Measure, sorted by nutrient content**

<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	10.377
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	10.080
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29	3/4 cup	10.005
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	10.000
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	9.900
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	5.902
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	5.211
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	4.747
21042	Fast foods, chili con carne	253	1 cup	3.593
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	3.548
11261	Mushrooms, white, cooked, boiled, drained, without salt	156	1 cup	3.370
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	3.315
01095	Milk, canned, condensed, sweetened	306	1 cup	2.295
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	2.253
20028	Couscous, dry	173	1 cup	2.150
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	2.125
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	2.053
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	1.996
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	1.916
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	256	1 cup	1.889
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	1.876
14347	Shake, fast food, vanilla	333	16 fl oz	1.871
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	1.869
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	1.868
19061	Snacks, trail mix, tropical	140	1 cup	1.705
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	1.692
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	1.690
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	252	1 cup	1.608
21074	Fast foods, enchilada, with cheese	163	1 enchilada	1.516
20012	Bulgur, dry	140	1 cup	1.463
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	1.455
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	1.418
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	1.417
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	1.407
20033	Oat bran, raw	94	1 cup	1.404
11370	Potatoes, hashed brown, home-prepared	156	1 cup	1.393
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	1.391
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	1.371
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	1.348
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250	1 cup	1.348
21083	Fast foods, taco salad	198	1-1/2 cups	1.346
15141	Crustaceans, crab, blue, canned	135	1 cup	1.346
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	1.342
11414	Potato salad, home-prepared	250	1 cup	1.335
11512	Sweet potato, canned, vacuum pack	255	1 cup	1.334

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10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	1.334
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	1.320
21078	Fast foods, nachos, with cheese	113	6-8 nachos	1.311
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	1.307
14346	Shake, fast food, chocolate	333	16 fl oz	1.299
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	1.291
11264	Mushrooms, canned, drained solids	156	1 cup	1.265
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	1.263
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	1.259
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	1.256
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	1.253
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	1.243
19411	Snacks, potato chips, plain, salted	28.35	1 oz	1.232
05277	Chicken, canned, meat only, with broth	142	5 oz	1.207
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	1.205
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	1.193
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	1.170
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	1.166
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	1.165
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	1.159
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	1.153
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	1.152
01111	Milk shakes, thick vanilla	313	11 fl oz	1.152
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	1.110
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	1.104
21077	Fast foods, frijoles with cheese	167	1 cup	1.102
11547	Tomato products, canned, puree, without salt added	250	1 cup	1.100
22970	Macaroni and cheese, frozen entree	283	1 package	1.098
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	1.095
01110	Milk shakes, thick chocolate	300	10.6 fl oz	1.089
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	1.088
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	1.080
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	1.080
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	1.077
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	1.071
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	1.071
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	1.066
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	1.059
01057	Eggnog	254	1 cup	1.059
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	1.055
09087	Dates, deglet noor	178	1 cup	1.048
11260	Mushrooms, white, raw	70	1 cup	1.048
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	1.043
19087	Candies, white chocolate	170	1 cup	1.034

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22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	1.024
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	1.019
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	1.017
21088	Tostada with guacamole	130.5	1 tostada	1.005
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	1.000
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	0.992
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	0.981
11424	Pumpkin, canned, without salt	245	1 cup	0.980
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.978
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.961
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	0.948
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.945
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	0.935
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.917
16120	Soymilk, original and vanilla, unfortified	245	1 cup	0.914
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244	1 cup	0.910
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0.906
18320	Pie, lemon meringue, commercially prepared	113	1 piece	0.896
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.894
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	0.889
01123	Egg, whole, raw, fresh	58	1 extra large	0.889
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.883
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244	1 cup	0.881
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245	1 cup	0.875
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244	1 cup	0.869
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.867
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.866
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.865
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.847
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	0.845
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	0.834
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.833
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.830
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.827
06166	Sauce, homemade, white, medium	250	1 cup	0.815
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	0.801
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.794
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.793
12167	Nuts, chestnuts, european, roasted	143	1 cup	0.792
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	0.788
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.788
11205	Cucumber, with peel, raw	301	1 large	0.780
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	0.778
21111	Fast foods, hamburger; double, regular patty; with condiments	215	1 sandwich	0.774

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06174	Soup, stock, fish, home-prepared	233	1 cup	0.767
01123	Egg, whole, raw, fresh	50	1 large	0.767
01128	Egg, whole, cooked, fried	46	1 large	0.764
01131	Egg, whole, cooked, poached	50	1 large	0.764
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.760
11549	Tomato products, canned, sauce	245	1 cup	0.757
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250	1 cup	0.755
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	103	1 cone	0.750
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	0.748
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	23	1/3 cup	0.744
01132	Egg, whole, cooked, scrambled	61	1 large	0.742
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.741
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.740
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250	1 cup	0.738
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.737
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.734
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	0.728
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	0.725
20080	Wheat flour, whole-grain	120	1 cup	0.724
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218	1 sandwich	0.719
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0.718
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240	1 cup	0.718
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.707
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.707
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.699
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	0.690
18327	Pie, pumpkin, prepared from recipe	155	1 piece	0.690
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.687
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.686
07069	Salami, cooked, beef and pork	56.7	2 slices	0.681
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.676
01123	Egg, whole, raw, fresh	44	1 medium	0.675
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.674
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	0.673
11206	Cucumber, peeled, raw	280	1 large	0.672
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.671
11135	Cauliflower, raw	100	1 cup	0.667
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.661
22904	Chili con carne with beans, canned entree	222	1 cup	0.659
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.656
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.647
11578	Vegetable juice cocktail, canned	242	1 cup	0.644

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10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.638
09326	Watermelon, raw	286	1 wedge	0.632
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.630
20084	Wheat flour, white, cake, enriched	137	1 cup	0.627
07017	Chicken roll, light meat	56.7	2 slices	0.627
20013	Bulgur, cooked	182	1 cup	0.626
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.624
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	0.621
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.616
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	239	1 cup	0.612
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.610
11540	Tomato juice, canned, with salt added	243	1 cup	0.608
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.604
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.603
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.602
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	0.601
20083	Wheat flour, white, bread, enriched	137	1 cup	0.600
18003	Bagels, egg	89	4" bagel	0.597
11658	Spinach souffle	136	1 cup	0.596
11226	Jerusalem-artichokes, raw	150	1 cup	0.596
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.595
01037	Cheese, ricotta, part skim milk	246	1 cup	0.595
21017	Fast foods, danish pastry, fruit	94	1 pastry	0.592
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.589
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.587
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	0.586
18325	Pie, pecan, prepared from recipe	122	1 piece	0.584
20029	Couscous, cooked	157	1 cup	0.582
09226	Papayas, raw	304	1 papaya	0.581
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
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.577
18283	Muffins, oat bran	57	1 muffin	0.576
11672	Potato pancakes	76	1 pancake	0.575
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.575
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.574
21015	Fast foods, danish pastry, cheese	91	1 pastry	0.573
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	0.573
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.573
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	0.572
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.572
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.571
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248	1 cup	0.570
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.570

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05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.569
01164	Cheese sauce, prepared from recipe	243	1 cup	0.566
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.565
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.565
20005	Barley, pearled, raw	200	1 cup	0.564
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.562
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	0.561
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.561
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.561
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.559
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.558
20037	Rice, brown, long-grain, cooked	195	1 cup	0.556
18268	French toast, frozen, ready-to-heat	59	1 slice	0.555
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.549
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.549
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.548
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.548
21119	Fast foods, hotdog, with chili	114	1 sandwich	0.547
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.546
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.544
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	0.542
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	0.542
21023	Fast foods, french toast with butter	135	2 slices	0.540
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.540
11655	Carrot juice, canned	236	1 cup	0.538
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.536
15128	Fish, tuna salad	205	1 cup	0.533
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.532
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.532
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.531
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.530
21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	0.530
20011	Buckwheat flour, whole-groat	120	1 cup	0.528
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.527
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	0.526
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.524
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.524
01036	Cheese, ricotta, whole milk	246	1 cup	0.524
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	0.521
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.521
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	0.519

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17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.519
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.519
01007	Cheese, camembert	38	1 wedge	0.518
21118	Fast foods, hotdog, plain	98	1 sandwich	0.510
11090	Broccoli, raw	88	1 cup	0.504
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.504
09040	Bananas, raw	150	1 cup	0.501
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.497
11364	Potatoes, baked, skin, without salt	58	1 skin	0.497
01125	Egg, yolk, raw, fresh	16.6	1 large	0.496
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0.496
18326	Pie, pumpkin, commercially prepared	109	1 piece	0.493
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.492
18239	Croissants, butter	57	1 croissant	0.491
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.490
01004	Cheese, blue	28.35	1 oz	0.490
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	0.489
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.486
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.486
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.485
16051	Beans, white, mature seeds, canned	262	1 cup	0.485
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.484
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	44	1 drumstick	0.484
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.480
07024	Frankfurter, chicken	45	1 frank	0.477
18003	Bagels, egg	71	3-1/2" bagel	0.476
20034	Oat bran, cooked	219	1 cup	0.475
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.474
21024	Fast foods, french toast sticks	141	5 sticks	0.474
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.474
11821	Peppers, sweet, red, raw	149	1 cup	0.472
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	0.471
09206	Orange juice, raw	248	1 cup	0.471
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.471
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.469
15084	Fish, salmon, pink, canned, total can contents	85	3 oz	0.468
09404	Grapefruit juice, pink, raw	247	1 cup	0.467
09128	Grapefruit juice, white, raw	247	1 cup	0.467
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.467
09277	Plantains, raw	179	1 medium	0.465
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.464
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.461
18147	Cheesecake commercially prepared	80	1 piece	0.457
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.456

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18005	Bagels, cinnamon-raisin	89	4" bagel	0.453
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.452
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.451
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.451
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0.450
09200	Oranges, raw, all commercial varieties	180	1 cup	0.450
11213	Endive, raw	50	1 cup	0.450
09207	Orange juice, canned, unsweetened	249	1 cup	0.448
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.444
15111	Fish, swordfish, cooked, dry heat	106	1 piece	0.442
18324	Pie, pecan, commercially prepared	113	1 piece	0.442
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.440
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	0.439
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.435
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166	1 sandwich	0.432
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.431
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.423
09060	Carambola, (starfruit), raw	108	1 cup	0.422
20110	Noodles, egg, cooked, enriched	160	1 cup	0.421
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.420
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51	1/2 cup	0.418
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.416
09038	Avocados, raw, California	28.35	1 oz	0.415
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.414
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	0.413
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.409
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	170	1 cup	0.408
09176	Mangos, raw	207	1 mango	0.408
21094	Fast foods, cheeseburger, double, regular patty and bun, plain	160	1 sandwich	0.405
09302	Raspberries, raw	123	1 cup	0.405
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.403
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.403
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.401
09042	Blackberries, raw	144	1 cup	0.397
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.395
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.395
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.395
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.395
09040	Bananas, raw	118	1 banana	0.394
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.393
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.393
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	0.392
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.389
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.389



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10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.388
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.385
19095	Ice creams, vanilla	66	1/2 cup	0.383
11821	Peppers, sweet, red, raw	119	1 pepper	0.377
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.375
18308	Pie, cherry, commercially prepared	117	1 piece	0.373
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.373
11546	Tomato products, canned, paste, without salt added	262	1 cup	0.372
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.370
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.367
19270	Ice creams, chocolate	66	1/2 cup	0.366
18367	Waffles, plain, prepared from recipe	75	1 waffle	0.364
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.362
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.362
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.361
21063	Fast foods, burrito, with beans and beef	115.5	1 burrito	0.360
16008	Beans, baked, canned, with franks	259	1 cup	0.360
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.359
09278	Plantains, cooked	154	1 cup	0.359
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	0.357
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.357
09060	Carambola, (starfruit), raw	91	1 fruit	0.356
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.354
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.354
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.354
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240	8 fl oz	0.350
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.348
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.345
18134	Cake, sponge, prepared from recipe	63	1 piece	0.344
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.343
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0.342
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	0.342
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.341
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.341
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.341
19089	Ice creams, vanilla, rich	74	1/2 cup	0.340
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.340
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	0.337
06440	Soup, minestrone, canned, prepared with equal volume water	241	1 cup	0.337
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57	1 bar (2 oz)	0.336
06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	240	1 cup	0.336
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	0.336
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	0.336
09326	Watermelon, raw	152	1 cup	0.336
18243	Croutons, seasoned	40	1 cup	0.334

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09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.334
06094	Soup, onion, dry, mix	39	1 packet	0.333
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.333
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256	1 cup	0.333
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.332
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.331
09266	Pineapple, raw, all varieties	155	1 cup	0.330
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.330
09200	Oranges, raw, all commercial varieties	131	1 orange	0.328
09176	Mangos, raw	165	1 cup	0.325
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.325
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0.323
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.322
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.322
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.321
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.320
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.319
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.319
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.318
19088	Ice creams, vanilla, light	66	1/2 cup	0.317
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.315
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.315
09223	Tangerine juice, canned, sweetened	249	1 cup	0.311
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.309
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0.308
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.307
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.306
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.305
05286	Turkey and gravy, frozen	142	5-oz package	0.302
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.301
11124	Carrots, raw	110	1 cup	0.300
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.300
21043	Fast foods, clams, breaded and fried	115	3/4 cup	0.299
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.298
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85	3 oz	0.298
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	0.298
11143	Celery, raw	120	1 cup	0.295
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.293
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.291
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	0.289
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.288
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.288
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	0.288
09055	Blueberries, frozen, sweetened	230	1 cup	0.288
11206	Cucumber, peeled, raw	119	1 cup	0.286
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	0.285

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08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.284
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.284
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.284
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	0.283
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.280
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.279
22905	Beef stew, canned entree	232	1 cup	0.278
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	0.278
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.278
18116	Cake, gingerbread, prepared from recipe	74	1 piece	0.278
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.277
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.277
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.276
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.275
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.275
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.274
01019	Cheese, feta	28.35	1 oz	0.274
09294	Prune juice, canned	256	1 cup	0.274
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.272
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.272
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	0.272
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.270
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.270
11205	Cucumber, with peel, raw	104	1 cup	0.269
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.269
09226	Papayas, raw	140	1 cup	0.267
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.266
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.265
11084	Beets, canned, drained solids	170	1 cup	0.265
07028	Ham, sliced, prepackaged (96% fat free, water added)	56.7	2 slices	0.265
18023	Bread, cornbread, dry mix, prepared	60	1 piece	0.265
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.264
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.264
09039	Avocados, raw, Florida	28.35	1 oz	0.264
09184	Melons, honeydew, raw	170	1 cup	0.264
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	0.264
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.264
35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	0.262
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	0.262
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	0.261
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.261
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.261
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.260
09236	Peaches, raw	170	1 cup	0.260
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.259

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21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	0.258
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.256
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.254
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.254
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.254
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.254
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.253
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.253
18279	Muffins, corn, commercially prepared	57	1 muffin	0.253
20089	Wild rice, cooked	164	1 cup	0.253
09191	Nectarines, raw	136	1 nectarine	0.252
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.249
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.249
09184	Melons, honeydew, raw	160	1/8 melon	0.248
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.248
18316	Pie, coconut custard, commercially prepared	104	1 piece	0.248
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.247
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.247
11081	Beets, cooked, boiled, drained	170	1 cup	0.247
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	51	1 cup	0.245
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.245
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.245
09087	Dates, deglet noor	41.5	5 dates	0.244
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	0.244
21127	Fast foods, coleslaw	99	3/4 cup	0.244
01046	Cheese food, pasteurized process, American, vitamin D fortified	28.35	1 oz	0.242
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.242
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.241
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.241
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.241
20113	Noodles, chinese, chow mein	45	1 cup	0.240
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.238
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.237
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.237
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	0.235
07008	Bologna, beef and pork	56.7	2 slices	0.235
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.234
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	0.234
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1 oz	0.234
18353	Rolls, hard (includes kaiser)	57	1 roll	0.234
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.233
11399	Potato puffs, frozen, oven-heated	79	10 puffs	0.233
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.233
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	0.232

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16112	Miso	68.75	1 cup	0.232
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.230
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	0.230
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	0.230
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.229
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.228
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.227
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	0.226
18280	Muffins, corn, dry mix, prepared	50	1 muffin	0.226
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.224
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.224
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.222
09153	Lemon juice, canned or bottled	244	1 cup	0.222
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.222
18309	Pie, cherry, prepared from recipe	180	1 piece	0.221
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	0.220
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.220
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.219
18245	Danish pastry, cheese	71	1 danish	0.216
19071	Candies, carob, unsweetened	28.35	1 oz	0.213
20006	Barley, pearled, cooked	157	1 cup	0.212
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.208
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.208
09316	Strawberries, raw	166	1 cup	0.208
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.207
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.206
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.206
20068	Tapioca, pearl, dry	152	1 cup	0.205
18064	Bread, wheat	25	1 slice	0.205
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.204
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.204
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.203
22401	Spaghetti with meat sauce, frozen entree	283	1 package	0.201
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.201
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.200
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.199
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.199
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	0.198
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.197
11282	Onions, raw	160	1 cup	0.197
11124	Carrots, raw	72	1 carrot	0.197
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0.196
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.196
07064	Pork sausage, fresh, cooked	27	1 patty	0.195
06416	Soup, cream of chicken, canned, prepared with equal volume water	244	1 cup	0.195
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	0.195

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01048	Cheese spread, pasteurized process, American	28.35	1 oz	0.194
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	0.194
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.193
09340	Pears, asian, raw	275	1 pear	0.193
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.192
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.192
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.190
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0.190
07064	Pork sausage, fresh, cooked	26	2 links	0.188
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.187
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0.187
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.187
22247	Macaroni and Cheese, canned entree	252	1 cup	0.186
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	0.186
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.186
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.186
18306	Pie, blueberry, prepared from recipe	147	1 piece	0.182
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.182
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.181
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.181
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	0.181
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.181
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.181
09050	Blueberries, raw	145	1 cup	0.180
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	0.179
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.179
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	0.178
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251	1 cup	0.178
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.178
11090	Broccoli, raw	31	1 spear	0.178
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.177
19080	Candies, semisweet chocolate	168	1 cup	0.176
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.176
11641	Squash, summer, all varieties, raw	113	1 cup	0.175
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0.175
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.174
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.173
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.173
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	0.171
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.171
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.170
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	0.169
09181	Melons, cantaloupe, raw	160	1 cup	0.168
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.168

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19097	Sherbet, orange	74	1/2 cup	0.166
09094	Figs, dried, uncooked	38	2 figs	0.165
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.165
09206	Orange juice, raw	86	juice from 1 orange	0.163
01031	Cheese, neufchatel	28.35	1 oz	0.163
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.162
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.162
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.162
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	0.161
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.161
13350	Beef, cured, dried	28.35	1 oz	0.160
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.160
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.160
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.160
18305	Pie, blueberry, commercially prepared	117	1 piece	0.159
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.159
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.158
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.158
07023	Frankfurter, beef and pork	45	1 frank	0.158
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.157
20100	Macaroni, cooked, enriched	140	1 cup	0.157
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.157
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.156
11159	Coleslaw, home-prepared	120	1 cup	0.154
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.152
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.150
09236	Peaches, raw	98	1 peach	0.150
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.149
11109	Cabbage, raw	70	1 cup	0.148
35142	Frybread, made with lard (Navajo)	90	5" bread	0.148
11333	Peppers, sweet, green, raw	149	1 cup	0.148
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.147
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.146
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.145
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.145
18302	Pie, apple, prepared from recipe	155	1 piece	0.144
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.143
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.143
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	0.143
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.143
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.143
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.143
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0.142

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18060	Bread, rye	32	1 slice	0.141
18319	Pie, fried pies, fruit	128	1 pie	0.141
18444	Pie, fried pies, cherry	128	1 pie	0.141
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.140
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.139
09148	Kiwifruit, green, raw	76	1 medium	0.139
18220	Crackers, melba toast, plain	20	4 pieces	0.139
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.138
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	0.138
09298	Raisins, seedless	145	1 cup	0.138
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.136
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.136
09070	Cherries, sweet, raw	68	10 cherries	0.135
11282	Onions, raw	110	1 whole	0.135
12104	Nuts, coconut meat, raw	45	1 piece	0.135
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.135
01035	Cheese, provolone	28.35	1 oz	0.135
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.135
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.134
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.134
18235	Crackers, whole-wheat	16	4 crackers	0.133
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.133
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.133
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.133
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1 oz (about 2/3 cup)	0.132
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.132
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to	0.132
01186	Cheese, cream, fat free	15.6	1 tbsp	0.131
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.131
11114	Cabbage, savoy, raw	70	1 cup	0.131
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.131
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.129
18044	Bread, pumpernickel	32	1 slice	0.129
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1serving (3 T dry cereal p	0.129
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.128
18025	Bread, cracked-wheat	25	1 slice	0.128
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.127
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.126
18217	Crackers, matzo, plain	28.35	1 matzo	0.126
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	20	10 pieces	0.125
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.125
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.125
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.124
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	0.123
19041	Snacks, pork skins, plain	28.35	1 oz	0.122



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01040	Cheese, swiss	28.35	1 oz	0.122
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	64	1 piece	0.122
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.122
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	0.121
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.121
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.121
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.120
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.120
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.118
11333	Peppers, sweet, green, raw	119	1 pepper	0.118
01009	Cheese, cheddar	28.35	1 oz	0.117
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1 oz	0.114
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.114
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.113
18027	Bread, egg	40	1/2" slice	0.113
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	0.112
08019	Cereals ready-to-eat, GENERAL MILLS Corn CHEX	30	1 cup	0.112
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.111
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.111
18041	Bread, pita, white, enriched	28	4" pita	0.111
09150	Lemons, raw, without peel	58	1 lemon	0.110
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.109
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.108
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.107
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.107
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.107
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	0.107
18057	Bread, reduced-calorie, white	23	1 slice	0.106
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.106
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.106
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	0.106
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	64	1 piece	0.106
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.105
18065	Bread, wheat, toasted	23	1 slice	0.105
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.104
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.104
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.104
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.104
11112	Cabbage, red, raw	70	1 cup	0.103
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.102
18047	Bread, raisin, enriched	26	1 slice	0.101
11461	Spinach, canned, regular pack, drained solids	214	1 cup	0.101
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.100
11015	Asparagus, canned, drained solids	72	4 spears	0.100

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09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	0.100
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.099
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.099
11143	Celery, raw	40	1 stalk	0.098
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243	1 cup	0.097
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.097
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.097
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.097
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.097
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.097
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.096
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.096
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.095
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.095
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.095
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	61	1 bar (2.15 oz)	0.095
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.093
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.093
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.092
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.092
18039	Bread, oatmeal	27	1 slice	0.092
11819	Peppers, hot chili, red, raw	45	1 pepper	0.090
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.090
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.090
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.089
09279	Plums, raw	66	1 plum	0.089
12147	Nuts, pine nuts, dried	28.35	1 oz	0.089
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	0.089
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	0.088
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	0.087
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.087
11135	Cauliflower, raw	13	1 floweret	0.087
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	0.086
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.086
09340	Pears, asian, raw	122	1 pear	0.085
09003	Apples, raw, with skin	138	1 apple	0.084
09021	Apricots, raw	35	1 apricot	0.084
18045	Bread, pumpernickel, toasted	29	1 slice	0.084
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.084
01017	Cheese, cream	14.5	1 tbsp	0.083
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0.081
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.081
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	0.080
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.080
09252	Pears, raw	166	1 pear	0.080
11251	Lettuce, cos or romaine, raw	56	1 cup	0.080

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06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.079
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.078
09004	Apples, raw, without skin	110	1 cup	0.078
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.077
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.077
18033	Bread, italian	20	1 slice	0.076
18061	Bread, rye, toasted	24	1 slice	0.075
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.075
11253	Lettuce, green leaf, raw	56	1 cup	0.075
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.075
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.075
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.074
01044	Cheese, pasteurized process, swiss	28.35	1 oz	0.074
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.073
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.073
11081	Beets, cooked, boiled, drained	50	1 beet	0.073
09181	Melons, cantaloupe, raw	69	1/8 melon	0.072
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	137	1 packet	0.071
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.069
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.069
11284	Onions, dehydrated flakes	5	1 tbsp	0.069
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.069
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.069
18053	Bread, reduced-calorie, rye	23	1 slice	0.068
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.067
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.066
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.066
18048	Bread, raisin, toasted, enriched	24	1 slice	0.066
07073	Sandwich spread, pork, beef	15	1 tbsp	0.065
11445	Seaweed, kelp, raw	10	2 tbsp	0.064
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.064
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.064
01124	Egg, white, raw, fresh	33.4	1 large	0.063
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.063
19074	Candies, caramels	10.1	1 piece	0.063
18226	Crackers, rye, wafers, plain	11	1 wafer	0.063
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.062
18177	Cookies, molasses	15	1 cookie, medium	0.062
09152	Lemon juice, raw	47	juice of 1 lemon	0.062
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.061
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.061
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.061
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.061
18040	Bread, oatmeal, toasted	25	1 slice	0.060

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<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	0.060
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.060
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.059
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.059
11740	Broccoli, flower clusters, raw	11	1 floweret	0.059
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27	3/4 cup	0.059
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.059
18170	Cookies, fig bars	16	1 cookie	0.058
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.058
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.057
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.056
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0.056
18086	Cake, angelfood, commercially prepared	28	1 piece	0.055
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.055
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.055
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.054
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.054
01030	Cheese, muenster	28.35	1 oz	0.054
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.053
02028	Spices, paprika	2.1	1 tsp	0.053
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	32	1 tortilla	0.052
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.052
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.052
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.052
11954	Tomatillos, raw	34	1 medium	0.051
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.051
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.050
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.049
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.049
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.049
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.049
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241	1 cup	0.048
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.048
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.048
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.048
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.048
18360	Taco shells, baked	13.3	1 medium	0.047
18214	Crackers, cheese, regular	10	10 crackers	0.047
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.047
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.047
18229	Crackers, standard snack-type, regular	12	4 crackers	0.047
09160	Lime juice, raw	38	juice of 1 lime	0.047
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.047
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.046
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.045
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.044

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19036	Snacks, popcorn, cakes	10	1 cake	0.043
01049	Cream, fluid, half and half	15	1 tbsp	0.043
11955	Tomatoes, sun-dried	2	1 piece	0.042
11961	Hearts of palm, canned	33	1 piece	0.042
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.042
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.041
19034	Snacks, popcorn, air-popped	8	1 cup	0.041
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.041
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.041
01056	Cream, sour, cultured	12	1 tbsp	0.040
11960	Carrots, baby, raw	10	1 medium	0.040
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.040
11297	Parsley, fresh	10	10 sprigs	0.040
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.040
18232	Crackers, wheat, regular	8	4 crackers	0.040
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.040
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.039
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.039
01052	Cream, fluid, light whipping	15	1 tbsp	0.039
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.038
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.038
11084	Beets, canned, drained solids	24	1 beet	0.037
19300	Jellies	19	1 tbsp	0.037
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.036
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.036
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.036
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.035
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.034
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.034
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	4.8	1 tsp	0.033
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.033
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.033
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.033
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.033
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	0.033
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.032
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.032
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.032
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.031
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.031
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.031
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.031
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.031
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.030
02030	Spices, pepper, black	2.1	1 tsp	0.029
11677	Shallots, raw	10	1 tbsp	0.029

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19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.029
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.028
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.028
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	18	1 fun size bar	0.028
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.028
11670	Peppers, hot chili, green, raw	45	1 pepper	0.027
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.027
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.027
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.027
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.027
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.026
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.026
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.026
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10	1 cookie	0.025
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	0.025
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	0.025
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.024
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.024
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.024
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.023
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	7	10 pieces	0.023
02009	Spices, chili powder	2.6	1 tsp	0.023
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.023
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.023
09316	Strawberries, raw	18	1 strawberry	0.023
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.022
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.022
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.021
02020	Spices, garlic powder	2.8	1 tsp	0.021
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	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
14355	Tea, black, brewed, prepared with tap water	178	6 fl oz	0.020
11457	Spinach, raw	30	1 cup	0.020
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.019
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.019
16158	Hummus, commercial	14	1 tbsp	0.018
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.018
11215	Garlic, raw	3	1 clove	0.018
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.018
11282	Onions, raw	14	1 slice	0.017
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.017
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.017
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.017
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.016

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01032	Cheese, parmesan, grated	5	1 tbsp	0.016
01145	Butter, without salt	14.2	1 tbsp	0.016
01001	Butter, salted	14.2	1 tbsp	0.016
02026	Spices, onion powder	2.1	1 tsp	0.015
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.015
09316	Strawberries, raw	12	1 strawberry	0.015
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.015
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.015
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.014
19296	Honey	21	1 tbsp	0.014
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.014
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.014
02027	Spices, oregano, dried	1.5	1 tsp	0.014
02029	Spices, parsley, dried	1.3	1 tbsp	0.014
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.014
11253	Lettuce, green leaf, raw	10	1 leaf	0.013
09298	Raisins, seedless	14	1 packet	0.013
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1 tbsp	0.012
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	0.012
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	0.012
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	0.012
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.011
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.011
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.011
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.011
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.010
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.010
11333	Peppers, sweet, green, raw	10	1 ring	0.010
11156	Chives, raw	3	1 tbsp	0.010
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.009
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.009
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.009
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.009
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.009
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1 tbsp	0.008
19294	Fruit butters, apple	17	1 tbsp	0.008
02010	Spices, cinnamon, ground	2.3	1 tsp	0.008
14277	Grape drink, canned	250	8 fl oz	0.008
11429	Radishes, raw	4.5	1 radish	0.007
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.007
19353	Syrups, maple	20	1 tbsp	0.007
11935	Catsup	15	1 tbsp	0.007
11457	Spinach, raw	10	1 leaf	0.007
19014	Snacks, fruit leather, rolls	21	1 large	0.006
06150	Sauce, barbecue	15.75	1 tbsp	0.006
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.2	1 tbsp	0.006
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	0.006

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06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.005
02055	Horseradish, prepared	5	1 tsp	0.005
19334	Sugars, brown	3.2	1 tsp	0.004
19297	Jams and preserves	20	1 tbsp	0.004
02045	Dill weed, fresh	1	5 sprigs	0.004
16055	Carob flour	8	1 tbsp	0.004
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.003
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	4.8	1 tsp	0.003
11935	Catsup	6	1 packet	0.003
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.003
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.003
19108	Candies, jellybeans	28.35	10 large	0.003
19116	Candies, marshmallows	50	1 cup	0.003
14181	Chocolate syrup	18.75	1 tbsp	0.002
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.002
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	5	1 piece	0.002
02050	Vanilla extract	4.2	1 tsp	0.001
11943	Pimento, canned	12	1 tbsp	0.001
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	0.001
11945	Pickle relish, sweet	15	1 tbsp	0.001
19129	Syrups, table blends, pancake	20	1 tbsp	0.001
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.001
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.001
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.001
19107	Candies, hard	6	1 piece	0.000
19107	Candies, hard	3	1 small piece	0.000
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	4.8	1 tsp	0.000
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.000
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.000
01072	Dessert topping, pressurized	4	1 tbsp	0.000
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.000
14429	Water, tap, municipal	237	8 fl oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.000
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.000
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.000
01069	Cream substitute, powdered	2	1 tsp	0.000
04582	Oil, canola	14	1 tbsp	0.000
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1 tbsp	0.000



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04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.000
04120	Salad dressing, french dressing, commercial, regular	15.6	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
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0.000
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1 tbsp	0.000
04610	Margarine, regular, 80% fat, composite, stick, with salt	14	1 tbsp	0.000
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	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
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.000
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1 tbsp	0.000
19336	Sugars, powdered	8	1 tbsp	0.000
14150	Carbonated beverage, orange	372	12 fl oz	0.000
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
14142	Carbonated beverage, grape soda	372	12 fl oz	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
20027	Cornstarch	8.064	1 tbsp	0.000
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
19350	Syrups, corn, light	20	1 tbsp	0.000
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.000
19335	Sugars, granulated	4.2	1 tsp	0.000
02047	Salt, table	6	1 tsp	0.000
02048	Vinegar, cider	15	1 tbsp	0.000
04002	Lard	12.8	1 tbsp	0.000
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.000
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.000
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.000
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.000
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1 tbsp	0.000
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.000