

NDB No. 20002
Amaranth grain, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			

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

Common Measures:

Measure 1 = 246g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate4.07

Food Group: 20 Cereal Grains and Pasta
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20001
Amaranth grain, uncooked
Amaranthus spp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.29	0.111	4	A	1		21.79		
Energy.....kcal	371		0	NC	4		717		
Energy.....kJ	1554		0	NC	4		2999		
Protein (N x 5.85).....g	13.56	0.173	4	A	1		26.17		
Total lipid (fat).....g	7.02	0.376	5	A	1		13.55		
Ash.....g	2.88	0.317	4	A	1		5.56		
Carbohydrate, by difference.....g	65.25		0	NC	4		125.93		
Fiber, total dietary.....g	6.7	0.008	5	A	1		13.0		
Sugars, total.....g	1.69	0.146	3	A	1		3.27		
Sucrose.....g	1.40	0.152	3	A	1		2.69		
Glucose (dextrose).....g	0.27	0.019	3	A	1		0.52		
Fructose.....g	0.01	0.000	3	A	1		0.03		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.01	0.000	3	A	1		0.03		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	57.27	3.727	4	A	1		110.54		
Minerals:									
Calcium, Ca.....mg	159	26.102	3	A	1		307		
Iron, Fe.....mg	7.61	0.830	3	A	1		14.68		
Magnesium, Mg.....mg	248	23.483	3	A	1		479		
Phosphorus, P.....mg	557	46.160	3	A	1		1076		
Potassium, K.....mg	508	17.039	3	A	1		980		
Sodium, Na.....mg	4	0.000	3	A	1		7		
Zinc, Zn.....mg	2.87	0.118	3	A	1		5.54		
Copper, Cu.....mg	0.525	0.065	3	A	1		1.013		
Manganese, Mn.....mg	3.333	0.281	3	A	1		6.433		
Selenium, Se.....µg	18.7	13.964	3	A	1		36.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	4.2		1		1		8.1		
Thiamin.....mg	0.116	0.094	4	A	1		0.224		
Riboflavin.....mg	0.200	0.040	4	A	1		0.386		
Niacin.....mg	0.923	0.020	3	A	1		1.781		
Pantothenic acid.....mg	1.457	0.107	3	A	1		2.811		
Vitamin B-6.....mg	0.591	0.040	3	A	1		1.142		
Folate, total.....µg	82	14.380	3	A	1		159		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	82	14.380	3	A	1		159		
Folate, DFE.....µg	82		0	NC	4		159		
Choline, total.....mg	69.8		0	AS	1		134.7		
Betaine.....mg	67.6		1	A	1		130.5		
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		1	A	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	1		1	A	1		2		
Carotene, alpha.....µg	0		1	A	1		0		
Cryptoxanthin, beta.....µg	0		1	A	1		1		
Vitamin A, IU.....IU	2		1	A	1		4		
Lycopene.....µg	0		1	A	1		0		
Lutein + zeaxanthin.....µg	28		1	A	1		54		
Vitamin E (alpha-tocopherol).....mg	1.19	0.422	5	A	1		2.29		
Tocopherol, beta.....mg	0.96	0.487	5	A	1		1.85		
Tocopherol, gamma.....mg	0.19	0.111	5	A	1		0.37		
Tocopherol, delta.....mg	0.69	0.348	5	A	1		1.34		
Tocotrienol, alpha.....mg	0.00	0.000	5	A	1		0.00		
Tocotrienol, beta.....mg	0.48	0.479	4	A	1		0.92		
Tocotrienol, gamma.....mg	0.29	0.290	5	A	1		0.56		

NDB No. 20001
Amaranth grain, uncooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg	0.00	0.000	5	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		1	A	1		0.0		
Dihydrophylloquinone.....µg	0.0		1	A	1		0.0		
Menquinone-4.....µg	0.0		1	A	1		0.0		
<u>Lipids:</u>									
Fatty acids, total saturated.....g	1.459		0	NC	4		2.815		
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.000	0.000	3	A	1		0.000		
13:0.....g									
14:0.....g	0.011	0.001	3	A	1		0.022		
15:0.....g	0.000	0.000	3	A	1		0.000		
16:0.....g	1.154	0.123	4	A	1		2.228		
17:0.....g	0.000	0.000	3	A	1		0.000		
18:0.....g	0.223	0.009	4	A	1		0.430		
20:0.....g	0.052	0.003	3	A	1		0.100		
22:0.....g	0.018	0.001	3	A	1		0.035		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.685		0	NC	4		3.253		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	1.671	0.024	4	A	1		3.225		
20:1.....g	0.014	0.001	3	A	1		0.027		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.778		0	NC	4		5.362		
18:2 undifferentiated.....g	2.736	0.120	4	A	1		5.281		
18:3 undifferentiated.....g	0.042	0.006	4	JA	6		0.081		
18:3 n-3 c,c,c (ALA).....g	0.042	0.002	3	A	1		0.081		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	24		1		1		46		
<u>Amino Acids:</u>									
Tryptophan.....g	0.181		10		1		0.349		
Threonine.....g	0.558		38		1		1.077		
Isoleucine.....g	0.582		38		1		1.123		
Leucine.....g	0.879		38		1		1.696		
Lysine.....g	0.747		38		1		1.442		
Methionine.....g	0.226		32		1		0.436		
Cystine.....g	0.191		28		1		0.369		
Phenylalanine.....g	0.542		32		1		1.046		

NDB No. 20001
Amaranth grain, uncooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Tyrosine.....g	0.329		32		1		0.635		
Valine.....g	0.679		38		1		1.310		
Arginine.....g	1.060		30		1		2.046		
Histidine.....g	0.389		32		1		0.751		
Alanine.....g	0.799		30		1		1.542		
Aspartic acid.....g	1.261		30		1		2.434		
Glutamic acid.....g	2.259		30		1		4.360		
Glycine.....g	1.636		32		1		3.157		
Proline.....g	0.698		28		1		1.347		
Serine.....g	1.148		32		1		2.216		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 193g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20003
Arrowroot flour

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.37		2		1		14.55		
Energy.....kcal	357		0	NC	4		457		
Energy.....kJ	1494				4		1912		
Protein (N x 6.25).....g	0.30		2		1		0.38		
Total lipid (fat).....g	0.10	0.100	3		1		0.13		
Ash.....g	0.08		2		1		0.10		
Carbohydrate, by difference.....g	88.15		0	NC	4		112.83		
Fiber, total dietary.....g	3.4		0		1		4.4		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	40		2		1		51		
Iron, Fe.....mg	0.33		2		1		0.42		
Magnesium, Mg.....mg	3		2		1		4		
Phosphorus, P.....mg	5		2		1		6		
Potassium, K.....mg	11		2		1		14		
Sodium, Na.....mg	2		2		1		3		
Zinc, Zn.....mg	0.07		2		1		0.09		
Copper, Cu.....mg	0.040		2		1		0.051		
Manganese, Mn.....mg	0.470		2		1		0.602		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.001		2		1		0.001		
Riboflavin.....mg	0.000		2		1		0.000		
Niacin.....mg	0.000		2		1		0.000		
Pantothenic acid.....mg	0.130		2		1		0.166		
Vitamin B-6.....mg	0.005		2		1		0.006		
Folate, total.....µg	7		2		1		9		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	7		2		1		9		
Folate, DFE.....µg	7		0	NC	4		9		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 20003
Arrowroot flour

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	0.019		0				0.024		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.001		1		1		0.001		
15:0.....g									
16:0.....g	0.017		1		1		0.022		
17:0.....g									
18:0.....g	0.001		1		1		0.001		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0			1	0.003		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.002		1		1		0.003		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.045		0			1	0.058		
18:2 undifferentiated.....g	0.036		1		1		0.046		
18:3 undifferentiated.....g	0.009		1		1		0.012		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7	0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.004		1		1		0.005		
Threonine.....g	0.012		1		1		0.015		
Isoleucine.....g	0.010		1		1		0.013		
Leucine.....g	0.019		1		1		0.024		
Lysine.....g	0.013		1		1		0.017		
Methionine.....g	0.006		0		1		0.008		
Cystine.....g	0.006		1		1		0.008		
Phenylalanine.....g	0.012		1		1		0.015		
Tyrosine.....g	0.009		1		1		0.012		
Valine.....g	0.014		1		1		0.018		
Arginine.....g	0.012		1		1		0.015		
Histidine.....g	0.004		1		1		0.005		
Alanine.....g	0.014		1		1		0.018		
Aspartic acid.....g	0.047		1		1		0.060		
Glutamic acid.....g	0.050		1		1		0.064		
Glycine.....g	0.014		1		1		0.018		
Proline.....g	0.009		1		1		0.012		
Serine.....g	0.013		1		1		0.017		
Hydroxyproline.....g									

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NDB No. 20003

Arrowroot flour

Common Measures:

Measure 1 = 128g: 1 cup

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20130
Barley flour or meal

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.335		0	BFFN	4		0.496		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.004		0	BFFN	4		0.006		
13:0.....g									
14:0.....g	0.008		0	BFFN	4		0.012		
15:0.....g									
16:0.....g	0.286		0	BFFN	4		0.423		
17:0.....g									
18:0.....g	0.012		0	BFFN	4		0.018		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.205		0	BFFN	4		0.303		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	BFFN	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.168		0	BFFN	4		0.249		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.771		0	BFFN	4		1.141		
18:2 undifferentiated.....g	0.695		0	BFFN	4		1.029		
18:3 undifferentiated.....g	0.077		0	BFFN	4		0.114		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.175		0		1		0.259		
Threonine.....g	0.356		0		1		0.527		
Isoleucine.....g	0.383		0		1		0.567		
Leucine.....g	0.713		0		1		1.055		
Lysine.....g	0.391		0		1		0.579		
Methionine.....g	0.202		0		1		0.299		
Cystine.....g	0.232		0		1		0.343		
Phenylalanine.....g	0.589		0		1		0.872		
Tyrosine.....g	0.301		0		1		0.445		
Valine.....g	0.515		0		1		0.762		
Arginine.....g	0.526		0		1		0.778		
Histidine.....g	0.236		0		1		0.349		
Alanine.....g	0.409		0		1		0.605		
Aspartic acid.....g	0.655		0		1		0.969		
Glutamic acid.....g	2.741		0		1		4.057		
Glycine.....g	0.380		0		1		0.562		
Proline.....g	1.247		0		1		1.846		
Serine.....g	0.443		0		1		0.656		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 20130
Barley flour or meal

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

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Common Measures:

Measure 1 = 148g: 1 cup

Calories Factors: Protein 3.55

Fat 8.37

Carbohydrate 3.95

Food Group: 20 Cereal Grains and Pasta
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20131
Barley malt flour

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.386		0	BFFN	4		0.625		
4:0.....g	0.000		0	BFFN	4		0.000		
6:0.....g	0.000		0	BFFN	4		0.000		
8:0.....g	0.000		0	BFFN	4		0.000		
10:0.....g	0.000		0	BFFN	4		0.000		
12:0.....g	0.005		0	BFFN	4		0.008		
13:0.....g									
14:0.....g	0.009		0	BFFN	4		0.015		
15:0.....g									
16:0.....g	0.353		0	BFFN	4		0.572		
17:0.....g									
18:0.....g	0.015		0	BFFN	4		0.024		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.254		0	BFFN	4		0.411		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	BFFN	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	0.207		0	BFFN	4		0.335		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.953		0	BFFN	4		1.544		
18:2 undifferentiated.....g	0.859		0	BFFN	4		1.392		
18:3 undifferentiated.....g	0.095		0	BFFN	4		0.154		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.132		0		1		0.214		
Threonine.....g	0.407		0		1		0.659		
Isoleucine.....g	0.361		0		1		0.585		
Leucine.....g	0.746		0		1		1.209		
Lysine.....g	0.535		0		1		0.867		
Methionine.....g	0.294		0		1		0.476		
Cystine.....g	0.157		0		1		0.254		
Phenylalanine.....g	0.225		0		1		0.365		
Tyrosine.....g	0.341		0		1		0.552		
Valine.....g	0.503		0		1		0.815		
Arginine.....g	0.836		0		1		1.354		
Histidine.....g	0.275		0		1		0.446		
Alanine.....g	0.516		0		1		0.836		
Aspartic acid.....g	0.776		0		1		1.257		
Glutamic acid.....g	1.825		0		1		2.957		
Glycine.....g	0.440		0		1		0.713		
Proline.....g	1.123		0		1		1.819		
Serine.....g	0.465		0		1		0.753		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 20131
Barley malt flour

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Theobromine.....mg	0		0	Z	7		0

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

Common Measures:

Measure 1 = 162g: 1 cup

Calories Factors: Protein 3.55

Fat 8.37

Carbohydrate 3.95

Food Group: 20 Cereal Grains and Pasta
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Lipids:									
Fatty acids, total saturated.....g	0.482		0		1		0.887		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000		0	Z	7		0.000		
10:0.....g	0.000		0	Z	7		0.000		
12:0.....g	0.006		299		1		0.011		
13:0.....g									
14:0.....g	0.011		299		1		0.020		
15:0.....g									
16:0.....g	0.411		299		1		0.756		
17:0.....g									
18:0.....g	0.017		299		1		0.031		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.295		0		1		0.543		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		299		1		0.011		
17:1.....g									
18:1 undifferentiated.....g	0.241		299		1		0.443		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.108		0		1		2.039		
18:2 undifferentiated.....g	0.999		299		1		1.838		
18:3 undifferentiated.....g	0.110		299		1		0.202		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.208		28		1		0.383		
Threonine.....g	0.424		60		1		0.780		
Isoleucine.....g	0.456		60		1		0.839		
Leucine.....g	0.848		60		1		1.560		
Lysine.....g	0.465		65		1		0.856		
Methionine.....g	0.240		61		1		0.442		
Cystine.....g	0.276		38		1		0.508		
Phenylalanine.....g	0.700		60		1		1.288		
Tyrosine.....g	0.358		58		1		0.659		
Valine.....g	0.612		60		1		1.126		
Arginine.....g	0.625		60		1		1.150		
Histidine.....g	0.281		60		1		0.517		
Alanine.....g	0.486		58		1		0.894		
Aspartic acid.....g	0.779		58		1		1.433		
Glutamic acid.....g	3.261		58		1		6.000		
Glycine.....g	0.452		58		1		0.832		
Proline.....g	1.484		58		1		2.731		
Serine.....g	0.527		54		1		0.970		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 20004

Barley, hulled

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 184g: 1 cup

Calories Factors: Protein 3.55

Fat 8.37

Carbohydrate 3.95

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20006
Barley, pearled, cooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.093		0		1		0.146		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.001		0		1		0.002		
13:0.....g									
14:0.....g	0.002		0		1		0.003		
15:0.....g									
16:0.....g	0.079		0		1		0.124		
17:0.....g									
18:0.....g	0.003		0		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.057		0		1		0.089		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.047		0		1		0.074		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.214		0		1		0.336		
18:2 undifferentiated.....g	0.193		0		1		0.303		
18:3 undifferentiated.....g	0.021		0		1		0.033		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.038		0		1		0.060		
Threonine.....g	0.077		0		1		0.121		
Isoleucine.....g	0.083		0		1		0.130		
Leucine.....g	0.154		0		1		0.242		
Lysine.....g	0.084		0		1		0.132		
Methionine.....g	0.043		0		1		0.068		
Cystine.....g	0.050		0		1		0.079		
Phenylalanine.....g	0.127		0		1		0.199		
Tyrosine.....g	0.065		0		1		0.102		
Valine.....g	0.111		0		1		0.174		
Arginine.....g	0.113		0		1		0.177		
Histidine.....g	0.051		0		1		0.080		
Alanine.....g	0.088		0		1		0.138		
Aspartic acid.....g	0.141		0		1		0.221		
Glutamic acid.....g	0.591		0		1		0.928		
Glycine.....g	0.082		0		1		0.129		
Proline.....g	0.269		0		1		0.422		
Serine.....g	0.095		0		1		0.149		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 20006
Barley, pearly, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						
Theobromine.....mg	0		0	Z	7			0		

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

Common Measures:
 Measure 1 = 157g: 1 cup

Calories Factors: Protein 3.55 Fat 8.37 Carbohydrate 3.95

Food Group: 20 Cereal Grains and Pasta
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20005
Barley, pearled, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.244		0		1		0.488		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.003		0		1		0.006		
13:0.....g									
14:0.....g	0.006		0		1		0.012		
15:0.....g									
16:0.....g	0.208		0		1		0.416		
17:0.....g									
18:0.....g	0.008		0		1		0.016		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.149		0		1		0.298		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.122		0		1		0.244		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.560		0		1		1.120		
18:2 undifferentiated.....g	0.505		0		1		1.010		
18:3 undifferentiated.....g	0.055		0		1		0.110		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.165		0		1		0.330		
Threonine.....g	0.337		0		1		0.674		
Isoleucine.....g	0.362		0		1		0.724		
Leucine.....g	0.673		0		1		1.346		
Lysine.....g	0.369		0		1		0.738		
Methionine.....g	0.190		0		1		0.380		
Cystine.....g	0.219		0		1		0.438		
Phenylalanine.....g	0.556		0		1		1.112		
Tyrosine.....g	0.284		0		1		0.568		
Valine.....g	0.486		0		1		0.972		
Arginine.....g	0.496		0		1		0.992		
Histidine.....g	0.223		0		1		0.446		
Alanine.....g	0.386		0		1		0.772		
Aspartic acid.....g	0.619		0		1		1.238		
Glutamic acid.....g	2.588		0		1		5.176		
Glycine.....g	0.359		0		1		0.718		
Proline.....g	1.178		0		1		2.356		
Serine.....g	0.418		0		1		0.836		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 20005
 Barley, pearly, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Code					
Theobromine.....mg	0		0	Z	7			0		

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

Common Measures:

Measure 1 = 200g: 1 cup

Calories Factors: Protein 3.55 Fat 8.37 Carbohydrate 3.95

Food Group: 20 Cereal Grains and Pasta
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20008

Buckwheat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number			Source Code	measures of food		
			of Data Points	Deriv Code	Confidence Code		Measure 1	Measure 2	Measure 3

Theobromine.....mg

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

Common Measures:

Measure 1 = 170g: 1 cup

Calories Factors: Protein 3.37

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20011
Buckwheat flour, whole-groat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	7.0		0	T	4		8.4		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.677		0		1		0.812		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.032		0		1		0.038		
10:0.....g	0.016		0		1		0.019		
12:0.....g	0.009		0		1		0.011		
13:0.....g									
14:0.....g	0.023		0		1		0.028		
15:0.....g									
16:0.....g	0.411		0		1		0.493		
17:0.....g									
18:0.....g	0.043		0		1		0.052		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.949		0		1		1.139		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0		1		0.025		
17:1.....g									
18:1 undifferentiated.....g	0.902		0		1		1.082		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.011		0		1		0.013		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.949		0		1		1.139		
18:2 undifferentiated.....g	0.877		0		1		1.052		
18:3 undifferentiated.....g	0.071		0		1		0.085		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.183		0		1		0.220		
Threonine.....g	0.482		0		1		0.578		
Isoleucine.....g	0.474		0		1		0.569		
Leucine.....g	0.792		0		1		0.950		
Lysine.....g	0.640		0		1		0.768		
Methionine.....g	0.164		0		1		0.197		
Cystine.....g	0.218		0		1		0.262		
Phenylalanine.....g	0.495		0		1		0.594		
Tyrosine.....g	0.230		0		1		0.276		
Valine.....g	0.646		0		1		0.775		
Arginine.....g	0.935		0		1		1.122		
Histidine.....g	0.294		0		1		0.353		
Alanine.....g	0.712		0		1		0.854		
Aspartic acid.....g	1.078		0		1		1.294		
Glutamic acid.....g	1.948		0		1		2.338		

NDB No. 20011
Buckwheat flour, whole-groat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Glycine.....g	0.981		0		1	1.177	
Proline.....g	0.482		0		1	0.578	
Serine.....g	0.652		0		1	0.782	
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	
Caffeine.....mg	0		0	Z	7	0	
Theobromine.....mg	0		0	Z	7	0	

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

Common Measures:

Measure 1 = 120g: 1 cup

Calories Factors: Protein 3.37

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	1.9		0	BFSN	4		3.2		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.134		0		1		0.225		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.006		0		1		0.010		
10:0.....g	0.003		0		1		0.005		
12:0.....g	0.002		0		1		0.003		
13:0.....g									
14:0.....g	0.004		0		1		0.007		
15:0.....g									
16:0.....g	0.082		0		1		0.138		
17:0.....g									
18:0.....g	0.009		0		1		0.015		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.188		0		1		0.316		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.179		0		1		0.301		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.002		0		1		0.003		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.188		0		1		0.316		
18:2 undifferentiated.....g	0.174		0		1		0.292		
18:3 undifferentiated.....g	0.014		0		1		0.024		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.049		0		1		0.082		
Threonine.....g	0.129		0		1		0.217		
Isoleucine.....g	0.127		0		1		0.213		
Leucine.....g	0.212		0		1		0.356		
Lysine.....g	0.172		0		1		0.289		
Methionine.....g	0.044		0		1		0.074		
Cystine.....g	0.058		0		1		0.097		
Phenylalanine.....g	0.133		0		1		0.223		
Tyrosine.....g	0.062		0		1		0.104		
Valine.....g	0.173		0		1		0.291		
Arginine.....g	0.250		0		1		0.420		
Histidine.....g	0.079		0		1		0.133		
Alanine.....g	0.191		0		1		0.321		
Aspartic acid.....g	0.289		0		1		0.486		
Glutamic acid.....g	0.522		0		1		0.877		

NDB No. 20010

Buckwheat groats, roasted, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Glycine.....g	0.263		0		1	0.442	
Proline.....g	0.129		0		1	0.217	
Serine.....g	0.175		0		1	0.294	
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	
Caffeine.....mg	0		0	Z	7	0	
Theobromine.....mg	0		0	Z	7	0	

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

Common Measures:

Measure 1 = 168g: 1 cup

Calories Factors: Protein 3.37

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20009
Buckwheat groats, roasted, dry

kasha
 Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.41	0.569	5		1		13.79		
Energy.....kcal	346		0	NC	4		567		
Energy.....kJ	1448		0		4		2374		
Protein (N x 6.25).....g	11.73	1.464	5		1		19.24		
Total lipid (fat).....g	2.71	0.555	5		1		4.44		
Ash.....g	2.20	0.460	5		1		3.61		
Carbohydrate, by difference.....g	74.95		0	NC	4		122.92		
Fiber, total dietary.....g	10.3		0		4		16.9		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	17	1.271	5		1		28		
Iron, Fe.....mg	2.47	0.605	4		1		4.05		
Magnesium, Mg.....mg	221	39.768	4		1		362		
Phosphorus, P.....mg	319	114.955	4		1		523		
Potassium, K.....mg	320	103.806	5		1		525		
Sodium, Na.....mg	11		2		1		18		
Zinc, Zn.....mg	2.42	0.326	5		1		3.97		
Copper, Cu.....mg	0.624	0.074	5		1		1.023		
Manganese, Mn.....mg	1.618		2		1		2.654		
Selenium, Se.....µg	8.4		1	A	1		13.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.224	0.110	5		1		0.367		
Riboflavin.....mg	0.271	0.076	5		1		0.444		
Niacin.....mg	5.135	0.911	4		1		8.421		
Pantothenic acid.....mg	1.233	0.145	5		1		2.022		
Vitamin B-6.....mg	0.353	0.105	4		1		0.579		
Folate, total.....µg	42	4.005	3		1		69		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	42	4.005	3		1		69		
Folate, DFE.....µg	42		0	NC	4		69		
Choline, total.....mg	54.2		0	AS	1		88.9		
Betaine.....mg	2.6		1	A	1		4.3		
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 20009

Buckwheat groats, roasted, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.591		0		1	0.969	
4:0.....g	0.000		0		1	0.000	
6:0.....g	0.000		0		1	0.000	
8:0.....g	0.028		0		1	0.046	
10:0.....g	0.014		0		1	0.023	
12:0.....g	0.008		0		1	0.013	
13:0.....g							
14:0.....g	0.020		0		1	0.033	
15:0.....g							
16:0.....g	0.359		0		1	0.589	
17:0.....g							
18:0.....g	0.038		0		1	0.062	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.828		0		1	1.358	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.018		0		1	0.030	
17:1.....g							
18:1 undifferentiated.....g	0.788		0		1	1.292	
20:1.....g	0.000		0		1	0.000	
22:1 undifferentiated.....g	0.009		0		1	0.015	
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.828		0		1	1.358	
18:2 undifferentiated.....g	0.766		0		1	1.256	
18:3 undifferentiated.....g	0.062		0		1	0.102	
18:4.....g	0.000		0		1	0.000	
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1	0.000	
20:5 n-3 (EPA).....g	0.000		0		1	0.000	
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1	0.000	
22:6 n-3 (DHA).....g	0.000		0		1	0.000	
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	z	7	0	
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.170		0		1	0.279	
Threonine.....g	0.448		0		1	0.735	
Isoleucine.....g	0.441		0		1	0.723	
Leucine.....g	0.736		0		1	1.207	
Lysine.....g	0.595		0		1	0.976	
Methionine.....g	0.153		0		1	0.251	
Cystine.....g	0.202		0		1	0.331	
Phenylalanine.....g	0.461		0		1	0.756	
Tyrosine.....g	0.213		0		1	0.349	
Valine.....g	0.600		0		1	0.984	
Arginine.....g	0.869		0		1	1.425	
Histidine.....g	0.273		0		1	0.448	
Alanine.....g	0.662		0		1	1.086	
Aspartic acid.....g	1.003		0		1	1.645	
Glutamic acid.....g	1.811		0		1	2.970	
Glycine.....g	0.912		0		1	1.496	
Proline.....g	0.449		0		1	0.736	
Serine.....g	0.606		0		1	0.994	
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	
Caffeine.....mg							
Theobromine.....mg							

NDB No. 20009
Buckwheat groats, roasted, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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

Common Measures:

Measure 1 = 164g: 1 cup

Calories Factors: Protein 3.37

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20013
Bulgur, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
Lipids:									
Fatty acids, total saturated.....g	0.042		0		1		0.076	0.004	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.002		0		1		0.004	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.037		0		1		0.067	0.003	
17:0.....g									
18:0.....g	0.002		0		1		0.004	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.031		0		1		0.056	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.030		0		1		0.055	0.003	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.098		0		1		0.178	0.008	
18:2 undifferentiated.....g	0.094		0		1		0.171	0.008	
18:3 undifferentiated.....g	0.004		0		1		0.007	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.048		0		1		0.087	0.004	
Threonine.....g	0.089		0		1		0.162	0.007	
Isoleucine.....g	0.114		0		1		0.207	0.010	
Leucine.....g	0.208		0		1		0.379	0.017	
Lysine.....g	0.085		0		1		0.155	0.007	
Methionine.....g	0.048		0		1		0.087	0.004	
Cystine.....g	0.071		0		1		0.129	0.006	
Phenylalanine.....g	0.145		0		1		0.264	0.012	
Tyrosine.....g	0.090		0		1		0.164	0.008	
Valine.....g	0.139		0		1		0.253	0.012	
Arginine.....g	0.144		0		1		0.262	0.012	
Histidine.....g	0.071		0		1		0.129	0.006	
Alanine.....g	0.109		0		1		0.198	0.009	
Aspartic acid.....g	0.158		0		1		0.288	0.013	
Glutamic acid.....g	0.973		0		1		1.771	0.082	
Glycine.....g	0.124		0		1		0.226	0.010	
Proline.....g	0.320		0		1		0.582	0.027	
Serine.....g	0.145		0		1		0.264	0.012	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 20013
 Bulgur, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Theobromine.....mg	0		0	Z	7	0	0

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

Common Measures:

Measure 1 = 182g: 1 cup
 Measure 2 = 8.4g: 1 tbsp

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Lipids:								
Fatty acids, total saturated.....g	0.232		0		1		0.325	
4:0.....g	0.000		0		1		0.000	
6:0.....g	0.000		0		1		0.000	
8:0.....g	0.013		0		1		0.018	
10:0.....g	0.000		0		1		0.000	
12:0.....g	0.000		0		1		0.000	
13:0.....g								
14:0.....g	0.001		0		1		0.001	
15:0.....g								
16:0.....g	0.203		0		1		0.284	
17:0.....g								
18:0.....g	0.011		0		1		0.015	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.173		0		1		0.242	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.007		0		1		0.010	
17:1.....g								
18:1 undifferentiated.....g	0.166		0		1		0.232	
20:1.....g	0.000		0		1		0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.541		0		1		0.757	
18:2 undifferentiated.....g	0.518		0		1		0.725	
18:3 undifferentiated.....g	0.023		0		1		0.032	
18:4.....g	0.000		0		1		0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1		0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		1		0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0		7		0	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.190		0		1		0.266	
Threonine.....g	0.354		0		1		0.496	
Isoleucine.....g	0.455		0		1		0.637	
Leucine.....g	0.830		0		1		1.162	
Lysine.....g	0.339		0		1		0.475	
Methionine.....g	0.190		0		1		0.266	
Cystine.....g	0.285		0		1		0.399	
Phenylalanine.....g	0.580		0		1		0.812	
Tyrosine.....g	0.358		0		1		0.501	
Valine.....g	0.554		0		1		0.776	
Arginine.....g	0.575		0		1		0.805	
Histidine.....g	0.285		0		1		0.399	
Alanine.....g	0.436		0		1		0.610	
Aspartic acid.....g	0.630		0		1		0.882	
Glutamic acid.....g	3.878		0		1		5.429	
Glycine.....g	0.495		0		1		0.693	
Proline.....g	1.275		0		1		1.785	
Serine.....g	0.580		0		1		0.812	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7		0.0	
Caffeine.....mg	0		0	Z	7		0	

NDB No. 20012
 Bulgur, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Theobromine.....mg	0		0	Z	7		0

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

Common Measures:

Measure 1 = 140g: 1 cup

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20015
Corn bran, crude

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	0.130		0		1		0.099		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.111		0		1		0.084		
17:0.....g									
18:0.....g	0.015		0		1		0.011		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.243		0		1		0.185		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.243		0		1		0.185		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.421		0		1		0.320		
18:2 undifferentiated.....g	0.408		0		1		0.310		
18:3 undifferentiated.....g	0.013		0		1		0.010		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 76g: 1 cup

Calories Factors: Protein 1.82

Fat 8.37

Carbohydrate 2.35

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20017
 Corn flour, masa, enriched, white

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Lipids:									
Fatty acids, total saturated.....g	0.532		0				0.606		
4:0.....g	0.000		0				0.000		
6:0.....g	0.000		0				0.000		
8:0.....g	0.000		0				0.000		
10:0.....g	0.000		0				0.000		
12:0.....g	0.000		0				0.000		
13:0.....g									
14:0.....g	0.000		0				0.000		
15:0.....g									
16:0.....g	0.453		197				0.516		
17:0.....g									
18:0.....g	0.060		197				0.068		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.997		0				1.137		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		197				0.003		
17:1.....g									
18:1 undifferentiated.....g	0.994		197				1.133		
20:1.....g	0.000		0				0.000		
22:1 undifferentiated.....g	0.000		0				0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.724		0				1.965		
18:2 undifferentiated.....g	1.672		197				1.906		
18:3 undifferentiated.....g	0.052		197				0.059		
18:4.....g	0.000		0				0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0				0.000		
20:5 n-3 (EPA).....g	0.000		0				0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0				0.000		
22:6 n-3 (DHA).....g	0.000		0				0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z			0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.062		0	A			0.071		
Threonine.....g	0.245		0	A			0.279		
Isoleucine.....g	0.276		0	A			0.314		
Leucine.....g	1.025		0	A			1.168		
Lysine.....g	0.219		0	A			0.249		
Methionine.....g	0.167		0	A			0.191		
Cystine.....g	0.182		0	A			0.208		
Phenylalanine.....g	0.411		0	A			0.469		
Tyrosine.....g	0.229		0	A			0.261		
Valine.....g	0.380		0	A			0.433		
Arginine.....g	0.375		0	A			0.428		
Histidine.....g	0.260		0	A			0.296		
Alanine.....g	0.635		0	A			0.724		
Aspartic acid.....g	0.546		0	A			0.623		
Glutamic acid.....g	1.577		0	A			1.798		
Glycine.....g	0.313		0	A			0.357		
Proline.....g	0.676		0	A			0.771		
Serine.....g	0.416		0	A			0.474		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0				0.0		
Caffeine.....mg	0		0	Z			0		

NDB No. 20017
Corn flour, masa, enriched, white

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 114g: 1 cup

Calories Factors: Protein 2.73

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
Lipids:									
Fatty acids, total saturated.....g	0.532		0		1		0.606		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.453		197		1		0.516		
17:0.....g									
18:0.....g	0.060		197		1		0.068		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.997		0		1		1.137		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		197		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.994		197		1		1.133		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.724		0		1		1.965		
18:2 undifferentiated.....g	1.672		197		1		1.906		
18:3 undifferentiated.....g	0.052		197		1		0.059		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.062		0	A	1		0.071		
Threonine.....g	0.245		0	A	1		0.279		
Isoleucine.....g	0.276		0	A	1		0.314		
Leucine.....g	1.025		0	A	1		1.168		
Lysine.....g	0.219		0	A	1		0.249		
Methionine.....g	0.167		0	A	1		0.191		
Cystine.....g	0.182		0	A	1		0.208		
Phenylalanine.....g	0.411		0	A	1		0.469		
Tyrosine.....g	0.229		0	A	1		0.261		
Valine.....g	0.380		0	A	1		0.433		
Arginine.....g	0.375		0	A	1		0.428		
Histidine.....g	0.260		0	A	1		0.296		
Alanine.....g	0.635		0	A	1		0.724		
Aspartic acid.....g	0.546		0	A	1		0.623		
Glutamic acid.....g	1.577		0	A	1		1.798		
Glycine.....g	0.313		0	A	1		0.357		
Proline.....g	0.676		0	A	1		0.771		
Serine.....g	0.416		0	A	1		0.474		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 20019

Corn flour, masa, unenriched, white

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 114g: 1 cup

Calories Factors: Protein 2.73

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20315

Corn flour, whole-grain, blue (harina de maiz morado)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.83		1	A	1		0.75		
Energy.....kcal	364		0	NC	4		25		
Energy.....kJ	1524		0	NC	4		105		
Protein (N x 6.25).....g	8.75		1	A	1		0.60		
Total lipid (fat).....g	5.09		1	A	1		0.35		
Ash.....g	1.44		1	A	1		0.10		
Carbohydrate, by difference.....g	73.89		0	NC	4		5.10		
Fiber, total dietary.....g	8.4		1	A	1		0.6		
Sugars, total.....g									
Starch.....g	68.00		1	A	1		4.69		
Minerals:									
Calcium, Ca.....mg	5		1	A	1		0		
Iron, Fe.....mg	1.74		1	A	1		0.12		
Magnesium, Mg.....mg	110		1	A	1		8		
Phosphorus, P.....mg	263		1	A	1		18		
Potassium, K.....mg	381		1	A	1		26		
Sodium, Na.....mg	5		1	A	1		0		
Zinc, Zn.....mg	2.24		1	A	1		0.15		
Copper, Cu.....mg	0.154		1	A	1		0.011		
Manganese, Mn.....mg	0.540		1	A	1		0.037		
Selenium, Se.....µg	2.2		1	A	1		0.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.160		1	A	1		0.011		
Riboflavin.....mg	0.230		1	A	1		0.016		
Niacin.....mg	2.600		1	A	1		0.179		
Pantothenic acid.....mg	0.550		1	A	1		0.038		
Vitamin B-6.....mg	0.470		1	A	1		0.032		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menquinone-4.....µg									

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

Common Measures:

Measure 1 = 6.9g: 1 tbsp

NDB No. 20315

Corn flour, whole-grain, blue (harina de maiz morado)

Calories Factors: Protein 2.73

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20316
Corn flour, whole-grain, white

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	0.543		0		1		0.635		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.463		197		1		0.542		
17:0.....g									
18:0.....g	0.061		197		1		0.071		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.018		0		1		1.191		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		197		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.015		197		1		1.188		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.759		0		1		2.058		
18:2 undifferentiated.....g	1.706		197		1		1.996		
18:3 undifferentiated.....g	0.053		197		1		0.062		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.049		0		1		0.057		
Threonine.....g	0.261		0		1		0.305		
Isoleucine.....g	0.248		0		1		0.290		
Leucine.....g	0.850		0		1		0.995		
Lysine.....g	0.195		0		1		0.228		
Methionine.....g	0.145		0		1		0.170		
Cystine.....g	0.125		0		1		0.146		
Phenylalanine.....g	0.340		0		1		0.398		
Tyrosine.....g	0.282		0		1		0.330		
Valine.....g	0.351		0		1		0.411		
Arginine.....g	0.345		0		1		0.404		
Histidine.....g	0.211		0		1		0.247		
Alanine.....g	0.518		0		1		0.606		
Aspartic acid.....g	0.482		0		1		0.564		
Glutamic acid.....g	1.300		0		1		1.521		
Glycine.....g	0.284		0		1		0.332		
Proline.....g	0.605		0		1		0.708		
Serine.....g	0.329		0		1		0.385		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 20316
Corn flour, whole-grain, white

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Theobromine.....mg	0		0	Z	7		0

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

Common Measures:
 Measure 1 = 117g: 1 cup

Calories Factors: Protein 2.73 Fat 8.37 Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20016
Corn flour, whole-grain, yellow

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Lipids:									
Fatty acids, total saturated.....g	0.543		0		1		0.635		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.463		197		1		0.542		
17:0.....g									
18:0.....g	0.061		197		1		0.071		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.018		0		1		1.191		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		197		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.015		197		1		1.188		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.759		0		1		2.058		
18:2 undifferentiated.....g	1.706		197		1		1.996		
18:3 undifferentiated.....g	0.053		197		1		0.062		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.049		0		1		0.057		
Threonine.....g	0.261		0		1		0.305		
Isoleucine.....g	0.248		0		1		0.290		
Leucine.....g	0.850		0		1		0.995		
Lysine.....g	0.195		0		1		0.228		
Methionine.....g	0.145		0		1		0.170		
Cystine.....g	0.125		0		1		0.146		
Phenylalanine.....g	0.340		0		1		0.398		
Tyrosine.....g	0.282		0		1		0.330		
Valine.....g	0.351		0		1		0.411		
Arginine.....g	0.345		0		1		0.404		
Histidine.....g	0.211		0		1		0.247		
Alanine.....g	0.518		0		1		0.606		
Aspartic acid.....g	0.482		0		1		0.564		
Glutamic acid.....g	1.300		0		1		1.521		
Glycine.....g	0.284		0		1		0.332		
Proline.....g	0.605		0		1		0.708		
Serine.....g	0.329		0		1		0.385		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 20016
Corn flour, whole-grain, yellow

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Theobromine.....mg	0		0	Z	7		0

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

Common Measures:

Measure 1 = 117g: 1 cup

Calories Factors: Protein 2.73

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20018
Corn flour, yellow, degermed, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.171		0	A	1		0.215		
4:0.....g	0.000		0	BFFN	4		0.000		
6:0.....g	0.000		0	BFFN	4		0.000		
8:0.....g	0.000		0	BFFN	4		0.000		
10:0.....g	0.000		0	BFFN	4		0.000		
12:0.....g	0.001		0	BFFN	4		0.001		
13:0.....g									
14:0.....g	0.001		0	BFFN	4		0.001		
15:0.....g									
16:0.....g	0.140		1	A	1		0.176		
17:0.....g									
18:0.....g	0.025		1	A	1		0.032		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.274		0	A	1		0.345		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	BFFN	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.274		1	A	1		0.345		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.695		0	A	1		0.876		
18:2 undifferentiated.....g	0.673		1	A	1		0.848		
18:3 undifferentiated.....g	0.022		1	A	1		0.028		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 126g: 1 cup

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20317
 Corn flour, yellow, masa, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.79	0.515	28	A	1		11.16		
Energy.....kcal	363		0	NC	4		413		
Energy.....kJ	1517		0	NC	4		1729		
Protein (N x 6.25).....g	8.46	0.543	25	A	1		9.64		
Total lipid (fat).....g	3.69	0.394	25	A	1		4.20		
Ash.....g	1.48	0.114	25	A	1		1.68		
Carbohydrate, by difference.....g	76.59		0	NC	4		87.31		
Fiber, total dietary.....g	6.4	0.950	5	A	1		7.2		
Sugars, total.....g									
Starch.....g	66.00		2	A	1		75.24		
Minerals:									
Calcium, Ca.....mg	138	33.235	23	A	1		157		
Iron, Fe.....mg	8.50	0.551	20	A	1		9.69		
Magnesium, Mg.....mg	93	8.725	4	A	1		106		
Phosphorus, P.....mg	231	20.122	5	A	1		264		
Potassium, K.....mg	262	26.799	8	A	1		299		
Sodium, Na.....mg	5	0.921	7	A	1		6		
Zinc, Zn.....mg	1.80	0.171	5	A	1		2.05		
Copper, Cu.....mg	0.209	0.048	5	A	1		0.238		
Manganese, Mn.....mg	0.376	0.049	3	A	1		0.428		
Selenium, Se.....µg	10.5		0	BFZN	4		12.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	1.475	0.065	20	A	1		1.682		
Riboflavin.....mg	0.805	0.015	20	A	1		0.918		
Niacin.....mg	9.932	0.462	20	A	1		11.322		
Pantothenic acid.....mg	0.192	0.018	3	A	1		0.219		
Vitamin B-6.....mg	0.475	0.035	3	A	1		0.541		
Folate, total.....µg	209		0	BFZN	4		239		
Folic acid.....µg	180		0	NR	4		205		
Folate, food.....µg	29		2	A	1		33		
Folate, DFE.....µg	335		0	NC	4		382		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	11		0	NC	4		12		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	97		0	BFZN	4		110		
Carotene, alpha.....µg	63		0	BFZN	4		72		
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0		
Vitamin A, IU.....IU	214		0	NC	4		244		
Lycopene.....µg	0		1	A	1		0		
Lutein + zeaxanthin.....µg	6		1	A	1		7		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.532		0		1		0.606		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.453		197		1		0.516		
17:0.....g									
18:0.....g	0.060		197		1		0.068		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.997		0		1		1.137		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		197		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.994		197		1		1.133		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.724		0		1		1.965		
18:2 undifferentiated.....g	1.672		197		1		1.906		
18:3 undifferentiated.....g	0.052		197		1		0.059		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.062		0	A	1		0.071		
Threonine.....g	0.245		0	A	1		0.279		
Isoleucine.....g	0.276		0	A	1		0.314		
Leucine.....g	1.025		0	A	1		1.168		
Lysine.....g	0.219		0	A	1		0.249		
Methionine.....g	0.167		0	A	1		0.191		
Cystine.....g	0.182		0	A	1		0.208		
Phenylalanine.....g	0.411		0	A	1		0.469		
Tyrosine.....g	0.229		0	A	1		0.261		
Valine.....g	0.380		0	A	1		0.433		
Arginine.....g	0.375		0	A	1		0.428		
Histidine.....g	0.260		0	A	1		0.296		
Alanine.....g	0.635		0	A	1		0.724		
Aspartic acid.....g	0.546		0	A	1		0.623		
Glutamic acid.....g	1.577		0	A	1		1.798		
Glycine.....g	0.313		0	A	1		0.357		
Proline.....g	0.676		0	A	1		0.771		
Serine.....g	0.416		0	A	1		0.474		
Hydroxyproline.....g									

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

NDB No. 20317

Corn flour, yellow, masa, enriched

Common Measures:

Measure 1 = 114g: 1 cup

Calories Factors: Protein 2.73

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20314
Corn grain, white

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.569		197		1		0.945		
17:0.....g									
18:0.....g	0.075		197		1		0.125		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.251		0		1		2.077		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		197		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	1.247		197		1		2.070		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.163		0		1		3.591		
18:2 undifferentiated.....g	2.097		197		1		3.481		
18:3 undifferentiated.....g	0.065		197		1		0.108		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.067		0		1		0.111		
Threonine.....g	0.354		0		1		0.588		
Isoleucine.....g	0.337		0		1		0.559		
Leucine.....g	1.155		0		1		1.917		
Lysine.....g	0.265		0		1		0.440		
Methionine.....g	0.197		0		1		0.327		
Cystine.....g	0.170		0		1		0.282		
Phenylalanine.....g	0.463		0		1		0.769		
Tyrosine.....g	0.383		0		1		0.636		
Valine.....g	0.477		0		1		0.792		
Arginine.....g	0.470		0		1		0.780		
Histidine.....g	0.287		0		1		0.476		
Alanine.....g	0.705		0		1		1.170		
Aspartic acid.....g	0.655		0		1		1.087		
Glutamic acid.....g	1.768		0		1		2.935		
Glycine.....g	0.386		0		1		0.641		
Proline.....g	0.822		0		1		1.365		
Serine.....g	0.447		0		1		0.742		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 166g: 1 cup

NDB No. 20314
Corn grain, white

Calories Factors: Protein 2.73

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20014
Corn grain, yellow

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Lipids:									
Fatty acids, total saturated.....g	0.667		0		1		1.107		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.569		197		1		0.945		
17:0.....g									
18:0.....g	0.075		197		1		0.125		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.251		0		1		2.077		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		197		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	1.247		197		1		2.070		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.163		0		1		3.591		
18:2 undifferentiated.....g	2.097		197		1		3.481		
18:3 undifferentiated.....g	0.065		197		1		0.108		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.067		16		1		0.111		
Threonine.....g	0.354		35		1		0.588		
Isoleucine.....g	0.337		35		1		0.559		
Leucine.....g	1.155		35		1		1.917		
Lysine.....g	0.265		101		1		0.440		
Methionine.....g	0.197		34		1		0.327		
Cystine.....g	0.170		30		1		0.282		
Phenylalanine.....g	0.463		35		1		0.769		
Tyrosine.....g	0.383		34		1		0.636		
Valine.....g	0.477		34		1		0.792		
Arginine.....g	0.470		31		1		0.780		
Histidine.....g	0.287		19		1		0.476		
Alanine.....g	0.705		29		1		1.170		
Aspartic acid.....g	0.655		29		1		1.087		
Glutamic acid.....g	1.768		29		1		2.935		
Glycine.....g	0.386		29		1		0.641		
Proline.....g	0.822		28		1		1.365		
Serine.....g	0.447		29		1		0.742		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 20014
Corn grain, yellow

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 166g: 1 cup

Calories Factors: Protein 2.73

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20322

Cornmeal, degermed, enriched, white (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.18	0.141	7	A	1		17.55		
Energy.....kcal	370		0	NC	4		581		
Energy.....kJ	1547		0	NC	4		2429		
Protein (N x 6.25).....g	7.11	0.121	7	A	1		11.16		
Total lipid (fat).....g	1.75	0.141	7	A	1		2.75		
Ash.....g	0.51	0.045	7	A	1		0.81		
Carbohydrate, by difference.....g	79.45		0	NC	4		124.73		
Fiber, total dietary.....g	3.9	0.263	8	A	1		6.0		
Sugars, total.....g	1.61		0	AS	1		2.52		
Sucrose.....g	0.68	0.158	8	A	1		1.07		
Glucose (dextrose).....g	0.56	0.416	8	A	1		0.88		
Fructose.....g	0.17	0.092	8	A	1		0.27		
Lactose.....g	0.00	0.000	8	A	1		0.00		
Maltose.....g	0.19	0.187	8	A	1		0.29		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	73.30	0.467	7	A	1		115.08		
Minerals:									
Calcium, Ca.....mg	3	0.357	6	A	1		5		
Iron, Fe.....mg	4.36	0.420	17	A	1		6.85		
Magnesium, Mg.....mg	32	3.662	7	A	1		51		
Phosphorus, P.....mg	99	9.970	7	A	1		155		
Potassium, K.....mg	142	11.250	7	A	1		222		
Sodium, Na.....mg	7	1.593	6	A	1		11		
Zinc, Zn.....mg	0.66	0.078	7	A	1		1.04		
Copper, Cu.....mg	0.076	0.006	7	A	1		0.119		
Manganese, Mn.....mg	0.174	0.018	7	A	1		0.272		
Selenium, Se.....µg	10.5	1.449	7	A	1		16.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.551	0.089	14	A	1		0.865		
Riboflavin.....mg	0.382	0.042	14	A	1		0.600		
Niacin.....mg	4.968	0.468	14	A	1		7.800		
Pantothenic acid.....mg	0.240	0.004	5	A	1		0.377		
Vitamin B-6.....mg	0.182	0.028	7	A	1		0.285		
Folate, total.....µg	209	21.076	36	A	1		329		
Folic acid.....µg	180		0	NC	4		282		
Folate, food.....µg	30	2.755	4	A	1		46		
Folate, DFE.....µg	335		0	NC	4		526		
Choline, total.....mg	8.6	1.880	3	AS	1		13.6		
Betaine.....mg	1.0	0.546	3	A	1		1.5		
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		1	A	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	1		1	A	1		2		
Carotene, alpha.....µg	0		1	A	1		0		
Cryptoxanthin, beta.....µg	1		1	A	1		2		
Vitamin A, IU.....IU	3		1	A	1		5		
Lycopene.....µg	0	0.000	5	A	1		0		
Lutein + zeaxanthin.....µg	5		1	A	1		8		
Vitamin E (alpha-tocopherol).....mg	0.12	0.025	4	A	1		0.19		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.02	0.001	4	A	1		0.03		
Tocopherol, gamma.....mg	0.45	0.106	4	A	1		0.71		
Tocopherol, delta.....mg	0.04	0.008	4	A	1		0.06		
Tocotrienol, alpha.....mg	0.35	0.063	4	A	1		0.55		
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00		

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.58	0.085	4	A	1		0.91		
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		2	A	1		0.0		
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.220		0	NC	4		0.346		
4:0.....g	0.000		2	A	1		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.000	0.000	5	A	1		0.000		
10:0.....g	0.000	0.000	5	A	1		0.000		
12:0.....g	0.001	0.001	5	A	1		0.002		
13:0.....g	0.000		2	A	1		0.000		
14:0.....g	0.001	0.000	5	A	1		0.002		
15:0.....g	0.000	0.000	5	A	1		0.000		
16:0.....g	0.175	0.009	5	A	1		0.275		
17:0.....g	0.001	0.000	5	A	1		0.001		
18:0.....g	0.038	0.003	5	A	1		0.060		
20:0.....g	0.004	0.000	5	A	1		0.006		
22:0.....g	0.000	0.000	5	A	1		0.000		
24:0.....g	0.000	0.000	5	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.390		0	NC	4		0.613		
14:1.....g	0.000	0.000	5	A	1		0.000		
15:1.....g	0.000	0.000	5	A	1		0.000		
16:1 undifferentiated.....g	0.003	0.000	5	A	1		0.005		
17:1.....g	0.000	0.000	5	A	1		0.000		
18:1 undifferentiated.....g	0.386	0.023	5	JA	6		0.606		
18:1 c.....g									
18:1 t.....g	0.000		2	A	1		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000	0.000	5	A	1		0.000		
22:1 undifferentiated.....g	0.002	0.000	5	A	1		0.002		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.828		0	NC	4		1.300		
18:2 undifferentiated.....g	0.808	0.052	5	A	1		1.269		
18:3 undifferentiated.....g	0.020	0.001	5	JA	6		0.031		
18:3 n-3 c,c,c (ALA).....g									
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	5	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	5	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	5	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	5	A	1		0.000		
21:5.....g	0.000	0.000	3	A	1		0.000		
22:4.....g	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	5	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.038		0	A	1		0.060		
Threonine.....g	0.172		0	A	1		0.270		

NDB No. 20322

Cornmeal, degermed, enriched, white (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine.....g	0.242		0	A	1		0.380		
Leucine.....g	1.006		0	A	1		1.579		
Lysine.....g	0.105		0	A	1		0.165		
Methionine.....g	0.162		0	A	1		0.255		
Cystine.....g	0.159		0	A	1		0.250		
Phenylalanine.....g	0.366		0	A	1		0.575		
Tyrosine.....g	0.187		0	A	1		0.294		
Valine.....g	0.337		0	A	1		0.530		
Arginine.....g	0.239		0	A	1		0.376		
Histidine.....g	0.172		0	A	1		0.270		
Alanine.....g	0.560		0	A	1		0.880		
Aspartic acid.....g	0.465		0	A	1		0.730		
Glutamic acid.....g	1.455		0	A	1		2.284		
Glycine.....g	0.217		0	A	1		0.340		
Proline.....g	0.746		0	A	1		1.172		
Serine.....g	0.341		0	A	1		0.536		
Hydroxyproline.....g	0.000		2	A	1		0.000		
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 157g: 1 cup

Footnotes:

1 Includes Latino brands

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.18	0.141	7	A	1		17.55		
Energy.....kcal	370		0	NC	4		581		
Energy.....kJ	1547		0	NC	4		2429		
Protein (N x 6.25).....g	7.11	0.121	7	A	1		11.16		
Total lipid (fat).....g	1.75	0.141	7	A	1		2.75		
Ash.....g	0.51	0.045	7	A	1		0.81		
Carbohydrate, by difference.....g	79.45		0	NC	4		124.73		
Fiber, total dietary.....g	3.9	0.263	8	A	1		6.0		
Sugars, total.....g	1.61		0	AS	1		2.52		
Sucrose.....g	0.68	0.158	8	A	1		1.07		
Glucose (dextrose).....g	0.56	0.416	8	A	1		0.88		
Fructose.....g	0.17	0.092	8	A	1		0.27		
Lactose.....g	0.00	0.000	8	A	1		0.00		
Maltose.....g	0.19	0.187	8	A	1		0.29		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	73.30	0.467	7	A	1		115.08		
Minerals:									
Calcium, Ca.....mg	3	0.357	6	A	1		5		
Iron, Fe.....mg	4.36	0.420	17	A	1		6.85		
Magnesium, Mg.....mg	32	3.662	7	A	1		51		
Phosphorus, P.....mg	99	9.970	7	A	1		155		
Potassium, K.....mg	142	11.250	7	A	1		222		
Sodium, Na.....mg	7	1.593	6	A	1		11		
Zinc, Zn.....mg	0.66	0.078	7	A	1		1.04		
Copper, Cu.....mg	0.076	0.006	7	A	1		0.119		
Manganese, Mn.....mg	0.174	0.018	7	A	1		0.272		
Selenium, Se.....µg	10.5	1.449	7	A	1		16.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.551	0.089	14	A	1		0.865		
Riboflavin.....mg	0.382	0.042	14	A	1		0.600		
Niacin.....mg	4.968	0.468	14	A	1		7.800		
Pantothenic acid.....mg	0.240	0.004	5	A	1		0.377		
Vitamin B-6.....mg	0.182	0.028	7	A	1		0.285		
Folate, total.....µg	209	21.076	36	A	1		329		
Folic acid.....µg	180		0	NC	4		282		
Folate, food.....µg	30	2.755	4	A	1		46		
Folate, DFE.....µg	335		0	NC	4		526		
Choline, total.....mg	8.6	1.880	3	AS	1		13.6		
Betaine.....mg	1.0	0.546	3	A	1		1.5		
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	11		3	A	1		17		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	97		3	A	1		152		
Carotene, alpha.....µg	63		3	A	1		99		
Cryptoxanthin, beta.....µg	0	0.000	5	A	1		0		
Vitamin A, IU.....IU	214		3	A	1		336		
Lycopene.....µg	0	0.000	5	A	1		0		
Lutein + zeaxanthin.....µg	1628	272.500	5	A	1		2555		
Vitamin E (alpha-tocopherol).....mg	0.12	0.025	4	A	1		0.19		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.02	0.001	4	A	1		0.03		
Tocopherol, gamma.....mg	0.45	0.106	4	A	1		0.71		
Tocopherol, delta.....mg	0.04	0.008	4	A	1		0.06		
Tocotrienol, alpha.....mg	0.35	0.063	4	A	1		0.55		
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00		

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.58	0.085	4	A	1		0.91		
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		2	A	1		0.0		
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.220		0	NC	4		0.346		
4:0.....g	0.000		2	A	1		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.000	0.000	5	A	1		0.000		
10:0.....g	0.000	0.000	5	A	1		0.000		
12:0.....g	0.001	0.001	5	A	1		0.002		
13:0.....g	0.000		2	A	1		0.000		
14:0.....g	0.001	0.000	5	A	1		0.002		
15:0.....g	0.000	0.000	5	A	1		0.000		
16:0.....g	0.175	0.009	5	A	1		0.275		
17:0.....g	0.001	0.000	5	A	1		0.001		
18:0.....g	0.038	0.003	5	A	1		0.060		
20:0.....g	0.004	0.000	5	A	1		0.006		
22:0.....g	0.000	0.000	5	A	1		0.000		
24:0.....g	0.000	0.000	5	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.390		0	NC	4		0.613		
14:1.....g	0.000	0.000	5	A	1		0.000		
15:1.....g	0.000	0.000	5	A	1		0.000		
16:1 undifferentiated.....g	0.003	0.000	5	A	1		0.005		
17:1.....g	0.000	0.000	5	A	1		0.000		
18:1 undifferentiated.....g	0.386	0.023	5	JA	6		0.606		
18:1 c.....g									
18:1 t.....g	0.000		2	A	1		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000	0.000	5	A	1		0.000		
22:1 undifferentiated.....g	0.002	0.000	5	A	1		0.002		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.828		0	NC	4		1.300		
18:2 undifferentiated.....g	0.808	0.052	5	A	1		1.269		
18:3 undifferentiated.....g	0.020	0.001	5	JA	6		0.031		
18:3 n-3 c,c,c (ALA).....g									
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	5	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	5	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	5	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	5	A	1		0.000		
21:5.....g	0.000	0.000	3	A	1		0.000		
22:4.....g	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	5	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.038		0	A	1		0.060		
Threonine.....g	0.172		0	A	1		0.270		

NDB No. 20022

Cornmeal, degermed, enriched, yellow (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine.....g	0.242		0	A	1		0.380		
Leucine.....g	1.006		0	A	1		1.579		
Lysine.....g	0.105		0	A	1		0.165		
Methionine.....g	0.162		0	A	1		0.255		
Cystine.....g	0.159		0	A	1		0.250		
Phenylalanine.....g	0.366		0	A	1		0.575		
Tyrosine.....g	0.187		0	A	1		0.294		
Valine.....g	0.337		0	A	1		0.530		
Arginine.....g	0.239		0	A	1		0.376		
Histidine.....g	0.172		0	A	1		0.270		
Alanine.....g	0.560		0	A	1		0.880		
Aspartic acid.....g	0.465		0	A	1		0.730		
Glutamic acid.....g	1.455		0	A	1		2.284		
Glycine.....g	0.217		0	A	1		0.340		
Proline.....g	0.746		0	A	1		1.172		
Serine.....g	0.341		0	A	1		0.536		
Hydroxyproline.....g	0.000		2	A	1		0.000		
Others:									
Alcohol, ethyl.....g	0.0		0			7	0.0		
Caffeine.....mg	0		0	Z		7	0		
Theobromine.....mg	0		0	Z		7	0		

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

Common Measures:

Measure 1 = 157g: 1 cup

Footnotes:

1 Includes Latino brands

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20522

Cornmeal, degermed, unenriched, w white (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.18	0.141	7	A	1		17.55		
Energy.....kcal	370		0	NC	4		581		
Energy.....kJ	1547		0	NC	4		2429		
Protein (N x 6.25).....g	7.11	0.121	7	A	1		11.16		
Total lipid (fat).....g	1.75	0.141	7	A	1		2.75		
Ash.....g	0.51	0.045	7	A	1		0.81		
Carbohydrate, by difference.....g	79.45		0	NC	4		124.73		
Fiber, total dietary.....g	3.9	0.263	8	A	1		6.0		
Sugars, total.....g	1.61		0	AS	1		2.52		
Sucrose.....g	0.68	0.158	8	A	1		1.07		
Glucose (dextrose).....g	0.56	0.416	8	A	1		0.88		
Fructose.....g	0.17	0.092	8	A	1		0.27		
Lactose.....g	0.00	0.000	8	A	1		0.00		
Maltose.....g	0.19	0.187	8	A	1		0.29		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	73.30	0.467	7	A	1		115.08		
Minerals:									
Calcium, Ca.....mg	3	0.357	6	A	1		5		
Iron, Fe.....mg	1.10		1		1		1.73		
Magnesium, Mg.....mg	32	3.662	7	A	1		51		
Phosphorus, P.....mg	99	9.970	7	A	1		155		
Potassium, K.....mg	142	11.250	7	A	1		222		
Sodium, Na.....mg	7	1.593	6	A	1		11		
Zinc, Zn.....mg	0.66	0.078	7	A	1		1.04		
Copper, Cu.....mg	0.076	0.006	7	A	1		0.119		
Manganese, Mn.....mg	0.174	0.018	7	A	1		0.272		
Selenium, Se.....µg	10.5	1.449	7	A	1		16.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.140		1		1		0.220		
Riboflavin.....mg	0.050		1		1		0.079		
Niacin.....mg	1.000		1		1		1.570		
Pantothenic acid.....mg	0.240	0.004	5	A	1		0.377		
Vitamin B-6.....mg	0.182	0.028	7	A	1		0.285		
Folate, total.....µg	30		4	A	1		46		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	30	2.755	4	A	1		46		
Folate, DFE.....µg	30		0	NC	4		46		
Choline, total.....mg	8.6	1.880	3	AS	1		13.6		
Betaine.....mg	1.0	0.546	3	A	1		1.5		
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	BFZN	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	1		0	BFZN	4		2		
Carotene, alpha.....µg	0		0	BFZN	4		0		
Cryptoxanthin, beta.....µg	1		0	BFZN	4		2		
Vitamin A, IU.....IU	3		0	BFZN	4		5		
Lycopene.....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....µg	5		0	BFZN	4		8		
Vitamin E (alpha-tocopherol).....mg	0.12	0.025	4	A	1		0.19		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.02	0.001	4	A	1		0.03		
Tocopherol, gamma.....mg	0.45	0.106	4	A	1		0.71		
Tocopherol, delta.....mg	0.04	0.008	4	A	1		0.06		
Tocotrienol, alpha.....mg	0.35	0.063	4	A	1		0.55		
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00		

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.58	0.085	4	A	1		0.91		
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		2	A	1		0.0		
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.220		0	NC	4		0.346		
4:0.....g	0.000		2	A	1		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.000	0.000	5	A	1		0.000		
10:0.....g	0.000	0.000	5	A	1		0.000		
12:0.....g	0.001	0.001	5	A	1		0.002		
13:0.....g	0.000		2	A	1		0.000		
14:0.....g	0.001	0.000	5	A	1		0.002		
15:0.....g	0.000	0.000	5	A	1		0.000		
16:0.....g	0.175	0.009	5	A	1		0.275		
17:0.....g	0.001	0.000	5	A	1		0.001		
18:0.....g	0.038	0.003	5	A	1		0.060		
20:0.....g	0.004	0.000	5	A	1		0.006		
22:0.....g	0.000	0.000	5	A	1		0.000		
24:0.....g	0.000	0.000	5	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.390		0	NC	4		0.613		
14:1.....g	0.000	0.000	5	A	1		0.000		
15:1.....g	0.000	0.000	5	A	1		0.000		
16:1 undifferentiated.....g	0.003	0.000	5	A	1		0.005		
17:1.....g	0.000	0.000	5	A	1		0.000		
18:1 undifferentiated.....g	0.386	0.023	5	JA	6		0.606		
18:1 c.....g									
18:1 t.....g	0.000		2	A	1		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000	0.000	5	A	1		0.000		
22:1 undifferentiated.....g	0.002	0.000	5	A	1		0.002		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.828		0	NC	4		1.300		
18:2 undifferentiated.....g	0.808	0.052	5	A	1		1.269		
18:3 undifferentiated.....g	0.020	0.001	5	JA	6		0.031		
18:3 n-3 c,c,c (ALA).....g									
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	5	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	5	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	5	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	5	A	1		0.000		
21:5.....g	0.000	0.000	3	A	1		0.000		
22:4.....g	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	5	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.038		0	A	1		0.060		
Threonine.....g	0.172		0	A	1		0.270		

NDB No. 20522

Cornmeal, degermed, unenriched, white (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine.....g	0.242		0	A	1		0.380		
Leucine.....g	1.006		0	A	1		1.579		
Lysine.....g	0.105		0	A	1		0.165		
Methionine.....g	0.162		0	A	1		0.255		
Cystine.....g	0.159		0	A	1		0.250		
Phenylalanine.....g	0.366		0	A	1		0.575		
Tyrosine.....g	0.187		0	A	1		0.294		
Valine.....g	0.337		0	A	1		0.530		
Arginine.....g	0.239		0	A	1		0.376		
Histidine.....g	0.172		0	A	1		0.270		
Alanine.....g	0.560		0	A	1		0.880		
Aspartic acid.....g	0.465		0	A	1		0.730		
Glutamic acid.....g	1.455		0	A	1		2.284		
Glycine.....g	0.217		0	A	1		0.340		
Proline.....g	0.746		0	A	1		1.172		
Serine.....g	0.341		0	A	1		0.536		
Hydroxyproline.....g	0.000		2	A	1		0.000		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 157g: 1 cup

Footnotes:

1 Includes Latino brands

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20422

Cornmeal, degermed, unenriched, yellow (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.18	0.141	7	A	1		17.55		
Energy.....kcal	370		0	NC	4		581		
Energy.....kJ	1547		0	NC	4		2429		
Protein (N x 6.25).....g	7.11	0.121	7	A	1		11.16		
Total lipid (fat).....g	1.75	0.141	7	A	1		2.75		
Ash.....g	0.51	0.045	7	A	1		0.81		
Carbohydrate, by difference.....g	79.45		0	NC	4		124.73		
Fiber, total dietary.....g	3.9	0.263	8	A	1		6.0		
Sugars, total.....g	1.61		0	AS	1		2.52		
Sucrose.....g	0.68	0.158	8	A	1		1.07		
Glucose (dextrose).....g	0.56	0.416	8	A	1		0.88		
Fructose.....g	0.17	0.092	8	A	1		0.27		
Lactose.....g	0.00	0.000	8	A	1		0.00		
Maltose.....g	0.19	0.187	8	A	1		0.29		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	73.30	0.467	7	A	1		115.08		
Minerals:									
Calcium, Ca.....mg	3	0.357	6	A	1		5		
Iron, Fe.....mg	1.10		1		1		1.73		
Magnesium, Mg.....mg	32	3.662	7	A	1		51		
Phosphorus, P.....mg	99	9.970	7	A	1		155		
Potassium, K.....mg	142	11.250	7	A	1		222		
Sodium, Na.....mg	7	1.593	6	A	1		11		
Zinc, Zn.....mg	0.66	0.078	7	A	1		1.04		
Copper, Cu.....mg	0.076	0.006	7	A	1		0.119		
Manganese, Mn.....mg	0.174	0.018	7	A	1		0.272		
Selenium, Se.....µg	10.5	1.449	7	A	1		16.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.140		1		1		0.220		
Riboflavin.....mg	0.050		1		1		0.079		
Niacin.....mg	1.000		1		1		1.570		
Pantothenic acid.....mg	0.240	0.004	5	A	1		0.377		
Vitamin B-6.....mg	0.182	0.028	7	A	1		0.285		
Folate, total.....µg	30	2.755	4	A	1		46		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	30	2.755	4	A	1		46		
Folate, DFE.....µg	30		0	NC	4		46		
Choline, total.....mg	8.6	1.880	3	AS	1		13.6		
Betaine.....mg	1.0	0.546	3	A	1		1.5		
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	11		3	A	1		17		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	97		3	A	1		152		
Carotene, alpha.....µg	63		3	A	1		99		
Cryptoxanthin, beta.....µg	0	0.000	5	A	1		0		
Vitamin A, IU.....IU	214		3	A	1		336		
Lycopene.....µg	0	0.000	5	A	1		0		
Lutein + zeaxanthin.....µg	1628	272.500	5	A	1		2555		
Vitamin E (alpha-tocopherol).....mg	0.12	0.025	4	A	1		0.19		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.02	0.001	4	A	1		0.03		
Tocopherol, gamma.....mg	0.45	0.106	4	A	1		0.71		
Tocopherol, delta.....mg	0.04	0.008	4	A	1		0.06		
Tocotrienol, alpha.....mg	0.35	0.063	4	A	1		0.55		
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00		

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.58	0.085	4	A	1		0.91		
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		2	A	1		0.0		
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.220		0	NC	4		0.346		
4:0.....g	0.000		2	A	1		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.000	0.000	5	A	1		0.000		
10:0.....g	0.000	0.000	5	A	1		0.000		
12:0.....g	0.001	0.001	5	A	1		0.002		
13:0.....g	0.000		2	A	1		0.000		
14:0.....g	0.001	0.000	5	A	1		0.002		
15:0.....g	0.000	0.000	5	A	1		0.000		
16:0.....g	0.175	0.009	5	A	1		0.275		
17:0.....g	0.001	0.000	5	A	1		0.001		
18:0.....g	0.038	0.003	5	A	1		0.060		
20:0.....g	0.004	0.000	5	A	1		0.006		
22:0.....g	0.000	0.000	5	A	1		0.000		
24:0.....g	0.000	0.000	5	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.390		0	NC	4		0.613		
14:1.....g	0.000	0.000	5	A	1		0.000		
15:1.....g	0.000	0.000	5	A	1		0.000		
16:1 undifferentiated.....g	0.003	0.000	5	A	1		0.005		
17:1.....g	0.000	0.000	5	A	1		0.000		
18:1 undifferentiated.....g	0.386	0.023	5	JA	6		0.606		
18:1 c.....g									
18:1 t.....g	0.000		2	A	1		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000	0.000	5	A	1		0.000		
22:1 undifferentiated.....g	0.002	0.000	5	A	1		0.002		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.828		0	NC	4		1.300		
18:2 undifferentiated.....g	0.808	0.052	5	A	1		1.269		
18:3 undifferentiated.....g	0.020	0.001	5	JA	6		0.031		
18:3 n-3 c,c,c (ALA).....g									
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	5	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	5	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	5	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	5	A	1		0.000		
21:5.....g	0.000	0.000	3	A	1		0.000		
22:4.....g	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	5	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.038		0	A	1		0.060		
Threonine.....g	0.172		0	A	1		0.270		

NDB No. 20422

Cornmeal, degermed, unenriched, yellow (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine.....g	0.242		0	A	1		0.380		
Leucine.....g	1.006		0	A	1		1.579		
Lysine.....g	0.105		0	A	1		0.165		
Methionine.....g	0.162		0	A	1		0.255		
Cystine.....g	0.159		0	A	1		0.250		
Phenylalanine.....g	0.366		0	A	1		0.575		
Tyrosine.....g	0.187		0	A	1		0.294		
Valine.....g	0.337		0	A	1		0.530		
Arginine.....g	0.239		0	A	1		0.376		
Histidine.....g	0.172		0	A	1		0.270		
Alanine.....g	0.560		0	A	1		0.880		
Aspartic acid.....g	0.465		0	A	1		0.730		
Glutamic acid.....g	1.455		0	A	1		2.284		
Glycine.....g	0.217		0	A	1		0.340		
Proline.....g	0.746		0	A	1		1.172		
Serine.....g	0.341		0	A	1		0.536		
Hydroxyproline.....g	0.000		2	A	1		0.000		
Others:									
Alcohol, ethyl.....g	0.0		0			7	0.0		
Caffeine.....mg	0		0	Z		7	0		
Theobromine.....mg	0		0	Z		7	0		

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

Common Measures:

Measure 1 = 157g: 1 cup

Footnotes:

1 Includes Latino brands

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20323

Cornmeal, white, self-rising, bolted, plain, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.59	0.037	442		1		15.36		
Energy.....kcal	334		0	NC	4		407		
Energy.....kJ	1397		0		4		1705		
Protein (N x 6.25).....g	8.28	0.111	17		1		10.10		
Total lipid (fat).....g	3.40		2		1		4.15		
Ash.....g	5.45	0.046	17		1		6.65		
Carbohydrate, by difference.....g	70.28		0	NC	4		85.74		
Fiber, total dietary.....g	6.7		0		4		8.2		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	361	6.875	16		1		440		
Iron, Fe.....mg	5.76		1		1		7.03		
Magnesium, Mg.....mg	86		1		1		105		
Phosphorus, P.....mg	804	16.370	16		1		981		
Potassium, K.....mg	255	48.005	3		1		311		
Sodium, Na.....mg	1247	156.251	3		1		1521		
Zinc, Zn.....mg	2.00		1		1		2.44		
Copper, Cu.....mg	0.150		1		1		0.183		
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.661		1		4		0.806		
Riboflavin.....mg	0.400		1		1		0.488		
Niacin.....mg	5.291		1		4		6.455		
Pantothenic acid.....mg	0.425		1		4		0.519		
Vitamin B-6.....mg	0.540		1		1		0.659		
Folate, total.....µg	233		0	BFZN	4		284		
Folic acid.....µg	176		0	NC	4		215		
Folate, food.....µg	57		1		1		70		
Folate, DFE.....µg	356		0	NC	4		435		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.478		0			1			0.583
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.408		197			1			0.498
17:0.....g									
18:0.....g	0.054		197			1			0.066
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.897		0			1			1.094
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		197			1			0.004
17:1.....g									
18:1 undifferentiated.....g	0.894		197			1			1.091
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.550		0			1			1.891
18:2 undifferentiated.....g	1.503		197			1			1.834
18:3 undifferentiated.....g	0.047		197			1			0.057
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7			0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.058		0			1			0.071
Threonine.....g	0.311		0			1			0.379
Isoleucine.....g	0.296		0			1			0.361
Leucine.....g	1.015		0			1			1.238
Lysine.....g	0.233		0			1			0.284
Methionine.....g	0.174		0			1			0.212
Cystine.....g	0.149		0			1			0.182
Phenylalanine.....g	0.407		0			1			0.497
Tyrosine.....g	0.337		0			1			0.411
Valine.....g	0.419		0			1			0.511
Arginine.....g	0.413		0			1			0.504
Histidine.....g	0.253		0			1			0.309
Alanine.....g	0.620		0			1			0.756
Aspartic acid.....g	0.576		0			1			0.703
Glutamic acid.....g	1.554		0			1			1.896
Glycine.....g	0.339		0			1			0.414
Proline.....g	0.723		0			1			0.882
Serine.....g	0.393		0			1			0.479
Hydroxyproline.....g									

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

NDB No. 20323

Cornmeal, white, self-rising, bolted, plain, enriched

Common Measures:

Measure 1 = 122g: 1 cup

Calories Factors: Protein 2.73

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20324

Cornmeal, white, self-rising, bolted, with wheat flour added, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.33	0.101	43		1		17.56		
Energy.....kcal	348		0	NC	4		592		
Energy.....kJ	1456		0		4		2475		
Protein (N x 6.18).....g	8.41	0.060	39		1		14.30		
Total lipid (fat).....g	2.85	0.168	43		1		4.85		
Ash.....g	4.98	0.049	43		1		8.47		
Carbohydrate, by difference.....g	73.43		0	NC	4		124.83		
Fiber, total dietary.....g	6.3		0		4		10.7		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	299	5.521	38		1		508		
Iron, Fe.....mg	4.95	0.937	6		1		8.42		
Magnesium, Mg.....mg	54		2		1		92		
Phosphorus, P.....mg	651	13.495	37		1		1107		
Potassium, K.....mg	207	20.553	8		1		352		
Sodium, Na.....mg	1319	22.355	8		1		2242		
Zinc, Zn.....mg	1.39	0.082	10		1		2.36		
Copper, Cu.....mg	0.139	0.007	10		1		0.236		
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.713	0.160	6		1		1.212		
Riboflavin.....mg	0.433	0.099	6		1		0.736		
Niacin.....mg	5.202	0.899	8		1		8.843		
Pantothenic acid.....mg	0.383	0.065	10		1		0.651		
Vitamin B-6.....mg	0.385		2		1		0.655		
Folate, total.....µg	264		2	A	1		448		
Folic acid.....µg	198		0	NC	4		336		
Folate, food.....µg	66	2.705	10		1		112		
Folate, DFE.....µg	402		0	NC	4		683		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		1		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.400		0		1		0.680		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.341		0		1		0.580		
17:0.....g									
18:0.....g	0.045		0		1		0.077		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.751		0		1		1.277		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.748		0		1		1.272		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.297		0		1		2.205		
18:2 undifferentiated.....g	1.258		0		1		2.139		
18:3 undifferentiated.....g	0.039		0		1		0.066		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.065		0		1		0.111		
Threonine.....g	0.305		0		1		0.519		
Isoleucine.....g	0.300		0		1		0.510		
Leucine.....g	0.973		0		1		1.654		
Lysine.....g	0.230		0		1		0.391		
Methionine.....g	0.173		0		1		0.294		
Cystine.....g	0.155		0		1		0.264		
Phenylalanine.....g	0.414		0		1		0.704		
Tyrosine.....g	0.332		0		1		0.564		
Valine.....g	0.415		0		1		0.706		
Arginine.....g	0.410		0		1		0.697		
Histidine.....g	0.249		0		1		0.423		
Alanine.....g	0.584		0		1		0.993		
Aspartic acid.....g	0.555		0		1		0.944		
Glutamic acid.....g	1.736		0		1		2.951		
Glycine.....g	0.340		0		1		0.578		
Proline.....g	0.765		0		1		1.301		
Serine.....g	0.402		0		1		0.683		
Hydroxyproline.....g									

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

NDB No. 20324

Cornmeal, white, self-rising, bolted, with wheat flour added, enriched

Common Measures:

Measure 1 = 170g: 1 cup

Calories Factors: Protein 3.13

Fat 8.37

Carbohydrate 4.06

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20325

Cornmeal, white, self-rising, degermed, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.17	0.217	21		1		14.03		
Energy.....kcal	355		0	NC	4		489		
Energy.....kJ	1484		0	NC	4		2048		
Protein (N x 6.25).....g	8.41	0.079	20		1		11.61		
Total lipid (fat).....g	1.72	0.106	21		1		2.37		
Ash.....g	4.91	0.039	21		1		6.78		
Carbohydrate, by difference.....g	74.79		0	NC	4		103.21		
Fiber, total dietary.....g	7.1		0		4		9.8		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	350	5.142	20		1		483		
Iron, Fe.....mg	4.73	0.163	20		1		6.53		
Magnesium, Mg.....mg	49		1		1		68		
Phosphorus, P.....mg	623	8.900	19		1		860		
Potassium, K.....mg	170	7.475	4		1		235		
Sodium, Na.....mg	1348	47.041	4		1		1860		
Zinc, Zn.....mg	1.00		1		1		1.38		
Copper, Cu.....mg	0.130		1		1		0.179		
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.678	0.025	20		1		0.936		
Riboflavin.....mg	0.387	0.016	21		1		0.534		
Niacin.....mg	4.566	0.196	21		1		6.301		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.390		1		1		0.538		
Folate, total.....µg	233		0	BFZN	4		322		
Folic acid.....µg	202		0	NC	4		279		
Folate, food.....µg	31		1		1		43		
Folate, DFE.....µg	375		0	NC	4		517		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 20325
Cornmeal, white, self-rising, degermed, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.234		0		1		0.323		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.001		0		1		0.001		
13:0.....g									
14:0.....g	0.001		0		1		0.001		
15:0.....g									
16:0.....g	0.194		0		1		0.268		
17:0.....g									
18:0.....g	0.026		0		1		0.036		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.429		0		1		0.592		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.424		0		1		0.585		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.739		0		1		1.020		
18:2 undifferentiated.....g	0.719		0		1		0.992		
18:3 undifferentiated.....g	0.020		0		1		0.028		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 138g: 1 cup

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20320
 Cornmeal, whole-grain, white

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
Fatty acids, total saturated.....g	0.505		0		1		0.616
4:0.....g	0.000		0		1		0.000
6:0.....g	0.000		0		1		0.000
8:0.....g	0.000		0		1		0.000
10:0.....g	0.000		0		1		0.000
12:0.....g	0.000		0		1		0.000
13:0.....g							
14:0.....g	0.000		0		1		0.000
15:0.....g							
16:0.....g	0.431		0		1		0.526
17:0.....g							
18:0.....g	0.057		0		1		0.070
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.948		0		1		1.157
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.003		0		1		0.004
17:1.....g							
18:1 undifferentiated.....g	0.945		0		1		1.153
20:1.....g	0.000		0		1		0.000
22:1 undifferentiated.....g	0.000		0		1		0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.638		0		1		1.998
18:2 undifferentiated.....g	1.589		0		1		1.939
18:3 undifferentiated.....g	0.049		0		1		0.060
18:4.....g	0.000		0		1		0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1		0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1		0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7		0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.057		0		1		0.070
Threonine.....g	0.305		0		1		0.372
Isoleucine.....g	0.291		0		1		0.355
Leucine.....g	0.996		0		1		1.215
Lysine.....g	0.228		0		1		0.278
Methionine.....g	0.170		0		1		0.207
Cystine.....g	0.146		0		1		0.178
Phenylalanine.....g	0.399		0		1		0.487
Tyrosine.....g	0.330		0		1		0.403
Valine.....g	0.411		0		1		0.501
Arginine.....g	0.405		0		1		0.494
Histidine.....g	0.248		0		1		0.303
Alanine.....g	0.608		0		1		0.742
Aspartic acid.....g	0.565		0		1		0.689
Glutamic acid.....g	1.525		0		1		1.861
Glycine.....g	0.333		0		1		0.406
Proline.....g	0.709		0		1		0.865
Serine.....g	0.386		0		1		0.471
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0		7		0.0
Caffeine.....mg	0		0	Z	7		0

NDB No. 20320
Cornmeal, whole-grain, white

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						
Theobromine.....mg	0		0	Z	7			0		

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

Common Measures:

Measure 1 = 122g: 1 cup

Calories Factors: Protein 2.73

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20020
Cornmeal, whole-grain, yellow

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.26	0.140	10				12.52		
Energy.....kcal	362		0	NC	4		442		
Energy.....kJ	1515		0		4		1848		
Protein (N x 6.25).....g	8.12	0.306	7		1		9.91		
Total lipid (fat).....g	3.59	0.227	7		1		4.38		
Ash.....g	1.13	0.032	7		1		1.38		
Carbohydrate, by difference.....g	76.89		0	NC	4		93.81		
Fiber, total dietary.....g	7.3		0		1		8.9		
Sugars, total.....g	0.64		0	BFZN	4		0.78		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6	1.029	9		1		7		
Iron, Fe.....mg	3.45	0.371	9		1		4.21		
Magnesium, Mg.....mg	127	18.535	6		1		155		
Phosphorus, P.....mg	241	9.435	3		1		294		
Potassium, K.....mg	287	9.760	6		1		350		
Sodium, Na.....mg	35	5.498	6		1		43		
Zinc, Zn.....mg	1.82	0.109	6		1		2.22		
Copper, Cu.....mg	0.193	0.021	6		1		0.235		
Manganese, Mn.....mg	0.498	0.020	3		1		0.608		
Selenium, Se.....µg	15.5		0	BFSN	4		18.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.385	0.052	8		1		0.470		
Riboflavin.....mg	0.201	0.034	9		1		0.245		
Niacin.....mg	3.632	0.537	8		1		4.431		
Pantothenic acid.....mg	0.425	0.054	6		1		0.519		
Vitamin B-6.....mg	0.304	0.035	3		1		0.371		
Folate, total.....µg	25		0		4		31		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	25		0		4		31		
Folate, DFE.....µg	25		0	NC	4		31		
Choline, total.....mg	21.6		0	AS	1		26.3		
Betaine.....mg	11.6		1	A	1		14.2		
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	11		0	NC	4		13		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	97		0	BFZN	4		118		
Carotene, alpha.....µg	63		0	BFZN	4		77		
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0		
Vitamin A, IU.....IU	214		0	NC	4		261		
Lycopene.....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....µg	1355		0	BFZN	4		1653		
Vitamin E (alpha-tocopherol).....mg	0.42		1	A	1		0.51		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	1.86		1	A	1		2.27		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Tocotrienol, alpha.....mg	0.21		1	A	1		0.26		
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		
Tocotrienol, gamma.....mg	0.13		1	A	1		0.16		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.3		0	BFZN	4		0.4		

NDB No. 20020
Cornmeal, whole-grain, yellow

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Dihydrophyloquinone.....µg							
Menaquinone-4.....µg							
Lipids:							
Fatty acids, total saturated.....g	0.505		0		1		0.616
4:0.....g	0.000		0		1		0.000
6:0.....g	0.000		0		1		0.000
8:0.....g	0.000		0		1		0.000
10:0.....g	0.000		0		1		0.000
12:0.....g	0.000		0		1		0.000
13:0.....g							
14:0.....g	0.000		0		1		0.000
15:0.....g							
16:0.....g	0.431		0		1		0.526
17:0.....g							
18:0.....g	0.057		0		1		0.070
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.948		0		1		1.157
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.003		0		1		0.004
17:1.....g							
18:1 undifferentiated.....g	0.945		0		1		1.153
20:1.....g	0.000		0		1		0.000
22:1 undifferentiated.....g	0.000		0		1		0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.638		0		1		1.998
18:2 undifferentiated.....g	1.589		0		1		1.939
18:3 undifferentiated.....g	0.049		0		1		0.060
18:4.....g	0.000		0		1		0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1		0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1		0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7		0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.057		0		1		0.070
Threonine.....g	0.305		0		1		0.372
Isoleucine.....g	0.291		0		1		0.355
Leucine.....g	0.996		0		1		1.215
Lysine.....g	0.228		0		1		0.278
Methionine.....g	0.170		0		1		0.207
Cystine.....g	0.146		0		1		0.178
Phenylalanine.....g	0.399		0		1		0.487
Tyrosine.....g	0.330		0		1		0.403
Valine.....g	0.411		0		1		0.501
Arginine.....g	0.405		0		1		0.494
Histidine.....g	0.248		0		1		0.303
Alanine.....g	0.608		0		1		0.742
Aspartic acid.....g	0.565		0		1		0.689
Glutamic acid.....g	1.525		0		1		1.861
Glycine.....g	0.333		0		1		0.406
Proline.....g	0.709		0		1		0.865
Serine.....g	0.386		0		1		0.471
Hydroxyproline.....g							

NDB No. 20020
Cornmeal, whole-grain, yellow

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	
Caffeine.....mg	0		0	Z	7	0	
Theobromine.....mg	0		0	Z	7	0	

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

Common Measures:

Measure 1 = 122g: 1 cup

Calories Factors: Protein 2.73 Fat 8.37 Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20023
Cornmeal, yellow , self-rising, bolted, plain, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.59	0.037	442		1		15.36		
Energy.....kcal	334		0	NC	4		407		
Energy.....kJ	1397		0		4		1705		
Protein (N x 6.25).....g	8.28	0.111	17		1		10.10		
Total lipid (fat).....g	3.40		2		1		4.15		
Ash.....g	5.45	0.046	17		1		6.65		
Carbohydrate, by difference.....g	70.28		0	NC	4		85.74		
Fiber, total dietary.....g	6.7		0		4		8.2		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	361	6.875	16		1		440		
Iron, Fe.....mg	5.76		1		1		7.03		
Magnesium, Mg.....mg	86		1		1		105		
Phosphorus, P.....mg	804	16.370	16		1		981		
Potassium, K.....mg	255	48.005	3		1		311		
Sodium, Na.....mg	1247	156.251	3		1		1521		
Zinc, Zn.....mg	2.00		1		1		2.44		
Copper, Cu.....mg	0.150		1		1		0.183		
Manganese, Mn.....mg	0.498		0		4		0.608		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.661		1		4		0.806		
Riboflavin.....mg	0.400		1		1		0.488		
Niacin.....mg	5.291		1		4		6.455		
Pantothenic acid.....mg	0.425		1		4		0.519		
Vitamin B-6.....mg	0.540		1		1		0.659		
Folate, total.....µg	233		0	BFZN	4		284		
Folic acid.....µg	176		0	NC	4		215		
Folate, food.....µg	57		1		1		70		
Folate, DFE.....µg	356		0	NC	4		435		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	23		0	NC	4		29		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	469		0		4		572		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.478		0		1		0.583		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.408		197		1		0.498		
17:0.....g									
18:0.....g	0.054		197		1		0.066		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.897		0		1		1.094		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		197		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.894		197		1		1.091		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.550		0		1		1.891		
18:2 undifferentiated.....g	1.503		197		1		1.834		
18:3 undifferentiated.....g	0.047		197		1		0.057		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.058		0		1		0.071		
Threonine.....g	0.311		0		1		0.379		
Isoleucine.....g	0.296		0		1		0.361		
Leucine.....g	1.015		0		1		1.238		
Lysine.....g	0.233		0		1		0.284		
Methionine.....g	0.174		0		1		0.212		
Cystine.....g	0.149		0		1		0.182		
Phenylalanine.....g	0.407		0		1		0.497		
Tyrosine.....g	0.337		0		1		0.411		
Valine.....g	0.419		0		1		0.511		
Arginine.....g	0.413		0		1		0.504		
Histidine.....g	0.253		0		1		0.309		
Alanine.....g	0.620		0		1		0.756		
Aspartic acid.....g	0.576		0		1		0.703		
Glutamic acid.....g	1.554		0		1		1.896		
Glycine.....g	0.339		0		1		0.414		
Proline.....g	0.723		0		1		0.882		
Serine.....g	0.393		0		1		0.479		
Hydroxyproline.....g									

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

NDB No. 20023

Cornmeal, yellow , self-rising, bolted, plain, enriched

Common Measures:

Measure 1 = 122g: 1 cup

Calories Factors: Protein 2.73

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20024

Cornmeal, yellow , self-rising, bolted, with wheat flour added, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.33	0.101	43		1		17.56		
Energy.....kcal	348		0	NC	4		592		
Energy.....kJ	1456		0		4		2475		
Protein (N x 6.18).....g	8.41	0.060	39		1		14.30		
Total lipid (fat).....g	2.85	0.168	43		1		4.85		
Ash.....g	4.98	0.049	43		1		8.47		
Carbohydrate, by difference.....g	73.43		0	NC	4		124.83		
Fiber, total dietary.....g	6.3		0		4		10.7		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	299	5.521	38		1		508		
Iron, Fe.....mg	4.95	0.937	6		1		8.42		
Magnesium, Mg.....mg	54		2		1		92		
Phosphorus, P.....mg	651	13.495	37		1		1107		
Potassium, K.....mg	207	20.553	8		1		352		
Sodium, Na.....mg	1319	22.355	8		1		2242		
Zinc, Zn.....mg	1.39	0.082	10		1		2.36		
Copper, Cu.....mg	0.139	0.007	10		1		0.236		
Manganese, Mn.....mg	0.516		0		4		0.877		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.713	0.160	6		1		1.212		
Riboflavin.....mg	0.433	0.099	6		1		0.736		
Niacin.....mg	5.202	0.899	8		1		8.843		
Pantothenic acid.....mg	0.383	0.065	10		1		0.651		
Vitamin B-6.....mg	0.385		2		1		0.655		
Folate, total.....µg	264		2	A	1		448		
Folic acid.....µg	198		0	NC	4		336		
Folate, food.....µg	66	2.705	10		1		112		
Folate, DFE.....µg	402		0	NC	4		683		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	14		1		1		24		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	287		1		1		488		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.400		0		1		0.680		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.341		0		1		0.580		
17:0.....g									
18:0.....g	0.045		0		1		0.077		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.751		0		1		1.277		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.748		0		1		1.272		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.297		0		1		2.205		
18:2 undifferentiated.....g	1.258		0		1		2.139		
18:3 undifferentiated.....g	0.039		0		1		0.066		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.065		0		1		0.111		
Threonine.....g	0.305		0		1		0.519		
Isoleucine.....g	0.300		0		1		0.510		
Leucine.....g	0.973		0		1		1.654		
Lysine.....g	0.230		0		1		0.391		
Methionine.....g	0.173		0		1		0.294		
Cystine.....g	0.155		0		1		0.264		
Phenylalanine.....g	0.414		0		1		0.704		
Tyrosine.....g	0.332		0		1		0.564		
Valine.....g	0.415		0		1		0.706		
Arginine.....g	0.410		0		1		0.697		
Histidine.....g	0.249		0		1		0.423		
Alanine.....g	0.584		0		1		0.993		
Aspartic acid.....g	0.555		0		1		0.944		
Glutamic acid.....g	1.736		0		1		2.951		
Glycine.....g	0.340		0		1		0.578		
Proline.....g	0.765		0		1		1.301		
Serine.....g	0.402		0		1		0.683		
Hydroxyproline.....g									

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

NDB No. 20024

Cornmeal, yellow , self-rising, bolted, with wheat flour added, enriched

Common Measures:

Measure 1 = 170g: 1 cup

Calories Factors: Protein 3.13

Fat 8.37

Carbohydrate 4.06

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20025

Cornmeal, yellow , self-rising, degermed, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.17	0.217	21		1		14.03		
Energy.....kcal	355		0	NC	4		490		
Energy.....kJ	1485		0		4		2050		
Protein (N x 6.25).....g	8.41	0.079	20		1		11.61		
Total lipid (fat).....g	1.72	0.106	21		1		2.37		
Ash.....g	4.91	0.039	21		1		6.78		
Carbohydrate, by difference.....g	74.79		0	NC	4		103.21		
Fiber, total dietary.....g	7.1		0		4		9.8		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	350	5.142	20		1		483		
Iron, Fe.....mg	4.73	0.163	20		1		6.53		
Magnesium, Mg.....mg	49		1		1		68		
Phosphorus, P.....mg	623	8.900	19		1		860		
Potassium, K.....mg	170	7.475	4		1		235		
Sodium, Na.....mg	1348	47.041	4		1		1860		
Zinc, Zn.....mg	1.00		1		1		1.38		
Copper, Cu.....mg	0.130		1		1		0.179		
Manganese, Mn.....mg	0.105		0		4		0.145		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.678	0.025	20		1		0.936		
Riboflavin.....mg	0.387	0.016	21		1		0.534		
Niacin.....mg	4.566	0.196	21		1		6.301		
Pantothenic acid.....mg	0.312		0		4		0.431		
Vitamin B-6.....mg	0.390		1		1		0.538		
Folate, total.....µg	233		0	BFZN	4		322		
Folic acid.....µg	202		0	NC	4		279		
Folate, food.....µg	31		1		1		43		
Folate, DFE.....µg	374		0	NC	4		517		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	11		0	BFZN	4		15		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	214		0	BFZN	4		295		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 20025
Cornmeal, yellow , self-rising, degermed, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.234		0		1		0.323		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.001		0		1		0.001		
13:0.....g									
14:0.....g	0.001		0		1		0.001		
15:0.....g									
16:0.....g	0.194		0		1		0.268		
17:0.....g									
18:0.....g	0.026		0		1		0.036		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.429		0		1		0.592		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.424		0		1		0.585		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.739		0		1		1.020		
18:2 undifferentiated.....g	0.719		0		1		0.992		
18:3 undifferentiated.....g	0.020		0		1		0.028		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 138g: 1 cup

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.32	0.705	5		1		10.65		
Energy.....kcal	381		0	NC	4		488		
Energy.....kJ	1594		0		4		2040		
Protein (N x 6.25).....g	0.26	0.026	5		1		0.33		
Total lipid (fat).....g	0.05	0.025	3		1		0.06		
Ash.....g	0.09	0.003	4		1		0.12		
Carbohydrate, by difference.....g	91.27		0	NC	4		116.83		
Fiber, total dietary.....g	0.9		0		4		1.2		
Sugars, total.....g	0.00		1		1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2	0.534	7		1		3		
Iron, Fe.....mg	0.47	0.125	6		1		0.60		
Magnesium, Mg.....mg	3	0.124	7		1		4		
Phosphorus, P.....mg	13	0.598	3		1		17		
Potassium, K.....mg	3	0.398	7		1		4		
Sodium, Na.....mg	9	2.545	4		1		12		
Zinc, Zn.....mg	0.06	0.018	6		1		0.08		
Copper, Cu.....mg	0.050		2		1		0.064		
Manganese, Mn.....mg	0.053	0.023	3		1		0.068		
Selenium, Se.....µg	2.8	0.336	8	A	1		3.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.000		1		4		0.000		
Riboflavin.....mg	0.000		1		4		0.000		
Niacin.....mg	0.000		1		4		0.000		
Pantothenic acid.....mg	0.000		1		4		0.000		
Vitamin B-6.....mg	0.000		1		4		0.000		
Folate, total.....µg	0		1		4		0		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	0		1		4		0		
Folate, DFE.....µg	0		0	NC	4		0		
Choline, total.....mg	0.4		0	BFPN	4		0.5		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.00		1	A	1		0.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	0.00		1	A	1		0.00		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00		
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		0	Z	7		0.0		

**NDB No. 20027
Cornstarch**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:
Measure 1 = 128g: 1 cup

Calories Factors: Protein 3.46 Fat 8.37 Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20029
Couscous, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Deriv Code	Source Code	measures of food			
			of Data Points			Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.029		0		1		0.046	0.153	0.025
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		29		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.027		29		1		0.042	0.143	0.023
17:0.....g									
18:0.....g	0.001		29		1		0.002	0.005	0.001
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.022		0		1		0.035	0.116	0.019
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		29		1		0.002	0.005	0.001
17:1.....g									
18:1 undifferentiated.....g	0.022		29		1		0.035	0.116	0.019
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.064		0		1		0.100	0.338	0.055
18:2 undifferentiated.....g	0.060		29		1		0.094	0.317	0.052
18:3 undifferentiated.....g	0.003		29		1		0.005	0.016	0.003
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.049		0		1		0.077	0.259	0.042
Threonine.....g	0.100		0		1		0.157	0.528	0.086
Isoleucine.....g	0.147		0		1		0.231	0.776	0.126
Leucine.....g	0.259		0		1		0.407	1.368	0.223
Lysine.....g	0.073		0		1		0.115	0.385	0.063
Methionine.....g	0.059		0		1		0.093	0.312	0.051
Cystine.....g	0.107		0		1		0.168	0.565	0.092
Phenylalanine.....g	0.184		0		1		0.289	0.972	0.158
Tyrosine.....g	0.100		0		1		0.157	0.528	0.086
Valine.....g	0.162		0		1		0.254	0.855	0.139
Arginine.....g	0.140		0		1		0.220	0.739	0.120
Histidine.....g	0.077		0		1		0.121	0.407	0.066
Alanine.....g	0.111		0		1		0.174	0.586	0.095
Aspartic acid.....g	0.155		0		1		0.243	0.818	0.133
Glutamic acid.....g	1.367		0		1		2.146	7.218	1.176
Glycine.....g	0.120		0		1		0.188	0.634	0.103
Proline.....g	0.417		0		1		0.655	2.202	0.359
Serine.....g	0.179		0		1		0.281	0.945	0.154
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 20029
Couscous, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Theobromine.....mg	0		0	Z	7	0	0	0

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

Common Measures:

- Measure 1 = 157g: 1 cup, cooked
- Measure 2 = 528g: 1 cup, dry, yields
- Measure 3 = 86g: 1 oz, dry, yields

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.56	0.377	6		1		14.81		
Energy.....kcal	376		0	NC	4		650		
Energy.....kJ	1573				4		2722		
Protein (N x 5.7).....g	12.76	0.820	6		1		22.07		
Total lipid (fat).....g	0.64	0.244	6		1		1.11		
Ash.....g	0.62	0.110	6		1		1.07		
Carbohydrate, by difference.....g	77.43		0	NC	4		133.95		
Fiber, total dietary.....g	5.0		0		1		8.7		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24	2.132	6		1		42		
Iron, Fe.....mg	1.08	0.180	6		1		1.87		
Magnesium, Mg.....mg	44	2.856	6		1		76		
Phosphorus, P.....mg	170	11.311	5		1		294		
Potassium, K.....mg	166	17.521	6		1		287		
Sodium, Na.....mg	10	2.073	5		1		17		
Zinc, Zn.....mg	0.83	0.243	5		1		1.44		
Copper, Cu.....mg	0.247	0.022	6		1		0.427		
Manganese, Mn.....mg	0.780		2		1		1.349		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.163	0.018	5		1		0.282		
Riboflavin.....mg	0.078	0.013	5		1		0.135		
Niacin.....mg	3.490	0.083	4		1		6.038		
Pantothenic acid.....mg	1.243	0.275	5		1		2.150		
Vitamin B-6.....mg	0.110	0.024	4		1		0.190		
Folate, total.....µg	20	2.876	4		1		35		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	20	2.876	4		1		35		
Folate, DFE.....µg	20		0	NC	4		35		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 20028
Couscous, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number	Source	measures of food			
			of Data Points		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.117		0	1		0.202		
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g								
12:0.....g								
13:0.....g								
14:0.....g	0.001		0	1		0.002		
15:0.....g								
16:0.....g	0.109		0	1		0.189		
17:0.....g								
18:0.....g	0.006		0	1		0.010		
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.089		0	1		0.154		
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.002		0	1		0.003		
17:1.....g								
18:1 undifferentiated.....g	0.086		0	1		0.149		
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.252		0	1		0.436		
18:2 undifferentiated.....g	0.240		0	1		0.415		
18:3 undifferentiated.....g	0.012		0	1		0.021		
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7	0		
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.163		2	1		0.282		
Threonine.....g	0.337		6	1		0.583		
Isoleucine.....g	0.493		6	1		0.853		
Leucine.....g	0.872		6	1		1.509		
Lysine.....g	0.245		6	1		0.424		
Methionine.....g	0.199		6	1		0.344		
Cystine.....g	0.360		6	1		0.623		
Phenylalanine.....g	0.620		6	1		1.073		
Tyrosine.....g	0.335		6	1		0.580		
Valine.....g	0.544		6	1		0.941		
Arginine.....g	0.470		6	1		0.813		
Histidine.....g	0.259		6	1		0.448		
Alanine.....g	0.374		6	1		0.647		
Aspartic acid.....g	0.521		6	1		0.901		
Glutamic acid.....g	4.600		6	1		7.958		
Glycine.....g	0.403		6	1		0.697		
Proline.....g	1.404		6	1		2.429		
Serine.....g	0.601		6	1		1.040		
Hydroxyproline.....g								

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

NDB No. 20028

Couscous, dry

Common Measures:

Measure 1 = 173g: 1 cup

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20030
Hominy, canned, w white

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	0.123		0				0.203		
4:0.....g	0.000		0				0.000		
6:0.....g	0.000		0				0.000		
8:0.....g	0.000		0				0.000		
10:0.....g	0.000		0				0.000		
12:0.....g	0.000		0				0.000		
13:0.....g									
14:0.....g	0.000		0				0.000		
15:0.....g									
16:0.....g	0.105		197				0.173		
17:0.....g									
18:0.....g	0.014		197				0.023		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.231		0				0.381		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		197				0.002		
17:1.....g									
18:1 undifferentiated.....g	0.230		197				0.380		
20:1.....g	0.000		0				0.000		
22:1 undifferentiated.....g	0.000		0				0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.399		0				0.658		
18:2 undifferentiated.....g	0.387		197				0.639		
18:3 undifferentiated.....g	0.012		197				0.020		
18:4.....g	0.000		0				0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0				0.000		
20:5 n-3 (EPA).....g	0.000		0				0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0				0.000		
22:6 n-3 (DHA).....g	0.000		0				0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z			0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.008		0				0.013		
Threonine.....g	0.050		0				0.083		
Isoleucine.....g	0.058		0				0.096		
Leucine.....g	0.202		0				0.333		
Lysine.....g	0.033		0				0.054		
Methionine.....g	0.031		0				0.051		
Cystine.....g	0.033		0				0.054		
Phenylalanine.....g	0.076		0				0.125		
Tyrosine.....g	0.056		0				0.092		
Valine.....g	0.077		0				0.127		
Arginine.....g	0.068		0				0.112		
Histidine.....g	0.045		0				0.074		
Alanine.....g	0.107		0				0.177		
Aspartic acid.....g	0.115		0				0.190		
Glutamic acid.....g	0.299		0				0.493		
Glycine.....g	0.052		0				0.086		
Proline.....g	0.138		0				0.228		
Serine.....g	0.065		0				0.107		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0				0.0		
Caffeine.....mg	0		0	Z			0		

NDB No. 20030
Hominy, canned, w hite

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Theobromine.....mg	0		0	Z	7		0

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

Common Measures:

Measure 1 = 165g: 1 cup

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20330
Hominy, canned, yellow

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	82.53	1.910	9		1		132.05		
Energy.....kcal	72		0	NC	4		115		
Energy.....kJ	301		0		4		482		
Protein (N x 6.25).....g	1.48	0.237	7		1		2.37		
Total lipid (fat).....g	0.88	0.176	7		1		1.41		
Ash.....g	0.86	0.085	7		1		1.38		
Carbohydrate, by difference.....g	14.26		0	NC	4		22.82		
Fiber, total dietary.....g	2.5		0		4		4.0		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10	2.154	9		1		16		
Iron, Fe.....mg	0.62	0.099	9		1		0.99		
Magnesium, Mg.....mg	16	0.883	7		1		26		
Phosphorus, P.....mg	35	3.020	7		1		56		
Potassium, K.....mg	9	2.049	7		1		14		
Sodium, Na.....mg	345		0	BFZN	4		552		
Zinc, Zn.....mg	1.05	0.103	6		1		1.68		
Copper, Cu.....mg	0.030	0.013	5		1		0.048		
Manganese, Mn.....mg	0.070		2		1		0.112		
Selenium, Se.....µg	3.0		0	BFSN	4		4.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.003	0.002	8		1		0.005		
Riboflavin.....mg	0.006	0.003	8		1		0.010		
Niacin.....mg	0.033	0.013	6		1		0.053		
Pantothenic acid.....mg	0.154	0.052	4		1		0.246		
Vitamin B-6.....mg	0.005	0.003	4		1		0.008		
Folate, total.....µg	1	0.122	4		1		2		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	1	0.122	4		1		2		
Folate, DFE.....µg	1		0	NC	4		2		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	110		1		1		176		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 20330
Hominy, canned, yellow

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.123		0		1		0.197		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.105		197		1		0.168		
17:0.....g									
18:0.....g	0.014		197		1		0.022		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.231		0		1		0.370		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		197		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.230		197		1		0.368		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.399		0		1		0.638		
18:2 undifferentiated.....g	0.387		197		1		0.619		
18:3 undifferentiated.....g	0.012		197		1		0.019		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.008		0		1		0.013		
Threonine.....g	0.050		0		1		0.080		
Isoleucine.....g	0.058		0		1		0.093		
Leucine.....g	0.202		0		1		0.323		
Lysine.....g	0.033		0		1		0.053		
Methionine.....g	0.031		0		1		0.050		
Cystine.....g	0.033		0		1		0.053		
Phenylalanine.....g	0.076		0		1		0.122		
Tyrosine.....g	0.056		0		1		0.090		
Valine.....g	0.077		0		1		0.123		
Arginine.....g	0.068		0		1		0.109		
Histidine.....g	0.045		0		1		0.072		
Alanine.....g	0.107		0		1		0.171		
Aspartic acid.....g	0.115		0		1		0.184		
Glutamic acid.....g	0.299		0		1		0.478		
Glycine.....g	0.052		0		1		0.083		
Proline.....g	0.138		0		1		0.221		
Serine.....g	0.065		0		1		0.104		
Hydroxyproline.....g									

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

NDB No. 20330

Hominy, canned, yellow

Common Measures:

Measure 1 = 160g: 1 cup

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	0.016		0		1		0.021		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.013		0		1		0.017		
17:0.....g									
18:0.....g	0.002		0		1		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0		1		0.016		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.016		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.044		0		1		0.059		
18:2 undifferentiated.....g	0.039		0		1		0.052		
18:3 undifferentiated.....g	0.005		0		1		0.007		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.058		0		1		0.078		
Threonine.....g	0.122		0		1		0.163		
Isoleucine.....g	0.175		0		1		0.235		
Leucine.....g	0.309		0		1		0.414		
Lysine.....g	0.093		0		1		0.125		
Methionine.....g	0.070		0		1		0.094		
Cystine.....g	0.125		0		1		0.168		
Phenylalanine.....g	0.218		0		1		0.292		
Tyrosine.....g	0.120		0		1		0.161		
Valine.....g	0.194		0		1		0.260		
Arginine.....g	0.168		0		1		0.225		
Histidine.....g	0.092		0		1		0.123		
Alanine.....g	0.135		0		1		0.181		
Aspartic acid.....g	0.196		0		1		0.263		
Glutamic acid.....g	1.603		0		1		2.148		
Glycine.....g	0.144		0		1		0.193		
Proline.....g	0.483		0		1		0.647		
Serine.....g	0.215		0		1		0.288		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 20106

Macaroni, vegetable, enriched, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 134g: 1 cup spiral shaped

Calories Factors: Protein 3.86

Fat 8.37

Carbohydrate 4.11

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20105

Macaroni, vegetable, enriched, dry

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.89	0.211	5		1		8.31	5.64	
Energy.....kcal	367		0	NC	4		308	209	
Energy.....kJ	1536		0		4		1290	875	
Protein (N x 5.72).....g	13.14	0.126	21		1		11.04	7.49	
Total lipid (fat).....g	1.04	0.558	5		1		0.87	0.59	
Ash.....g	1.05	0.033	19		1		0.88	0.60	
Carbohydrate, by difference.....g	74.88		0	NC	4		62.90	42.68	
Fiber, total dietary.....g	4.3		0		1		3.6	2.5	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	34	6.166	6		1		29	19	
Iron, Fe.....mg	4.28	0.201	19		1		3.60	2.44	
Magnesium, Mg.....mg	46		2		1		39	26	
Phosphorus, P.....mg	116		2		1		97	66	
Potassium, K.....mg	285	61.885	5		1		239	162	
Sodium, Na.....mg	43	20.731	5		1		36	25	
Zinc, Zn.....mg	0.76		2		1		0.64	0.43	
Copper, Cu.....mg	0.200		2		1		0.168	0.114	
Manganese, Mn.....mg	3.846		2		1		3.231	2.192	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	1.032	0.021	20		1		0.867	0.588	
Riboflavin.....mg	0.525	0.013	18		1		0.441	0.299	
Niacin.....mg	7.328	0.215	20		1		6.156	4.177	
Pantothenic acid.....mg	0.752		2		1		0.632	0.429	
Vitamin B-6.....mg	0.129		2		1		0.108	0.074	
Folate, total.....µg	278		0	BFZN	4		233	158	
Folic acid.....µg	261		0	NC	4		219	149	
Folate, food.....µg	17		2		1		14	10	
Folate, DFE.....µg	460		0	NC	4		387	262	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	8		1		1		7	5	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	160		1		1		134	91	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 20105

Macaroni, vegetable, enriched, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			

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

Common Measures:

Measure 1 = 84g: 1 cup spiral shaped

Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.86

Fat 8.37

Carbohydrate4.11

Food Group: 20 Cereal Grains and Pasta
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.8		1	A	1			1.0	
Dihydrophyloquinone.....µg	0.0		1	A	1			0.0	
Menaquinone-4.....µg	0.2		1	A	1			0.2	
Lipids:									
Fatty acids, total saturated.....g	0.536		0	NC	4			0.638	
4:0.....g	0.007	0.000	3	A	1			0.009	
6:0.....g	0.001	0.000	3	A	1			0.002	
8:0.....g	0.000	0.000	3	A	1			0.000	
10:0.....g	0.008	0.002	3	A	1			0.010	
12:0.....g	0.001	0.000	3	A	1			0.002	
13:0.....g									
14:0.....g	0.003	0.001	3	A	1			0.003	
15:0.....g	0.002	0.000	3	A	1			0.002	
16:0.....g	0.393	0.010	3	A	1			0.468	
17:0.....g	0.002	0.000	3	A	1			0.002	
18:0.....g	0.071	0.002	3	A	1			0.084	
20:0.....g	0.021	0.000	3	A	1			0.025	
22:0.....g	0.015	0.000	3	A	1			0.017	
24:0.....g	0.012	0.000	3	A	1			0.015	
Fatty acids, total monounsaturated.....g	0.924		0	NC	4			1.100	
14:1.....g	0.002	0.000	3	A	1			0.003	
15:1.....g	0.000	0.000	3	A	1			0.000	
16:1 undifferentiated.....g	0.007	0.000	3	AS	1			0.008	
16:1 c.....g	0.007	0.000	3	A	1			0.008	
16:1 t.....g	0.000	0.000	3	A	1			0.000	
17:1.....g	0.000	0.000	3	A	1			0.000	
18:1 undifferentiated.....g	0.895	0.029	3	AS	1			1.065	
18:1 c.....g	0.895	0.029	3	A	1			1.065	
18:1 t.....g	0.000	0.000	3	A	1			0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.020	0.001	3	A	1			0.023	
22:1 undifferentiated.....g	0.000	0.000	3	AS	1			0.000	
22:1 c.....g	0.000	0.000	3	A	1			0.000	
22:1 t.....g	0.000	0.000	3	A	1			0.000	
24:1 c.....g	0.001	0.001	3	A	1			0.001	
Fatty acids, total polyunsaturated.....g	2.618		0	NC	4			3.116	
18:2 undifferentiated.....g	2.552	0.120	3	AS	1			3.037	
18:2 n-6 c,c.....g	2.549	0.120	3	A	1			3.033	
18:2 CLAs.....g	0.000	0.000	3	A	1			0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.003	0.000	3	A	1			0.004	
18:3 undifferentiated.....g	0.044	0.003	3	AS	1			0.052	
18:3 n-3 c,c,c (ALA).....g	0.044	0.003	3	A	1			0.052	
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1			0.000	
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1			0.000	
20:2 n-6 c,c.....g	0.002	0.000	3	A	1			0.002	
20:3 undifferentiated.....g	0.000	0.000	3	AS	1			0.000	
20:3 n-3.....g	0.000	0.000	3	A	1			0.000	
20:3 n-6.....g	0.000	0.000	3	A	1			0.000	
20:4 undifferentiated.....g	0.020	0.000	3	A	1			0.023	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1			0.000	
21:5.....g									
22:4.....g	0.001	0.000	3	A	1			0.001	
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1			0.000	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1			0.000	
Fatty acids, total trans.....g	0.002	0.000	5	JO	11			0.002	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4			0.000	

NDB No. 20647

Millet flour

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.003		0	NC	4		0.004		
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.170		0	A	1		0.202		
Threonine.....g	0.354		0	A	1		0.422		
Isoleucine.....g	0.473		0	A	1		0.563		
Leucine.....g	1.537		0	A	1		1.829		
Lysine.....g	0.144		0	A	1		0.171		
Methionine.....g	0.319		0	A	1		0.380		
Cystine.....g	0.178		0	A	1		0.212		
Phenylalanine.....g	0.675		0	A	1		0.804		
Tyrosine.....g	0.326		0	A	1		0.388		
Valine.....g	0.584		0	A	1		0.695		
Arginine.....g	0.370		0	A	1		0.441		
Histidine.....g	0.257		0	A	1		0.306		
Alanine.....g	1.282		0	A	1		1.526		
Aspartic acid.....g	0.710		0	A	1		0.845		
Glutamic acid.....g	2.599		0	A	1		3.093		
Glycine.....g	0.271		0	A	1		0.323		
Proline.....g	0.911		0	A	1		1.084		
Serine.....g	0.782		0	A	1		0.930		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 119g: 1 cup

Footnotes:

1 Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid plus total folate determined microbiologically

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Lipids:									
Fatty acids, total saturated.....g	0.172		0		1		0.299		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.001		0		1		0.002		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.126		0		1		0.219		
17:0.....g									
18:0.....g	0.037		0		1		0.064		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.184		0		1		0.320		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.176		0		1		0.306		
20:1.....g	0.005		0		1		0.009		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.508		0		1		0.884		
18:2 undifferentiated.....g	0.480		0		1		0.835		
18:3 undifferentiated.....g	0.028		0		1		0.049		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.038		0		1		0.066		
Threonine.....g	0.113		0		1		0.197		
Isoleucine.....g	0.148		0		1		0.258		
Leucine.....g	0.446		0		1		0.776		
Lysine.....g	0.067		0		1		0.117		
Methionine.....g	0.070		0		1		0.122		
Cystine.....g	0.067		0		1		0.117		
Phenylalanine.....g	0.185		0		1		0.322		
Tyrosine.....g	0.108		0		1		0.188		
Valine.....g	0.184		0		1		0.320		
Arginine.....g	0.122		0		1		0.212		
Histidine.....g	0.075		0		1		0.131		
Alanine.....g	0.314		0		1		0.546		
Aspartic acid.....g	0.231		0		1		0.402		
Glutamic acid.....g	0.763		0		1		1.328		
Glycine.....g	0.092		0		1		0.160		
Proline.....g	0.279		0		1		0.485		
Serine.....g	0.205		0		1		0.357		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 20032

Millet, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 174g: 1 cup

Calories Factors: Protein 3.87

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20031

Millet, raw

Panicum miliaceum L.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.67	0.584	8		1		17.34		
Energy.....kcal	378		0	NC	4		756		
Energy.....kJ	1582				4		3163		
Protein (N x 5.83).....g	11.02	0.685	9		1		22.04		
Total lipid (fat).....g	4.22	0.228	9		1		8.44		
Ash.....g	3.25	0.350	8		1		6.50		
Carbohydrate, by difference.....g	72.85		0	NC	4		145.70		
Fiber, total dietary.....g	8.5		0		1		17.0		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8	0.388	19		1		16		
Iron, Fe.....mg	3.01	0.096	19		1		6.02		
Magnesium, Mg.....mg	114	4.733	19		1		228		
Phosphorus, P.....mg	285		1		1		570		
Potassium, K.....mg	195	5.610	19		1		390		
Sodium, Na.....mg	5	0.741	19		1		10		
Zinc, Zn.....mg	1.68	0.114	19		1		3.36		
Copper, Cu.....mg	0.750	0.028	19		1		1.500		
Manganese, Mn.....mg	1.632	0.076	19		1		3.264		
Selenium, Se.....µg	2.7		1	A	1		5.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.421		1		1		0.842		
Riboflavin.....mg	0.290		1		1		0.580		
Niacin.....mg	4.720		1		1		9.440		
Pantothenic acid.....mg	0.848		2		1		1.696		
Vitamin B-6.....mg	0.384		1		1		0.768		
Folate, total.....µg	85		0		4		170		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	85		0		4		170		
Folate, DFE.....µg	85		0	NC	4		170		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.05		0		1		0.10		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.9		0	T	4		1.8		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.723		0		1		1.446
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g	0.003		143		1		0.006
13:0.....g							
14:0.....g							
15:0.....g							
16:0.....g	0.528		143		1		1.056
17:0.....g							
18:0.....g	0.154		143		1		0.308
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.773		0		1		1.546
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.014		143		1		0.028
17:1.....g							
18:1 undifferentiated.....g	0.739		143		1		1.478
20:1.....g	0.020		143		1		0.040
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	2.134		0		1		4.268
18:2 undifferentiated.....g	2.015		143		1		4.030
18:3 undifferentiated.....g	0.118		143		1		0.236
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7		0
Phytosterols.....mg							
<u>Amino Acids:</u>							
Tryptophan.....g	0.119		5		1		0.238
Threonine.....g	0.353		8		1		0.706
Isoleucine.....g	0.465		8		1		0.930
Leucine.....g	1.400		8		1		2.800
Lysine.....g	0.212		8		1		0.424
Methionine.....g	0.221		7		1		0.442
Cystine.....g	0.212		3		1		0.424
Phenylalanine.....g	0.580		7		1		1.160
Tyrosine.....g	0.340		7		1		0.680
Valine.....g	0.578		8		1		1.156
Arginine.....g	0.382		7		1		0.764
Histidine.....g	0.236		7		1		0.472
Alanine.....g	0.986		7		1		1.972
Aspartic acid.....g	0.726		7		1		1.452
Glutamic acid.....g	2.396		7		1		4.792
Glycine.....g	0.287		7		1		0.574
Proline.....g	0.877		7		1		1.754
Serine.....g	0.644		7		1		1.288
Hydroxyproline.....g							

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

NDB No. 20031

Millet, raw

Common Measures:

Measure 1 = 200g: 1 cup

Calories Factors: Protein 3.87

Fat 8.37

Carbohydrate4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20113
Noodles, chinese, chow mein

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	2.229		0	LC	8		0.624	0.958	
4:0.....g	0.000		0	FLC	4		0.000	0.000	
6:0.....g	0.000		0	FLC	4		0.000	0.000	
8:0.....g	0.000		0	FLC	4		0.000	0.000	
10:0.....g	0.000		0	FLC	4		0.000	0.000	
12:0.....g	0.004		0	FLC	4		0.001	0.002	
13:0.....g									
14:0.....g	0.044		0	FLC	4		0.012	0.019	
15:0.....g									
16:0.....g	1.976		0	FLC	4		0.553	0.849	
17:0.....g									
18:0.....g	0.188		0	FLC	4		0.053	0.081	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.929		0	LC	8		2.500	3.839	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.089		0	FLC	4		0.025	0.038	
17:1.....g									
18:1 undifferentiated.....g	8.817		0	FLC	4		2.469	3.791	
20:1.....g	0.023		0	FLC	4		0.007	0.010	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.571		0	LC	8		1.000	1.536	
18:2 undifferentiated.....g	3.497		0	FLC	4		0.979	1.504	
18:3 undifferentiated.....g	0.075		0	FLC	4		0.021	0.032	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g	0.800		0	LC	8		0.224	0.344	
Cholesterol.....mg	0		0	LC	8		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	

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

Common Measures:

Measure 1 = 28g: .5 cup dry

Measure 2 = 43g: 1.5 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20310

Noodles, egg, cooked, enriched, with added salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	67.73	2.150	8	A	1		108.37		
Energy.....kcal	138		0	NC	4		221		
Energy.....kJ	578		0	NC	4		925		
Protein (N x 5.78).....g	4.54	1.054	3	A	1		7.27		
Total lipid (fat).....g	2.07	0.126	3	A	1		3.31		
Ash.....g	0.50	0.046	3	A	1		0.80		
Carbohydrate, by difference.....g	25.16		0	NC	4		40.25		
Fiber, total dietary.....g	1.2	0.156	6	A	1		2.0		
Sugars, total.....g	0.40	0.083	6	A	1		0.64		
Sucrose.....g	0.04	0.037	4	A	1		0.06		
Glucose (dextrose).....g	0.07	0.052	6	A	1		0.11		
Fructose.....g	0.00	0.000	3	A	1		0.00		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.30	0.099	6	A	1		0.47		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12	0.456	42	A	1		20		
Iron, Fe.....mg	1.47	0.051	42	A	1		2.36		
Magnesium, Mg.....mg	21	0.756	42	A	1		33		
Phosphorus, P.....mg	76	3.606	42	A	1		122		
Potassium, K.....mg	38	2.269	42	A	1		61		
Sodium, Na.....mg	165		1		1		264		
Zinc, Zn.....mg	0.65	0.031	42	A	1		1.05		
Copper, Cu.....mg	0.098	0.005	42	A	1		0.156		
Manganese, Mn.....mg	0.315	0.012	42	A	1		0.504		
Selenium, Se.....µg	23.9	1.601	41	A	1		38.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.289	0.006	3	A	1		0.462		
Riboflavin.....mg	0.136	0.014	3	A	1		0.217		
Niacin.....mg	2.077	0.088	3	A	1		3.323		
Pantothenic acid.....mg	0.263	0.014	3	A	1		0.421		
Vitamin B-6.....mg	0.046	0.003	3	A	1		0.073		
Folate, total.....µg	84	8.544	3	A	1		134		
Folic acid.....µg	77		0	O	4		123		
Folate, food.....µg	7	1.371	12		1		11		
Folate, DFE.....µg	138		0	NC	4		221		
Choline, total.....mg	25.7		0	AS	1		41.1		
Betaine.....mg	19.2		1	A	1		30.7		
Vitamin B-12.....µg	0.09	0.000	3	A	1		0.14		
Vitamin A, RAE.....µg	6		0	BFZN	4		10		
Retinol.....µg	6		0	BFZN	4		10		
Carotene, beta.....µg	1		0	BFZN	4		1		
Carotene, alpha.....µg	0		0	BFZN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFZN	4		1		
Vitamin A, IU.....IU	21		0	BFZN	4		34		
Lycopene.....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....µg	38		0	BFZN	4		61		
Vitamin E (alpha-tocopherol).....mg	0.17	0.019	3	A	1		0.28		
Tocopherol, beta.....mg	0.03	0.000	3	A	1		0.05		
Tocopherol, gamma.....mg	0.60	0.012	3	A	1		0.97		
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, alpha.....mg	0.13	0.003	3	A	1		0.20		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		

NDB No. 20310

Noodles, egg, cooked, enriched, with added salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0	0.045	4	A	1		0.1		
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1		0.0		
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.419		0	NC	4		0.671		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.005		0		1		0.009		
15:0.....g									
16:0.....g	0.341		0		1		0.545		
17:0.....g									
18:0.....g	0.073		0		1		0.117		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.581		0	NC	4		0.930		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.045		0		1		0.071		
17:1.....g									
18:1 undifferentiated.....g	0.537		0		1		0.859		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.552		0	NC	4		0.883		
18:2 undifferentiated.....g	0.522		0		1		0.835		
18:3 undifferentiated.....g	0.028		0		1		0.045		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.002		
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.029		0	BFZN	4		0.046		
Cholesterol.....mg	29	1.604	3	A	1		47		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.043		0	A	1		0.068		
Threonine.....g	0.138		0	A	1		0.221		
Isoleucine.....g	0.190		0	A	1		0.304		
Leucine.....g	0.365		0	A	1		0.584		
Lysine.....g	0.137		0	A	1		0.220		
Methionine.....g	0.086		0	A	1		0.137		
Cystine.....g	0.096		0	A	1		0.153		
Phenylalanine.....g	0.240		0	A	1		0.384		
Tyrosine.....g	0.094		0	A	1		0.150		
Valine.....g	0.220		0	A	1		0.352		
Arginine.....g	0.192		0	A	1		0.308		
Histidine.....g	0.121		0	A	1		0.194		
Alanine.....g	0.165		0	A	1		0.265		
Aspartic acid.....g	0.244		0	A	1		0.391		
Glutamic acid.....g	1.468		0	A	1		2.349		

NDB No. 20310

Noodles, egg, cooked, enriched, with added salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Glycine.....g	0.159		0	A	1		0.254		
Proline.....g	0.495		0	A	1		0.792		
Serine.....g	0.257		0	A	1		0.412		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 160g: 1 cup

Calories Factors: Protein 3.93

Fat 8.41

Carbohydrate4.09

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20510

Noodles, egg, cooked, unenriched, with added salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	67.73	2.150	8	A	1		108.37		
Energy.....kcal	138		0	NC	4		221		
Energy.....kJ	578		0	NC	4		925		
Protein (N x 5.78).....g	4.54	1.054	3	A	1		7.27		
Total lipid (fat).....g	2.07	0.126	3	A	1		3.31		
Ash.....g	0.50	0.046	3	A	1		0.80		
Carbohydrate, by difference.....g	25.16		0	NC	4		40.25		
Fiber, total dietary.....g	1.2	0.156	6	A	1		2.0		
Sugars, total.....g	0.40	0.083	6	A	1		0.64		
Sucrose.....g	0.04	0.037	4	A	1		0.06		
Glucose (dextrose).....g	0.07	0.052	6	A	1		0.11		
Fructose.....g	0.00	0.000	3	A	1		0.00		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.30	0.099	6	A	1		0.47		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12	0.456	42	A	1		20		
Iron, Fe.....mg	0.60		1		1		0.96		
Magnesium, Mg.....mg	21	0.756	42	A	1		33		
Phosphorus, P.....mg	76	3.606	42	A	1		122		
Potassium, K.....mg	38	2.269	42	A	1		61		
Sodium, Na.....mg	165		1		1		264		
Zinc, Zn.....mg	0.65	0.031	42	A	1		1.05		
Copper, Cu.....mg	0.098	0.005	42	A	1		0.156		
Manganese, Mn.....mg	0.315	0.012	42	A	1		0.504		
Selenium, Se.....µg	23.9	1.601	41	A	1		38.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.030		1		1		0.048		
Riboflavin.....mg	0.020		1		1		0.032		
Niacin.....mg	0.400		1		1		0.640		
Pantothenic acid.....mg	0.263	0.014	3	A	1		0.421		
Vitamin B-6.....mg	0.046	0.003	3	A	1		0.073		
Folate, total.....µg	7	1.371	12		1		11		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	7	1.371	12		1		11		
Folate, DFE.....µg	7		0	NC	4		11		
Choline, total.....mg	25.7		0	AS	1		41.1		
Betaine.....mg	19.2		1	A	1		30.7		
Vitamin B-12.....µg	0.09	0.000	3	A	1		0.14		
Vitamin A, RAE.....µg	6		0	BFZN	4		10		
Retinol.....µg	6		0	BFZN	4		10		
Carotene, beta.....µg	1		0	BFZN	4		1		
Carotene, alpha.....µg	0		0	BFZN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFZN	4		1		
Vitamin A, IU.....IU	21		0	BFZN	4		34		
Lycopene.....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....µg	38		0	BFZN	4		61		
Vitamin E (alpha-tocopherol).....mg	0.17	0.019	3	A	1		0.28		
Tocopherol, beta.....mg	0.03	0.000	3	A	1		0.05		
Tocopherol, gamma.....mg	0.60	0.012	3	A	1		0.97		
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, alpha.....mg	0.13	0.003	3	A	1		0.20		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		

NDB No. 20510

Noodles, egg, cooked, unenriched, with added salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0	0.045	4	A	1		0.1		
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1		0.0		
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.419		0	NC	4		0.671		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.005		0		1		0.009		
15:0.....g									
16:0.....g	0.341		0		1		0.545		
17:0.....g									
18:0.....g	0.073		0		1		0.117		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.581		0	NC	4		0.930		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.045		0		1		0.071		
17:1.....g									
18:1 undifferentiated.....g	0.537		0		1		0.859		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.552		0	NC	4		0.883		
18:2 undifferentiated.....g	0.522		0		1		0.835		
18:3 undifferentiated.....g	0.028		0		1		0.045		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.002		
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.029		0	BFZN	4		0.046		
Cholesterol.....mg	29	1.604	3	A	1		47		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.043		0	A	1		0.068		
Threonine.....g	0.138		0	A	1		0.221		
Isoleucine.....g	0.190		0	A	1		0.304		
Leucine.....g	0.365		0	A	1		0.584		
Lysine.....g	0.137		0	A	1		0.220		
Methionine.....g	0.086		0	A	1		0.137		
Cystine.....g	0.096		0	A	1		0.153		
Phenylalanine.....g	0.240		0	A	1		0.384		
Tyrosine.....g	0.094		0	A	1		0.150		
Valine.....g	0.220		0	A	1		0.352		
Arginine.....g	0.192		0	A	1		0.308		
Histidine.....g	0.121		0	A	1		0.194		
Alanine.....g	0.165		0	A	1		0.265		
Aspartic acid.....g	0.244		0	A	1		0.391		
Glutamic acid.....g	1.468		0	A	1		2.349		

NDB No. 20510

Noodles, egg, cooked, unenriched, with added salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Glycine.....g	0.159		0	A	1			0.254	
Proline.....g	0.495		0	A	1			0.792	
Serine.....g	0.257		0	A	1			0.412	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 160g: 1 cup

Calories Factors: Protein 3.93

Fat 8.41

Carbohydrate4.09

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20109
Noodles, egg, dry, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.01	0.219	6	A	1		3.42	5.14	
Energy.....kcal	384		0	NC	4		146	219	
Energy.....kJ	1609		0	NC	4		611	917	
Protein (N x 5.78).....g	14.16	0.177	3	A	1		5.38	8.07	
Total lipid (fat).....g	4.44	0.191	3	A	1		1.69	2.53	
Ash.....g	1.12	0.042	3	A	1		0.43	0.64	
Carbohydrate, by difference.....g	71.27		0	NC	4		27.08	40.62	
Fiber, total dietary.....g	3.3	0.304	3	A	1		1.2	1.9	
Sugars, total.....g	1.88	0.931	6	A	1		0.71	1.07	
Sucrose.....g	0.27	0.166	6	A	1		0.10	0.15	
Glucose (dextrose).....g	0.10	0.041	4	A	1		0.04	0.06	
Fructose.....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	1.53	0.704	6	A	1		0.58	0.87	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35	0.902	3	A	1		13	20	
Iron, Fe.....mg	4.01	0.172	3	A	1		1.53	2.29	
Magnesium, Mg.....mg	58	1.651	3	A	1		22	33	
Phosphorus, P.....mg	241	2.646	3	A	1		92	137	
Potassium, K.....mg	244	8.000	3	A	1		93	139	
Sodium, Na.....mg	21	2.753	3	A	1		8	12	
Zinc, Zn.....mg	1.92	0.027	3	A	1		0.73	1.09	
Copper, Cu.....mg	0.297	0.006	3	A	1		0.113	0.169	
Manganese, Mn.....mg	0.855	0.034	3	A	1		0.325	0.488	
Selenium, Se.....µg	78.8	3.819	3	A	1		29.9	44.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	1.133	0.060	3	A	1		0.431	0.646	
Riboflavin.....mg	0.426	0.034	3	A	1		0.162	0.243	
Niacin.....mg	8.387	0.174	3	A	1		3.187	4.780	
Pantothenic acid.....mg	0.912	0.057	3	A	1		0.347	0.520	
Vitamin B-6.....mg	0.216	0.003	3	A	1		0.082	0.123	
Folate, total.....µg	230	14.833	13	A	1		87	131	
Folic acid.....µg	201		0	O	4		76	114	
Folate, food.....µg	29	6.837	12		1		11	17	
Folate, DFE.....µg	370		0	NC	4		141	211	
Choline, total.....mg	78.7		0	AS	1		29.9	44.9	
Betaine.....mg	131.7		1	A	1		50.0	75.1	
Vitamin B-12.....µg	0.29	0.012	3	A	1		0.11	0.16	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	17		0	FLA	4		7	10	
Retinol.....µg	17		0	FLA	4		7	10	
Carotene, beta.....µg	2		0	FLA	4		1	1	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	1		0	FLA	4		1	1	
Vitamin A, IU.....IU	62		2		1		24	35	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	110		0	FLA	4		42	63	
Vitamin E (alpha-tocopherol).....mg	0.37	0.042	3	A	1		0.14	0.21	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.06	0.000	3	A	1		0.02	0.03	
Tocopherol, gamma.....mg	1.36	0.027	3	A	1		0.52	0.78	
Tocopherol, delta.....mg	0.01	0.006	3	A	1		0.00	0.01	
Tocotrienol, alpha.....mg	0.23	0.009	3	A	1		0.09	0.13	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	

NDB No. 20109
Noodles, egg, dry, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.3		0	RKI	6		0.1	0.2	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	11		0	RKI	6		4	6	
Vitamin K (phylloquinone).....µg	0.5	0.033	3	A	1		0.2	0.3	
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	1.180		0	NC	4		0.448	0.672	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.010	0.001	3	A	1		0.004	0.005	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	0.935	0.052	3	A	1		0.355	0.533	
17:0.....g	0.007	0.001	3	A	1		0.003	0.004	
18:0.....g	0.228	0.018	3	A	1		0.087	0.130	
20:0.....g	0.000	0.000	3	A	1		0.000	0.000	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	1.252		0	NC	4		0.476	0.713	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.073	0.007	3	A	1		0.028	0.042	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	1.163	0.079	3	A	1		0.442	0.663	
20:1.....g	0.016	0.001	3	A	1		0.006	0.009	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.331		0	NC	4		0.506	0.758	
18:2 undifferentiated.....g	1.223	0.026	3	A	1		0.465	0.697	
18:3 undifferentiated.....g	0.058		0	AS	1		0.022	0.033	
18:3 n-3 c,c,c (ALA).....g	0.058	0.001	3	A	1		0.022	0.033	
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g	0.007	0.000	3	A	1		0.003	0.004	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.042	0.004	3	A	1		0.016	0.024	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.061		1	MA	12		0.023	0.034	
Cholesterol.....mg	84	5.525	3	A	1		32	48	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.133		0	A	1		0.051	0.076	
Threonine.....g	0.430		0	A	1		0.163	0.245	
Isoleucine.....g	0.593		0	A	1		0.225	0.338	
Leucine.....g	1.139		0	A	1		0.433	0.649	
Lysine.....g	0.429		0	A	1		0.163	0.244	
Methionine.....g	0.268		0	A	1		0.102	0.153	
Cystine.....g	0.299		0	A	1		0.114	0.171	

NDB No. 20109
Noodles, egg, dry, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.748		0	A	1		0.284	0.426	
Tyrosine.....g	0.293		0	A	1		0.111	0.167	
Valine.....g	0.686		0	A	1		0.261	0.391	
Arginine.....g	0.600		0	A	1		0.228	0.342	
Histidine.....g	0.378		0	A	1		0.143	0.215	
Alanine.....g	0.516		0	A	1		0.196	0.294	
Aspartic acid.....g	0.762		0	A	1		0.289	0.434	
Glutamic acid.....g	4.580		0	A	1		1.740	2.611	
Glycine.....g	0.496		0	A	1		0.188	0.282	
Proline.....g	1.544		0	A	1		0.587	0.880	
Serine.....g	0.803		0	A	1		0.305	0.458	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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

Common Measures:

Measure 1 = 38g: 1 cup

Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.93

Fat 8.41

Carbohydrate 4.09

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20409
Noodles, egg, dry, unenriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.01	0.219	6	A	1		3.42		
Energy.....kcal	384		0	NC	4		146		
Energy.....kJ	1609		0	NC	4		611		
Protein (N x 5.78).....g	14.16	0.177	3	A	1		5.38		
Total lipid (fat).....g	4.44	0.191	3	A	1		1.69		
Ash.....g	1.12	0.042	3	A	1		0.43		
Carbohydrate, by difference.....g	71.27		0	NC	4		27.08		
Fiber, total dietary.....g	3.3	0.304	3	A	1		1.2		
Sugars, total.....g	1.88	0.931	6	A	1		0.71		
Sucrose.....g	0.26	0.166	6	A	1		0.10		
Glucose (dextrose).....g	0.10	0.041	4	A	1		0.04		
Fructose.....g	0.00	0.000	3	A	1		0.00		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	1.51	0.704	6	A	1		0.58		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35	0.902	3	A	1		13		
Iron, Fe.....mg	1.90		1		1		0.72		
Magnesium, Mg.....mg	58	1.651	3	A	1		22		
Phosphorus, P.....mg	241	2.646	3	A	1		92		
Potassium, K.....mg	244	8.000	3	A	1		93		
Sodium, Na.....mg	21	2.753	3	A	1		8		
Zinc, Zn.....mg	1.92	0.027	3	A	1		0.73		
Copper, Cu.....mg	0.297	0.006	3	A	1		0.113		
Manganese, Mn.....mg	0.855	0.034	3	A	1		0.325		
Selenium, Se.....µg	78.8	3.819	3	A	1		29.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.170		1		1		0.065		
Riboflavin.....mg	0.090		1		1		0.034		
Niacin.....mg	2.100		0		1		0.798		
Pantothenic acid.....mg	0.912	0.057	3	A	1		0.347		
Vitamin B-6.....mg	0.216	0.003	3	A	1		0.082		
Folate, total.....µg	29	6.837	12		1		11		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	29	6.837	12		1		11		
Folate, DFE.....µg	29		0	NC	4		11		
Choline, total.....mg	78.7		0	AS	1		29.9		
Betaine.....mg	131.7		1	A	1		50.0		
Vitamin B-12.....µg	0.29	0.012	3	A	1		0.11		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	17		0	NC	4		7		
Retinol.....µg	17		0	BFZN	4		7		
Carotene, beta.....µg	2		0	BFZN	4		1		
Carotene, alpha.....µg	0		0	BFZN	4		0		
Cryptoxanthin, beta.....µg	1		0	BFZN	4		1		
Vitamin A, IU.....IU	62		2		1		24		
Lycopene.....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....µg	110		0	BFZN	4		42		
Vitamin E (alpha-tocopherol).....mg	0.37	0.042	3	A	1		0.14		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.06	0.000	3	A	1		0.02		
Tocopherol, gamma.....mg	1.36	0.027	3	A	1		0.52		
Tocopherol, delta.....mg	0.01	0.006	3	A	1		0.00		
Tocotrienol, alpha.....mg	0.23	0.009	3	A	1		0.09		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		

NDB No. 20409
Noodles, egg, dry, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.3		0	RKI	6		0.1		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	11		0	RKI	6		4		
Vitamin K (phylloquinone).....µg	0.5	0.033	3	A	1		0.2		
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1		0.0		
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	1.180		0	NC	4		0.448		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.000	0.000	3	A	1		0.000		
13:0.....g									
14:0.....g	0.010	0.001	3	A	1		0.004		
15:0.....g	0.000	0.000	3	A	1		0.000		
16:0.....g	0.935	0.052	3	A	1		0.355		
17:0.....g	0.007	0.001	3	A	1		0.003		
18:0.....g	0.228	0.018	3	A	1		0.087		
20:0.....g	0.000	0.000	3	A	1		0.000		
22:0.....g	0.000	0.000	3	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.252		0	NC	4		0.476		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.073	0.007	3	A	1		0.028		
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	1.163	0.079	3	A	1		0.442		
20:1.....g	0.016	0.001	3	A	1		0.006		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.331		0	NC	4		0.506		
18:2 undifferentiated.....g	1.223	0.026	3	A	1		0.465		
18:3 undifferentiated.....g	0.058		0	AS	1		0.022		
18:3 n-3 c,c,c (ALA).....g	0.058	0.001	3	A	1		0.022		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g	0.007	0.000	3	A	1		0.003		
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.042	0.004	3	A	1		0.016		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g	0.061		1	MA	12		0.023		
Cholesterol.....mg	84	5.525	3	A	1		32		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.133		0	A	1		0.051		
Threonine.....g	0.430		0	A	1		0.163		
Isoleucine.....g	0.593		0	A	1		0.225		
Leucine.....g	1.139		0	A	1		0.433		
Lysine.....g	0.429		0	A	1		0.163		
Methionine.....g	0.268		0	A	1		0.102		
Cystine.....g	0.299		0	A	1		0.114		

NDB No. 20409
Noodles, egg, dry, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.748		0	A	1		0.284		
Tyrosine.....g	0.293		0	A	1		0.111		
Valine.....g	0.686		0	A	1		0.261		
Arginine.....g	0.600		0	A	1		0.228		
Histidine.....g	0.378		0	A	1		0.143		
Alanine.....g	0.516		0	A	1		0.196		
Aspartic acid.....g	0.762		0	A	1		0.289		
Glutamic acid.....g	4.580		0	A	1		1.740		
Glycine.....g	0.496		0	A	1		0.188		
Proline.....g	1.544		0	A	1		0.587		
Serine.....g	0.803		0	A	1		0.305		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0			7	0.0		
Caffeine.....mg	0		0	Z		7	0		
Theobromine.....mg	0		0	Z		7	0		

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

Common Measures:

Measure 1 = 38g: 1 cup

Calories Factors: Protein 3.93

Fat 8.41

Carbohydrate 4.09

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20110
Noodles, egg, enriched, cooked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	67.73	2.150	8	A	1		108.37		
Energy.....kcal	138		0	NC	4		221		
Energy.....kJ	578		0	NC	4		925		
Protein (N x 5.78).....g	4.54	1.054	3	A	1		7.27		
Total lipid (fat).....g	2.07	0.126	3	A	1		3.31		
Ash.....g	0.50	0.046	3	A	1		0.80		
Carbohydrate, by difference.....g	25.16		0	NC	4		40.25		
Fiber, total dietary.....g	1.2	0.156	6	A	1		2.0		
Sugars, total.....g	0.40	0.083	6	A	1		0.64		
Sucrose.....g	0.04	0.037	4	A	1		0.06		
Glucose (dextrose).....g	0.07	0.052	6	A	1		0.11		
Fructose.....g	0.00	0.000	3	A	1		0.00		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.30	0.099	6	A	1		0.47		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12	0.456	42	A	1		20		
Iron, Fe.....mg	1.47	0.051	42	A	1		2.36		
Magnesium, Mg.....mg	21	0.756	42	A	1		33		
Phosphorus, P.....mg	76	3.606	42	A	1		122		
Potassium, K.....mg	38	2.269	42	A	1		61		
Sodium, Na.....mg	5	0.749	42	A	1		7		
Zinc, Zn.....mg	0.65	0.031	42	A	1		1.05		
Copper, Cu.....mg	0.098	0.005	42	A	1		0.156		
Manganese, Mn.....mg	0.315	0.012	42	A	1		0.504		
Selenium, Se.....µg	23.9	1.601	41	A	1		38.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.289	0.006	3	A	1		0.462		
Riboflavin.....mg	0.136	0.014	3	A	1		0.217		
Niacin.....mg	2.077	0.088	3	A	1		3.323		
Pantothenic acid.....mg	0.263	0.014	3	A	1		0.421		
Vitamin B-6.....mg	0.046	0.003	3	A	1		0.073		
Folate, total.....µg	84	8.544	3	A	1		134		
Folic acid.....µg	77		0	O	4		123		
Folate, food.....µg	7	1.371	12		1		11		
Folate, DFE.....µg	138		0	NC	4		221		
Choline, total.....mg	25.7		0	AS	1		41.1		
Betaine.....mg	19.2		1	A	1		30.7		
Vitamin B-12.....µg	0.09	0.000	3	A	1		0.14		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	6		0	NC	4		10		
Retinol.....µg	6		0	BFSN	4		10		
Carotene, beta.....µg	1		0	BFSN	4		1		
Carotene, alpha.....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFSN	4		1		
Vitamin A, IU.....IU	21		0	NC	4		34		
Lycopene.....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....µg	38		0	BFSN	4		61		
Vitamin E (alpha-tocopherol).....mg	0.17	0.019	3	A	1		0.28		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.03	0.000	3	A	1		0.05		
Tocopherol, gamma.....mg	0.60	0.012	3	A	1		0.97		
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, alpha.....mg	0.13	0.003	3	A	1		0.20		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		

NDB No. 20110
Noodles, egg, enriched, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.1		0	BFSN	4		0.2		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	4		0	BFSN	4		6		
Vitamin K (phylloquinone).....µg	0.0	0.045	4	A	1		0.1		
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1		0.0		
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.419		0	NC	4		0.671		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.005		0		1		0.009		
15:0.....g									
16:0.....g	0.341		0		1		0.545		
17:0.....g									
18:0.....g	0.073		0		1		0.117		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.581		0	NC	4		0.930		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.045		0		1		0.071		
17:1.....g									
18:1 undifferentiated.....g	0.537		0		1		0.859		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.552		0	NC	4		0.883		
18:2 undifferentiated.....g	0.522		0		1		0.835		
18:3 undifferentiated.....g	0.028		0		1		0.045		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.002		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g	0.029		0	BFSN	4		0.046		
Cholesterol.....mg	29	1.604	3	A	1		47		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.043		0	A	1		0.068		
Threonine.....g	0.138		0	A	1		0.221		
Isoleucine.....g	0.190		0	A	1		0.304		
Leucine.....g	0.365		0	A	1		0.584		
Lysine.....g	0.137		0	A	1		0.220		
Methionine.....g	0.086		0	A	1		0.137		
Cystine.....g	0.096		0	A	1		0.153		
Phenylalanine.....g	0.240		0	A	1		0.384		
Tyrosine.....g	0.094		0	A	1		0.150		
Valine.....g	0.220		0	A	1		0.352		
Arginine.....g	0.192		0	A	1		0.308		
Histidine.....g	0.121		0	A	1		0.194		
Alanine.....g	0.165		0	A	1		0.265		

NDB No. 20110
 Noodles, egg, enriched, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Aspartic acid.....g	0.244		0	A	1	0.391		
Glutamic acid.....g	1.468		0	A	1	2.349		
Glycine.....g	0.159		0	A	1	0.254		
Proline.....g	0.495		0	A	1	0.792		
Serine.....g	0.257		0	A	1	0.412		
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0		
Caffeine.....mg	0		0	Z	7	0		
Theobromine.....mg	0		0	Z	7	0		

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

Common Measures:

Measure 1 = 160g: 1 cup

Calories Factors: Protein 3.93

Fat 8.41

Carbohydrate4.09

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20112

Noodles, egg, spinach, enriched, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	0.361		0		1		0.578		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.005		0		1		0.008		
15:0.....g									
16:0.....g	0.290		0		1		0.464		
17:0.....g									
18:0.....g	0.065		0		1		0.104		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.493		0		1		0.789		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.047		0		1		0.075		
17:1.....g									
18:1 undifferentiated.....g	0.445		0		1		0.712		
20:1.....g	0.001		0		1		0.002		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.349		0		1		0.558		
18:2 undifferentiated.....g	0.301		0		1		0.482		
18:3 undifferentiated.....g	0.048		0		1		0.077		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	33		0		1		53		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.067		0		1		0.107		
Threonine.....g	0.157		0		1		0.251		
Isoleucine.....g	0.218		0		1		0.349		
Leucine.....g	0.364		0		1		0.582		
Lysine.....g	0.151		0		1		0.242		
Methionine.....g	0.093		0		1		0.149		
Cystine.....g	0.133		0		1		0.213		
Phenylalanine.....g	0.251		0		1		0.402		
Tyrosine.....g	0.149		0		1		0.238		
Valine.....g	0.244		0		1		0.390		
Arginine.....g	0.215		0		1		0.344		
Histidine.....g	0.106		0		1		0.170		
Alanine.....g	0.178		0		1		0.285		
Aspartic acid.....g	0.269		0		1		0.430		
Glutamic acid.....g	1.543		0		1		2.469		
Glycine.....g	0.165		0		1		0.264		
Proline.....g	0.472		0		1		0.755		
Serine.....g	0.258		0		1		0.413		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 20112

Noodles, egg, spinach, enriched, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 160g: 1 cup

Calories Factors: Protein 3.88

Fat 8.41

Carbohydrate 4.08

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20111

Noodles, egg, spinach, enriched, dry

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.72	0.266	3		1		3.31	4.97	
Energy.....kcal	382		0	NC	4		145	218	
Energy.....kJ	1598		0		4		607	911	
Protein (N x 5.79).....g	14.61	0.663	4		1		5.55	8.33	
Total lipid (fat).....g	4.55	0.754	4		1		1.73	2.59	
Ash.....g	1.79	0.348	3		1		0.68	1.02	
Carbohydrate, by difference.....g	70.32		0	NC	4		26.72	40.08	
Fiber, total dietary.....g	6.8		0		1		2.6	3.9	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	56	10.249	4		1		21	32	
Iron, Fe.....mg	4.20	0.588	3		1		1.60	2.39	
Magnesium, Mg.....mg	82	23.673	3		1		31	47	
Phosphorus, P.....mg	193	24.052	3		1		73	110	
Potassium, K.....mg	355	53.161	3		1		135	202	
Sodium, Na.....mg	72	11.149	3		1		27	41	
Zinc, Zn.....mg	1.83	0.209	3		1		0.70	1.04	
Copper, Cu.....mg	0.257	0.015	3		1		0.098	0.146	
Manganese, Mn.....mg	1.020	0.223	3		1		0.388	0.581	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	1.091	0.065	3		1		0.415	0.622	
Riboflavin.....mg	0.477	0.009	3		1		0.181	0.272	
Niacin.....mg	6.575	0.360	4		1		2.499	3.748	
Pantothenic acid.....mg	0.899	0.133	3		1		0.342	0.512	
Vitamin B-6.....mg	0.412	0.074	3		1		0.157	0.235	
Folate, total.....µg	245		0	BFZN	4		93	139	
Folic acid.....µg	157		0	NC	4		60	89	
Folate, food.....µg	88		2		1		33	50	
Folate, DFE.....µg	354		0	NC	4		135	202	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.40		1		4		0.15	0.23	
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	315		1		1		120	180	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 20111
Noodles, egg, spinach, enriched, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.047		0		1		0.398	0.597	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.015		0		1		0.006	0.009	
15:0.....g									
16:0.....g	0.842		0		1		0.320	0.480	
17:0.....g									
18:0.....g	0.189		0		1		0.072	0.108	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.430		0		1		0.543	0.815	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.137		0		1		0.052	0.078	
17:1.....g									
18:1 undifferentiated.....g	1.290		0		1		0.490	0.735	
20:1.....g	0.003		0		1		0.001	0.002	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.012		0		1		0.385	0.577	
18:2 undifferentiated.....g	0.874		0		1		0.332	0.498	
18:3 undifferentiated.....g	0.138		0		1		0.052	0.079	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	95		1		4		36	54	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.194		0		1		0.074	0.111	
Threonine.....g	0.457		0		1		0.174	0.260	
Isoleucine.....g	0.633		0		1		0.241	0.361	
Leucine.....g	1.055		0		1		0.401	0.601	
Lysine.....g	0.436		0		1		0.166	0.249	
Methionine.....g	0.270		0		1		0.103	0.154	
Cystine.....g	0.386		0		1		0.147	0.220	
Phenylalanine.....g	0.727		0		1		0.276	0.414	
Tyrosine.....g	0.431		0		1		0.164	0.246	
Valine.....g	0.706		0		1		0.268	0.402	
Arginine.....g	0.623		0		1		0.237	0.355	
Histidine.....g	0.308		0		1		0.117	0.176	
Alanine.....g	0.517		0		1		0.196	0.295	
Aspartic acid.....g	0.780		0		1		0.296	0.445	
Glutamic acid.....g	4.476		0		1		1.701	2.551	
Glycine.....g	0.479		0		1		0.182	0.273	
Proline.....g	1.370		0		1		0.521	0.781	
Serine.....g	0.749		0		1		0.285	0.427	
Hydroxyproline.....g									

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

NDB No. 20111

Noodles, egg, spinach, enriched, dry

Common Measures:

Measure 1 = 38g: 1 cup

Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.88

Fat 8.41

Carbohydrate 4.08

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20410

Noodles, egg, unenriched, cooked, without added salt

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	67.73	2.150	8	A	1		108.37		
Energy.....kcal	138		0	NC	4		221		
Energy.....kJ	578		0	NC	4		925		
Protein (N x 5.78).....g	4.54	1.054	3	A	1		7.27		
Total lipid (fat).....g	2.07	0.126	3	A	1		3.31		
Ash.....g	0.50	0.046	3	A	1		0.80		
Carbohydrate, by difference.....g	25.16		0	NC	4		40.25		
Fiber, total dietary.....g	1.2	0.156	6	A	1		2.0		
Sugars, total.....g	0.40	0.083	6	A	1		0.64		
Sucrose.....g	0.04	0.037	4	A	1		0.06		
Glucose (dextrose).....g	0.07	0.052	6	A	1		0.11		
Fructose.....g	0.00	0.000	3	A	1		0.00		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.30	0.099	6	A	1		0.47		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12	0.456	42	A	1		20		
Iron, Fe.....mg	0.60		1		1		0.96		
Magnesium, Mg.....mg	21	0.756	42	A	1		33		
Phosphorus, P.....mg	76	3.606	42	A	1		122		
Potassium, K.....mg	38	2.269	42	A	1		61		
Sodium, Na.....mg	5	0.749	42	A	1		7		
Zinc, Zn.....mg	0.65	0.031	42	A	1		1.05		
Copper, Cu.....mg	0.098	0.005	42	A	1		0.156		
Manganese, Mn.....mg	0.315	0.012	42	A	1		0.504		
Selenium, Se.....µg	23.9	1.601	41	A	1		38.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.030		1		1		0.048		
Riboflavin.....mg	0.020		1		1		0.032		
Niacin.....mg	0.400		1		1		0.640		
Pantothenic acid.....mg	0.263	0.014	3	A	1		0.421		
Vitamin B-6.....mg	0.046	0.003	3	A	1		0.073		
Folate, total.....µg	7	1.371	12		1		11		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	7	1.371	12		1		11		
Folate, DFE.....µg	7		0	NC	4		11		
Choline, total.....mg	25.7		0	AS	1		41.1		
Betaine.....mg	19.2		1	A	1		30.7		
Vitamin B-12.....µg	0.09	0.000	3	A	1		0.14		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	6		0	NC	4		10		
Retinol.....µg	6		0	BFZN	4		10		
Carotene, beta.....µg	1		0	BFZN	4		1		
Carotene, alpha.....µg	0		0	BFZN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFZN	4		1		
Vitamin A, IU.....IU	21		0	NC	4		34		
Lycopene.....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....µg	38		0	BFZN	4		61		
Vitamin E (alpha-tocopherol).....mg	0.17	0.019	3	A	1		0.28		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.03	0.000	3	A	1		0.05		
Tocopherol, gamma.....mg	0.60	0.012	3	A	1		0.97		
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, alpha.....mg	0.13	0.003	3	A	1		0.20		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		

NDB No. 20410

Noodles, egg, unenriched, cooked, without added salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.1		0	BFSN	4		0.2		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	4		0	BFSN	4		6		
Vitamin K (phylloquinone).....µg	0.0	0.045	4	A	1		0.1		
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1		0.0		
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.419		0	NC	4		0.671		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.005		0		1		0.009		
15:0.....g									
16:0.....g	0.341		0		1		0.545		
17:0.....g									
18:0.....g	0.073		0		1		0.117		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.581		0	NC	4		0.930		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.045		0		1		0.071		
17:1.....g									
18:1 undifferentiated.....g	0.537		0		1		0.859		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.552		0	NC	4		0.883		
18:2 undifferentiated.....g	0.522		0		1		0.835		
18:3 undifferentiated.....g	0.028		0		1		0.045		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.002		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g	0.029		0	BFSN	4		0.046		
Cholesterol.....mg	29	1.604	3	A	1		47		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.043		0	A	1		0.068		
Threonine.....g	0.138		0	A	1		0.221		
Isoleucine.....g	0.190		0	A	1		0.304		
Leucine.....g	0.365		0	A	1		0.584		
Lysine.....g	0.137		0	A	1		0.220		
Methionine.....g	0.086		0	A	1		0.137		
Cystine.....g	0.096		0	A	1		0.153		
Phenylalanine.....g	0.240		0	A	1		0.384		
Tyrosine.....g	0.094		0	A	1		0.150		
Valine.....g	0.220		0	A	1		0.352		
Arginine.....g	0.192		0	A	1		0.308		
Histidine.....g	0.121		0	A	1		0.194		
Alanine.....g	0.165		0	A	1		0.265		

NDB No. 20410

Noodles, egg, unenriched, cooked, without added salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Aspartic acid.....g	0.244		0	A	1	0.391	
Glutamic acid.....g	1.468		0	A	1	2.349	
Glycine.....g	0.159		0	A	1	0.254	
Proline.....g	0.495		0	A	1	0.792	
Serine.....g	0.257		0	A	1	0.412	
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	
Caffeine.....mg	0		0	Z	7	0	
Theobromine.....mg	0		0	Z	7	0	

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

Common Measures:

Measure 1 = 160g: 1 cup

Calories Factors: Protein 3.93

Fat 8.41

Carbohydrate4.09

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	4.931		0	NC	4		2.219		
4:0.....g	0.000	0.000	4	A	1		0.000		
6:0.....g	0.000	0.000	4	A	1		0.000		
8:0.....g	0.000	0.000	4	A	1		0.000		
10:0.....g	0.000	0.000	4	A	1		0.000		
12:0.....g	0.001	0.000	4	A	1		0.001		
13:0.....g									
14:0.....g	0.027	0.002	4	A	1		0.012		
15:0.....g	0.005	0.000	4	A	1		0.002		
16:0.....g	3.330	0.302	4	A	1		1.498		
17:0.....g	0.030	0.002	4	A	1		0.013		
18:0.....g	1.300	0.112	4	A	1		0.585		
20:0.....g	0.093	0.009	4	A	1		0.042		
22:0.....g	0.100	0.011	4	A	1		0.045		
24:0.....g	0.044	0.001	4	A	1		0.020		
Fatty acids, total monounsaturated.....g	7.617		0	NC	4		3.428		
14:1.....g	0.000	0.000	4	A	1		0.000		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.050	0.003	4	AS	1		0.023		
16:1 c.....g	0.050	0.003	4	A	1		0.023		
16:1 t.....g	0.000	0.000	4	A	1		0.000		
17:1.....g	0.016	0.002	4	A	1		0.007		
18:1 undifferentiated.....g	7.303	0.772	4	AS	1		3.286		
18:1 c.....g	7.277	0.772	4	A	1		3.275		
18:1 t.....g	0.025	0.003	4	A	1		0.011		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.236	0.025	4	A	1		0.106		
22:1 undifferentiated.....g	0.001	0.001	4	AS	1		0.001		
22:1 c.....g	0.000	0.000	4	A	1		0.000		
22:1 t.....g	0.001	0.001	4	A	1		0.000		
24:1 c.....g	0.010	0.001	4	A	1		0.005		
Fatty acids, total polyunsaturated.....g	16.949		0	NC	4		7.627		
18:2 undifferentiated.....g	14.908	1.831	4	AS	1		6.709		
18:2 n-6 c,c.....g	14.776	1.828	4	A	1		6.649		
18:2 CLAs.....g	0.022	0.003	4	A	1		0.010		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.110	0.009	4	A	1		0.050		
18:3 undifferentiated.....g	2.018	0.295	4	AS	1		0.908		
18:3 n-3 c,c,c (ALA).....g	2.014	0.295	4	A	1		0.906		
18:3 n-6 c,c,c.....g	0.004	0.001	4	A	1		0.002		
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c.....g	0.012	0.001	4	A	1		0.006		
20:3 undifferentiated.....g	0.003	0.002	4	AS	1		0.001		
20:3 n-3.....g	0.000	0.000	4	A	1		0.000		
20:3 n-6.....g	0.003	0.002	4	A	1		0.001		
20:4 undifferentiated.....g	0.004	0.002	4	A	1		0.002		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA).....g	0.004	0.000	4	A	1		0.002		
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g	0.136		0	NC	4		0.061		
Fatty acids, total trans-monoenoic.....g	0.026		0	NC	4		0.012		
Fatty acids, total trans-polyenoic.....g	0.110		0	NC	4		0.050		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 20118

Noodles, flat, crunchy, Chinese restaurant

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 45g: 1 cup

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20115
Noodles, japanese, soba, cooked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.01	0.078	3		1		83.23		
Energy.....kcal	99		0	NC	4		113		
Energy.....kJ	414				4		472		
Protein (N x 6.06).....g	5.06	0.039	3		1		5.77		
Total lipid (fat).....g	0.10	0.017	3		1		0.11		
Ash.....g	0.39	0.006	3		1		0.44		
Carbohydrate, by difference.....g	21.44		0	NC	4		24.44		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		2		1		5		
Iron, Fe.....mg	0.48		2		1		0.55		
Magnesium, Mg.....mg	9		2		1		10		
Phosphorus, P.....mg	25		2		1		29		
Potassium, K.....mg	35		2		1		40		
Sodium, Na.....mg	60		2		1		68		
Zinc, Zn.....mg	0.12		2		1		0.14		
Copper, Cu.....mg	0.008		2		1		0.009		
Manganese, Mn.....mg	0.374		0		4		0.426		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.094	0.012	4		1		0.107		
Riboflavin.....mg	0.026	0.001	6		1		0.030		
Niacin.....mg	0.510		2		1		0.581		
Pantothenic acid.....mg	0.235		0		4		0.268		
Vitamin B-6.....mg	0.040		2		1		0.046		
Folate, total.....µg	7	1.091	3		1		8		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	7	1.091	3		1		8		
Folate, DFE.....µg	7		0	NC	4		8		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 20115
Noodles, japanese, soba, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	0.019		0			1		0.022
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g	0.000		0			1		0.000
12:0.....g	0.000		0			1		0.000
13:0.....g								
14:0.....g	0.001		0			1		0.001
15:0.....g								
16:0.....g	0.013		0			1		0.015
17:0.....g								
18:0.....g	0.001		0			1		0.001
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.026		0			1		0.030
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.001		0			1		0.001
17:1.....g								
18:1 undifferentiated.....g	0.025		0			1		0.029
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.031		0			1		0.035
18:2 undifferentiated.....g	0.029		0			1		0.033
18:3 undifferentiated.....g	0.002		0			1		0.002
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z		7		0
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.072		0			1		0.082
Threonine.....g	0.177		0			1		0.202
Isoleucine.....g	0.195		0			1		0.222
Leucine.....g	0.330		0			1		0.376
Lysine.....g	0.214		0			1		0.244
Methionine.....g	0.072		0			1		0.082
Cystine.....g	0.094		0			1		0.107
Phenylalanine.....g	0.217		0			1		0.247
Tyrosine.....g	0.105		0			1		0.120
Valine.....g	0.249		0			1		0.284
Arginine.....g	0.317		0			1		0.361
Histidine.....g	0.119		0			1		0.136
Alanine.....g	0.248		0			1		0.283
Aspartic acid.....g	0.372		0			1		0.424
Glutamic acid.....g	1.096		0			1		1.249
Glycine.....g	0.332		0			1		0.378
Proline.....g	0.306		0			1		0.349
Serine.....g	0.260		0			1		0.296
Hydroxyproline.....g								

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

NDB No. 20115

Noodles, japanese, soba, cooked

Common Measures:

Measure 1 = 114g: 1 cup

Calories Factors: Protein 3.37

Fat 8.37

Carbohydrate3.78

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20114
Noodles, japanese, soba, dry

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.88	0.018	3		1		3.92		
Energy.....kcal	336		0	NC	4		192		
Energy.....kJ	1406				4		801		
Protein (N x 6.06).....g	14.38	0.201	3		1		8.20		
Total lipid (fat).....g	0.71	0.017	3		1		0.40		
Ash.....g	3.41	0.017	3		1		1.94		
Carbohydrate, by difference.....g	74.62		0	NC	4		42.53		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35		2		1		20		
Iron, Fe.....mg	2.70		2		1		1.54		
Magnesium, Mg.....mg	95		2		1		54		
Phosphorus, P.....mg	254		2		1		145		
Potassium, K.....mg	252		2		1		144		
Sodium, Na.....mg	792		2		1		451		
Zinc, Zn.....mg	1.71		2		1		0.97		
Copper, Cu.....mg	0.230		2		1		0.131		
Manganese, Mn.....mg	1.291		0		4		0.736		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.480	0.017	3		1		0.274		
Riboflavin.....mg	0.130		2		1		0.074		
Niacin.....mg	3.210		2		1		1.830		
Pantothenic acid.....mg	0.954		0		4		0.544		
Vitamin B-6.....mg	0.240		2		1		0.137		
Folate, total.....µg	60		2		1		34		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	60		2		1		34		
Folate, DFE.....µg	60		0	NC	4		34		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 20114
Noodles, japanese, soba, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.136		0		1		0.078		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.003		0		1		0.002		
12:0.....g	0.002		0		1		0.001		
13:0.....g									
14:0.....g	0.004		0		1		0.002		
15:0.....g									
16:0.....g	0.093		0		1		0.053		
17:0.....g									
18:0.....g	0.009		0		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.185		0		1		0.105		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.181		0		1		0.103		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.220		0		1		0.125		
18:2 undifferentiated.....g	0.204		0		1		0.116		
18:3 undifferentiated.....g	0.016		0		1		0.009		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.204		0		1		0.116		
Threonine.....g	0.503		0		1		0.287		
Isoleucine.....g	0.553		0		1		0.315		
Leucine.....g	0.937		0		1		0.534		
Lysine.....g	0.607		0		1		0.346		
Methionine.....g	0.204		0		1		0.116		
Cystine.....g	0.268		0		1		0.153		
Phenylalanine.....g	0.617		0		1		0.352		
Tyrosine.....g	0.299		0		1		0.170		
Valine.....g	0.707		0		1		0.403		
Arginine.....g	0.899		0		1		0.512		
Histidine.....g	0.339		0		1		0.193		
Alanine.....g	0.705		0		1		0.402		
Aspartic acid.....g	1.058		0		1		0.603		
Glutamic acid.....g	3.113		0		1		1.774		
Glycine.....g	0.942		0		1		0.537		
Proline.....g	0.868		0		1		0.495		
Serine.....g	0.738		0		1		0.421		
Hydroxyproline.....g									

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

NDB No. 20114

Noodles, japanese, soba, dry

Common Measures:

Measure 1 = 57g: 2 oz

Calories Factors: Protein 3.37

Fat 8.37

Carbohydrate3.78

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20117

Noodles, japanese, somen, cooked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	67.91	8.575	4		1		119.52		
Energy.....kcal	131		0	NC	4		231		
Energy.....kJ	548				4		965		
Protein (N x 5.7).....g	4.00	0.910	4		1		7.04		
Total lipid (fat).....g	0.18	0.140	7		1		0.32		
Ash.....g	0.36	0.145	4		1		0.63		
Carbohydrate, by difference.....g	27.54		0	NC	4		48.47		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8	2.613	3		1		14		
Iron, Fe.....mg	0.52	0.090	4		1		0.92		
Magnesium, Mg.....mg	2	0.296	3		1		4		
Phosphorus, P.....mg	27	10.868	4		1		48		
Potassium, K.....mg	29	0.835	3		1		51		
Sodium, Na.....mg	161	68.422	3		1		283		
Zinc, Zn.....mg	0.22	0.039	4		1		0.39		
Copper, Cu.....mg	0.025	0.013	3		1		0.044		
Manganese, Mn.....mg	0.251		1		1		0.442		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.020	0.010	5		1		0.035		
Riboflavin.....mg	0.033	0.028	5		1		0.058		
Niacin.....mg	0.097	0.012	3		1		0.171		
Pantothenic acid.....mg	0.172	0.077	4		1		0.303		
Vitamin B-6.....mg	0.013	0.007	3		1		0.023		
Folate, total.....µg	2	0.321	3		1		4		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	2	0.321	3		1		4		
Folate, DFE.....µg	2		0	NC	4		4		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.025		0		1		0.044		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.022		0		1		0.039		
17:0.....g									
18:0.....g	0.003		0		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.021		0		1		0.037		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.037		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.073		0		1		0.128		
18:2 undifferentiated.....g	0.066		0		1		0.116		
18:3 undifferentiated.....g	0.006		0		1		0.011		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.051		0		1		0.090		
Threonine.....g	0.106		0		1		0.187		
Isoleucine.....g	0.155		0		1		0.273		
Leucine.....g	0.274		0		1		0.482		
Lysine.....g	0.077		0		1		0.136		
Methionine.....g	0.062		0		1		0.109		
Cystine.....g	0.113		0		1		0.199		
Phenylalanine.....g	0.194		0		1		0.341		
Tyrosine.....g	0.105		0		1		0.185		
Valine.....g	0.171		0		1		0.301		
Arginine.....g	0.148		0		1		0.260		
Histidine.....g	0.081		0		1		0.143		
Alanine.....g	0.117		0		1		0.206		
Aspartic acid.....g	0.164		0		1		0.289		
Glutamic acid.....g	1.443		0		1		2.540		
Glycine.....g	0.126		0		1		0.222		
Proline.....g	0.440		0		1		0.774		
Serine.....g	0.189		0		1		0.333		
Hydroxyproline.....g									

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

NDB No. 20117

Noodles, japanese, somen, cooked

Common Measures:

Measure 1 = 176g: 1 cup

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20116
Noodles, japanese, somen, dry

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.21	0.787	6		1		5.25		
Energy.....kcal	356		0	NC	4		203		
Energy.....kJ	1490				4		849		
Protein (N x 5.7).....g	11.35	0.317	6		1		6.47		
Total lipid (fat).....g	0.81	0.243	6		1		0.46		
Ash.....g	4.54	0.287	6		1		2.59		
Carbohydrate, by difference.....g	74.10		0	NC	4		42.24		
Fiber, total dietary.....g	4.3		0		1		2.5		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	23	3.531	6		1		13		
Iron, Fe.....mg	1.32	0.207	5		1		0.75		
Magnesium, Mg.....mg	28	3.652	5		1		16		
Phosphorus, P.....mg	80	4.553	6		1		46		
Potassium, K.....mg	164	33.584	6		1		93		
Sodium, Na.....mg	1840	344.922	6		1		1049		
Zinc, Zn.....mg	0.45	0.068	5		1		0.26		
Copper, Cu.....mg	0.144	0.013	4		1		0.082		
Manganese, Mn.....mg	0.479	0.044	3		1		0.273		
Selenium, Se.....µg	8.3		0	BFSN	4		4.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.101	0.004	5		1		0.058		
Riboflavin.....mg	0.026	0.003	5		1		0.015		
Niacin.....mg	0.875	0.047	4		1		0.499		
Pantothenic acid.....mg	0.491	0.116	3		1		0.280		
Vitamin B-6.....mg	0.050	0.006	4		1		0.029		
Folate, total.....µg	14	1.168	4		1		8		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	14	1.168	4		1		8		
Folate, DFE.....µg	14		0	NC	4		8		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 20116
Noodles, japanese, somen, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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

Common Measures:

Measure 1 = 57g: 2 oz

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate4.12

Food Group: 20 Cereal Grains and Pasta
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20034
Oat bran, cooked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	84.00		0		1		183.96		
Energy.....kcal	40		0	NC	4		88		
Energy.....kJ	167				4		367		
Protein (N x 5.83).....g	3.21		0		1		7.03		
Total lipid (fat).....g	0.86		0		1		1.88		
Ash.....g	0.49		0		1		1.07		
Carbohydrate, by difference.....g	11.44		0	NC	4		25.05		
Fiber, total dietary.....g	2.6		0		4		5.7		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10		0		1		22		
Iron, Fe.....mg	0.88		0		1		1.93		
Magnesium, Mg.....mg	40		0		1		88		
Phosphorus, P.....mg	119		0		1		261		
Potassium, K.....mg	92		0		1		201		
Sodium, Na.....mg	1		0		1		2		
Zinc, Zn.....mg	0.53		0		1		1.16		
Copper, Cu.....mg	0.066		0		1		0.145		
Manganese, Mn.....mg	0.964		0		1		2.111		
Selenium, Se.....µg	7.7		0	BFSN	4		16.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.160		0		1		0.350		
Riboflavin.....mg	0.034		0		1		0.074		
Niacin.....mg	0.144		0		1		0.315		
Pantothenic acid.....mg	0.217		0		1		0.475		
Vitamin B-6.....mg	0.025		0		1		0.055		
Folate, total.....µg	6		0		1		13		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	6		0		1		13		
Folate, DFE.....µg	6		0	NC	4		13		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 20034
Oat bran, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.163		0		1		0.357
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g	0.003		0		1		0.007
13:0.....g							
14:0.....g	0.002		0		1		0.004
15:0.....g							
16:0.....g	0.138		0		1		0.302
17:0.....g							
18:0.....g	0.009		0		1		0.020
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.291		0		1		0.637
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.002		0		1		0.004
17:1.....g							
18:1 undifferentiated.....g	0.290		0		1		0.635
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.339		0		1		0.742
18:2 undifferentiated.....g	0.324		0		1		0.710
18:3 undifferentiated.....g	0.015		0		1		0.033
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7		0
Phytosterols.....mg							
<u>Amino Acids:</u>							
Tryptophan.....g	0.057		0		1		0.125
Threonine.....g	0.086		0		1		0.188
Isoleucine.....g	0.114		0		1		0.250
Leucine.....g	0.235		0		1		0.515
Lysine.....g	0.130		0		1		0.285
Methionine.....g	0.057		0		1		0.125
Cystine.....g	0.099		0		1		0.217
Phenylalanine.....g	0.155		0		1		0.339
Tyrosine.....g	0.114		0		1		0.250
Valine.....g	0.165		0		1		0.361
Arginine.....g	0.219		0		1		0.480
Histidine.....g	0.070		0		1		0.153
Alanine.....g	0.149		0		1		0.326
Aspartic acid.....g	0.270		0		1		0.591
Glutamic acid.....g	0.642		0		1		1.406
Glycine.....g	0.162		0		1		0.355
Proline.....g	0.168		0		1		0.368
Serine.....g	0.152		0		1		0.333
Hydroxyproline.....g							

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

NDB No. 20034
Oat bran, cooked

Common Measures:

Measure 1 = 219g: 1 cup

Calories Factors: Protein 1.82

Fat 8.37

Carbohydrate 2.35

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.55	0.850	8		1		6.16		
Energy.....kcal	246		0	NC	4		231		
Energy.....kJ	1029		0		4		968		
Protein (N x 5.83).....g	17.30	1.452	9		1		16.26		
Total lipid (fat).....g	7.03	0.274	6		1		6.61		
Ash.....g	2.89	0.493	8		1		2.72		
Carbohydrate, by difference.....g	66.22		0	NC	4		62.25		
Fiber, total dietary.....g	15.4		0		1		14.5		
Sugars, total.....g	1.45		0	BFZN	4		1.36		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	58	6.316	8		1		55		
Iron, Fe.....mg	5.41	0.626	8		1		5.09		
Magnesium, Mg.....mg	235	11.707	8		1		221		
Phosphorus, P.....mg	734	26.002	5		1		690		
Potassium, K.....mg	566	36.718	8		1		532		
Sodium, Na.....mg	4	0.996	8		1		4		
Zinc, Zn.....mg	3.11	0.388	7		1		2.92		
Copper, Cu.....mg	0.403	0.027	7		1		0.379		
Manganese, Mn.....mg	5.630	0.094	4		1		5.292		
Selenium, Se.....µg	45.2		2	A	1		42.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	1.170	0.089	5		1		1.100		
Riboflavin.....mg	0.220	0.063	7		1		0.207		
Niacin.....mg	0.934	0.060	7		1		0.878		
Pantothenic acid.....mg	1.494	0.264	6		1		1.404		
Vitamin B-6.....mg	0.165	0.009	6		1		0.155		
Folate, total.....µg	52	8.623	6		1		49		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	52	8.623	6		1		49		
Folate, DFE.....µg	52		0	NC	4		49		
Choline, total.....mg	32.2		0	AS	1		30.3		
Betaine.....mg	19.6		2	A	1		18.4		
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	BFZN	4		0		
Carotene, alpha.....µg	0		0	BFZN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0		
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....µg	180		0	BFZN	4		169		
Vitamin E (alpha-tocopherol).....mg	1.01		1	A	1		0.95		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.08		1	A	1		0.08		
Tocopherol, gamma.....mg	0.00		1	A	1		0.00		
Tocopherol, delta.....mg	0.10		1	A	1		0.09		
Tocotrienol, alpha.....mg	2.21		1	A	1		2.08		
Tocotrienol, beta.....mg	0.08		1	A	1		0.08		
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00		
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	3.2		0	BFZN	4		3.0		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Dihydrophyloquinone.....µg							
Menaquinone-4.....µg							
Lipids:							
Fatty acids, total saturated.....g	1.328		0		1		1.248
4:0.....g	0.000		0		1		0.000
6:0.....g	0.000		0		1		0.000
8:0.....g	0.000		0		1		0.000
10:0.....g	0.000		0		1		0.000
12:0.....g	0.026		0		1		0.024
13:0.....g							
14:0.....g	0.016		0		1		0.015
15:0.....g							
16:0.....g	1.128		0		1		1.060
17:0.....g							
18:0.....g	0.071		0		1		0.067
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	2.376		0		1		2.233
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.014		0		1		0.013
17:1.....g							
18:1 undifferentiated.....g	2.362		0		1		2.220
20:1.....g	0.000		0		1		0.000
22:1 undifferentiated.....g	0.000		0		1		0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	2.766		0		1		2.600
18:2 undifferentiated.....g	2.645		0		1		2.486
18:3 undifferentiated.....g	0.121		0		1		0.114
18:4.....g	0.000		0		1		0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1		0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1		0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7		0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.335		1		1		0.315
Threonine.....g	0.502		1		1		0.472
Isoleucine.....g	0.668		1		1		0.628
Leucine.....g	1.374		1		1		1.292
Lysine.....g	0.760		1		1		0.714
Methionine.....g	0.335		1		1		0.315
Cystine.....g	0.576		1		1		0.541
Phenylalanine.....g	0.908		1		1		0.854
Tyrosine.....g	0.668		1		1		0.628
Valine.....g	0.964		1		1		0.906
Arginine.....g	1.279		1		1		1.202
Histidine.....g	0.410		1		1		0.385
Alanine.....g	0.872		1		1		0.820
Aspartic acid.....g	1.576		1		1		1.481
Glutamic acid.....g	3.748		1		1		3.523
Glycine.....g	0.947		1		1		0.890
Proline.....g	0.982		1		1		0.923
Serine.....g	0.890		1		1		0.837
Hydroxyproline.....g							

NDB No. 20033

Oat bran, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	
Caffeine.....mg	0		0	Z	7	0	
Theobromine.....mg	0		0	Z	7	0	

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

Common Measures:

Measure 1 = 94g: 1 cup

Calories Factors: Protein 1.82

Fat 8.37

Carbohydrate 2.35

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20132
Oat flour, partially debranned

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....µg	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	3.2		0	BFZN	4		3.4		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	1.607		0	BFFN	4		1.671		
4:0.....g	0.000		0	BFFN	4		0.000		
6:0.....g	0.000		0	BFFN	4		0.000		
8:0.....g	0.000		0	BFFN	4		0.000		
10:0.....g	0.000		0	BFFN	4		0.000		
12:0.....g	0.029		0	BFFN	4		0.030		
13:0.....g									
14:0.....g	0.014		0	BFFN	4		0.015		
15:0.....g									
16:0.....g	1.361		0	BFFN	4		1.415		
17:0.....g									
18:0.....g	0.087		0	BFFN	4		0.090		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.866		0	BFFN	4		2.981		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0	BFFN	4		0.015		
17:1.....g									
18:1 undifferentiated.....g	2.852		0	BFFN	4		2.966		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.329		0	BFFN	4		3.463		
18:2 undifferentiated.....g	3.185		0	BFFN	4		3.312		
18:3 undifferentiated.....g	0.145		0	BFFN	4		0.151		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 104g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 20132
Oat flour, partially debranned

Food Group: 20 Cereal Grains and Pasta
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20038

Oats

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code	Code					

Theobromine.....mg

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

Common Measures:

Measure 1 = 156g: 1 cup

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate4.12

Food Group: 20 Cereal Grains and Pasta
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20321

Pasta, cooked, enriched, with added salt

lasagna, macaroni product, penne, rotini, shells, spaghetti, elbow macaroni, farfalle

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	62.13	0.583	26	A	1		77.04	93.81	74.55
Energy.....kcal	157		0	NC	4		194	236	188
Energy.....kJ	655		0	NC	4		812	989	786
Protein (N x 5.7).....g	5.80	0.103	19	A	1		7.20	8.76	6.96
Total lipid (fat).....g	0.93	0.026	19	A	1		1.16	1.41	1.12
Ash.....g	0.55	0.035	6	A	1		0.68	0.83	0.66
Carbohydrate, by difference.....g	30.59		0	NC	4		37.93	46.19	36.71
Fiber, total dietary.....g	1.8	0.100	18	A	1		2.2	2.7	2.2
Sugars, total.....g	0.56	0.135	12	A	1		0.69	0.85	0.67
Sucrose.....g	0.09	0.060	9	A	1		0.11	0.13	0.11
Glucose (dextrose).....g	0.04	0.023	12	A	1		0.05	0.07	0.05
Fructose.....g	0.03	0.022	9	A	1		0.03	0.04	0.03
Lactose.....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Maltose.....g	0.40	0.084	12	A	1		0.50	0.61	0.48
Galactose.....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Starch.....g	26.01	0.462	11	A	1		32.25	39.28	31.21
Minerals:									
Calcium, Ca.....mg	7	0.299	51	A	1		9	11	9
Iron, Fe.....mg	1.28	0.059	56	A	1		1.59	1.94	1.54
Magnesium, Mg.....mg	18	0.636	56	A	1		23	28	22
Phosphorus, P.....mg	58	2.627	56	A	1		72	88	70
Potassium, K.....mg	44	2.640	52	A	1		55	67	53
Sodium, Na.....mg	131	8.609	5	A	1		162	198	157
Zinc, Zn.....mg	0.51	0.029	52	A	1		0.63	0.77	0.61
Copper, Cu.....mg	0.100	0.003	56	A	1		0.124	0.151	0.120
Manganese, Mn.....mg	0.322	0.015	52	A	1		0.400	0.487	0.387
Selenium, Se.....µg	26.4	1.459	50	A	1		32.7	39.8	31.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.274	0.014	11	A	1		0.340	0.414	0.329
Riboflavin.....mg	0.136	0.005	11	A	1		0.168	0.205	0.163
Niacin.....mg	1.689	0.078	11	A	1		2.094	2.550	2.026
Pantothenic acid.....mg	0.112	0.009	32		1		0.139	0.169	0.134
Vitamin B-6.....mg	0.049	0.004	6	A	1		0.060	0.073	0.058
Folate, total.....µg	73	3.898	18	A	1		91	110	88
Folic acid.....µg	66		0	NR	4		82	100	79
Folate, food.....µg	7	0.886	22		1		9	11	8
Folate, DFE.....µg	119		0	NC	4		148	180	143
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	BFSN	4		0	0	0
Carotene, alpha.....µg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0	0	0
Vitamin A, IU.....IU	0		0	NC	4		0	0	0
Lycopene.....µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin.....µg	7		0	BFSN	4		9	11	8
Vitamin E (alpha-tocopherol).....mg	0.06	0.005	5	A	1		0.07	0.09	0.07
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.03	0.002	5	A	1		0.04	0.05	0.04
Tocopherol, gamma.....mg	0.50	0.017	5	A	1		0.62	0.76	0.60
Tocopherol, delta.....mg	0.00	0.000	5	A	1		0.00	0.01	0.00
Tocotrienol, alpha.....mg	0.05	0.011	5	A	1		0.06	0.07	0.06
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00

NDB No. 20321

Pasta, cooked, enriched, w with added salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	5	A	1				
Tocotrienol, delta.....mg	0.00	0.000	5	A	1	0.00	0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7	0	0	0	
Vitamin K (phylloquinone).....µg	0.0	0.017	4	A	1	0.0	0.0	0.0	
Dihydrophyloquinone.....µg	0.5	0.000	3	A	1	0.6	0.7	0.6	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.176		0	NC	4	0.218	0.265	0.211	
4:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
6:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
8:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
10:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
12:0.....g	0.006	0.002	10	A	1	0.007	0.009	0.007	
13:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
14:0.....g	0.006	0.001	10	A	1	0.008	0.009	0.007	
15:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
16:0.....g	0.149	0.009	10	A	1	0.185	0.226	0.179	
17:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
18:0.....g	0.014	0.000	7	A	1	0.018	0.021	0.017	
20:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
22:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
24:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	0.131		0	NR	4	0.162	0.198	0.157	
14:1.....g	0.000	0.000	9	A	1	0.000	0.000	0.000	
15:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
17:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:1 undifferentiated.....g	0.131	0.020	10	JA	6	0.162	0.198	0.157	
18:1 c.....g	0.131	0.062	3	A	1	0.162	0.198	0.157	
18:1 t.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.326		0	NC	4	0.404	0.492	0.391	
18:2 undifferentiated.....g	0.295	0.042	10	A	1	0.366	0.445	0.354	
18:3 undifferentiated.....g	0.024	0.005	10	JA	6	0.029	0.036	0.028	
18:3 n-3 c,c,c (ALA).....g	0.024	0.008	3	A	1	0.029	0.036	0.028	
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:3i.....g									
18:4.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g	0.000		0	NC	4	0.000	0.000	0.000	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000	0.000	0.000	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7	0	0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.081		0	A	1	0.101	0.123	0.098	
Threonine.....g	0.203		0	A	1	0.252	0.306	0.243	

NDB No. 20321

Pasta, cooked, enriched, with added salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Isoleucine.....g	0.224		0	A	1	0.278	0.339	0.269
Leucine.....g	0.434		0	A	1	0.538	0.655	0.521
Lysine.....g	0.131		0	A	1	0.162	0.198	0.157
Methionine.....g	0.064		0	A	1	0.080	0.097	0.077
Cystine.....g	0.112		0	A	1	0.139	0.169	0.134
Phenylalanine.....g	0.293		0	A	1	0.364	0.443	0.352
Tyrosine.....g	0.107		0	A	1	0.132	0.161	0.128
Valine.....g	0.258		0	A	1	0.320	0.390	0.310
Arginine.....g	0.208		0	A	1	0.258	0.314	0.250
Histidine.....g	0.131		0	A	1	0.162	0.197	0.157
Alanine.....g	0.192		0	A	1	0.238	0.290	0.231
Aspartic acid.....g	0.274		0	A	1	0.340	0.414	0.329
Glutamic acid.....g	2.018		0	A	1	2.502	3.047	2.422
Glycine.....g	0.194		0	A	1	0.240	0.292	0.232
Proline.....g	0.689		0	A	1	0.854	1.040	0.827
Serine.....g	0.271		0	A	1	0.336	0.409	0.325
Hydroxyproline.....g	0.000		2	A	1	0.000	0.000	0.000
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

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

Common Measures:

Measure 1 = 124g: 1 cup spaghetti not packed

Measure 2 = 151g: 1 cup packed

Measure 3 = 120g: 1 cup elbows not packed

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20121

Pasta, cooked, enriched, w without added salt

lasagna, macaroni product, penne, rotini, shells, spaghetti, elbow macaroni, farfalle

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	62.13	0.583	26	A	1		77.04	93.81	74.55
Energy.....kcal	158		0	NC	4		195	238	189
Energy.....kJ	660		0	NC	4		818	997	792
Protein (N x 5.7).....g	5.80	0.103	19	A	1		7.20	8.76	6.96
Total lipid (fat).....g	0.93	0.026	19	A	1		1.16	1.41	1.12
Ash.....g	0.27	0.007	13	A	1		0.34	0.41	0.33
Carbohydrate, by difference.....g	30.86		0	NC	4		38.27	46.61	37.04
Fiber, total dietary.....g	1.8	0.100	18	A	1		2.2	2.7	2.2
Sugars, total.....g	0.56	0.135	12	A	1		0.69	0.85	0.67
Sucrose.....g	0.09	0.060	9	A	1		0.11	0.13	0.11
Glucose (dextrose).....g	0.04	0.023	12	A	1		0.05	0.07	0.05
Fructose.....g	0.03	0.022	9	A	1		0.03	0.04	0.03
Lactose.....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Maltose.....g	0.40	0.084	12	A	1		0.50	0.61	0.48
Galactose.....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Starch.....g	26.01	0.462	11	A	1		32.25	39.28	31.21
Minerals:									
Calcium, Ca.....mg	7	0.299	51	A	1		9	11	9
Iron, Fe.....mg	1.28	0.059	56	A	1		1.59	1.94	1.54
Magnesium, Mg.....mg	18	0.636	56	A	1		23	28	22
Phosphorus, P.....mg	58	2.627	56	A	1		72	88	70
Potassium, K.....mg	44	2.640	52	A	1		55	67	53
Sodium, Na.....mg	1	0.132	39	A	1		1	1	1
Zinc, Zn.....mg	0.51	0.029	52	A	1		0.63	0.77	0.61
Copper, Cu.....mg	0.100	0.003	56	A	1		0.124	0.151	0.120
Manganese, Mn.....mg	0.322	0.015	52	A	1		0.400	0.487	0.387
Selenium, Se.....µg	26.4	1.459	50	A	1		32.7	39.8	31.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.274	0.014	11	A	1		0.340	0.414	0.329
Riboflavin.....mg	0.136	0.005	11	A	1		0.168	0.205	0.163
Niacin.....mg	1.689	0.078	11	A	1		2.094	2.550	2.026
Pantothenic acid.....mg	0.112	0.009	32		1		0.139	0.169	0.134
Vitamin B-6.....mg	0.049	0.004	6	A	1		0.060	0.073	0.058
Folate, total.....µg	73	3.898	18	A	1		91	110	88
Folic acid.....µg	66		0	NR	4		82	100	79
Folate, food.....µg	7	0.886	22		1		9	11	8
Folate, DFE.....µg	119		0	NC	4		148	180	143
Choline, total.....mg	6.4		0	AS	1		7.9	9.6	7.7
Betaine.....mg	68.0		2	A	1		84.3	102.7	81.6
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	BFSN	4		0	0	0
Carotene, alpha.....µg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0	0	0
Vitamin A, IU.....IU	0		0	NC	4		0	0	0
Lycopene.....µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin.....µg	7		0	BFSN	4		9	11	8
Vitamin E (alpha-tocopherol).....mg	0.06	0.005	5	A	1		0.07	0.09	0.07
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.03	0.002	5	A	1		0.04	0.05	0.04
Tocopherol, gamma.....mg	0.50	0.017	5	A	1		0.62	0.76	0.60
Tocopherol, delta.....mg	0.00	0.000	5	A	1		0.00	0.01	0.00
Tocotrienol, alpha.....mg	0.05	0.011	5	A	1		0.06	0.07	0.06
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	5	A	1	0.00	0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	5	A	1	0.00	0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7	0	0	0	
Vitamin K (phylloquinone).....µg	0.0	0.017	4	A	1	0.0	0.0	0.0	
Dihydrophyloquinone.....µg	0.5	0.000	3	A	1	0.6	0.7	0.6	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.176		0	NC	4	0.218	0.265	0.211	
4:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
6:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
8:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
10:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
12:0.....g	0.006	0.002	10	A	1	0.007	0.009	0.007	
13:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
14:0.....g	0.006	0.001	10	A	1	0.008	0.009	0.007	
15:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
16:0.....g	0.149	0.009	10	A	1	0.185	0.226	0.179	
17:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
18:0.....g	0.014	0.000	7	A	1	0.018	0.021	0.017	
20:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
22:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
24:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	0.131		0	NR	4	0.162	0.198	0.157	
14:1.....g	0.000	0.000	9	A	1	0.000	0.000	0.000	
15:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
17:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:1 undifferentiated.....g	0.131	0.020	10	JA	6	0.162	0.198	0.157	
18:1 c.....g	0.131	0.062	3	A	1	0.162	0.198	0.157	
18:1 t.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.326		0	NC	4	0.404	0.492	0.391	
18:2 undifferentiated.....g	0.295	0.042	10	A	1	0.366	0.445	0.354	
18:3 undifferentiated.....g	0.024	0.005	10	JA	6	0.029	0.036	0.028	
18:3 n-3 c,c,c (ALA).....g	0.024	0.008	3	A	1	0.029	0.036	0.028	
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:3i.....g									
18:4.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g	0.000		0	NC	4	0.000	0.000	0.000	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000	0.000	0.000	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7	0	0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.081		0	A	1	0.101	0.123	0.098	
Threonine.....g	0.203		0	A	1	0.252	0.306	0.243	

NDB No. 20121

Pasta, cooked, enriched, w without added salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Isoleucine.....g	0.224		0	A	1	0.278	0.339	0.269
Leucine.....g	0.434		0	A	1	0.538	0.655	0.521
Lysine.....g	0.131		0	A	1	0.162	0.198	0.157
Methionine.....g	0.064		0	A	1	0.080	0.097	0.077
Cystine.....g	0.112		0	A	1	0.139	0.169	0.134
Phenylalanine.....g	0.293		0	A	1	0.364	0.443	0.352
Tyrosine.....g	0.107		0	A	1	0.132	0.161	0.128
Valine.....g	0.258		0	A	1	0.320	0.390	0.310
Arginine.....g	0.208		0	A	1	0.258	0.314	0.250
Histidine.....g	0.131		0	A	1	0.162	0.197	0.157
Alanine.....g	0.192		0	A	1	0.238	0.290	0.231
Aspartic acid.....g	0.274		0	A	1	0.340	0.414	0.329
Glutamic acid.....g	2.018		0	A	1	2.502	3.047	2.422
Glycine.....g	0.194		0	A	1	0.240	0.292	0.232
Proline.....g	0.689		0	A	1	0.854	1.040	0.827
Serine.....g	0.271		0	A	1	0.336	0.409	0.325
Hydroxyproline.....g	0.000		2	A	1	0.000	0.000	0.000
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

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

Common Measures:

Measure 1 = 124g: 1 cup spaghetti not packed

Measure 2 = 151g: 1 cup spaghetti packed

Measure 3 = 120g: 1 cup elbows not packed

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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NDB No. 20521

Pasta, cooked, unenriched, with added salt

lasagna, macaroni product, penne, rotini, shells, spaghetti, elbow macaroni, farfalle

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	62.13	0.583	26	A	1		77.04	93.81	74.55
Energy.....kcal	157		0	NC	4		194	236	188
Energy.....kJ	655		0	NC	4		812	989	786
Protein (N x 5.7).....g	5.80	0.103	19	A	1		7.20	8.76	6.96
Total lipid (fat).....g	0.93	0.026	19	A	1		1.16	1.41	1.12
Ash.....g	0.55	0.035	6	A	1		0.68	0.83	0.66
Carbohydrate, by difference.....g	30.59		0	NC	4		37.93	46.19	36.71
Fiber, total dietary.....g	1.8	0.100	18	A	1		2.2	2.7	2.2
Sugars, total.....g	0.56	0.135	12	A	1		0.69	0.85	0.67
Sucrose.....g	0.09	0.060	9	A	1		0.11	0.13	0.11
Glucose (dextrose).....g	0.04	0.023	12	A	1		0.05	0.07	0.05
Fructose.....g	0.03	0.022	9	A	1		0.03	0.04	0.03
Lactose.....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Maltose.....g	0.40	0.084	12	A	1		0.50	0.61	0.48
Galactose.....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Starch.....g	26.01	0.462	11	A	1		32.25	39.28	31.21
Minerals:									
Calcium, Ca.....mg	7	0.299	51	A	1		9	11	9
Iron, Fe.....mg	0.50		1		1		0.62	0.76	0.60
Magnesium, Mg.....mg	18	0.636	56	A	1		23	28	22
Phosphorus, P.....mg	58	2.627	56	A	1		72	88	70
Potassium, K.....mg	44	2.640	52	A	1		55	67	53
Sodium, Na.....mg	131	8.609	5	A	1		162	198	157
Zinc, Zn.....mg	0.51	0.029	52	A	1		0.63	0.77	0.61
Copper, Cu.....mg	0.100	0.003	56	A	1		0.124	0.151	0.120
Manganese, Mn.....mg	0.322	0.015	52	A	1		0.400	0.487	0.387
Selenium, Se.....µg	26.4	1.459	50	A	1		32.7	39.8	31.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.020		1		1		0.025	0.030	0.024
Riboflavin.....mg	0.020		1		1		0.025	0.030	0.024
Niacin.....mg	0.400		1		1		0.496	0.604	0.480
Pantothenic acid.....mg	0.112	0.009	32		1		0.139	0.169	0.134
Vitamin B-6.....mg	0.049	0.004	6	A	1		0.060	0.073	0.058
Folate, total.....µg	7	0.886	22		1		9	11	8
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	7		0	BFZN	4		9	11	8
Folate, DFE.....µg	7		0	NC	4		9	11	8
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.06	0.005	5	A	1		0.07	0.09	0.07
Tocopherol, beta.....mg	0.03	0.002	5	A	1		0.04	0.05	0.04
Tocopherol, gamma.....mg	0.50	0.017	5	A	1		0.62	0.76	0.60
Tocopherol, delta.....mg	0.00	0.000	5	A	1		0.00	0.01	0.00
Tocotrienol, alpha.....mg	0.05	0.011	5	A	1		0.06	0.07	0.06
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0

NDB No. 20521

Pasta, cooked, unenriched, with added salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7	0	0	0	
Vitamin K (phylloquinone).....µg	0.0	0.017	4	A	1	0.0	0.0	0.0	
Dihydrophylloquinone.....µg	0.5	0.000	3	A	1	0.6	0.7	0.6	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.176		0	NC	4	0.218	0.265	0.211	
4:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
6:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
8:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
10:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
12:0.....g	0.006	0.002	10	A	1	0.007	0.009	0.007	
13:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
14:0.....g	0.006	0.001	10	A	1	0.008	0.009	0.007	
15:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
16:0.....g	0.149	0.009	10	A	1	0.185	0.226	0.179	
17:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
18:0.....g	0.014	0.000	7	A	1	0.018	0.021	0.017	
20:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
22:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
24:0.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	0.351		0	NC	4	0.435	0.529	0.421	
14:1.....g	0.000	0.000	9	A	1	0.000	0.000	0.000	
15:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
17:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:1 undifferentiated.....g	0.131	0.020	10	JA	6	0.162	0.198	0.157	
18:1 c.....g	0.153	0.062	3	A	1	0.189	0.230	0.183	
18:1 t.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.319		0	NC	4	0.395	0.481	0.382	
18:2 undifferentiated.....g	0.295	0.042	10	A	1	0.366	0.445	0.354	
18:3 undifferentiated.....g	0.024	0.005	10	JA	6	0.029	0.036	0.028	
18:3 n-3 c,c,c (ALA).....g	0.027	0.008	3	A	1	0.034	0.041	0.033	
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:3i.....g									
18:4.....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	7	A	1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	10	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g	0.000		0	NC	4	0.000	0.000	0.000	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000	0.000	0.000	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7	0	0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.083		0	A	1	0.102	0.125	0.099	
Threonine.....g	0.206		0	A	1	0.255	0.310	0.247	
Isoleucine.....g	0.228		0	A	1	0.282	0.344	0.273	
Leucine.....g	0.440		0	A	1	0.545	0.664	0.528	
Lysine.....g	0.133		0	A	1	0.165	0.200	0.159	

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Pasta, cooked, unenriched, with added salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Methionine.....g	0.065		0	A	1		0.081	0.099	0.078
Cystine.....g	0.113		0	A	1		0.141	0.171	0.136
Phenylalanine.....g	0.297		0	A	1		0.368	0.449	0.357
Tyrosine.....g	0.108		0	A	1		0.134	0.163	0.130
Valine.....g	0.262		0	A	1		0.324	0.395	0.314
Arginine.....g	0.211		0	A	1		0.262	0.319	0.253
Histidine.....g	0.132		0	A	1		0.164	0.200	0.159
Alanine.....g	0.195		0	A	1		0.242	0.294	0.234
Aspartic acid.....g	0.278		0	A	1		0.344	0.419	0.333
Glutamic acid.....g	2.046		0	A	1		2.536	3.089	2.455
Glycine.....g	0.196		0	A	1		0.243	0.296	0.236
Proline.....g	0.698		0	A	1		0.866	1.055	0.838
Serine.....g	0.275		0	A	1		0.341	0.415	0.330
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 124g: 1 cup spaghetti not packed

Measure 2 = 151g: 1 cup spaghetti packed

Measure 3 = 120g: 1 cup elbows not packed

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate4.12

Food Group: 20 Cereal Grains and Pasta

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Pasta, cooked, unenriched, without added salt

lasagna, macaroni product, penne, rotini, shells, spaghetti, elbow macaroni, farfalle

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	62.13	0.583	26	A	1		77.04	93.81	74.55
Energy.....kcal	158		0	NC	4		195	238	189
Energy.....kJ	660		0	NC	4		818	997	792
Protein (N x 5.7).....g	5.80	0.103	19	A	1		7.20	8.76	6.96
Total lipid (fat).....g	0.93	0.026	19	A	1		1.16	1.41	1.12
Ash.....g	0.27	0.007	13	A	1		0.34	0.41	0.33
Carbohydrate, by difference.....g	30.86		0	NC	4		38.27	46.61	37.04
Fiber, total dietary.....g	1.8	0.100	18	A	1		2.2	2.7	2.2
Sugars, total.....g	0.56	0.135	12	A	1		0.69	0.85	0.67
Sucrose.....g	0.09	0.060	9	A	1		0.11	0.13	0.11
Glucose (dextrose).....g	0.04	0.023	12	A	1		0.05	0.07	0.05
Fructose.....g	0.03	0.022	9	A	1		0.03	0.04	0.03
Lactose.....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Maltose.....g	0.40	0.084	12	A	1		0.50	0.61	0.48
Galactose.....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Starch.....g	26.01	0.462	11	A	1		32.25	39.28	31.21
Minerals:									
Calcium, Ca.....mg	7	0.299	51	A	1		9	11	9
Iron, Fe.....mg	0.50		1		1		0.62	0.76	0.60
Magnesium, Mg.....mg	18	0.636	56	A	1		23	28	22
Phosphorus, P.....mg	58	2.627	56	A	1		72	88	70
Potassium, K.....mg	44	2.640	52	A	1		55	67	53
Sodium, Na.....mg	1	0.132	39	A	1		1	1	1
Zinc, Zn.....mg	0.51	0.029	52	A	1		0.63	0.77	0.61
Copper, Cu.....mg	0.100	0.003	56	A	1		0.124	0.151	0.120
Manganese, Mn.....mg	0.322	0.015	52	A	1		0.400	0.487	0.387
Selenium, Se.....µg	26.4	1.459	50	A	1		32.7	39.8	31.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.020		1		1		0.025	0.030	0.024
Riboflavin.....mg	0.020		1		1		0.025	0.030	0.024
Niacin.....mg	0.400		1		1		0.496	0.604	0.480
Pantothenic acid.....mg	0.112	0.009	32		1		0.139	0.169	0.134
Vitamin B-6.....mg	0.049	0.004	6	A	1		0.060	0.073	0.058
Folate, total.....µg	7	0.886	22		1		9	11	8
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	7	0.886	22		1		9	11	8
Folate, DFE.....µg	7		0	NC	4		9	11	8
Choline, total.....mg	6.4		0	AS	1		7.9	9.6	7.7
Betaine.....mg	68.0		2	A	1		84.3	102.7	81.6
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	BFZN	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	BFZN	4		0	0	0
Carotene, alpha.....µg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0	0	0
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Lycopene.....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin.....µg	7		0	BFZN	4		9	11	8
Vitamin E (alpha-tocopherol).....mg	0.06	0.005	5	A	1		0.07	0.09	0.07
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.03	0.002	5	A	1		0.04	0.05	0.04
Tocopherol, gamma.....mg	0.50	0.017	5	A	1		0.62	0.76	0.60
Tocopherol, delta.....mg	0.00	0.000	5	A	1		0.00	0.01	0.00
Tocotrienol, alpha.....mg	0.05	0.011	5	A	1		0.06	0.07	0.06
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00

Pasta, cooked, unenriched, without added salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.0	0.017	4	A	1		0.0	0.0	0.0
Dihydrophyloquinone.....µg	0.5	0.000	3	A	1		0.6	0.7	0.6
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.176		0	NC	4		0.218	0.265	0.211
4:0.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
12:0.....g	0.006	0.002	10	A	1		0.007	0.009	0.007
13:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
14:0.....g	0.006	0.001	10	A	1		0.008	0.009	0.007
15:0.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
16:0.....g	0.149	0.009	10	A	1		0.185	0.226	0.179
17:0.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
18:0.....g	0.014	0.000	7	A	1		0.018	0.021	0.017
20:0.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
22:0.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
24:0.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.131		0	NR	4		0.162	0.198	0.157
14:1.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.131	0.020	10	JA	6		0.162	0.198	0.157
18:1 c.....g	0.131	0.062	3	A	1		0.162	0.198	0.157
18:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.326		0	NC	4		0.404	0.492	0.391
18:2 undifferentiated.....g	0.295	0.042	10	A	1		0.366	0.445	0.354
18:3 undifferentiated.....g	0.024	0.005	10	JA	6		0.029	0.036	0.028
18:3 n-3 c,c,c (ALA).....g	0.024	0.008	3	A	1		0.029	0.036	0.028
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	10	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	10	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	7	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	10	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.083		0	A	1		0.102	0.125	0.099
Threonine.....g	0.206		0	A	1		0.255	0.310	0.247

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Pasta, cooked, unenriched, without added salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Isoleucine.....g	0.228		0	A	1	0.282	0.344	0.273
Leucine.....g	0.440		0	A	1	0.545	0.664	0.528
Lysine.....g	0.133		0	A	1	0.165	0.200	0.159
Methionine.....g	0.065		0	A	1	0.081	0.099	0.078
Cystine.....g	0.113		0	A	1	0.141	0.171	0.136
Phenylalanine.....g	0.297		0	A	1	0.368	0.449	0.357
Tyrosine.....g	0.108		0	A	1	0.134	0.163	0.130
Valine.....g	0.262		0	A	1	0.324	0.395	0.314
Arginine.....g	0.211		0	A	1	0.262	0.319	0.253
Histidine.....g	0.132		0	A	1	0.164	0.200	0.159
Alanine.....g	0.195		0	A	1	0.242	0.294	0.234
Aspartic acid.....g	0.278		0	A	1	0.344	0.419	0.333
Glutamic acid.....g	2.046		0	A	1	2.536	3.089	2.455
Glycine.....g	0.196		0	A	1	0.243	0.296	0.236
Proline.....g	0.698		0	A	1	0.866	1.055	0.838
Serine.....g	0.275		0	A	1	0.341	0.415	0.330
Hydroxyproline.....g	0.000		2	A	1	0.000	0.000	0.000
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

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

Common Measures:

Measure 1 = 124g: 1 cup spaghetti not packed

Measure 2 = 151g: 1 cup spaghetti packed

Measure 3 = 120g: 1 cup elbows not packed

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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NDB No. 20120
Pasta, dry, enriched

lasagna, macaroni product, penne, rotini, shells, spaghetti, elbow macaroni, farfalle

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.90	0.274	9	A	1		9.01	5.64	12.08
Energy.....kcal	371		0	NC	4		338	212	453
Energy.....kJ	1553		0	NC	4		1413	885	1895
Protein (N x 5.7).....g	13.04	0.187	6	A	1		11.87	7.43	15.91
Total lipid (fat).....g	1.51	0.202	8	A	1		1.37	0.86	1.84
Ash.....g	0.88	0.011	5	A	1		0.80	0.50	1.07
Carbohydrate, by difference.....g	74.67		0	NC	4		67.95	42.56	91.10
Fiber, total dietary.....g	3.2	0.066	6	A	1		2.9	1.8	3.9
Sugars, total.....g	2.67	0.103	5	A	1		2.43	1.52	3.25
Sucrose.....g	0.48	0.016	5	A	1		0.44	0.27	0.58
Glucose (dextrose).....g	0.12	0.016	5	A	1		0.11	0.07	0.15
Fructose.....g	0.11	0.012	5	A	1		0.10	0.06	0.13
Lactose.....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Maltose.....g	1.96	0.083	5	A	1		1.78	1.12	2.39
Galactose.....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Starch.....g	62.45	0.529	5	A	1		56.83	35.59	76.18
Minerals:									
Calcium, Ca.....mg	21	0.502	4	A	1		19	12	26
Iron, Fe.....mg	3.30	0.147	6	A	1		3.00	1.88	4.02
Magnesium, Mg.....mg	53	1.003	5	A	1		48	30	64
Phosphorus, P.....mg	189	4.717	5	A	1		172	108	231
Potassium, K.....mg	223	3.188	5	A	1		203	127	272
Sodium, Na.....mg	6	1.880	6	A	1		5	3	7
Zinc, Zn.....mg	1.41	0.075	5	A	1		1.28	0.80	1.72
Copper, Cu.....mg	0.289	0.007	5	A	1		0.263	0.165	0.352
Manganese, Mn.....mg	0.917	0.062	5	A	1		0.835	0.523	1.119
Selenium, Se.....µg	63.2	2.653	26	A	1		57.6	36.0	77.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.891	0.035	5	A	1		0.811	0.508	1.087
Riboflavin.....mg	0.400	0.027	5	A	1		0.364	0.228	0.487
Niacin.....mg	7.177	0.408	5	A	1		6.531	4.091	8.755
Pantothenic acid.....mg	0.431	0.026	27		1		0.392	0.246	0.526
Vitamin B-6.....mg	0.142	0.000	4	A	1		0.129	0.081	0.173
Folate, total.....µg	237	72.785	16	A	1		216	135	289
Folic acid.....µg	219		0	NR	4		200	125	268
Folate, food.....µg	18	1.430	30		1		16	10	22
Folate, DFE.....µg	391		0	NC	4		356	223	477
Choline, total.....mg	15.1		0	AS	1		13.7	8.6	18.4
Betaine.....mg	142.4		2	A	1		129.5	81.1	173.7
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	BFZN	4		0	0	0
Carotene, alpha.....µg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0	0	0
Vitamin A, IU.....IU	0		0	NC	4		0	0	0
Lycopene.....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin.....µg	18		0	BFZN	4		16	10	22
Vitamin E (alpha-tocopherol).....mg	0.11	0.037	6	A	1		0.10	0.06	0.13
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.06	0.014	6	A	1		0.05	0.03	0.07
Tocopherol, gamma.....mg	0.88	0.325	6	A	1		0.80	0.50	1.07
Tocopherol, delta.....mg	0.00	0.003	6	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.13	0.044	6	A	1		0.12	0.07	0.16
Tocotrienol, beta.....mg	0.01	0.005	6	A	1		0.00	0.00	0.01

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Pasta, dry, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.1	0.075	3	A	1		0.1	0.0	0.1
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.277		0	NC	4		0.252	0.158	0.338
4:0.....g	0.000	0.000	5	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	5	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.001	5	A	1		0.000	0.000	0.001
10:0.....g	0.000	0.000	5	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	5	A	1		0.000	0.000	0.000
13:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
14:0.....g	0.000	0.000	5	A	1		0.000	0.000	0.000
15:0.....g	0.000	0.000	5	A	1		0.000	0.000	0.000
16:0.....g	0.251	0.045	5	A	1		0.228	0.143	0.306
17:0.....g	0.000	0.000	5	A	1		0.000	0.000	0.000
18:0.....g	0.025	0.014	5	A	1		0.023	0.014	0.031
20:0.....g	0.000	0.000	5	A	1		0.000	0.000	0.000
22:0.....g	0.000	0.000	5	A	1		0.000	0.000	0.000
24:0.....g	0.000	0.000	5	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.171		0	NC	4		0.156	0.098	0.209
14:1.....g	0.000	0.001	5	A	1		0.000	0.000	0.001
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000	0.000	5	A	1		0.000	0.000	0.000
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.171	0.008	5	JA	6		0.155	0.097	0.208
18:1 c.....g	0.171	0.005	3	A	1		0.155	0.097	0.208
18:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000	0.000	5	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000	0.000	5	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.564		0	NC	4		0.513	0.321	0.688
18:2 undifferentiated.....g	0.540	0.037	5	A	1		0.492	0.308	0.659
18:3 undifferentiated.....g	0.024	0.010	5	JA	6		0.022	0.014	0.029
18:3 n-3 c,c,c (ALA).....g	0.024	0.016	3	A	1		0.022	0.014	0.029
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	5	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	5	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	5	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.185		0	A	1		0.169	0.106	0.226
Threonine.....g	0.462		0	A	1		0.420	0.263	0.564

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Isoleucine.....g	0.511		0	A	1	0.465	0.291	0.624
Leucine.....g	0.988		0	A	1	0.899	0.563	1.206
Lysine.....g	0.298		0	A	1	0.271	0.170	0.364
Methionine.....g	0.147		0	A	1	0.133	0.084	0.179
Cystine.....g	0.255		0	A	1	0.232	0.145	0.311
Phenylalanine.....g	0.668		0	A	1	0.608	0.381	0.815
Tyrosine.....g	0.243		0	A	1	0.221	0.139	0.297
Valine.....g	0.588		0	A	1	0.535	0.335	0.717
Arginine.....g	0.474		0	A	1	0.432	0.270	0.579
Histidine.....g	0.298		0	A	1	0.271	0.170	0.363
Alanine.....g	0.438		0	A	1	0.398	0.250	0.534
Aspartic acid.....g	0.624		0	A	1	0.568	0.356	0.761
Glutamic acid.....g	4.596		0	A	1	4.183	2.620	5.607
Glycine.....g	0.441		0	A	1	0.401	0.251	0.538
Proline.....g	1.569		0	A	1	1.428	0.894	1.914
Serine.....g	0.617		0	A	1	0.562	0.352	0.753
Hydroxyproline.....g	0.000		2	A	1	0.000	0.000	0.000
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

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

Common Measures:

Measure 1 = 91g: 1 cup spaghetti

Measure 2 = 57g: 2 oz

Measure 3 = 122g: 1 cup elbows

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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Pasta, dry, unenriched

lasagna, macaroni product, penne, rotini, shells, spaghetti, elbow macaroni, farfalle

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.90	0.274	9	A	1		9.01	5.64	12.08
Energy.....kcal	371		0	NC	4		338	212	453
Energy.....kJ	1553		0	NC	4		1413	885	1895
Protein (N x 5.7).....g	13.04	0.187	6	A	1		11.87	7.43	15.91
Total lipid (fat).....g	1.51	0.202	8	A	1		1.37	0.86	1.84
Ash.....g	0.88	0.011	5	A	1		0.80	0.50	1.07
Carbohydrate, by difference.....g	74.67		0	NC	4		67.95	42.56	91.10
Fiber, total dietary.....g	3.2	0.066	6	A	1		2.9	1.8	3.9
Sugars, total.....g	2.67	0.103	5	A	1		2.43	1.52	3.25
Sucrose.....g	0.48	0.016	5	A	1		0.44	0.27	0.58
Glucose (dextrose).....g	0.12	0.016	5	A	1		0.11	0.07	0.15
Fructose.....g	0.11	0.012	5	A	1		0.10	0.06	0.13
Lactose.....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Maltose.....g	1.96	0.083	5	A	1		1.78	1.12	2.39
Galactose.....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Starch.....g	62.45	0.529	5	A	1		56.83	35.59	76.18
Minerals:									
Calcium, Ca.....mg	21	0.502	4	A	1		19	12	26
Iron, Fe.....mg	1.30		1		1		1.18	0.74	1.59
Magnesium, Mg.....mg	53	1.003	5	A	1		48	30	64
Phosphorus, P.....mg	189	4.717	5	A	1		172	108	231
Potassium, K.....mg	223	3.188	5	A	1		203	127	272
Sodium, Na.....mg	6	1.880	6	A	1		5	3	7
Zinc, Zn.....mg	1.41	0.075	5	A	1		1.28	0.80	1.72
Copper, Cu.....mg	0.289	0.007	5	A	1		0.263	0.165	0.352
Manganese, Mn.....mg	0.917	0.062	5	A	1		0.835	0.523	1.119
Selenium, Se.....µg	63.2	2.653	26	A	1		57.6	36.0	77.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.090		1		1		0.082	0.051	0.110
Riboflavin.....mg	0.060		1		1		0.055	0.034	0.073
Niacin.....mg	1.700		1		1		1.547	0.969	2.074
Pantothenic acid.....mg	0.431	0.026	27		1		0.392	0.246	0.526
Vitamin B-6.....mg	0.142	0.000	4	A	1		0.129	0.081	0.173
Folate, total.....µg	18	1.430	30		1		16	10	22
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	18	1.430	30		1		16	10	22
Folate, DFE.....µg	18		0	NC	4		16	10	22
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	BFZN	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.11	0.037	6	A	1		0.10	0.06	0.13
Tocopherol, beta.....mg	0.05	0.014	6	A	1		0.05	0.03	0.07
Tocopherol, gamma.....mg	0.88	0.325	6	A	1		0.80	0.50	1.07
Tocopherol, delta.....mg	0.00	0.003	6	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.13	0.044	6	A	1		0.12	0.07	0.16
Tocotrienol, beta.....mg	0.01	0.005	6	A	1		0.00	0.00	0.01
Tocotrienol, gamma.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0

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Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7	0	0	0	
Vitamin K (phylloquinone).....µg	0.1	0.075	3	A	1	0.1	0.0	0.1	
Dihydrophyloquinone.....µg	0.0		2	A	1	0.0	0.0	0.0	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.277		0	NC	4	0.252	0.158	0.338	
4:0.....g	0.000	0.000	5	A	1	0.000	0.000	0.000	
6:0.....g	0.000	0.000	5	A	1	0.000	0.000	0.000	
8:0.....g	0.000	0.001	5	A	1	0.000	0.000	0.001	
10:0.....g	0.000	0.000	5	A	1	0.000	0.000	0.000	
12:0.....g	0.000	0.000	5	A	1	0.000	0.000	0.000	
13:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
14:0.....g	0.000	0.000	5	A	1	0.000	0.000	0.000	
15:0.....g	0.000	0.000	5	A	1	0.000	0.000	0.000	
16:0.....g	0.251	0.045	5	A	1	0.228	0.143	0.306	
17:0.....g	0.000	0.000	5	A	1	0.000	0.000	0.000	
18:0.....g	0.025	0.014	5	A	1	0.023	0.014	0.031	
20:0.....g	0.000	0.000	5	A	1	0.000	0.000	0.000	
22:0.....g	0.000	0.000	5	A	1	0.000	0.000	0.000	
24:0.....g	0.000	0.000	5	A	1	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	0.171		0	NC	4	0.156	0.098	0.209	
14:1.....g	0.000	0.001	5	A	1	0.000	0.000	0.001	
15:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.000	0.000	5	A	1	0.000	0.000	0.000	
17:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:1 undifferentiated.....g	0.171	0.008	5	JA	6	0.155	0.097	0.208	
18:1 c.....g	0.171	0.005	3	A	1	0.155	0.097	0.208	
18:1 t.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000	0.000	5	A	1	0.000	0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	5	A	1	0.000	0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.564		0	NC	4	0.513	0.321	0.688	
18:2 undifferentiated.....g	0.540	0.037	5	A	1	0.492	0.308	0.659	
18:3 undifferentiated.....g	0.024	0.010	5	JA	6	0.022	0.014	0.029	
18:3 n-3 c,c,c (ALA).....g	0.024	0.016	3	A	1	0.022	0.014	0.029	
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:3i.....g									
18:4.....g	0.000		2	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	5	A	1	0.000	0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	5	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		2	A	1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	5	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g	0.000		0	NC	4	0.000	0.000	0.000	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000	0.000	0.000	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7	0	0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.185		0	A	1	0.169	0.106	0.226	
Threonine.....g	0.462		0	A	1	0.420	0.263	0.564	
Isoleucine.....g	0.511		0	A	1	0.465	0.291	0.624	
Leucine.....g	0.988		0	A	1	0.899	0.563	1.206	
Lysine.....g	0.298		0	A	1	0.271	0.170	0.364	

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Pasta, dry, unenriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number			<u>measures of food</u>		
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2
Methionine.....g	0.147		0	A	1	0.133	0.084	0.179
Cystine.....g	0.255		0	A	1	0.232	0.145	0.311
Phenylalanine.....g	0.668		0	A	1	0.608	0.381	0.815
Tyrosine.....g	0.243		0	A	1	0.221	0.139	0.297
Valine.....g	0.588		0	A	1	0.535	0.335	0.717
Arginine.....g	0.474		0	A	1	0.432	0.270	0.579
Histidine.....g	0.298		0	A	1	0.271	0.170	0.363
Alanine.....g	0.438		0	A	1	0.398	0.250	0.534
Aspartic acid.....g	0.624		0	A	1	0.568	0.356	0.761
Glutamic acid.....g	4.596		0	A	1	4.183	2.620	5.607
Glycine.....g	0.441		0	A	1	0.401	0.251	0.538
Proline.....g	1.569		0	A	1	1.428	0.894	1.914
Serine.....g	0.617		0	A	1	0.562	0.352	0.753
Hydroxyproline.....g	0.000		2	A	1	0.000	0.000	0.000
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	0.0
Caffeine.....mg								
Theobromine.....mg								

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

Common Measures:

Measure 1 = 91g: 1 cup spaghetti

Measure 2 = 57g: 2 oz

Measure 3 = 122g: 1 cup elbows

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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NDB No. 20093

Pasta, fresh-refrigerated, plain, as purchased

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	31.00		1		1		39.68		
Energy.....kcal	288		0	NC	4		369		
Energy.....kJ	1205				4		1542		
Protein (N x 5.78).....g	11.31		1		1		14.48		
Total lipid (fat).....g	2.30		1		1		2.94		
Ash.....g	0.66		1		1		0.84		
Carbohydrate, by difference.....g	54.73		0	NC	4		70.05		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	15		1		1		19		
Iron, Fe.....mg	3.35		1		1		4.29		
Magnesium, Mg.....mg	46		0		4		59		
Phosphorus, P.....mg	163		0		4		209		
Potassium, K.....mg	179		0		4		229		
Sodium, Na.....mg	26		1		1		33		
Zinc, Zn.....mg	1.22		0		4		1.56		
Copper, Cu.....mg	0.228		0		4		0.292		
Manganese, Mn.....mg	0.547		0		4		0.700		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.705		1		1		0.902		
Riboflavin.....mg	0.439		1		1		0.562		
Niacin.....mg	3.350		1		1		4.288		
Pantothenic acid.....mg	0.535		0		4		0.685		
Vitamin B-6.....mg	0.093		0		4		0.119		
Folate, total.....µg	176		0	BFSN	4		225		
Folic acid.....µg	154		0	NC	4		197		
Folate, food.....µg	22		0		4		28		
Folate, DFE.....µg	284		0	NC	4		363		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.31		0		4		0.40		
Vitamin A, RAE.....µg	14		0	NC	4		18		
Retinol.....µg	14		0		4		18		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	47		0		4		60		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Pasta, fresh-refrigerated, plain, as purchased

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.328		0		1		0.420		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.005		0		1		0.006		
15:0.....g									
16:0.....g	0.287		0		1		0.367		
17:0.....g									
18:0.....g	0.037		0		1		0.047		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.271		0		1		0.347		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.271		0		1		0.347		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.942		0		1		1.206		
18:2 undifferentiated.....g	0.860		0		1		1.101		
18:3 undifferentiated.....g	0.082		0		1		0.105		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	73		1		4		93		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.143		0		1		0.183		
Threonine.....g	0.295		0		1		0.378		
Isoleucine.....g	0.431		0		1		0.552		
Leucine.....g	0.763		0		1		0.977		
Lysine.....g	0.214		0		1		0.274		
Methionine.....g	0.174		0		1		0.223		
Cystine.....g	0.315		0		1		0.403		
Phenylalanine.....g	0.542		0		1		0.694		
Tyrosine.....g	0.293		0		1		0.375		
Valine.....g	0.476		0		1		0.609		
Arginine.....g	0.411		0		1		0.526		
Histidine.....g	0.226		0		1		0.289		
Alanine.....g	0.327		0		1		0.419		
Aspartic acid.....g	0.456		0		1		0.584		
Glutamic acid.....g	4.022		0		1		5.148		
Glycine.....g	0.353		0		1		0.452		
Proline.....g	1.227		0		1		1.571		
Serine.....g	0.526		0		1		0.673		
Hydroxyproline.....g									

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

NDB No. 20093

Pasta, fresh-refrigerated, plain, as purchased

Common Measures:

Measure 1 = 128g: 4.5 oz

Calories Factors: Protein 3.93

Fat 8.41

Carbohydrate 4.09

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20094

Pasta, fresh-refrigerated, plain, cooked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	68.56		0		1		87.76		
Energy.....kcal	131		0	NC	4		168		
Energy.....kJ	548		0		4		702		
Protein (N x 5.78).....g	5.15		0		1		6.59		
Total lipid (fat).....g	1.05		0		1		1.34		
Ash.....g	0.30		0		1		0.38		
Carbohydrate, by difference.....g	24.93		0	NC	4		31.91		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		0		1		8		
Iron, Fe.....mg	1.14		0		1		1.46		
Magnesium, Mg.....mg	18		0		1		23		
Phosphorus, P.....mg	63		0		1		81		
Potassium, K.....mg	24		0		1		31		
Sodium, Na.....mg	6		0		1		8		
Zinc, Zn.....mg	0.56		0		1		0.72		
Copper, Cu.....mg	0.093		0		1		0.119		
Manganese, Mn.....mg	0.224		0		1		0.287		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.209		0		1		0.268		
Riboflavin.....mg	0.150		0		1		0.192		
Niacin.....mg	0.992		0		1		1.270		
Pantothenic acid.....mg	0.183		0		1		0.234		
Vitamin B-6.....mg	0.034		0		1		0.044		
Folate, total.....µg	64		0	BFSY	4		82		
Folic acid.....µg	57		0	NC	4		73		
Folate, food.....µg	7		0		4		9		
Folate, DFE.....µg	104		0	NC	4		133		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.14		0		1		0.18		
Vitamin A, RAE.....µg	6		0		4		8		
Retinol.....µg	6		0		4		8		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	20		0		4		26		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Pasta, fresh-refrigerated, plain, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.150		0		1		0.192		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.002		0		1		0.003		
15:0.....g									
16:0.....g	0.131		0		1		0.168		
17:0.....g									
18:0.....g	0.017		0		1		0.022		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.124		0		1		0.159		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.124		0		1		0.159		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.429		0		1		0.549		
18:2 undifferentiated.....g	0.392		0		1		0.502		
18:3 undifferentiated.....g	0.037		0		1		0.047		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	33		0		1		42		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.065		0		1		0.083		
Threonine.....g	0.134		0		1		0.172		
Isoleucine.....g	0.197		0		1		0.252		
Leucine.....g	0.348		0		1		0.445		
Lysine.....g	0.097		0		1		0.124		
Methionine.....g	0.079		0		1		0.101		
Cystine.....g	0.143		0		1		0.183		
Phenylalanine.....g	0.247		0		1		0.316		
Tyrosine.....g	0.134		0		1		0.172		
Valine.....g	0.217		0		1		0.278		
Arginine.....g	0.187		0		1		0.239		
Histidine.....g	0.103		0		1		0.132		
Alanine.....g	0.149		0		1		0.191		
Aspartic acid.....g	0.208		0		1		0.266		
Glutamic acid.....g	1.832		0		1		2.345		
Glycine.....g	0.161		0		1		0.206		
Proline.....g	0.559		0		1		0.716		
Serine.....g	0.240		0		1		0.307		
Hydroxyproline.....g									

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

NDB No. 20094

Pasta, fresh-refrigerated, plain, cooked

Common Measures:

Measure 1 = 128g: 2 oz

Calories Factors: Protein 3.93

Fat 8.41

Carbohydrate 4.09

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20095

Pasta, fresh-refrigerated, spinach, as purchased

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	30.10		1		1		38.53		
Energy.....kcal	289		0	NC	4		370		
Energy.....kJ	1209				4		1548		
Protein (N x 5.79).....g	11.26		1		1		14.41		
Total lipid (fat).....g	2.10		1		1		2.69		
Ash.....g	0.82		1		1		1.05		
Carbohydrate, by difference.....g	55.72		0	NC	4		71.32		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	43		1		1		55		
Iron, Fe.....mg	3.30		1		1		4.22		
Magnesium, Mg.....mg	63		0		4		81		
Phosphorus, P.....mg	148		0		4		189		
Potassium, K.....mg	272		0		4		348		
Sodium, Na.....mg	27		1		1		35		
Zinc, Zn.....mg	1.40		0		4		1.79		
Copper, Cu.....mg	0.197		0		4		0.252		
Manganese, Mn.....mg	0.781		0		4		1.000		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.609		1		1		0.780		
Riboflavin.....mg	0.398		1		1		0.509		
Niacin.....mg	3.460		1		1		4.429		
Pantothenic acid.....mg	0.688		0		4		0.881		
Vitamin B-6.....mg	0.315		0		4		0.403		
Folate, total.....µg	177		0	BFSN	4		227		
Folic acid.....µg	121		0	NC	4		155		
Folate, food.....µg	56		0		4		72		
Folate, DFE.....µg	262		0	NC	4		335		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.31		0		4		0.40		
Vitamin A, RAE.....µg	25		0	NC	4		31		
Retinol.....µg	15		0	NC	4		19		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	241		0		4		308		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Pasta, fresh-refrigerated, spinach, as purchased

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.483		0		1		0.618		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.007		0		1		0.009		
15:0.....g									
16:0.....g	0.388		0		1		0.497		
17:0.....g									
18:0.....g	0.087		0		1		0.111		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.659		0		1		0.844		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.063		0		1		0.081		
17:1.....g									
18:1 undifferentiated.....g	0.595		0		1		0.762		
20:1.....g	0.001		0		1		0.001		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.467		0		1		0.598		
18:2 undifferentiated.....g	0.403		0		1		0.516		
18:3 undifferentiated.....g	0.064		0		1		0.082		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	73		0		4		93		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.150		0		1		0.192		
Threonine.....g	0.352		0		1		0.451		
Isoleucine.....g	0.488		0		1		0.625		
Leucine.....g	0.813		0		1		1.041		
Lysine.....g	0.336		0		1		0.430		
Methionine.....g	0.208		0		1		0.266		
Cystine.....g	0.297		0		1		0.380		
Phenylalanine.....g	0.560		0		1		0.717		
Tyrosine.....g	0.332		0		1		0.425		
Valine.....g	0.544		0		1		0.696		
Arginine.....g	0.480		0		1		0.614		
Histidine.....g	0.237		0		1		0.303		
Alanine.....g	0.399		0		1		0.511		
Aspartic acid.....g	0.601		0		1		0.769		
Glutamic acid.....g	3.449		0		1		4.415		
Glycine.....g	0.369		0		1		0.472		
Proline.....g	1.056		0		1		1.352		
Serine.....g	0.577		0		1		0.739		
Hydroxyproline.....g									

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

NDB No. 20095

Pasta, fresh-refrigerated, spinach, as purchased

Common Measures:

Measure 1 = 128g: 4.5 oz

Calories Factors: Protein 3.88

Fat 8.41

Carbohydrate 4.08

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20096

Pasta, fresh-refrigerated, spinach, cooked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	68.58		0		1		39.09		
Energy.....kcal	130		0	NC	4		74		
Energy.....kJ	544				4		310		
Protein (N x 5.79).....g	5.06		0		1		2.88		
Total lipid (fat).....g	0.94		0		1		0.54		
Ash.....g	0.37		0		1		0.21		
Carbohydrate, by difference.....g	25.04		0	NC	4		14.27		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	18		0		1		10		
Iron, Fe.....mg	1.11		0		1		0.63		
Magnesium, Mg.....mg	24		0		1		14		
Phosphorus, P.....mg	57		0		1		32		
Potassium, K.....mg	37		0		1		21		
Sodium, Na.....mg	6		0		1		3		
Zinc, Zn.....mg	0.63		0		1		0.36		
Copper, Cu.....mg	0.080		0		1		0.046		
Manganese, Mn.....mg	0.316		0		1		0.180		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.178		0		1		0.101		
Riboflavin.....mg	0.134		0		1		0.076		
Niacin.....mg	1.011		0		1		0.576		
Pantothenic acid.....mg	0.232		0		1		0.132		
Vitamin B-6.....mg	0.113		0		1		0.064		
Folate, total.....µg	64		0	BFSY	4		36		
Folic acid.....µg	46		0	NC	4		26		
Folate, food.....µg	18		0		4		10		
Folate, DFE.....µg	96		0	NC	4		55		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.14		0		1		0.08		
Vitamin A, RAE.....µg	10		0	NC	4		6		
Retinol.....µg	6		0	NC	4		3		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	103		0		4		59		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Pasta, fresh-refrigerated, spinach, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.217		0		1		0.124		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.003		0		1		0.002		
15:0.....g									
16:0.....g	0.174		0		1		0.099		
17:0.....g									
18:0.....g	0.039		0		1		0.022		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.296		0		1		0.169		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.028		0		1		0.016		
17:1.....g									
18:1 undifferentiated.....g	0.267		0		1		0.152		
20:1.....g	0.001		0		1		0.001		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.210		0		1		0.120		
18:2 undifferentiated.....g	0.181		0		1		0.103		
18:3 undifferentiated.....g	0.029		0		1		0.017		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	33		0		1		19		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.067		0		1		0.038		
Threonine.....g	0.158		0		1		0.090		
Isoleucine.....g	0.219		0		1		0.125		
Leucine.....g	0.365		0		1		0.208		
Lysine.....g	0.151		0		1		0.086		
Methionine.....g	0.093		0		1		0.053		
Cystine.....g	0.134		0		1		0.076		
Phenylalanine.....g	0.252		0		1		0.144		
Tyrosine.....g	0.149		0		1		0.085		
Valine.....g	0.245		0		1		0.140		
Arginine.....g	0.216		0		1		0.123		
Histidine.....g	0.107		0		1		0.061		
Alanine.....g	0.179		0		1		0.102		
Aspartic acid.....g	0.270		0		1		0.154		
Glutamic acid.....g	1.550		0		1		0.884		
Glycine.....g	0.166		0		1		0.095		
Proline.....g	0.474		0		1		0.270		
Serine.....g	0.259		0		1		0.148		
Hydroxyproline.....g									

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

NDB No. 20096

Pasta, fresh-refrigerated, spinach, cooked

Common Measures:

Measure 1 = 57g: 2 oz

Calories Factors: Protein 3.88

Fat 8.41

Carbohydrate 4.08

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20654

Pasta, gluten-free, brown rice flour, cooked, TINKYADA

Tinkyada

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	62.30	1.237	6	A	1		105.29	81.61	95.32
Energy.....kcal	138		0	NC	4		233	181	211
Energy.....kJ	577		0	NC	4		975	756	883
Protein (N x 5.95).....g	3.46	0.123	6	A	1		5.84	4.53	5.29
Total lipid (fat).....g	1.67	0.049	6	A	1		2.82	2.18	2.55
Ash.....g	0.38	0.016	6	A	1		0.64	0.49	0.58
Carbohydrate, by difference.....g	32.20		0	NC	4		54.42	42.18	49.26
Fiber, total dietary.....g	1.7	0.104	6	A	1		2.8	2.2	2.5
Sugars, total.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Sucrose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch.....g	30.96	1.395	5	A	1		52.32	40.56	47.37
Minerals:									
Calcium, Ca.....mg	5	0.264	6	A	1		8	6	7
Iron, Fe.....mg	0.53	0.036	6	A	1		0.89	0.69	0.81
Magnesium, Mg.....mg	36	2.615	6	A	1		60	47	55
Phosphorus, P.....mg	87	5.473	6	A	1		148	114	134
Potassium, K.....mg	25	2.768	6	A	1		42	32	38
Sodium, Na.....mg	4	0.012	6	A	1		6	5	6
Zinc, Zn.....mg	0.83	0.050	6	A	1		1.40	1.08	1.26
Copper, Cu.....mg	0.069	0.005	6	A	1		0.117	0.090	0.106
Manganese, Mn.....mg	1.227	0.049	6	A	1		2.073	1.607	1.877
Selenium, Se.....µg	11.1		2	A	1		18.7	14.5	16.9
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin.....mg	0.095		2	A	1		0.161	0.124	0.145
Riboflavin.....mg	0.082		2	A	1		0.138	0.107	0.125
Niacin.....mg	1.465		2	A	1		2.476	1.919	2.241
Pantothenic acid.....mg	0.260		2	A	1		0.439	0.341	0.398
Vitamin B-6.....mg	0.075		2	A	1		0.127	0.098	0.115
Folate, total.....µg	4	0.000	3	A	1		7	6	7
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	4	0.000	3	A	1		7	6	7
Folate, DFE.....µg	4		0	NC	4		7	6	7
Choline, total.....mg	2.7		0	A	1		4.6	3.5	4.1
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	0		0	BFSN	4		0	0	0
Carotene, alpha.....µg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0	0	0
Vitamin A, IU.....IU	0		0	NC	4		0	0	0
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	BFSN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	NR	4		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		0	NR	4		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		0	NR	4		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		0	NR	4		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.00		0	NR	4		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		0	NR	4		0.00	0.00	0.00

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		0	NR	4		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		0	NR	4		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	BFSN	4		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	BFSN	4		0	0	0
Vitamin K (phylloquinone).....µg	0.3		0	BFSN	4		0.5	0.4	0.4
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.203		0	NC	4		0.342	0.265	0.310
4:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0.....g	0.001	0.001	4	A	1		0.002	0.001	0.002
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.013	0.000	4	A	1		0.022	0.017	0.020
15:0.....g	0.003	0.000	4	A	1		0.005	0.004	0.004
16:0.....g	0.136	0.078	4	A	1		0.229	0.178	0.208
17:0.....g	0.001	0.000	4	A	1		0.002	0.002	0.002
18:0.....g	0.030	0.003	4	A	1		0.051	0.040	0.047
20:0.....g	0.008	0.000	4	A	1		0.013	0.010	0.011
22:0.....g	0.004	0.000	4	A	1		0.006	0.005	0.005
24:0.....g	0.008	0.000	4	A	1		0.013	0.010	0.012
Fatty acids, total monounsaturated.....g	0.596		0	NC	4		1.007	0.780	0.911
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1.....g	0.123	0.071	4	A	1		0.207	0.161	0.188
16:1 undifferentiated.....g	0.002	0.000	4	AS	1		0.004	0.003	0.003
16:1 c.....g	0.002	0.000	4	A	1		0.004	0.003	0.003
16:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
17:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.463	0.017	4	AS	1		0.783	0.607	0.709
18:1 c.....g	0.463	0.017	4	A	1		0.782	0.606	0.708
18:1 t.....g	0.001	0.001	4	A	1		0.001	0.001	0.001
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.007	0.000	4	A	1		0.012	0.009	0.011
22:1 undifferentiated.....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
22:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.446		0	NC	4		0.755	0.585	0.683
18:2 undifferentiated.....g	0.428	0.017	4	AS	1		0.723	0.560	0.654
18:2 n-6 c,c.....g	0.427	0.017	4	A	1		0.722	0.559	0.653
18:2 CLAs.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.001	0.000	4	A	1		0.001	0.001	0.001
18:3 undifferentiated.....g	0.014	0.002	4	AS	1		0.024	0.019	0.022
18:3 n-3 c,c,c (ALA).....g	0.014	0.002	4	A	1		0.024	0.019	0.022
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:3i.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.000	4	A	1		0.007	0.005	0.006
21:5.....g									
22:4.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000

NDB No. 20654

Pasta, gluten-free, brown rice flour, cooked, TINKYADA

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g	0.002		0	NC	4	0.003	0.002	0.002	
Fatty acids, total trans-monoenoic.....g	0.001		0	NC	4	0.001	0.001	0.001	
Fatty acids, total trans-polyenoic.....g	0.001		0	NC	4	0.001	0.001	0.001	
Cholesterol.....mg	0		0	Z	7	0	0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.040		0	A	1	0.067	0.052	0.061	
Threonine.....g	0.109		0	A	1	0.184	0.143	0.167	
Isoleucine.....g	0.114		0	A	1	0.193	0.150	0.175	
Leucine.....g	0.264		0	A	1	0.446	0.346	0.404	
Lysine.....g	0.208		0	A	1	0.352	0.273	0.319	
Methionine.....g	0.079		0	A	1	0.134	0.104	0.121	
Cystine.....g	0.070		0	A	1	0.118	0.091	0.107	
Phenylalanine.....g	0.174		0	A	1	0.294	0.228	0.266	
Tyrosine.....g	0.149		0	A	1	0.252	0.195	0.228	
Valine.....g	0.134		0	A	1	0.227	0.176	0.205	
Arginine.....g	0.308		0	A	1	0.521	0.404	0.472	
Histidine.....g	0.084		0	A	1	0.143	0.111	0.129	
Alanine.....g	0.174		0	A	1	0.294	0.228	0.266	
Aspartic acid.....g	0.289		0	A	1	0.488	0.378	0.441	
Glutamic acid.....g	0.478		0	A	1	0.808	0.626	0.731	
Glycine.....g	0.154		0	A	1	0.261	0.202	0.236	
Proline.....g	0.155		0	A	1	0.261	0.203	0.237	
Serine.....g	0.174		0	A	1	0.294	0.228	0.266	
Hydroxyproline.....g	0.000		2	A	1	0.000	0.000	0.000	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	0	
Theobromine.....mg	0		0	Z	7	0	0	0	

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

Common Measures:

Measure 1 = 169g: 1 cup spaghetti not packed

Measure 2 = 131g: 1 cup penne not packed

Measure 3 = 153g: 1 cup fettucini not packed

Calories Factors: Protein 4.12

Fat 8.37

Carbohydrate 3.41

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20657

Pasta, gluten-free, corn and rice flour, cooked

Barilla

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	57.67	0.175	3	A	1		81.32		
Energy.....kcal	179		0	NC	4		252		
Energy.....kJ	748		0	NC	4		1055		
Protein (N x 5.95).....g	3.20	0.017	3	A	1		4.51		
Total lipid (fat).....g	1.00	0.000	3	A	1		1.41		
Ash.....g	0.07	0.000	3	A	1		0.10		
Carbohydrate, by difference.....g	38.05		0	NC	4		53.65		
Fiber, total dietary.....g	1.4	0.153	3	A	1		2.0		
Sugars, total.....g	0.00	0.000	3	A	1		0.00		
Sucrose.....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose).....g	0.00	0.000	3	A	1		0.00		
Fructose.....g	0.00	0.000	3	A	1		0.00		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	36.15	0.400	3	A	1		50.97		
Minerals:									
Calcium, Ca.....mg	2	0.005	3	A	1		2		
Iron, Fe.....mg	0.22	0.010	3	A	1		0.31		
Magnesium, Mg.....mg	11	0.175	3	A	1		15		
Phosphorus, P.....mg	33	0.275	3	A	1		47		
Potassium, K.....mg	24	0.075	3	A	1		34		
Sodium, Na.....mg	4	0.004	3	A	1		5		
Zinc, Zn.....mg	0.27	0.002	3	A	1		0.38		
Copper, Cu.....mg	0.020	0.002	3	A	1		0.028		
Manganese, Mn.....mg	0.094	0.002	3	A	1		0.133		
Selenium, Se.....µg	2.2		2	A	1		3.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.050		2	A	1		0.071		
Riboflavin.....mg	0.079		2	A	1		0.111		
Niacin.....mg	0.240		2	A	1		0.338		
Pantothenic acid.....mg	0.140		1	A	1		0.197		
Vitamin B-6.....mg	0.037		2	A	1		0.052		
Folate, total.....µg	4	0.000	3	A	1		6		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	4	0.000	3	A	1		6		
Folate, DFE.....µg	4		0	NC	4		6		
Choline, total.....mg	1.7		0	A	1		2.4		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	4		0	NC	4		5		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	32		0	FLA	4		45		
Carotene, alpha.....µg	21		0	FLA	4		30		
Cryptoxanthin, beta.....µg	0		0	FLA	4		0		
Vitamin A, IU.....IU	71		0	NC	4		100		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	539		0	FLA	4		760		
Vitamin E (alpha-tocopherol).....mg	0.00		1	A	1		0.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	0.00		1	A	1		0.00		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00		
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		

Pasta, gluten-free, corn and rice flour, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	FLA	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLA	4		0		
Vitamin K (phylloquinone).....µg	0.0		0	FLA	4		0.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.150		0	NC	4		0.212		
4:0.....g	0.000		2	A	1		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.005		2	A	1		0.007		
15:0.....g	0.003		2	A	1		0.004		
16:0.....g	0.106		2	A	1		0.149		
17:0.....g	0.002		2	A	1		0.002		
18:0.....g	0.029		2	A	1		0.041		
20:0.....g	0.003		2	A	1		0.004		
22:0.....g	0.002		2	A	1		0.002		
24:0.....g	0.002		2	A	1		0.003		
Fatty acids, total monounsaturated.....g	0.259		0	NC	4		0.365		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.100		2	A	1		0.140		
16:1 undifferentiated.....g	0.001		0	AS	1		0.001		
16:1 c.....g	0.001		2	A	1		0.001		
16:1 t.....g	0.000		2	A	1		0.000		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	0.155		0	AS	1		0.219		
18:1 c.....g	0.153		2	A	1		0.216		
18:1 t.....g	0.002		2	A	1		0.003		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.003		2	A	1		0.004		
22:1 undifferentiated.....g	0.000		0	AS	1		0.000		
22:1 c.....g	0.000		2	A	1		0.000		
22:1 t.....g	0.000		2	A	1		0.000		
24:1 c.....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.329		0	NC	4		0.465		
18:2 undifferentiated.....g	0.315		0	AS	1		0.445		
18:2 n-6 c,c.....g	0.314		2	A	1		0.443		
18:2 CLAs.....g	0.000		2	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.002		2	A	1		0.002		
18:3 undifferentiated.....g	0.013		0	AS	1		0.018		
18:3 n-3 c,c,c (ALA).....g	0.013		2	A	1		0.018		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g	0.000		2	A	1		0.000		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		2	A	1		0.000		
20:3 n-6.....g	0.000		2	A	1		0.000		
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002		2	A	1		0.002		
21:5.....g									
22:4.....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000		

NDB No. 20657

Pasta, gluten-free, corn and rice flour, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g	0.004		0	NC	4		0.005		
Fatty acids, total trans-monoenoic.....g	0.002		0	NC	4		0.003		
Fatty acids, total trans-polyenoic.....g	0.002		0	NC	4		0.002		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.020		0	A	1		0.029		
Threonine.....g	0.103		0	A	1		0.145		
Isoleucine.....g	0.103		0	A	1		0.145		
Leucine.....g	0.452		0	A	1		0.637		
Lysine.....g	0.164		0	A	1		0.231		
Methionine.....g	0.072		0	A	1		0.101		
Cystine.....g	0.072		0	A	1		0.101		
Phenylalanine.....g	0.175		0	A	1		0.246		
Tyrosine.....g	0.144		0	A	1		0.203		
Valine.....g	0.103		0	A	1		0.145		
Arginine.....g	0.154		0	A	1		0.217		
Histidine.....g	0.092		0	A	1		0.130		
Alanine.....g	0.236		0	A	1		0.333		
Aspartic acid.....g	0.175		0	A	1		0.246		
Glutamic acid.....g	0.544		0	A	1		0.767		
Glycine.....g	0.103		0	A	1		0.145		
Proline.....g	0.349		0	A	1		0.492		
Serine.....g	0.164		0	A	1		0.231		
Hydroxyproline.....g	0.000		1	A	1		0.000		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 141g: 1 cup spaghetti

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0	0.0	
Vitamin D.....IU	0		0	Z	7	0	0	0	
Vitamin K (phylloquinone).....µg	0.0		0	FLA	4	0.0	0.0	0.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.152		0	NC	4	0.253	0.201	0.169	
4:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
6:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
8:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
10:0.....g	0.002	0.001	3	A	1	0.003	0.003	0.002	
12:0.....g	0.001	0.001	3	A	1	0.002	0.001	0.001	
13:0.....g									
14:0.....g	0.005	0.002	3	A	1	0.009	0.007	0.006	
15:0.....g	0.003	0.000	3	A	1	0.004	0.004	0.003	
16:0.....g	0.088	0.088	3	A	1	0.146	0.116	0.097	
17:0.....g	0.002	0.000	3	A	1	0.004	0.003	0.003	
18:0.....g	0.036	0.002	3	A	1	0.060	0.048	0.040	
20:0.....g	0.007	0.000	3	A	1	0.012	0.010	0.008	
22:0.....g	0.004	0.001	3	A	1	0.006	0.005	0.004	
24:0.....g	0.004	0.000	3	A	1	0.007	0.005	0.004	
Fatty acids, total monounsaturated.....g	0.663		0	NC	4	1.100	0.875	0.735	
14:1.....g	0.000	0.000	3	A	1	0.001	0.000	0.000	
15:1.....g	0.170	0.085	3	A	1	0.282	0.224	0.188	
16:1 undifferentiated.....g	0.003	0.000	3	AS	1	0.004	0.004	0.003	
16:1 c.....g	0.003	0.000	3	A	1	0.004	0.004	0.003	
16:1 t.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
17:1.....g	0.001	0.001	3	A	1	0.002	0.001	0.001	
18:1 undifferentiated.....g	0.477	0.005	3	AS	1	0.792	0.630	0.530	
18:1 c.....g	0.474	0.005	3	A	1	0.786	0.625	0.526	
18:1 t.....g	0.004	0.000	3	A	1	0.006	0.005	0.004	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.009	0.000	3	A	1	0.015	0.012	0.010	
22:1 undifferentiated.....g	0.002	0.000	3	AS	1	0.004	0.003	0.003	
22:1 c.....g	0.002	0.000	3	A	1	0.004	0.003	0.003	
22:1 t.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.947		0	NC	4	1.572	1.250	1.051	
18:2 undifferentiated.....g	0.912	0.016	3	AS	1	1.514	1.204	1.012	
18:2 n-6 c,c.....g	0.909	0.015	3	A	1	1.509	1.200	1.009	
18:2 CLAs.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.003	0.001	3	A	1	0.004	0.004	0.003	
18:3 undifferentiated.....g	0.032	0.001	3	AS	1	0.052	0.042	0.035	
18:3 n-3 c,c,c (ALA).....g	0.032	0.001	3	A	1	0.052	0.042	0.035	
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:3i.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:4.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	AS	1	0.000	0.000	0.000	
20:3 n-3.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:3 n-6.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.001	0.001	3	A	1	0.001	0.001	0.001	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	3	A	1	0.004	0.004	0.003	
21:5.....g									
22:4.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g	0.006		0	NC	4	0.011	0.008	0.007	
Fatty acids, total trans-monoenoic.....g	0.004		0	NC	4	0.006	0.005	0.004	

NDB No. 20655

Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.003		0	NC	4		0.004	0.004	0.003
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.020		0	A	1		0.033	0.026	0.022
Threonine.....g	0.099		0	A	1		0.164	0.130	0.110
Isoleucine.....g	0.089		0	A	1		0.147	0.117	0.099
Leucine.....g	0.355		0	A	1		0.590	0.469	0.394
Lysine.....g	0.158		0	A	1		0.262	0.208	0.175
Methionine.....g	0.059		0	A	1		0.098	0.078	0.066
Cystine.....g	0.069		0	A	1		0.115	0.091	0.077
Phenylalanine.....g	0.148		0	A	1		0.246	0.195	0.164
Tyrosine.....g	0.118		0	A	1		0.196	0.156	0.131
Valine.....g	0.108		0	A	1		0.180	0.143	0.120
Arginine.....g	0.178		0	A	1		0.295	0.234	0.197
Histidine.....g	0.089		0	A	1		0.147	0.117	0.099
Alanine.....g	0.207		0	A	1		0.344	0.273	0.230
Aspartic acid.....g	0.187		0	A	1		0.311	0.247	0.208
Glutamic acid.....g	0.464		0	A	1		0.770	0.612	0.515
Glycine.....g	0.118		0	A	1		0.196	0.156	0.131
Proline.....g	0.286		0	A	1		0.475	0.378	0.318
Serine.....g	0.148		0	A	1		0.246	0.195	0.164
Hydroxyproline.....g	0.000		1	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 166g: 1 cup spaghetti packed

Measure 2 = 132g: 1 cup(not packed) not packed

Measure 3 = 111g: 1 cup elbows not packed not packed

Calories Factors: Protein 3.78

Fat 8.37

Carbohydrate 3.95

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20092
Pasta, gluten-free, corn, cooked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	68.31		0		1		95.63		
Energy.....kcal	126		0	NC	4		176		
Energy.....kJ	527		0		4		738		
Protein (N x 6.25).....g	2.63		0		1		3.68		
Total lipid (fat).....g	0.73		0		1		1.02		
Ash.....g	0.42		0		1		0.59		
Carbohydrate, by difference.....g	27.91		0	NC	4		39.07		
Fiber, total dietary.....g	4.8		0		4		6.7		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		0		1		1		
Iron, Fe.....mg	0.25		0		1		0.35		
Magnesium, Mg.....mg	36		0		1		50		
Phosphorus, P.....mg	76		0		1		106		
Potassium, K.....mg	31		0		1		43		
Sodium, Na.....mg	0		0		1		0		
Zinc, Zn.....mg	0.63		0		1		0.88		
Copper, Cu.....mg	0.064		0		1		0.090		
Manganese, Mn.....mg	0.153		0		1		0.214		
Selenium, Se.....µg	2.8		0	BFSN	4		3.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.053		0		1		0.074		
Riboflavin.....mg	0.023		0		1		0.032		
Niacin.....mg	0.556		0		1		0.778		
Pantothenic acid.....mg	0.128		0		1		0.179		
Vitamin B-6.....mg	0.058		0		1		0.081		
Folate, total.....µg	6		0		1		8		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	6		0		1		8		
Folate, DFE.....µg	6		0	NC	4		8		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	3		0		1		4		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	57		0		1		80		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 20092
Pasta, gluten-free, corn, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			

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

Common Measures:

Measure 1 = 140g: 1 cup

Calories Factors: Protein 2.73

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20091
Pasta, gluten-free, corn, dry

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.00		1		1		10.50	5.70	
Energy.....kcal	357		0	NC	4		375	203	
Energy.....kJ	1494		0		4		1568	851	
Protein (N x 6.25).....g	7.46		1		1		7.83	4.25	
Total lipid (fat).....g	2.08		1		1		2.18	1.19	
Ash.....g	1.20		1		1		1.26	0.68	
Carbohydrate, by difference.....g	79.26		0	NC	4		83.22	45.18	
Fiber, total dietary.....g	11.0		0		4		11.6	6.3	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		1		1		4	2	
Iron, Fe.....mg	0.93		1		1		0.98	0.53	
Magnesium, Mg.....mg	119		0		4		125	68	
Phosphorus, P.....mg	253		0		4		266	144	
Potassium, K.....mg	294		0		4		309	168	
Sodium, Na.....mg	3		1		1		3	2	
Zinc, Zn.....mg	1.79		0		4		1.88	1.02	
Copper, Cu.....mg	0.202		0		4		0.212	0.115	
Manganese, Mn.....mg	0.483		0		4		0.507	0.275	
Selenium, Se.....µg	7.9		0	BFSN	4		8.3	4.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.231		1		1		0.243	0.132	
Riboflavin.....mg	0.087		1		1		0.091	0.050	
Niacin.....mg	2.430		1		1		2.552	1.385	
Pantothenic acid.....mg	0.484		0		4		0.508	0.276	
Vitamin B-6.....mg	0.206		0		4		0.216	0.117	
Folate, total.....µg	25		0		4		26	14	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	25		0		4		26	14	
Folate, DFE.....µg	25		0	NC	4		26	14	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	9		1		1		9	5	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	170		1		1		179	97	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 20091
Pasta, gluten-free, corn, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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

Common Measures:
Measure 1 = 105g: 1 cup
Measure 2 = 57g: 2 oz

Calories Factors: Protein 2.73 Fat 8.37 Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20656

Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 121g: 1 cup spaghetti

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20097

Pasta, homemade, made with egg, cooked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	68.71		0		1		39.16		
Energy.....kcal	130		0	NC	4		74		
Energy.....kJ	544				4		310		
Protein (N x 5.73).....g	5.28		0		1		3.01		
Total lipid (fat).....g	1.74		0		1		0.99		
Ash.....g	0.73		0		1		0.42		
Carbohydrate, by difference.....g	23.54		0	NC	4		13.42		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10		0		1		6		
Iron, Fe.....mg	1.16		0		1		0.66		
Magnesium, Mg.....mg	14		0		1		8		
Phosphorus, P.....mg	52		0		1		30		
Potassium, K.....mg	21		0		1		12		
Sodium, Na.....mg	83		0		1		47		
Zinc, Zn.....mg	0.44		0		1		0.25		
Copper, Cu.....mg	0.056		0		1		0.032		
Manganese, Mn.....mg	0.183		0		1		0.104		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.173		0		1		0.099		
Riboflavin.....mg	0.174		0		1		0.099		
Niacin.....mg	1.257		0		1		0.716		
Pantothenic acid.....mg	0.231		0		1		0.132		
Vitamin B-6.....mg	0.037		0		1		0.021		
Folate, total.....µg	43		0	RA	4		25		
Folic acid.....µg	24		0	NC	4		14		
Folate, food.....µg	19		0		1		11		
Folate, DFE.....µg	60		0	NC	4		34		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.10		0		1		0.06		
Vitamin A, RAE.....µg	17		0		1		10		
Retinol.....µg	17		0		1		10		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	58		0		1		33		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total saturated.....g	0.408		0		1		0.233		
4:0.....g									
6:0.....g									
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.004		0		1		0.002		
15:0.....g									
16:0.....g	0.301		0		1		0.172		
17:0.....g									
18:0.....g	0.097		0		1		0.055		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.508		0		1		0.290		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		0		1		0.017		
17:1.....g									
18:1 undifferentiated.....g	0.473		0		1		0.270		
20:1.....g	0.004		0		1		0.002		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.521		0		1		0.297		
18:2 undifferentiated.....g	0.459		0		1		0.262		
18:3 undifferentiated.....g	0.045		0		1		0.026		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0		1		0.008		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g	0.004		0		1		0.002		
Fatty acids, total trans.....g									
Cholesterol.....mg	41		0		1		23		
Phytosterols.....mg	1		0		1		1		
Amino Acids:									
Tryptophan.....g	0.067		0		1		0.038		
Threonine.....g	0.166		0		1		0.095		
Isoleucine.....g	0.223		0		1		0.127		
Leucine.....g	0.382		0		1		0.218		
Lysine.....g	0.165		0		1		0.094		
Methionine.....g	0.101		0		1		0.058		
Cystine.....g	0.143		0		1		0.082		
Phenylalanine.....g	0.262		0		1		0.149		
Tyrosine.....g	0.156		0		1		0.089		
Valine.....g	0.247		0		1		0.141		
Arginine.....g	0.223		0		1		0.127		
Histidine.....g	0.111		0		1		0.063		
Alanine.....g	0.187		0		1		0.107		
Aspartic acid.....g	0.288		0		1		0.164		
Glutamic acid.....g	1.628		0		1		0.928		
Glycine.....g	0.169		0		1		0.096		
Proline.....g	0.497		0		1		0.283		
Serine.....g	0.282		0		1		0.161		
Hydroxyproline.....g									

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

NDB No. 20097

Pasta, homemade, made with egg, cooked

Common Measures:

Measure 1 = 57g: 2 oz

Calories Factors: Protein 3.93

Fat 8.41

Carbohydrate 4.09

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20098

Pasta, homemade, made without egg, cooked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	68.86		0		1		39.25		
Energy.....kcal	124		0	NC	4		71		
Energy.....kJ	519				4		296		
Protein (N x 5.7).....g	4.37		0		1		2.49		
Total lipid (fat).....g	0.98		0		1		0.56		
Ash.....g	0.66		0		1		0.38		
Carbohydrate, by difference.....g	25.12		0	NC	4		14.32		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		0		1		3		
Iron, Fe.....mg	1.13		0		1		0.64		
Magnesium, Mg.....mg	14		0		1		8		
Phosphorus, P.....mg	40		0		1		23		
Potassium, K.....mg	19		0		1		11		
Sodium, Na.....mg	74		0		1		42		
Zinc, Zn.....mg	0.37		0		1		0.21		
Copper, Cu.....mg	0.060		0		1		0.034		
Manganese, Mn.....mg	0.193		0		1		0.110		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.182		0		1		0.104		
Riboflavin.....mg	0.148		0		1		0.084		
Niacin.....mg	1.343		0		1		0.766		
Pantothenic acid.....mg	0.150		0		1		0.086		
Vitamin B-6.....mg	0.028		0		1		0.016		
Folate, total.....µg	43		0	RA	4		25		
Folic acid.....µg	26		0	NC	4		15		
Folate, food.....µg	17		0		1		10		
Folate, DFE.....µg	61		0	NC	4		35		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.140		0		1		0.080		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.001		0		1		0.001		
15:0.....g									
16:0.....g	0.109		0		1		0.062		
17:0.....g									
18:0.....g	0.029		0		1		0.017		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.187		0		1		0.107		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.185		0		1		0.105		
20:1.....g	0.001		0		1		0.001		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.508		0		1		0.290		
18:2 undifferentiated.....g	0.453		0		1		0.258		
18:3 undifferentiated.....g	0.055		0		1		0.031		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	2		0		1		1		
Amino Acids:									
Tryptophan.....g	0.056		0		1		0.032		
Threonine.....g	0.116		0		1		0.066		
Isoleucine.....g	0.169		0		1		0.096		
Leucine.....g	0.299		0		1		0.170		
Lysine.....g	0.084		0		1		0.048		
Methionine.....g	0.068		0		1		0.039		
Cystine.....g	0.123		0		1		0.070		
Phenylalanine.....g	0.212		0		1		0.121		
Tyrosine.....g	0.115		0		1		0.066		
Valine.....g	0.186		0		1		0.106		
Arginine.....g	0.161		0		1		0.092		
Histidine.....g	0.089		0		1		0.051		
Alanine.....g	0.128		0		1		0.073		
Aspartic acid.....g	0.179		0		1		0.102		
Glutamic acid.....g	1.577		0		1		0.899		
Glycine.....g	0.138		0		1		0.079		
Proline.....g	0.481		0		1		0.274		
Serine.....g	0.206		0		1		0.117		
Hydroxyproline.....g									

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

NDB No. 20098

Pasta, homemade, made without egg, cooked

Common Measures:

Measure 1 = 57g: 2 oz

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20652

Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Vitamin D.....IU			1	A	1			
Vitamin K (phylloquinone).....µg	0.2		1	A	1	0.2	0.3	0.2
Dihydrophylloquinone.....µg	0.0		1	A	1	0.0	0.0	0.0
Menaquinone-4.....µg	0.0		1	A	1	0.0	0.0	0.0

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

Common Measures:

Measure 1 = 116g: 1 cup spaghetti not packed

Measure 2 = 151g: 1 cup spaghetti packed

Measure 3 = 117g: 1 cup elbows

Calories Factors: Protein 3.78

Fat 8.37

Carbohydrate 3.95

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20653

Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code	Code					

Phytosterols.....mg

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

Common Measures:

Measure 1 = 91g: 1 cup spaghetti

Measure 2 = 122g: 1 cup elbows

Measure 3 = 95g: 1 cup penne

Calories Factors: Protein 3.78

Fat 8.37

Carbohydrate 3.95

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.239		0	NC	4		0.277	0.361	0.280
4:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	0.000
6:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	0.000
8:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	0.000
10:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	0.000
12:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	0.000
13:0.....g									
14:0.....g	0.004	0.000	3	A	1	0.004	0.006	0.004	0.004
15:0.....g	0.003	0.000	3	A	1	0.003	0.005	0.004	0.004
16:0.....g	0.206	0.002	3	A	1	0.239	0.311	0.241	0.241
17:0.....g	0.001	0.000	3	A	1	0.001	0.002	0.001	0.001
18:0.....g	0.020	0.001	3	A	1	0.023	0.030	0.023	0.023
20:0.....g	0.002	0.000	3	A	1	0.003	0.004	0.003	0.003
22:0.....g	0.002	0.001	3	A	1	0.003	0.004	0.003	0.003
24:0.....g	0.001	0.000	3	A	1	0.002	0.002	0.002	0.002
Fatty acids, total monounsaturated.....g	0.171		0	NC	4	0.198	0.258	0.200	0.200
14:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	0.000
15:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	0.000
16:1 undifferentiated.....g	0.002	0.000	3	AS	1	0.002	0.003	0.002	0.002
16:1 c.....g	0.002	0.000	3	A	1	0.002	0.003	0.002	0.002
16:1 t.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	0.000
17:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	0.000
18:1 undifferentiated.....g	0.164	0.007	3	AS	1	0.190	0.247	0.191	0.191
18:1 c.....g	0.164	0.007	3	A	1	0.190	0.247	0.191	0.191
18:1 t.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.006	0.000	3	A	1	0.007	0.009	0.007	0.007
22:1 undifferentiated.....g	0.000	0.000	3	AS	1	0.000	0.000	0.000	0.000
22:1 c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	0.000
22:1 t.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	0.000
24:1 c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.584		0	NC	4	0.678	0.882	0.683	0.683
18:2 undifferentiated.....g	0.545	0.008	3	AS	1	0.632	0.823	0.638	0.638
18:2 n-6 c,c.....g	0.545	0.008	3	A	1	0.632	0.823	0.638	0.638
18:2 CLAs.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	0.000
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000	0.000	3	A	1	0.000	0.001	0.000	0.000
18:3 undifferentiated.....g	0.039	0.001	3	AS	1	0.045	0.059	0.046	0.046
18:3 n-3 c,c,c (ALA).....g	0.039	0.001	3	A	1	0.045	0.059	0.046	0.046
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	0.000
18:3i.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	0.000
18:4.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	3	AS	1	0.000	0.000	0.000	0.000
20:3 n-3.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	0.000
20:3 n-6.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4	0.000	0.001	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000	0.000	0.000	0.000

NDB No. 20136

Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.001	0.000
Cholesterol.....mg									
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 116g: 1 cup spaghetti not packed

Measure 2 = 151g: 1 cup spaghetti packed

Measure 3 = 117g: 1 cup elbows not packed

Calories Factors: Protein 3.78

Fat 8.37

Carbohydrate 3.95

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.9		1	A	1				
Dihydrophyloquinone.....µg	0.0		1	A	1	0.8	1.1	0.9	
Menaquinone-4.....µg	0.0		1	A	1	0.0	0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.351		0	NC	4	0.320	0.429	0.334	
4:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
6:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
8:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
10:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
12:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
13:0.....g									
14:0.....g	0.004	0.000	3	A	1	0.004	0.005	0.004	
15:0.....g	0.003	0.000	3	A	1	0.003	0.004	0.003	
16:0.....g	0.307	0.023	3	A	1	0.279	0.374	0.291	
17:0.....g	0.001	0.000	3	A	1	0.001	0.002	0.001	
18:0.....g	0.026	0.002	3	A	1	0.024	0.032	0.025	
20:0.....g	0.003	0.000	3	A	1	0.002	0.003	0.003	
22:0.....g	0.004	0.000	3	A	1	0.003	0.004	0.003	
24:0.....g	0.003	0.001	3	A	1	0.003	0.004	0.003	
Fatty acids, total monounsaturated.....g	0.281		0	NC	4	0.256	0.343	0.267	
14:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
15:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.003	0.001	3	AS	1	0.003	0.004	0.003	
16:1 c.....g	0.003	0.001	3	A	1	0.003	0.004	0.003	
16:1 t.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
17:1.....g	0.001	0.000	3	A	1	0.001	0.001	0.001	
18:1 undifferentiated.....g	0.265	0.019	3	AS	1	0.241	0.324	0.252	
18:1 c.....g	0.265	0.019	3	A	1	0.241	0.323	0.252	
18:1 t.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.011	0.001	3	A	1	0.010	0.013	0.010	
22:1 undifferentiated.....g	0.001	0.000	3	AS	1	0.001	0.001	0.001	
22:1 c.....g	0.001	0.000	3	A	1	0.001	0.001	0.001	
22:1 t.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
24:1 c.....g	0.001	0.000	3	A	1	0.001	0.001	0.001	
Fatty acids, total polyunsaturated.....g	0.928		0	NC	4	0.845	1.132	0.882	
18:2 undifferentiated.....g	0.865	0.063	3	AS	1	0.787	1.055	0.821	
18:2 n-6 c,c.....g	0.863	0.063	3	A	1	0.785	1.053	0.820	
18:2 CLAs.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.002	0.001	3	A	1	0.002	0.002	0.002	
18:3 undifferentiated.....g	0.062	0.005	3	AS	1	0.056	0.076	0.059	
18:3 n-3 c,c,c (ALA).....g	0.062	0.005	3	A	1	0.056	0.076	0.059	
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:3i.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:4.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.002	0.000	3	A	1	0.002	0.002	0.002	
20:3 undifferentiated.....g	0.000	0.000	3	AS	1	0.000	0.000	0.000	
20:3 n-3.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:3 n-6.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g	0.002		0	NC	4	0.002	0.002	0.002	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000	0.000	0.000	

NDB No. 20135

Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total trans-polyenoic.....g	0.002		0	NC	4		0.002	0.002	0.002
Cholesterol.....mg									
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 91g: 1 cup spaghetti

Measure 2 = 122g: 1 cup elbows

Measure 3 = 95g: 1 cup penne

Calories Factors: Protein 3.78

Fat 8.37

Carbohydrate 3.95

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20125
Pasta, w whole-w heat, cooked

lasagna, macaroni product, penne, rotini, shells, spaghetti, elbow macaroni, farfalle

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	61.80	0.828	10	A	1		72.30	93.31	72.30
Energy.....kcal	149		0	NC	4		175	226	175
Energy.....kJ	625		0	NC	4		731	944	731
Protein (N x 5.83).....g	5.99	0.110	10	A	1		7.00	9.04	7.00
Total lipid (fat).....g	1.71	0.034	10	A	1		2.00	2.58	2.00
Ash.....g	0.44	0.020	10	A	1		0.52	0.67	0.52
Carbohydrate, by difference.....g	30.07		0	NC	4		35.18	45.40	35.18
Fiber, total dietary.....g	3.9	0.085	6	A	1		4.6	5.9	4.6
Sugars, total.....g	0.75		2	A	1		0.87	1.13	0.87
Sucrose.....g	0.20		2	A	1		0.23	0.30	0.23
Glucose (dextrose).....g	0.07		2	A	1		0.09	0.11	0.09
Fructose.....g	0.07		2	A	1		0.09	0.11	0.09
Lactose.....g	0.00		2	A	1		0.00	0.00	0.00
Maltose.....g	0.40		2	A	1		0.47	0.60	0.47
Galactose.....g	0.00		2	A	1		0.00	0.00	0.00
Starch.....g	25.51	0.393	6	A	1		29.84	38.52	29.84
Minerals:									
Calcium, Ca.....mg	13	0.538	10	A	1		15	19	15
Iron, Fe.....mg	1.72	0.046	10	A	1		2.02	2.60	2.02
Magnesium, Mg.....mg	54	1.016	10	A	1		64	82	64
Phosphorus, P.....mg	127	2.725	10	A	1		149	192	149
Potassium, K.....mg	96	3.151	10	A	1		112	145	112
Sodium, Na.....mg	4	0.011	10	A	1		4	5	4
Zinc, Zn.....mg	1.34	0.020	10	A	1		1.57	2.03	1.57
Copper, Cu.....mg	0.225	0.003	10	A	1		0.263	0.339	0.263
Manganese, Mn.....mg	1.321	0.031	10	A	1		1.546	1.995	1.546
Selenium, Se.....µg	36.3	2.938	6	A	1		42.4	54.8	42.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.156	0.007	6	A	1		0.183	0.236	0.183
Riboflavin.....mg	0.099	0.009	6	A	1		0.115	0.149	0.115
Niacin.....mg	3.126	0.090	6	A	1		3.658	4.721	3.658
Pantothenic acid.....mg	0.268	0.006	4	A	1		0.314	0.405	0.314
Vitamin B-6.....mg	0.093	0.006	6	A	1		0.108	0.140	0.108
Folate, total.....µg	21	2.706	6	A	1		24	31	24
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	21	2.706	6	A	1		24	31	24
Folate, DFE.....µg	21		0	NC	4		24	31	24
Choline, total.....mg	6.5		0	A	1		7.6	9.8	7.6
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	2		0	BFSN	4		3	3	3
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	4		0	NC	4		4	6	4
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	94		0	BFSN	4		110	142	110
Vitamin E (alpha-tocopherol).....mg	0.23		2	A	1		0.27	0.34	0.27
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.08		2	A	1		0.10	0.12	0.10
Tocopherol, gamma.....mg	0.09		2	A	1		0.10	0.13	0.10
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.18		2	A	1		0.21	0.27	0.21
Tocotrienol, beta.....mg	1.16		2	A	1		1.36	1.75	1.36

NDB No. 20125
Pasta, whole-w heat, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.6		2	A	1		0.7	0.9	0.7
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4.....µg	0.0		2	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.243		0	NC	4		0.284	0.367	0.284
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.004	0.001	3	A	1		0.005	0.006	0.005
15:0.....g	0.003	0.000	3	A	1		0.004	0.005	0.004
16:0.....g	0.207	0.006	3	A	1		0.242	0.312	0.242
17:0.....g	0.001	0.000	3	A	1		0.002	0.002	0.002
18:0.....g	0.021	0.002	3	A	1		0.024	0.032	0.024
20:0.....g	0.002	0.001	3	A	1		0.002	0.003	0.002
22:0.....g	0.003	0.000	3	A	1		0.003	0.004	0.003
24:0.....g	0.002	0.001	3	A	1		0.002	0.003	0.002
Fatty acids, total monounsaturated.....g	0.176		0	NC	4		0.205	0.265	0.205
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.002	0.000	3	AS	1		0.002	0.003	0.002
16:1 c.....g	0.002	0.000	3	A	1		0.002	0.003	0.002
16:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.168	0.009	3	AS	1		0.196	0.253	0.196
18:1 c.....g	0.168	0.009	3	A	1		0.196	0.253	0.196
18:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.006	0.001	3	A	1		0.007	0.009	0.007
22:1 undifferentiated.....g	0.000	0.000	3	AS	1		0.000	0.000	0.000
22:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.574		0	NC	4		0.671	0.867	0.671
18:2 undifferentiated.....g	0.538	0.025	3	AS	1		0.630	0.813	0.630
18:2 n-6 c,c.....g	0.538	0.025	3	A	1		0.630	0.813	0.630
18:2 CLAs.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.036	0.002	3	AS	1		0.042	0.054	0.042
18:3 n-3 c,c,c (ALA).....g	0.036	0.002	3	A	1		0.042	0.054	0.042
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:3i.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	3	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	0.000

NDB No. 20125
Pasta, whole-w heat, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number			measures of food		
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4	0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4	0.000	0.000	0.000
Cholesterol.....mg	0		0	Z	7	0	0	0
Phytosterols.....mg								
<u>Amino Acids:</u>								
Tryptophan.....g	0.077		0	BFPN	4	0.091	0.117	0.091
Threonine.....g	0.161		0	BFPN	4	0.188	0.242	0.188
Isoleucine.....g	0.232		0	BFPN	4	0.272	0.351	0.272
Leucine.....g	0.409		0	BFPN	4	0.478	0.617	0.478
Lysine.....g	0.133		0	BFPN	4	0.155	0.200	0.155
Methionine.....g	0.097		0	BFPN	4	0.113	0.146	0.113
Cystine.....g	0.125		0	BFPN	4	0.146	0.188	0.146
Phenylalanine.....g	0.298		0	BFPN	4	0.348	0.449	0.348
Tyrosine.....g	0.156		0	BFPN	4	0.183	0.236	0.183
Valine.....g	0.259		0	BFPN	4	0.304	0.392	0.304
Arginine.....g	0.211		0	BFPN	4	0.247	0.319	0.247
Histidine.....g	0.140		0	BFPN	4	0.164	0.212	0.164
Alanine.....g	0.186		0	BFPN	4	0.218	0.282	0.218
Aspartic acid.....g	0.270		0	BFPN	4	0.315	0.407	0.315
Glutamic acid.....g	2.074		0	BFPN	4	2.427	3.132	2.427
Glycine.....g	0.217		0	BFPN	4	0.254	0.327	0.254
Proline.....g	0.638		0	BFPN	4	0.746	0.963	0.746
Serine.....g	0.292		0	BFPN	4	0.342	0.441	0.342
Hydroxyproline.....g								
<u>Others:</u>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

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

Common Measures:

Measure 1 = 117g: 1 cup spaghetti not packed

Measure 2 = 151g: 1 cup spaghetti packed

Measure 3 = 117g: 1 cup elbows

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

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NDB No. 20124

Pasta, w whole-w heat, dry

lasagna, macaroni product, penne, shells, spaghetti, elbow macaroni, farfalle

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.21	0.108	10	A	1		7.47	10.01	7.80
Energy.....kcal	352		0	NC	4		320	429	334
Energy.....kJ	1471		0	NC	4		1339	1795	1397
Protein (N x 5.83).....g	13.87	0.069	10	A	1		12.62	16.92	13.18
Total lipid (fat).....g	2.93	0.062	10	A	1		2.66	3.57	2.78
Ash.....g	1.62	0.048	10	A	1		1.48	1.98	1.54
Carbohydrate, by difference.....g	73.37		0	NC	4		66.77	89.51	69.70
Fiber, total dietary.....g	9.2	0.411	6	A	1		8.3	11.2	8.7
Sugars, total.....g	2.74		2	A	1		2.50	3.35	2.61
Sucrose.....g	0.68		2	A	1		0.62	0.83	0.64
Glucose (dextrose).....g	0.24		2	A	1		0.22	0.30	0.23
Fructose.....g	0.30		2	A	1		0.27	0.37	0.29
Lactose.....g	0.00		2	A	1		0.00	0.00	0.00
Maltose.....g	1.52		2	A	1		1.38	1.86	1.45
Galactose.....g	0.00		2	A	1		0.00	0.00	0.00
Starch.....g	56.75	1.159	6	A	1		51.64	69.23	53.91
Minerals:									
Calcium, Ca.....mg	29	1.189	10	A	1		26	35	27
Iron, Fe.....mg	3.62	0.087	10	A	1		3.29	4.41	3.44
Magnesium, Mg.....mg	128	2.163	10	A	1		117	157	122
Phosphorus, P.....mg	343	3.007	10	A	1		312	419	326
Potassium, K.....mg	434	4.147	10	A	1		395	530	413
Sodium, Na.....mg	6	0.194	10	A	1		6	7	6
Zinc, Zn.....mg	2.97	0.053	10	A	1		2.70	3.62	2.82
Copper, Cu.....mg	0.497	0.009	10	A	1		0.452	0.606	0.472
Manganese, Mn.....mg	2.983	0.088	10	A	1		2.715	3.640	2.834
Selenium, Se.....µg	77.6	11.772	6	A	1		70.6	94.7	73.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.407	0.032	6	A	1		0.371	0.497	0.387
Riboflavin.....mg	0.218	0.037	6	A	1		0.198	0.266	0.207
Niacin.....mg	8.691	0.440	6	A	1		7.909	10.603	8.257
Pantothenic acid.....mg	0.870	0.025	4	A	1		0.792	1.062	0.827
Vitamin B-6.....mg	0.283	0.012	6	A	1		0.258	0.346	0.269
Folate, total.....µg	69	12.248	6	A	1		62	84	65
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	69	12.248	6	A	1		62	84	65
Folate, DFE.....µg	69		0	NC	4		62	84	65
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg									
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.46		2	A	1		0.42	0.56	0.43
Tocopherol, beta.....mg	0.22		2	A	1		0.20	0.27	0.21
Tocopherol, gamma.....mg	0.87		2	A	1		0.79	1.06	0.82
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.40		2	A	1		0.37	0.49	0.38
Tocotrienol, beta.....mg	2.79		2	A	1		2.53	3.40	2.65
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	1.4		2	A	1	1.3	1.7	1.3	
Dihydrophyloquinone.....µg	0.0		2	A	1	0.0	0.0	0.0	
Menquinone-4.....µg	0.0		2	A	1	0.0	0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.428		0	NC	4	0.389	0.522	0.407	
4:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
6:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
8:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
10:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
12:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
14:0.....g	0.005	0.000	6	A	1	0.004	0.006	0.005	
15:0.....g	0.004	0.000	6	A	1	0.003	0.005	0.004	
16:0.....g	0.374	0.011	6	A	1	0.340	0.456	0.355	
17:0.....g	0.002	0.000	6	A	1	0.002	0.003	0.002	
18:0.....g	0.032	0.001	6	A	1	0.029	0.039	0.031	
20:0.....g	0.004	0.001	6	A	1	0.003	0.004	0.003	
22:0.....g	0.004	0.000	6	A	1	0.004	0.005	0.004	
24:0.....g	0.004	0.001	6	A	1	0.004	0.005	0.004	
Fatty acids, total monounsaturated.....g	0.361		0	NC	4	0.328	0.440	0.343	
14:1.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
15:1.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.003	0.000	6	AS	1	0.003	0.004	0.003	
16:1 c.....g	0.003	0.000	6	A	1	0.003	0.004	0.003	
16:1 t.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
17:1.....g	0.001	0.001	6	A	1	0.001	0.001	0.001	
18:1 undifferentiated.....g	0.340	0.011	6	AS	1	0.309	0.415	0.323	
18:1 c.....g	0.340	0.011	6	A	1	0.309	0.415	0.323	
18:1 t.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.013	0.001	6	A	1	0.012	0.016	0.013	
22:1 undifferentiated.....g	0.002	0.000	6	AS	1	0.002	0.002	0.002	
22:1 c.....g	0.002	0.000	6	A	1	0.002	0.002	0.002	
22:1 t.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
24:1 c.....g	0.001	0.000	6	A	1	0.001	0.002	0.001	
Fatty acids, total polyunsaturated.....g	1.136		0	NC	4	1.033	1.385	1.079	
18:2 undifferentiated.....g	1.063	0.033	6	AS	1	0.967	1.297	1.010	
18:2 n-6 c,c.....g	1.061	0.033	6	A	1	0.965	1.294	1.008	
18:2 CLAs.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.002	0.000	6	A	1	0.002	0.002	0.002	
18:3 undifferentiated.....g	0.070	0.002	6	AS	1	0.064	0.086	0.067	
18:3 n-3 c,c,c (ALA).....g	0.070	0.002	6	A	1	0.064	0.086	0.067	
18:3 n-6 c,c,c.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
18:3i.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
18:4.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.002	0.000	6	A	1	0.002	0.002	0.002	
20:3 undifferentiated.....g	0.000	0.000	6	AS	1	0.000	0.000	0.000	
20:3 n-3.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
20:3 n-6.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
20:4 undifferentiated.....g	0.001	0.001	6	A	1	0.001	0.001	0.001	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g	0.002		0	NC	4	0.002	0.002	0.002	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000	0.000	0.000	

NDB No. 20124
Pasta, w hole-w heat, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Fatty acids, total trans-polyenoic.....g	0.002		0	NC	4	0.002	0.002	0.002
Cholesterol.....mg	0		0	Z	7	0	0	0
Phytosterols.....mg								

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

Common Measures:

Measure 1 = 91g: 1 cup spaghetti

Measure 2 = 122g: 1 cup elbows

Measure 3 = 95g: 1 cup penne

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20137

Quinoa, cooked

Chenopodium quinoa Willd.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	71.61	3.951	3	A	1		132.48		
Energy.....kcal	120		0	NC	4		222		
Energy.....kJ	503		0	NC	4		931		
Protein (N x 6.25).....g	4.40	0.823	3	A	1		8.13		
Total lipid (fat).....g	1.92	0.272	3	A	1		3.56		
Ash.....g	0.76	0.104	3	A	1		1.41		
Carbohydrate, by difference.....g	21.30		0	NC	4		39.41		
Fiber, total dietary.....g	2.8	0.371	3	A	1		5.1		
Sugars, total.....g	0.87		0	O	4		1.61		
Starch.....g	17.63	2.184	3	A	1		32.62		
Minerals:									
Calcium, Ca.....mg	17	2.887	3	A	1		31		
Iron, Fe.....mg	1.49	0.295	3	A	1		2.76		
Magnesium, Mg.....mg	64	12.365	3	A	1		119		
Phosphorus, P.....mg	152	29.400	3	A	1		281		
Potassium, K.....mg	172	25.129	3	A	1		318		
Sodium, Na.....mg	7	3.170	3	A	1		13		
Zinc, Zn.....mg	1.09	0.211	3	A	1		2.02		
Copper, Cu.....mg	0.192	0.031	3	A	1		0.356		
Manganese, Mn.....mg	0.631	0.145	3	A	1		1.167		
Selenium, Se.....µg	2.8	0.562	3	A	1		5.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.107	0.022	3	A	1		0.197		
Riboflavin.....mg	0.110	0.021	3	A	1		0.203		
Niacin.....mg	0.412	0.073	3	A	1		0.763		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.123	0.033	3	A	1		0.228		
Folate, total.....µg	42	3.756	3	A	1		77		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	42	3.756	3	A	1		77		
Folate, DFE.....µg	42		0	NC	4		77		
Choline, total.....mg	23.0		0	BFSN	4		42.5		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	BFSN	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	3		0	BFSN	4		5		
Carotene, alpha.....µg	0		0	BFSN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFSN	4		1		
Vitamin A, IU.....IU	5		0	BFSN	4		8		
Lycopene.....µg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....µg	53		0	BFSN	4		99		
Vitamin E (alpha-tocopherol).....mg	0.63	0.128	3	A	1		1.17		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.03	0.007	3	A	1		0.05		
Tocopherol, gamma.....mg	1.19	0.331	3	A	1		2.20		
Tocopherol, delta.....mg	0.11	0.037	3	A	1		0.20		
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		0	BFSN	4		0.0		

NDB No. 20137
 Quinoa, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:
 Measure 1 = 185g: 1 cup

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 20 Cereal Grains and Pasta
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20035

Quinoa, uncooked

Chenopodium quinoa Willd.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	13.28	0.501	3	A	1		22.57		
Energy.....kcal	368		0	NC	4		625		
Energy.....kJ	1539		0	NC	4		2616		
Protein (N x 6.25).....g	14.12	0.955	3	A	1		24.01		
Total lipid (fat).....g	6.07	0.302	3	A	1		10.31		
Ash.....g	2.38	0.016	3	A	1		4.04		
Carbohydrate, by difference.....g	64.16		0	NC	4		109.06		
Fiber, total dietary.....g	7.0	0.551	3	A	1		11.9		
Sugars, total.....g									
Starch.....g	52.22	0.394	3	A	1		88.77		
Minerals:									
Calcium, Ca.....mg	47	0.333	3	A	1		80		
Iron, Fe.....mg	4.57	0.167	3	A	1		7.76		
Magnesium, Mg.....mg	197	6.667	3	A	1		334		
Phosphorus, P.....mg	457	23.333	3	A	1		776		
Potassium, K.....mg	563	38.442	3	A	1		958		
Sodium, Na.....mg	5	0.921	3	A	1		8		
Zinc, Zn.....mg	3.10	0.100	3	A	1		5.27		
Copper, Cu.....mg	0.590	0.059	3	A	1		1.003		
Manganese, Mn.....mg	2.033	0.684	3	A	1		3.457		
Selenium, Se.....µg	8.5	3.240	3	A	1		14.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.360	0.015	3	A	1		0.612		
Riboflavin.....mg	0.318	0.011	3	A	1		0.540		
Niacin.....mg	1.520	0.103	3	A	1		2.584		
Pantothenic acid.....mg	0.772	0.037	3	A	1		1.312		
Vitamin B-6.....mg	0.487	0.042	3	A	1		0.828		
Folate, total.....µg	184	8.373	3	A	1		313		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	184	8.373	3	A	1		313		
Folate, DFE.....µg	184		0	NC	4		313		
Choline, total.....mg	70.2		0	AS	1		119.3		
Betaine.....mg	630.4		1	A	1		1071.7		
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	1		1	A	1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	8		1	A	1		13		
Carotene, alpha.....µg	0		1	A	1		1		
Cryptoxanthin, beta.....µg	1		1	A	1		1		
Vitamin A, IU.....IU	14		0	AS	1		23		
Lycopene.....µg	0		1	A	1		0		
Lutein + zeaxanthin.....µg	163		1	A	1		277		
Vitamin E (alpha-tocopherol).....mg	2.44	0.188	3	A	1		4.14		
Tocopherol, beta.....mg	0.08	0.017	3	A	1		0.14		
Tocopherol, gamma.....mg	4.55	0.660	3	A	1		7.74		
Tocopherol, delta.....mg	0.35	0.075	3	A	1		0.59		
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0	0.000	3	A	1		0.0		
Dihydrophylloquinone.....µg	0.0	0.000	3	A	1		0.0		
Menaquinone-4.....µg	1.1	1.094	3	A	1		1.9		

NDB No. 20035
Quinoa, uncooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.706		0	NC	4		1.201		
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.000	0.000	3	A	1		0.000		
13:0.....g									
14:0.....g	0.000	0.000	3	A	1		0.000		
15:0.....g	0.000	0.000	3	A	1		0.000		
16:0.....g	0.600	0.026	3	A	1		1.020		
17:0.....g	0.000	0.000	3	A	1		0.000		
18:0.....g	0.037	0.003	3	A	1		0.062		
20:0.....g	0.030	0.000	3	A	1		0.051		
22:0.....g	0.030	0.000	3	A	1		0.051		
24:0.....g	0.010	0.000	3	A	1		0.017		
Fatty acids, total monounsaturated.....g	1.613		0	NC	4		2.742		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	1.420	0.038	3	A	1		2.414		
20:1.....g	0.093	0.003	3	A	1		0.159		
22:1 undifferentiated.....g	0.083	0.003	3	A	1		0.142		
24:1 c.....g	0.017	0.003	3	A	1		0.028		
Fatty acids, total polyunsaturated.....g	3.292		0	NC	4		5.597		
18:2 undifferentiated.....g	2.977	0.226	3	A	1		5.060		
18:3 undifferentiated.....g	0.260	0.010	3	A	1		0.442		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated.....g	0.009	0.001	3	A	1		0.015		
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000		
21:5.....g	0.000	0.000	3	A	1		0.000		
22:4.....g	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA).....g	0.047	0.009	3	A	1		0.079		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.167		0	A	1		0.284		
Threonine.....g	0.421		0	A	1		0.715		
Isoleucine.....g	0.504		0	A	1		0.856		
Leucine.....g	0.840		0	A	1		1.428		
Lysine.....g	0.766		0	A	1		1.303		
Methionine.....g	0.309		0	A	1		0.526		
Cystine.....g	0.203		0	A	1		0.345		
Phenylalanine.....g	0.593		0	A	1		1.008		
Tyrosine.....g	0.267		0	A	1		0.454		
Valine.....g	0.594		0	A	1		1.009		
Arginine.....g	1.091		0	A	1		1.855		
Histidine.....g	0.407		0	A	1		0.691		
Alanine.....g	0.588		0	A	1		0.999		
Aspartic acid.....g	1.134		0	A	1		1.928		
Glutamic acid.....g	1.865		0	A	1		3.171		
Glycine.....g	0.694		0	A	1		1.180		
Proline.....g	0.773		0	A	1		1.314		
Serine.....g	0.567		0	A	1		0.963		
Hydroxyproline.....g									

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

NDB No. 20035
Quinoa, uncooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 170g: 1 cup

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20060
Rice bran, crude

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	1.9		0	BFZN	4		2.2		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.171		0		1		4.922		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.019		73		1		0.022		
13:0.....g									
14:0.....g	0.078		73		1		0.092		
15:0.....g									
16:0.....g	3.557		73		1		4.197		
17:0.....g									
18:0.....g	0.373		73		1		0.440		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.549		0		1		8.908		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.075		73		1		0.089		
17:1.....g									
18:1 undifferentiated.....g	7.475		73		1		8.821		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.459		0		1		8.802		
18:2 undifferentiated.....g	7.143		73		1		8.429		
18:3 undifferentiated.....g	0.316		73		1		0.373		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.108		4		1		0.127		
Threonine.....g	0.555		24		1		0.655		
Isoleucine.....g	0.568		24		1		0.670		
Leucine.....g	1.022		24		1		1.206		
Lysine.....g	0.650		28		1		0.767		
Methionine.....g	0.306		25		1		0.361		
Cystine.....g	0.317		20		1		0.374		
Phenylalanine.....g	0.635		24		1		0.749		
Tyrosine.....g	0.411		24		1		0.485		
Valine.....g	0.881		24		1		1.040		
Arginine.....g	1.058		24		1		1.248		
Histidine.....g	0.355		24		1		0.419		
Alanine.....g	0.970		24		1		1.145		
Aspartic acid.....g	1.308		24		1		1.543		
Glutamic acid.....g	1.854		24		1		2.188		
Glycine.....g	0.875		24		1		1.033		

NDB No. 20060
Rice bran, crude

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Proline.....g	0.668		24		1	0.788	
Serine.....g	0.662		24		1	0.781	
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	
Caffeine.....mg	0		0	Z	7	0	
Theobromine.....mg	0		0	Z	7	0	

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

Common Measures:

Measure 1 = 118g: 1 cup

Calories Factors: Protein 1.82

Fat 8.37

Carbohydrate 2.35

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20090
 Rice flour, brown

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code	Source Code				Confidence Code

Theobromine.....mg

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

Common Measures:

Measure 1 = 158g: 1 cup

Calories Factors: Protein 3.41

Fat 8.37

Carbohydrate4.12

Food Group: 20 Cereal Grains and Pasta
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20061
Rice flour, white, unenriched

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.386		0		1		0.610		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.008		0		1		0.013		
15:0.....g									
16:0.....g	0.345		0		1		0.545		
17:0.....g									
18:0.....g	0.026		0		1		0.041		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.442		0		1		0.698		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.008		
17:1.....g									
18:1 undifferentiated.....g	0.436		0		1		0.689		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.379		0		1		0.599		
18:2 undifferentiated.....g	0.313		0		1		0.495		
18:3 undifferentiated.....g	0.067		0		1		0.106		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.072		20		1		0.114		
Threonine.....g	0.210		30		1		0.332		
Isoleucine.....g	0.244		30		1		0.386		
Leucine.....g	0.488		30		1		0.771		
Lysine.....g	0.207		31		1		0.327		
Methionine.....g	0.144		19		1		0.228		
Cystine.....g	0.107		27		1		0.169		
Phenylalanine.....g	0.317		29		1		0.501		
Tyrosine.....g	0.314		29		1		0.496		
Valine.....g	0.348		30		1		0.550		
Arginine.....g	0.516		30		1		0.815		
Histidine.....g	0.149		30		1		0.235		
Alanine.....g	0.332		29		1		0.525		
Aspartic acid.....g	0.549		29		1		0.867		
Glutamic acid.....g	1.097		29		1		1.733		
Glycine.....g	0.267		29		1		0.422		
Proline.....g	0.278		29		1		0.439		
Serine.....g	0.310		29		1		0.490		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 20061
Rice flour, white, unenriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 158g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20134
Rice noodles, cooked (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Lipids:									
Fatty acids, total saturated.....g	0.023		0	BFFN	4		0.040		
4:0.....g	0.000		0	BFFN	4		0.000		
6:0.....g	0.000		0	BFFN	4		0.000		
8:0.....g	0.000		0	BFFN	4		0.000		
10:0.....g	0.000		0	BFFN	4		0.000		
12:0.....g	0.000		0	BFFN	4		0.000		
13:0.....g									
14:0.....g	0.000		0	BFFN	4		0.000		
15:0.....g									
16:0.....g	0.021		0	BFFN	4		0.037		
17:0.....g									
18:0.....g	0.002		0	BFFN	4		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.026		0	BFFN	4		0.046		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.026		0	BFFN	4		0.046		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.023		0	BFFN	4		0.040		
18:2 undifferentiated.....g	0.019		0	BFFN	4		0.033		
18:3 undifferentiated.....g	0.004		0	BFFN	4		0.007		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.022		0	FLA	4		0.038		
Threonine.....g	0.063		0	FLA	4		0.111		
Isoleucine.....g	0.073		0	FLA	4		0.129		
Leucine.....g	0.147		0	FLA	4		0.258		
Lysine.....g	0.062		0	FLA	4		0.109		
Methionine.....g	0.043		0	FLA	4		0.076		
Cystine.....g	0.032		0	FLA	4		0.057		
Phenylalanine.....g	0.095		0	FLA	4		0.167		
Tyrosine.....g	0.094		0	FLA	4		0.166		
Valine.....g	0.104		0	FLA	4		0.184		
Arginine.....g	0.155		0	FLA	4		0.273		
Histidine.....g	0.045		0	FLA	4		0.079		
Alanine.....g	0.100		0	FLA	4		0.175		
Aspartic acid.....g	0.165		0	FLA	4		0.290		
Glutamic acid.....g	0.329		0	FLA	4		0.580		
Glycine.....g	0.080		0	FLA	4		0.141		
Proline.....g	0.083		0	FLA	4		0.147		
Serine.....g	0.093		0	FLA	4		0.164		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 20134
Rice noodles, cooked (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Theobromine.....mg	0		0	Z	7		0

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

Common Measures:

Measure 1 = 176g: 1 cup

Footnotes:

1 Imported product

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20133
Rice noodles, dry (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.153		0	BFFN	4		0.087		
4:0.....g	0.000		0	BFFN	4		0.000		
6:0.....g	0.000		0	BFFN	4		0.000		
8:0.....g	0.000		0	BFFN	4		0.000		
10:0.....g	0.000		0	BFFN	4		0.000		
12:0.....g	0.000		0	BFFN	4		0.000		
13:0.....g									
14:0.....g	0.003		0	BFFN	4		0.002		
15:0.....g									
16:0.....g	0.137		0	BFFN	4		0.078		
17:0.....g									
18:0.....g	0.010		0	BFFN	4		0.006		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.175		0	BFFN	4		0.100		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFFN	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.172		0	BFFN	4		0.098		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.150		0	BFFN	4		0.086		
18:2 undifferentiated.....g	0.124		0	BFFN	4		0.071		
18:3 undifferentiated.....g	0.026		0	BFFN	4		0.015		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.072		0	FLA	4		0.041		
Threonine.....g	0.210		0	FLA	4		0.120		
Isoleucine.....g	0.244		0	FLA	4		0.139		
Leucine.....g	0.488		0	FLA	4		0.278		
Lysine.....g	0.207		0	FLA	4		0.118		
Methionine.....g	0.144		0	FLA	4		0.082		
Cystine.....g	0.107		0	FLA	4		0.061		
Phenylalanine.....g	0.317		0	FLA	4		0.181		
Tyrosine.....g	0.314		0	FLA	4		0.179		
Valine.....g	0.348		0	FLA	4		0.198		
Arginine.....g	0.516		0	FLA	4		0.294		
Histidine.....g	0.149		0	FLA	4		0.085		
Alanine.....g	0.332		0	FLA	4		0.189		
Aspartic acid.....g	0.549		0	FLA	4		0.313		
Glutamic acid.....g	1.098		0	FLA	4		0.626		
Glycine.....g	0.267		0	FLA	4		0.152		
Proline.....g	0.278		0	FLA	4		0.159		
Serine.....g	0.310		0	FLA	4		0.177		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 20133
Rice noodles, dry (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 57g: 2 oz

Footnotes:

1 Imported product

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20037
Rice, brown, long-grain, cooked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	70.27	0.489	6	A	1		141.95		
Energy.....kcal	123		0	NC	4		248		
Energy.....kJ	514		0	NC	4		1038		
Protein (N x 5.95).....g	2.74	0.049	6	A	1		5.54		
Total lipid (fat).....g	0.97	0.031	6	A	1		1.95		
Ash.....g	0.44	0.020	6	A	1		0.88		
Carbohydrate, by difference.....g	25.58		0	NC	4		51.67		
Fiber, total dietary.....g	1.6	0.050	3	A	1		3.2		
Sugars, total.....g	0.24	0.042	3	A	1		0.49		
Sucrose.....g	0.24	0.042	3	A	1		0.49		
Glucose (dextrose).....g	0.00	0.000	3	A	1		0.00		
Fructose.....g	0.00	0.000	3	A	1		0.00		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	24.79	0.210	3	A	1		50.08		
Minerals:									
Calcium, Ca.....mg	3	0.091	6	A	1		6		
Iron, Fe.....mg	0.56	0.031	6	A	1		1.14		
Magnesium, Mg.....mg	39	1.607	6	A	1		80		
Phosphorus, P.....mg	103	4.503	6	A	1		209		
Potassium, K.....mg	86	3.907	6	A	1		173		
Sodium, Na.....mg	4	0.000	6	A	1		7		
Zinc, Zn.....mg	0.71	0.036	6	A	1		1.44		
Copper, Cu.....mg	0.106	0.011	6	A	1		0.214		
Manganese, Mn.....mg	0.974	0.067	6	A	1		1.967		
Selenium, Se.....µg	5.8	0.126	3	A	1		11.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.178	0.017	3	A	1		0.360		
Riboflavin.....mg	0.069	0.001	3	A	1		0.140		
Niacin.....mg	2.561	0.147	3	A	1		5.173		
Pantothenic acid.....mg	0.380		2	A	1		0.767		
Vitamin B-6.....mg	0.123	0.000	3	A	1		0.249		
Folate, total.....µg	9	0.126	3	A	1		18		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	9	0.126	3	A	1		18		
Folate, DFE.....µg	9		0	NC	4		18		
Choline, total.....mg	9.2		0	AS	1		18.6		
Betaine.....mg	0.5		1	A	1		1.0		
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.17		2	A	1		0.35		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		2	A	1		0.00		
Tocopherol, gamma.....mg	0.05		2	A	1		0.10		
Tocopherol, delta.....mg	0.00		2	A	1		0.00		
Tocotrienol, alpha.....mg	0.13		2	A	1		0.27		
Tocotrienol, beta.....mg	0.06		2	A	1		0.13		

NDB No. 20037
Rice, brown, long-grain, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tocotrienol, gamma.....mg	0.46		2	A	1		0.94		
Tocotrienol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.2		2	A	1		0.4		
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg	0.0		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.260		0	NC	4		0.525		
4:0.....g	0.000		2	A	1		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.002		2	A	1		0.004		
10:0.....g	0.015		2	A	1		0.031		
12:0.....g	0.002		2	A	1		0.004		
13:0.....g									
14:0.....g	0.009		2	A	1		0.019		
15:0.....g	0.002		2	A	1		0.004		
16:0.....g	0.198		2	A	1		0.400		
17:0.....g	0.000		2	A	1		0.000		
18:0.....g	0.022		2	A	1		0.045		
20:0.....g	0.004		2	A	1		0.008		
22:0.....g	0.000		2	A	1		0.000		
24:0.....g	0.005		2	A	1		0.010		
Fatty acids, total monounsaturated.....g	0.369		0	NC	4		0.745		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.001		0	AS	1		0.002		
16:1 c.....g	0.001		2	A	1		0.002		
16:1 t.....g	0.000		2	A	1		0.000		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	0.365		0	AS	1		0.737		
18:1 c.....g	0.365		2	A	1		0.737		
18:1 t.....g	0.000		2	A	1		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.003		2	A	1		0.006		
22:1 undifferentiated.....g	0.000		0	AS	1		0.000		
22:1 c.....g	0.000		2	A	1		0.000		
22:1 t.....g	0.000		2	A	1		0.000		
24:1 c.....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.366		0	NC	4		0.739		
18:2 undifferentiated.....g	0.355		0	AS	1		0.717		
18:2 n-6 c,c.....g	0.355		2	A	1		0.717		
18:2 CLAs.....g	0.000		2	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000		2	A	1		0.000		
18:3 undifferentiated.....g	0.011		0	AS	1		0.022		
18:3 n-3 c,c,c (ALA).....g	0.011		2	A	1		0.022		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g	0.000		2	A	1		0.000		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		2	A	1		0.000		
20:3 n-6.....g	0.000		2	A	1		0.000		
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000		

NDB No. 20037
Rice, brown, long-grain, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
22:6 n-3 (DHA).....g	0.000		2	A	1	0.000	
Fatty acids, total trans.....g	0.000		0	NC	4	0.000	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000	
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4	0.000	
Cholesterol.....mg	0		0	Z	7	0	
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.033		0		1	0.067	
Threonine.....g	0.095		0		1	0.192	
Isoleucine.....g	0.109		0		1	0.220	
Leucine.....g	0.214		0		1	0.432	
Lysine.....g	0.099		0		1	0.200	
Methionine.....g	0.058		0		1	0.117	
Cystine.....g	0.031		0		1	0.063	
Phenylalanine.....g	0.133		0		1	0.269	
Tyrosine.....g	0.097		0		1	0.196	
Valine.....g	0.151		0		1	0.305	
Arginine.....g	0.196		0		1	0.396	
Histidine.....g	0.066		0		1	0.133	
Alanine.....g	0.151		0		1	0.305	
Aspartic acid.....g	0.242		0		1	0.489	
Glutamic acid.....g	0.526		0		1	1.063	
Glycine.....g	0.127		0		1	0.257	
Proline.....g	0.121		0		1	0.244	
Serine.....g	0.134		0		1	0.271	
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	
Caffeine.....mg	0		0	Z	7	0	
Theobromine.....mg	0		0	Z	7	0	

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

Common Measures:

Measure 1 = 202g: 1 cup

Calories Factors: Protein 3.41

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20036
 Rice, brown, long-grain, raw
Oryza sativa L.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.80	0.170	6	A	1		21.82		
Energy.....kcal	367		0	NC	4		678		
Energy.....kJ	1534		0	NC	4		2838		
Protein (N x 5.95).....g	7.54	0.088	6	A	1		13.95		
Total lipid (fat).....g	3.20	0.072	6	A	1		5.92		
Ash.....g	1.21	0.028	6	A	1		2.24		
Carbohydrate, by difference.....g	76.25		0	NC	4		141.07		
Fiber, total dietary.....g	3.6	0.163	3	A	1		6.7		
Sugars, total.....g	0.66	0.042	3	A	1		1.22		
Sucrose.....g	0.66	0.042	3	A	1		1.22		
Glucose (dextrose).....g	0.00	0.000	3	A	1		0.00		
Fructose.....g	0.00	0.000	3	A	1		0.00		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	72.51	0.922	3	A	1		134.14		
Minerals:									
Calcium, Ca.....mg	9	0.244	6	A	1		16		
Iron, Fe.....mg	1.29	0.089	6	A	1		2.39		
Magnesium, Mg.....mg	116	3.762	6	A	1		215		
Phosphorus, P.....mg	311	8.196	6	A	1		575		
Potassium, K.....mg	250	6.089	6	A	1		462		
Sodium, Na.....mg	5	0.017	6	A	1		9		
Zinc, Zn.....mg	2.13	0.036	6	A	1		3.93		
Copper, Cu.....mg	0.302	0.025	6	A	1		0.558		
Manganese, Mn.....mg	2.853	0.063	6	A	1		5.278		
Selenium, Se.....µg	17.1	0.084	3	A	1		31.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.541	0.054	3	A	1		1.001		
Riboflavin.....mg	0.095	0.001	3	A	1		0.176		
Niacin.....mg	6.494	0.658	3	A	1		12.013		
Pantothenic acid.....mg	1.065		2	A	1		1.970		
Vitamin B-6.....mg	0.477	0.050	3	A	1		0.882		
Folate, total.....µg	23	0.084	3	A	1		42		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	23	0.084	3	A	1		42		
Folate, DFE.....µg	23		0	NC	4		42		
Choline, total.....mg	21.5		0	A	1		39.8		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.60		2	A	1		1.10		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.04		2	A	1		0.07		
Tocopherol, gamma.....mg	0.19		2	A	1		0.35		
Tocopherol, delta.....mg	0.00		2	A	1		0.00		
Tocotrienol, alpha.....mg	0.44		2	A	1		0.82		
Tocotrienol, beta.....mg	0.09		2	A	1		0.16		

NDB No. 20036
Rice, brown, long-grain, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Tocotrienol, gamma.....mg	1.34		2	A	1		2.49		
Tocotrienol, delta.....mg	0.06		2	A	1		0.12		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.6		2	A	1		1.2		
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg	0.0		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.591		0	NC	4		1.093		
4:0.....g	0.000		2	A	1		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.002		2	A	1		0.003		
10:0.....g	0.017		2	A	1		0.032		
12:0.....g	0.005		2	A	1		0.009		
13:0.....g									
14:0.....g	0.017		2	A	1		0.031		
15:0.....g	0.002		2	A	1		0.004		
16:0.....g	0.460		2	A	1		0.852		
17:0.....g	0.000		2	A	1		0.000		
18:0.....g	0.056		2	A	1		0.104		
20:0.....g	0.015		2	A	1		0.027		
22:0.....g	0.000		2	A	1		0.000		
24:0.....g	0.017		2	A	1		0.031		
Fatty acids, total monounsaturated.....g	1.054		0	NC	4		1.950		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.004		0	AS	1		0.007		
16:1 c.....g	0.004		2	A	1		0.007		
16:1 t.....g	0.000		2	A	1		0.000		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	1.039		0	AS	1		1.923		
18:1 c.....g	1.039		2	A	1		1.923		
18:1 t.....g	0.000		2	A	1		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.011		2	A	1		0.020		
22:1 undifferentiated.....g	0.000		0	AS	1		0.000		
22:1 c.....g	0.000		2	A	1		0.000		
22:1 t.....g	0.000		2	A	1		0.000		
24:1 c.....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated.....g	1.000		0	NC	4		1.850		
18:2 undifferentiated.....g	0.968		0	AS	1		1.790		
18:2 n-6 c,c.....g	0.967		2	A	1		1.788		
18:2 CLAs.....g	0.000		2	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.001		2	A	1		0.002		
18:3 undifferentiated.....g	0.032		0	AS	1		0.059		
18:3 n-3 c,c,c (ALA).....g	0.032		2	A	1		0.059		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g	0.000		2	A	1		0.000		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		2	A	1		0.000		
20:3 n-6.....g	0.000		2	A	1		0.000		
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000		

NDB No. 20036
Rice, brown, long-grain, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
22:6 n-3 (DHA).....g	0.000		2	A	1	0.000		
Fatty acids, total trans.....g	0.001		0	NC	4	0.002		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000		
Fatty acids, total trans-polyenoic.....g	0.001		0	NC	4	0.002		
Cholesterol.....mg	0		0	Z	7	0		
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.101		25		1	0.187		
Threonine.....g	0.291		40		1	0.538		
Isoleucine.....g	0.336		40		1	0.622		
Leucine.....g	0.657		40		1	1.215		
Lysine.....g	0.303		58		1	0.561		
Methionine.....g	0.179		44		1	0.331		
Cystine.....g	0.096		37		1	0.178		
Phenylalanine.....g	0.410		40		1	0.759		
Tyrosine.....g	0.298		39		1	0.551		
Valine.....g	0.466		40		1	0.862		
Arginine.....g	0.602		40		1	1.114		
Histidine.....g	0.202		40		1	0.374		
Alanine.....g	0.463		39		1	0.857		
Aspartic acid.....g	0.743		40		1	1.375		
Glutamic acid.....g	1.618		40		1	2.993		
Glycine.....g	0.391		40		1	0.723		
Proline.....g	0.372		37		1	0.688		
Serine.....g	0.411		40		1	0.760		
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0		
Caffeine.....mg	0		0	Z	7	0		
Theobromine.....mg	0		0	Z	7	0		

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

Common Measures:

Measure 1 = 185g: 1 cup

Calories Factors: Protein 3.41

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20041

Rice, brown, medium-grain, cooked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.96		0		1		142.27		
Energy.....kcal	112		0	NC	4		218		
Energy.....kJ	469				4		914		
Protein (N x 5.95).....g	2.32		0		1		4.52		
Total lipid (fat).....g	0.83		0		1		1.62		
Ash.....g	0.39		0		1		0.76		
Carbohydrate, by difference.....g	23.51		0	NC	4		45.84		
Fiber, total dietary.....g	1.8		0		4		3.5		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10		0		1		20		
Iron, Fe.....mg	0.53		0		1		1.03		
Magnesium, Mg.....mg	44		0		1		86		
Phosphorus, P.....mg	77		0		1		150		
Potassium, K.....mg	79		0		1		154		
Sodium, Na.....mg	1		0		1		2		
Zinc, Zn.....mg	0.62		0		1		1.21		
Copper, Cu.....mg	0.081		0		1		0.158		
Manganese, Mn.....mg	1.097		0		1		2.139		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.102		0		1		0.199		
Riboflavin.....mg	0.012		0		1		0.023		
Niacin.....mg	1.330		0		1		2.594		
Pantothenic acid.....mg	0.392		0		1		0.764		
Vitamin B-6.....mg	0.149		0		1		0.291		
Folate, total.....µg	4		0		1		8		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	4		0		1		8		
Folate, DFE.....µg	4		0	NC	4		8		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 20041

Rice, brown, medium-grain, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.165		0		1		0.322
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g	0.001		0		1		0.002
13:0.....g							
14:0.....g	0.003		0		1		0.006
15:0.....g							
16:0.....g	0.141		0		1		0.275
17:0.....g							
18:0.....g	0.015		0		1		0.029
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.300		0		1		0.585
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.003		0		1		0.006
17:1.....g							
18:1 undifferentiated.....g	0.297		0		1		0.579
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.296		0		1		0.577
18:2 undifferentiated.....g	0.283		0		1		0.552
18:3 undifferentiated.....g	0.013		0		1		0.025
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7		0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.030		0		1		0.059
Threonine.....g	0.085		0		1		0.166
Isoleucine.....g	0.098		0		1		0.191
Leucine.....g	0.191		0		1		0.372
Lysine.....g	0.088		0		1		0.172
Methionine.....g	0.052		0		1		0.101
Cystine.....g	0.028		0		1		0.055
Phenylalanine.....g	0.119		0		1		0.232
Tyrosine.....g	0.087		0		1		0.170
Valine.....g	0.136		0		1		0.265
Arginine.....g	0.175		0		1		0.341
Histidine.....g	0.059		0		1		0.115
Alanine.....g	0.135		0		1		0.263
Aspartic acid.....g	0.217		0		1		0.423
Glutamic acid.....g	0.472		0		1		0.920
Glycine.....g	0.114		0		1		0.222
Proline.....g	0.109		0		1		0.213
Serine.....g	0.120		0		1		0.234
Hydroxyproline.....g							

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

NDB No. 20041

Rice, brown, medium-grain, cooked

Common Measures:

Measure 1 = 195g: 1 cup

Calories Factors: Protein 3.41

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20040
 Rice, brown, medium-grain, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code	Source Code				Confidence Code

Theobromine.....mg

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

Common Measures:

Measure 1 = 190g: 1 cup

Calories Factors: Protein 3.41

Fat 8.37

Carbohydrate4.12

Food Group: 20 Cereal Grains and Pasta
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.4		2	A	1			0.5	
Dihydrophyloquinone.....µg	0.0		2	A	1			0.0	
Menaquinone-4.....µg	0.0		2	A	1			0.0	
Lipids:									
Fatty acids, total saturated.....g	0.213		0	NC	4			0.331	
4:0.....g	0.000		2	A	1			0.000	
6:0.....g	0.000		2	A	1			0.000	
8:0.....g	0.002		2	A	1			0.002	
10:0.....g	0.013		2	A	1			0.020	
12:0.....g	0.003		2	A	1			0.004	
13:0.....g									
14:0.....g	0.008		2	A	1			0.012	
15:0.....g	0.002		2	A	1			0.002	
16:0.....g	0.161		2	A	1			0.250	
17:0.....g	0.000		2	A	1			0.000	
18:0.....g	0.020		2	A	1			0.031	
20:0.....g	0.003		2	A	1			0.005	
22:0.....g	0.000		2	A	1			0.000	
24:0.....g	0.003		2	A	1			0.004	
Fatty acids, total monounsaturated.....g	0.300		0	NC	4			0.465	
14:1.....g	0.000		2	A	1			0.000	
15:1.....g	0.000		2	A	1			0.000	
16:1 undifferentiated.....g	0.001		0	AS	1			0.002	
16:1 c.....g	0.001		2	A	1			0.002	
16:1 t.....g	0.000		2	A	1			0.000	
17:1.....g	0.000		2	A	1			0.000	
18:1 undifferentiated.....g	0.297		0	AS	1			0.460	
18:1 c.....g	0.297		2	A	1			0.460	
18:1 t.....g	0.000		2	A	1			0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.002		2	A	1			0.004	
22:1 undifferentiated.....g	0.000		0	AS	1			0.000	
22:1 c.....g	0.000		2	A	1			0.000	
22:1 t.....g	0.000		2	A	1			0.000	
24:1 c.....g	0.000		2	A	1			0.000	
Fatty acids, total polyunsaturated.....g	0.269		0	NC	4			0.416	
18:2 undifferentiated.....g	0.259		0	AS	1			0.402	
18:2 n-6 c,c.....g	0.259		2	A	1			0.402	
18:2 CLAs.....g	0.000		2	A	1			0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000		2	A	1			0.000	
18:3 undifferentiated.....g	0.008		0	AS	1			0.013	
18:3 n-3 c,c,c (ALA).....g	0.008		2	A	1			0.013	
18:3 n-6 c,c,c.....g	0.000		2	A	1			0.000	
18:3i.....g	0.000		2	A	1			0.000	
18:4.....g	0.000		2	A	1			0.000	
20:2 n-6 c,c.....g	0.000		2	A	1			0.000	
20:3 undifferentiated.....g	0.000		0	AS	1			0.000	
20:3 n-3.....g	0.000		2	A	1			0.000	
20:3 n-6.....g	0.000		2	A	1			0.000	
20:4 undifferentiated.....g	0.000		2	A	1			0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001		2	A	1			0.001	
21:5.....g									
22:4.....g	0.000		2	A	1			0.000	
22:5 n-3 (DPA).....g	0.000		2	A	1			0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1			0.000	
Fatty acids, total trans.....g	0.000		0	NC	4			0.000	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4			0.000	

NDB No. 20651

Rice, brown, parboiled, cooked, UNCLE BENS

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4			0.000	
Cholesterol.....mg									
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 155g: 1 cup

Calories Factors: Protein 3.41

Fat 8.37

Carbohydrate4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20042

Rice, brown, parboiled, dry, UNCLE BEN'S

Mars Food US

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.82	0.203	6	A	1		4.71		
Energy.....kcal	370		0	NC	4		178		
Energy.....kJ	1547		0	NC	4		743		
Protein.....g	7.60	0.121	6	A	1		3.65		
Total lipid (fat).....g	2.75	0.056	6	A	1		1.32		
Ash.....g	1.16	0.020	6	A	1		0.56		
Carbohydrate, by difference.....g	78.68		0	NC	4		37.77		
Fiber, total dietary.....g	3.5	0.138	3	A	1		1.7		
Sugars, total.....g	0.50		2	A	1		0.24		
Sucrose.....g	0.50		2	A	1		0.24		
Glucose (dextrose).....g	0.00		2	A	1		0.00		
Fructose.....g	0.00		2	A	1		0.00		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	0.00		2	A	1		0.00		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	73.83	0.524	3	A	1		35.44		
Minerals:									
Calcium, Ca.....mg	8	0.290	6	A	1		4		
Iron, Fe.....mg	1.16	0.079	6	A	1		0.56		
Magnesium, Mg.....mg	98	2.654	6	A	1		47		
Phosphorus, P.....mg	275	4.094	6	A	1		132		
Potassium, K.....mg	219	5.451	6	A	1		105		
Sodium, Na.....mg	6	0.157	6	A	1		3		
Zinc, Zn.....mg	1.96	0.050	6	A	1		0.94		
Copper, Cu.....mg	0.327	0.009	6	A	1		0.157		
Manganese, Mn.....mg	2.975	0.118	6	A	1		1.428		
Selenium, Se.....µg	25.2	4.961	3	A	1		12.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.277	0.009	3	A	1		0.133		
Riboflavin.....mg	0.092	0.004	3	A	1		0.044		
Niacin.....mg	4.973	0.324	3	A	1		2.387		
Pantothenic acid.....mg	0.895		2	A	1		0.430		
Vitamin B-6.....mg	0.407	0.012	3	A	1		0.195		
Folate, total.....µg	14	2.331	3	A	1		7		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	14	2.331	3	A	1		7		
Folate, DFE.....µg	14		0	NC	4		7		
Choline, total.....mg	9.1		0	A	1		4.3		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	Z	7		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.09		1	A	1		0.04		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	0.20		1	A	1		0.09		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Tocotrienol, alpha.....mg	0.18		1	A	1		0.09		
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		
Tocotrienol, gamma.....mg	0.79		1	A	1		0.38		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		

NDB No. 20042

Rice, brown, parboiled, dry, UNCLE BEN'S

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.9		2	A	1		0.4		
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg	0.0		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.481		0	NC	4		0.231		
4:0.....g	0.000		2	A	1		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.002		2	A	1		0.001		
10:0.....g	0.015		2	A	1		0.007		
12:0.....g	0.004		2	A	1		0.002		
13:0.....g									
14:0.....g	0.013		2	A	1		0.006		
15:0.....g	0.002		2	A	1		0.001		
16:0.....g	0.376		2	A	1		0.180		
17:0.....g	0.000		2	A	1		0.000		
18:0.....g	0.046		2	A	1		0.022		
20:0.....g	0.013		2	A	1		0.006		
22:0.....g	0.000		2	A	1		0.000		
24:0.....g	0.010		2	A	1		0.005		
Fatty acids, total monounsaturated.....g	1.024		0	NC	4		0.491		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.004		0	AS	1		0.002		
16:1 c.....g	0.004		2	A	1		0.002		
16:1 t.....g	0.000		2	A	1		0.000		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	1.010		0	AS	1		0.485		
18:1 c.....g	1.010		2	A	1		0.485		
18:1 t.....g	0.000		2	A	1		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.010		2	A	1		0.005		
22:1 undifferentiated.....g	0.000		0	AS	1		0.000		
22:1 c.....g	0.000		2	A	1		0.000		
22:1 t.....g	0.000		2	A	1		0.000		
24:1 c.....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.841		0	NC	4		0.403		
18:2 undifferentiated.....g	0.811		0	AS	1		0.389		
18:2 n-6 c,c.....g	0.810		2	A	1		0.389		
18:2 CLAs.....g	0.000		2	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.001		2	A	1		0.000		
18:3 undifferentiated.....g	0.026		0	AS	1		0.012		
18:3 n-3 c,c,c (ALA).....g	0.026		2	A	1		0.012		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g	0.000		2	A	1		0.000		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.001		0	AS	1		0.000		
20:3 n-3.....g	0.001		2	A	1		0.000		
20:3 n-6.....g	0.000		2	A	1		0.000		
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003		2	A	1		0.001		
21:5.....g									
22:4.....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g	0.001		0	NC	4		0.000		

NDB No. 20042

Rice, brown, parboiled, dry, UNCLE BEN'S

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000		
Fatty acids, total trans-polyenoic.....g	0.001		0	NC	4	0.000		
Cholesterol.....mg	0		0	Z	7	0		
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0		
Caffeine.....mg	0		0	Z	7	0		
Theobromine.....mg	0		0	Z	7	0		

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

Common Measures:

Measure 1 = 48g: .25 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20055

Rice, white, glutinous, unenriched, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	0.039		0		1		0.068		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.033		0		1		0.057		
17:0.....g									
18:0.....g	0.003		0		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.070		0		1		0.122		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.070		0		1		0.122		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.069		0		1		0.120		
18:2 undifferentiated.....g	0.066		0		1		0.115		
18:3 undifferentiated.....g	0.003		0		1		0.005		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.023		0		1		0.040		
Threonine.....g	0.072		0		1		0.125		
Isoleucine.....g	0.087		0		1		0.151		
Leucine.....g	0.167		0		1		0.291		
Lysine.....g	0.073		0		1		0.127		
Methionine.....g	0.047		0		1		0.082		
Cystine.....g	0.041		0		1		0.071		
Phenylalanine.....g	0.108		0		1		0.188		
Tyrosine.....g	0.067		0		1		0.117		
Valine.....g	0.123		0		1		0.214		
Arginine.....g	0.168		0		1		0.292		
Histidine.....g	0.047		0		1		0.082		
Alanine.....g	0.117		0		1		0.204		
Aspartic acid.....g	0.190		0		1		0.331		
Glutamic acid.....g	0.393		0		1		0.684		
Glycine.....g	0.092		0		1		0.160		
Proline.....g	0.095		0		1		0.165		
Serine.....g	0.106		0		1		0.184		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 20055

Rice, white, glutinous, unenriched, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 174g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20054

Rice, w white, glutinous, unenriched, uncooked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.46	0.414	3		1		19.35		
Energy.....kcal	370		0	NC	4		685		
Energy.....kJ	1548		0		4		2864		
Protein (N x 5.95).....g	6.81	0.931	3		1		12.60		
Total lipid (fat).....g	0.55	0.133	3		1		1.02		
Ash.....g	0.49	0.111	3		1		0.91		
Carbohydrate, by difference.....g	81.68		0	NC	4		151.11		
Fiber, total dietary.....g	2.8		0		1		5.2		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11	1.471	3		1		20		
Iron, Fe.....mg	1.60	0.651	3		1		2.96		
Magnesium, Mg.....mg	23	1.059	3		1		43		
Phosphorus, P.....mg	71	11.635	3		1		131		
Potassium, K.....mg	77	14.821	3		1		142		
Sodium, Na.....mg	7	5.720	3		1		13		
Zinc, Zn.....mg	1.20	0.147	3		1		2.22		
Copper, Cu.....mg	0.171	0.020	3		1		0.316		
Manganese, Mn.....mg	0.974	0.026	3		1		1.802		
Selenium, Se.....µg	15.1		0	BFZN	4		27.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.180		2		1		0.333		
Riboflavin.....mg	0.055	0.055	3		1		0.102		
Niacin.....mg	2.145		2		1		3.968		
Pantothenic acid.....mg	0.824	0.179	4		1		1.524		
Vitamin B-6.....mg	0.107	0.006	3		1		0.198		
Folate, total.....µg	7		2		1		13		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	7		2		1		13		
Folate, DFE.....µg	7		0	NC	4		13		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.111		0		1		0.205		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.001		73		1		0.002		
13:0.....g									
14:0.....g	0.002		73		1		0.004		
15:0.....g									
16:0.....g	0.094		73		1		0.174		
17:0.....g									
18:0.....g	0.010		73		1		0.019		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.200		0		1		0.370		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		73		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.198		73		1		0.366		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.198		0		1		0.366		
18:2 undifferentiated.....g	0.189		73		1		0.350		
18:3 undifferentiated.....g	0.008		73		1		0.015		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.079		0		1		0.146		
Threonine.....g	0.244		0		1		0.451		
Isoleucine.....g	0.294		0		1		0.544		
Leucine.....g	0.563		0		1		1.042		
Lysine.....g	0.246		0		1		0.455		
Methionine.....g	0.160		0		1		0.296		
Cystine.....g	0.140		0		1		0.259		
Phenylalanine.....g	0.364		0		1		0.673		
Tyrosine.....g	0.228		0		1		0.422		
Valine.....g	0.416		0		1		0.770		
Arginine.....g	0.568		0		1		1.051		
Histidine.....g	0.160		0		1		0.296		
Alanine.....g	0.395		0		1		0.731		
Aspartic acid.....g	0.640		0		1		1.184		
Glutamic acid.....g	1.328		0		1		2.457		
Glycine.....g	0.310		0		1		0.574		
Proline.....g	0.321		0		1		0.594		
Serine.....g	0.358		0		1		0.662		
Hydroxyproline.....g									

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

NDB No. 20054

Rice, white, glutinous, unenriched, uncooked

Common Measures:

Measure 1 = 185g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20047

Rice, white, long-grain, parboiled, enriched, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		0	BFSN	4		0.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.074		0	NC	4		0.118		
4:0.....g	0.000		1	A	1		0.000		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.074		1	A	1		0.118		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.000		1	A	1		0.000		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.074		0	NC	4		0.118		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.074		1	A	1		0.118		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.091		0	NC	4		0.144		
18:2 undifferentiated.....g	0.074		1	A	1		0.118		
18:3 undifferentiated.....g	0.017		1	A	1		0.026		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.040		0	A	1		0.063		
Threonine.....g	0.105		0	A	1		0.166		
Isoleucine.....g	0.131		0	A	1		0.208		
Leucine.....g	0.254		0	A	1		0.401		
Lysine.....g	0.083		0	A	1		0.132		
Methionine.....g	0.071		0	A	1		0.112		
Cystine.....g	0.059		0	A	1		0.094		
Phenylalanine.....g	0.154		0	A	1		0.244		
Tyrosine.....g	0.084		0	A	1		0.132		
Valine.....g	0.182		0	A	1		0.288		
Arginine.....g	0.252		0	A	1		0.399		
Histidine.....g	0.072		0	A	1		0.113		
Alanine.....g	0.168		0	A	1		0.265		
Aspartic acid.....g	0.308		0	A	1		0.486		
Glutamic acid.....g	0.541		0	A	1		0.854		
Glycine.....g	0.139		0	A	1		0.219		

NDB No. 20047

Rice, white, long-grain, parboiled, enriched, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Proline.....g	0.187		0	A	1		0.296		
Serine.....g	0.142		0	A	1		0.224		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 158g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20046

Rice, w white, long-grain, parboiled, enriched, dry

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.86	0.197	7	A	1		18.24		
Energy.....kcal	374		0	NC	4		692		
Energy.....kJ	1564		0	NC	4		2893		
Protein (N x 5.95).....g	7.51		2	A	1		13.89		
Total lipid (fat).....g	1.03		2	A	1		1.91		
Ash.....g	0.71		2	A	1		1.32		
Carbohydrate, by difference.....g	80.89		0	NC	4		149.64		
Fiber, total dietary.....g	1.8	0.703	3	A	1		3.3		
Sugars, total.....g	0.33		0	AS	1		0.62		
Sucrose.....g	0.21	0.136	5	A	1		0.39		
Glucose (dextrose).....g	0.11	0.023	4	A	1		0.20		
Fructose.....g	0.02	0.000	4	A	1		0.03		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		0	Z	7		0.00		
Starch.....g	68.29		2	A	1		126.33		
Minerals:									
Calcium, Ca.....mg	71		2	A	1		132		
Iron, Fe.....mg	3.33		2	A	1		6.16		
Magnesium, Mg.....mg	27		2	A	1		50		
Phosphorus, P.....mg	153		2	A	1		283		
Potassium, K.....mg	174		2	A	1		321		
Sodium, Na.....mg	2		2	A	1		5		
Zinc, Zn.....mg	1.02		2	A	1		1.89		
Copper, Cu.....mg	0.284		2	A	1		0.524		
Manganese, Mn.....mg	1.035		2	A	1		1.915		
Selenium, Se.....µg	19.9		2	A	1		36.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0		
Thiamin.....mg	0.603		2	A	1		1.116		
Riboflavin.....mg	0.050		2	A	1		0.092		
Niacin.....mg	5.048	0.415	6	JA	6		9.338		
Pantothenic acid.....mg	0.672		1	A	1		1.243		
Vitamin B-6.....mg	0.452		2	A	1		0.836		
Folate, total.....µg	257		1	A	1		475		
Folic acid.....µg	249		1	A	1		461		
Folate, food.....µg	8		0	AS	1		15		
Folate, DFE.....µg	431		0	NC	4		798		
Choline, total.....mg	6.0		0	BFSN	4		11.0		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	BFZN	4		0		
Carotene, alpha.....µg	0		0	BFZN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0		
Vitamin A, IU.....IU	0		0	NC	4		0		
Lycopene.....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....µg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.03		1	A	1		0.06		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.02		1	A	1		0.04		
Tocopherol, gamma.....mg	0.17		1	A	1		0.31		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Tocotrienol, alpha.....mg	0.05		1	A	1		0.09		
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.1		0	BFZN	4		0.1		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.294		0	NC	4		0.543		
4:0.....g	0.000		1	A	1		0.000		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.277		1	A	1		0.512		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.017		1	A	1		0.031		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.258		0	NC	4		0.477		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.258		1	A	1		0.477		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.322		0	NC	4		0.595		
18:2 undifferentiated.....g	0.305		1	A	1		0.564		
18:3 undifferentiated.....g	0.017		1	A	1		0.031		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.103		0	A	1		0.190		
Threonine.....g	0.271		0	A	1		0.502		
Isoleucine.....g	0.339		0	A	1		0.627		
Leucine.....g	0.656		0	A	1		1.213		
Lysine.....g	0.215		0	A	1		0.398		
Methionine.....g	0.183		0	A	1		0.338		
Cystine.....g	0.153		0	A	1		0.284		
Phenylalanine.....g	0.398		0	A	1		0.737		
Tyrosine.....g	0.216		0	A	1		0.399		
Valine.....g	0.470		0	A	1		0.870		
Arginine.....g	0.651		0	A	1		1.205		
Histidine.....g	0.185		0	A	1		0.342		
Alanine.....g	0.433		0	A	1		0.802		

NDB No. 20046

Rice, white, long-grain, parboiled, enriched, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Aspartic acid.....g	0.795		0	A	1	1.470		
Glutamic acid.....g	1.395		0	A	1	2.581		
Glycine.....g	0.358		0	A	1	0.661		
Proline.....g	0.484		0	A	1	0.895		
Serine.....g	0.366		0	A	1	0.676		
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0		
Caffeine.....mg	0		0	Z	7	0		
Theobromine.....mg	0		0	Z	7	0		

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

Common Measures:

Measure 1 = 185g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20447

Rice, white, long-grain, parboiled, unenriched, cooked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	70.36	1.986	16	A	1		111.17		
Energy.....kcal	123		0	NC	4		194		
Energy.....kJ	513		0	NC	4		811		
Protein (N x 5.95).....g	2.91	0.256	3	A	1		4.60		
Total lipid (fat).....g	0.37	0.055	3	A	1		0.59		
Ash.....g	0.30	0.042	3	A	1		0.48		
Carbohydrate, by difference.....g	26.05		0	NC	4		41.16		
Fiber, total dietary.....g	0.9	0.533	3	A	1		1.5		
Sugars, total.....g	0.11		0	AS	1		0.17		
Sucrose.....g	0.08	0.010	5	A	1		0.13		
Glucose (dextrose).....g	0.01	0.008	5	A	1		0.01		
Fructose.....g	0.02		2	A	1		0.03		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	0.00		2	A	1		0.00		
Galactose.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	19	1.313	3	A	1		30		
Iron, Fe.....mg	0.24		0	BFSN	4		0.38		
Magnesium, Mg.....mg	9	0.703	3	A	1		14		
Phosphorus, P.....mg	55	2.310	3	A	1		87		
Potassium, K.....mg	56		2	A	1		88		
Sodium, Na.....mg	2	0.202	3	A	1		3		
Zinc, Zn.....mg	0.37	0.029	3	A	1		0.59		
Copper, Cu.....mg	0.070	0.010	3	A	1		0.111		
Manganese, Mn.....mg	0.354	0.030	3	A	1		0.560		
Selenium, Se.....µg	9.3	1.032	11	A	1		14.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.074		0	BFSN	4		0.116		
Riboflavin.....mg	0.019		2	A	1		0.030		
Niacin.....mg	2.309		2	A	1		3.648		
Pantothenic acid.....mg	0.323		2	A	1		0.510		
Vitamin B-6.....mg	0.156		2	A	1		0.246		
Folate, total.....µg	3		0	NR	4		4		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	3		0	AS	1		4		
Folate, DFE.....µg	3		0	NC	4		4		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.01		0	BFZN	4		0.02		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Vitamin D.....µg	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4		0.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.074		0	NC	4		0.118		
4:0.....g	0.000		1	A	1		0.000		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.074		1	A	1		0.118		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.000		1	A	1		0.000		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.074		0	NC	4		0.118		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.074		1	A	1		0.118		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.091		0	NC	4		0.144		
18:2 undifferentiated.....g	0.074		1	A	1		0.118		
18:3 undifferentiated.....g	0.017		1	A	1		0.026		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.039		0	A	1		0.062		
Threonine.....g	0.107		0	A	1		0.170		
Isoleucine.....g	0.133		0	A	1		0.211		
Leucine.....g	0.257		0	A	1		0.406		
Lysine.....g	0.082		0	A	1		0.130		
Methionine.....g	0.070		0	A	1		0.111		
Cystine.....g	0.060		0	A	1		0.095		
Phenylalanine.....g	0.153		0	A	1		0.243		
Tyrosine.....g	0.086		0	A	1		0.136		
Valine.....g	0.185		0	A	1		0.292		
Arginine.....g	0.256		0	A	1		0.404		
Histidine.....g	0.070		0	A	1		0.111		
Alanine.....g	0.169		0	A	1		0.268		
Aspartic acid.....g	0.313		0	A	1		0.494		
Glutamic acid.....g	0.545		0	A	1		0.861		
Glycine.....g	0.140		0	A	1		0.221		
Proline.....g	0.187		0	A	1		0.295		
Serine.....g	0.141		0	A	1		0.223		

NDB No. 20447

Rice, white, long-grain, parboiled, unenriched, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code	Code					

Hydroxyproline.....9

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

Common Measures:

Measure 1 = 158g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20446

Rice, w white, long-grain, parboiled, unenriched, dry

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.86	0.197	7	A	1		18.24		
Energy.....kcal	374		0	NC	4		692		
Energy.....kJ	1564		0	NC	4		2893		
Protein (N x 5.95).....g	7.51		2	A	1		13.89		
Total lipid (fat).....g	1.03		2	A	1		1.91		
Ash.....g	0.71		2	A	1		1.32		
Carbohydrate, by difference.....g	80.89		0	NC	4		149.64		
Fiber, total dietary.....g	1.8	0.703	3	A	1		3.3		
Sugars, total.....g	0.33		0	AS	1		0.62		
Sucrose.....g	0.21	0.136	5	A	1		0.39		
Glucose (dextrose).....g	0.11	0.023	4	A	1		0.20		
Fructose.....g	0.02	0.000	4	A	1		0.03		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		0	Z	7		0.00		
Starch.....g	68.29		2	A	1		126.33		
Minerals:									
Calcium, Ca.....mg	71		2	A	1		132		
Iron, Fe.....mg	0.74	0.062	3	A	1		1.37		
Magnesium, Mg.....mg	27		2	A	1		50		
Phosphorus, P.....mg	153		2	A	1		283		
Potassium, K.....mg	174		2	A	1		321		
Sodium, Na.....mg	2		2	A	1		5		
Zinc, Zn.....mg	1.02		2	A	1		1.89		
Copper, Cu.....mg	0.284		2	A	1		0.524		
Manganese, Mn.....mg	1.035		2	A	1		1.915		
Selenium, Se.....µg	19.9		2	A	1		36.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.224	0.013	3	A	1		0.414		
Riboflavin.....mg	0.050		2	A	1		0.092		
Niacin.....mg	5.048	0.415	6	JA	6		9.338		
Pantothenic acid.....mg	0.672		1	A	1		1.243		
Vitamin B-6.....mg	0.452		2	A	1		0.836		
Folate, total.....µg	8		0	NR	4		15		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	8		0	AS	1		15		
Folate, DFE.....µg	8		0	NC	4		15		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.03		1	A	1		0.06		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.02		1	A	1		0.04		
Tocopherol, gamma.....mg	0.17		1	A	1		0.31		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Tocotrienol, alpha.....mg	0.05		1	A	1		0.09		
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00		

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.1		0	BFZN	4		0.1		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.294		0	NC	4		0.543		
4:0.....g	0.000		1	A	1		0.000		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.277		1	A	1		0.512		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.017		1	A	1		0.031		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.258		0	NC	4		0.477		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.258		1	A	1		0.477		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.322		0	NC	4		0.595		
18:2 undifferentiated.....g	0.305		1	A	1		0.564		
18:3 undifferentiated.....g	0.017		1	A	1		0.031		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.103		0	A	1		0.190		
Threonine.....g	0.271		0	A	1		0.502		
Isoleucine.....g	0.339		0	A	1		0.627		
Leucine.....g	0.656		0	A	1		1.213		
Lysine.....g	0.215		0	A	1		0.398		
Methionine.....g	0.183		0	A	1		0.338		
Cystine.....g	0.153		0	A	1		0.284		
Phenylalanine.....g	0.398		0	A	1		0.737		
Tyrosine.....g	0.216		0	A	1		0.399		
Valine.....g	0.470		0	A	1		0.870		
Arginine.....g	0.651		0	A	1		1.205		
Histidine.....g	0.185		0	A	1		0.342		
Alanine.....g	0.433		0	A	1		0.802		
Aspartic acid.....g	0.795		0	A	1		1.470		

NDB No. 20446

Rice, white, long-grain, parboiled, unenriched, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Glutamic acid.....g	1.395		0	A	1	2.581		
Glycine.....g	0.358		0	A	1	0.661		
Proline.....g	0.484		0	A	1	0.895		
Serine.....g	0.366		0	A	1	0.676		
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0		
Caffeine.....mg								
Theobromine.....mg								

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

Common Measures:

Measure 1 = 185g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20048

Rice, white, long-grain, precooked or instant, enriched, dry

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.38		2	A	1		7.97		
Energy.....kcal	380		0	NC	4		361		
Energy.....kJ	1591		0	NC	4		1511		
Protein (N x 5.95).....g	7.82		1	A	1		7.43		
Total lipid (fat).....g	0.94		1	A	1		0.90		
Ash.....g	0.53		1	A	1		0.50		
Carbohydrate, by difference.....g	82.32		0	NC	4		78.20		
Fiber, total dietary.....g	1.9	0.645	3	A	1		1.8		
Sugars, total.....g	0.05		0	AS	1		0.05		
Sucrose.....g	0.02		1	A	1		0.02		
Glucose (dextrose).....g	0.02		1	A	1		0.02		
Fructose.....g	0.02		1	A	1		0.02		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		0	Z	7		0.00		
Starch.....g	73.77		1	A	1		70.08		
Minerals:									
Calcium, Ca.....mg	22		1	A	1		21		
Iron, Fe.....mg	6.30		1	A	1		5.99		
Magnesium, Mg.....mg	14		1	A	1		13		
Phosphorus, P.....mg	118		1	A	1		112		
Potassium, K.....mg	27		1	A	1		25		
Sodium, Na.....mg	10		1	A	1		9		
Zinc, Zn.....mg	1.43		1	A	1		1.36		
Copper, Cu.....mg	0.177		1	A	1		0.168		
Manganese, Mn.....mg	0.985		1	A	1		0.936		
Selenium, Se.....µg	37.2		1	A	1		35.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.926		1	A	1		0.880		
Riboflavin.....mg	0.028		1	A	1		0.027		
Niacin.....mg	7.005		1	A	1		6.655		
Pantothenic acid.....mg	0.432	0.074	6		1		0.410		
Vitamin B-6.....mg	0.122		1	A	1		0.115		
Folate, total.....µg	275		1	A	1		261		
Folic acid.....µg	273		1	A	1		259		
Folate, food.....µg	2		0	AS	1		2		
Folate, DFE.....µg	466		0	NC	4		443		
Choline, total.....mg	6.1		0	BFSN	4		5.8		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.04		1	A	1		0.04		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		1	A	1		0.01		
Tocopherol, gamma.....mg	0.19		1	A	1		0.18		
Tocopherol, delta.....mg	0.04		1	A	1		0.04		
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00		
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		

NDB No. 20048

Rice, white, long-grain, precooked or instant, enriched, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.1		0	BFZN	4		0.1		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.152		0	NC	4		0.144		
4:0.....g	0.000		1	A	1		0.000		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.152		1	A	1		0.144		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.000		1	A	1		0.000		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.144		0	NC	4		0.137		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.144		1	A	1		0.137		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.219		0	NC	4		0.208		
18:2 undifferentiated.....g	0.202		1	A	1		0.192		
18:3 undifferentiated.....g	0.017		1	A	1		0.016		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.106		0	A	1		0.101		
Threonine.....g	0.289		0	A	1		0.274		
Isoleucine.....g	0.359		0	A	1		0.341		
Leucine.....g	0.691		0	A	1		0.656		
Lysine.....g	0.221		0	A	1		0.210		
Methionine.....g	0.188		0	A	1		0.179		
Cystine.....g	0.162		0	A	1		0.154		
Phenylalanine.....g	0.413		0	A	1		0.392		
Tyrosine.....g	0.232		0	A	1		0.220		
Valine.....g	0.497		0	A	1		0.472		
Arginine.....g	0.688		0	A	1		0.653		
Histidine.....g	0.189		0	A	1		0.180		
Alanine.....g	0.456		0	A	1		0.433		

NDB No. 20048

Rice, white, long-grain, precooked or instant, enriched, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	0.841		0	A	1		0.799		
Glutamic acid.....g	1.466		0	A	1		1.392		
Glycine.....g	0.376		0	A	1		0.357		
Proline.....g	0.503		0	A	1		0.478		
Serine.....g	0.380		0	A	1		0.361		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0			7	0.0		
Caffeine.....mg	0		0	Z		7	0		
Theobromine.....mg	0		0	Z		7	0		

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

Common Measures:

Measure 1 = 95g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.0		0	BFSN	4		0.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.017		0	NC	4		0.027		
4:0.....g	0.000		2	A	1		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.000		2	A	1		0.000		
15:0.....g	0.000		2	A	1		0.000		
16:0.....g	0.017		2	A	1		0.027		
17:0.....g	0.000		2	A	1		0.000		
18:0.....g	0.000		2	A	1		0.000		
20:0.....g	0.000		2	A	1		0.000		
22:0.....g	0.000		2	A	1		0.000		
24:0.....g	0.000		2	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.074		0	NC	4		0.123		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.074		2	A	1		0.123		
20:1.....g	0.000		2	A	1		0.000		
22:1 undifferentiated.....g	0.000		2	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.017		0	NC	4		0.027		
18:2 undifferentiated.....g	0.017		2	A	1		0.027		
18:3 undifferentiated.....g	0.000		2	A	1		0.000		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.030		0	A	1		0.049		
Threonine.....g	0.080		0	A	1		0.132		
Isoleucine.....g	0.100		0	A	1		0.165		
Leucine.....g	0.192		0	A	1		0.317		
Lysine.....g	0.061		0	A	1		0.101		
Methionine.....g	0.052		0	A	1		0.086		
Cystine.....g	0.045		0	A	1		0.074		
Phenylalanine.....g	0.115		0	A	1		0.189		
Tyrosine.....g	0.065		0	A	1		0.107		
Valine.....g	0.138		0	A	1		0.228		
Arginine.....g	0.191		0	A	1		0.316		
Histidine.....g	0.053		0	A	1		0.087		
Alanine.....g	0.127		0	A	1		0.209		
Aspartic acid.....g	0.234		0	A	1		0.386		
Glutamic acid.....g	0.408		0	A	1		0.673		
Glycine.....g	0.104		0	A	1		0.172		

NDB No. 20049

Rice, white, long-grain, precooked or instant, enriched, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	0.140		0	A	1		0.231		
Serine.....g	0.106		0	A	1		0.174		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0			7	0.0		
Caffeine.....mg	0		0	Z		7	0		
Theobromine.....mg	0		0	Z		7	0		

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

Common Measures:

Measure 1 = 165g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20345

Rice, white, long-grain, regular, cooked, enriched, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.077		0		1		0.122		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.002		0		1		0.003		
15:0.....g									
16:0.....g	0.069		0		1		0.109		
17:0.....g									
18:0.....g	0.005		0		1		0.008		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.088		0		1		0.139		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.087		0		1		0.137		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.076		0		1		0.120		
18:2 undifferentiated.....g	0.062		0		1		0.098		
18:3 undifferentiated.....g	0.013		0		1		0.021		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.031		0		1		0.049		
Threonine.....g	0.096		0		1		0.152		
Isoleucine.....g	0.116		0		1		0.183		
Leucine.....g	0.222		0		1		0.351		
Lysine.....g	0.097		0		1		0.153		
Methionine.....g	0.063		0		1		0.100		
Cystine.....g	0.055		0		1		0.087		
Phenylalanine.....g	0.144		0		1		0.228		
Tyrosine.....g	0.090		0		1		0.142		
Valine.....g	0.164		0		1		0.259		
Arginine.....g	0.224		0		1		0.354		
Histidine.....g	0.063		0		1		0.100		
Alanine.....g	0.156		0		1		0.246		
Aspartic acid.....g	0.253		0		1		0.400		
Glutamic acid.....g	0.524		0		1		0.828		
Glycine.....g	0.122		0		1		0.193		
Proline.....g	0.127		0		1		0.201		
Serine.....g	0.141		0		1		0.223		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 20345

Rice, white, long-grain, regular, cooked, enriched, with salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 158g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20545

Rice, white, long-grain, regular, cooked, unenriched, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.077		0		1		0.122		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.002		0		1		0.003		
15:0.....g									
16:0.....g	0.069		0		1		0.109		
17:0.....g									
18:0.....g	0.005		0		1		0.008		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.088		0		1		0.139		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.087		0		1		0.137		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.076		0		1		0.120		
18:2 undifferentiated.....g	0.062		0		1		0.098		
18:3 undifferentiated.....g	0.013		0		1		0.021		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.031		0		1		0.049		
Threonine.....g	0.096		0		1		0.152		
Isoleucine.....g	0.116		0		1		0.183		
Leucine.....g	0.222		0		1		0.351		
Lysine.....g	0.097		0		1		0.153		
Methionine.....g	0.063		0		1		0.100		
Cystine.....g	0.055		0		1		0.087		
Phenylalanine.....g	0.144		0		1		0.228		
Tyrosine.....g	0.090		0		1		0.142		
Valine.....g	0.164		0		1		0.259		
Arginine.....g	0.224		0		1		0.354		
Histidine.....g	0.063		0		1		0.100		
Alanine.....g	0.156		0		1		0.246		
Aspartic acid.....g	0.253		0		1		0.400		
Glutamic acid.....g	0.524		0		1		0.828		
Glycine.....g	0.122		0		1		0.193		
Proline.....g	0.127		0		1		0.201		
Serine.....g	0.141		0		1		0.223		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 20545

Rice, white, long-grain, regular, cooked, unenriched, with salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 158g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20045

Rice, white, long-grain, regular, enriched, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.077		0		1		0.122		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.002		0		1		0.003		
15:0.....g									
16:0.....g	0.069		0		1		0.109		
17:0.....g									
18:0.....g	0.005		0		1		0.008		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.088		0		1		0.139		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.087		0		1		0.137		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.076		0		1		0.120		
18:2 undifferentiated.....g	0.062		0		1		0.098		
18:3 undifferentiated.....g	0.013		0		1		0.021		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.031		0		1		0.049		
Threonine.....g	0.096		0		1		0.152		
Isoleucine.....g	0.116		0		1		0.183		
Leucine.....g	0.222		0		1		0.351		
Lysine.....g	0.097		0		1		0.153		
Methionine.....g	0.063		0		1		0.100		
Cystine.....g	0.055		0		1		0.087		
Phenylalanine.....g	0.144		0		1		0.228		
Tyrosine.....g	0.090		0		1		0.142		
Valine.....g	0.164		0		1		0.259		
Arginine.....g	0.224		0		1		0.354		
Histidine.....g	0.063		0		1		0.100		
Alanine.....g	0.156		0		1		0.246		
Aspartic acid.....g	0.253		0		1		0.400		
Glutamic acid.....g	0.524		0		1		0.828		
Glycine.....g	0.122		0		1		0.193		
Proline.....g	0.127		0		1		0.201		
Serine.....g	0.141		0		1		0.223		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 20045

Rice, white, long-grain, regular, enriched, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 158g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.1		0	BFSN	4		0.1		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.180		0		1		0.333		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.004		19		1		0.007		
15:0.....g									
16:0.....g	0.161		19		1		0.298		
17:0.....g									
18:0.....g	0.012		19		1		0.022		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.206		0		1		0.381		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		19		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.203		19		1		0.376		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.177		0		1		0.327		
18:2 undifferentiated.....g	0.146		19		1		0.270		
18:3 undifferentiated.....g	0.031		19		1		0.057		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.083		95		1		0.154		
Threonine.....g	0.255		127		1		0.472		
Isoleucine.....g	0.308		109		1		0.570		
Leucine.....g	0.589		125		1		1.090		
Lysine.....g	0.258		141		1		0.477		
Methionine.....g	0.168		121		1		0.311		
Cystine.....g	0.146		53		1		0.270		
Phenylalanine.....g	0.381		104		1		0.705		
Tyrosine.....g	0.238		173		1		0.440		
Valine.....g	0.435		109		1		0.805		
Arginine.....g	0.594		96		1		1.099		
Histidine.....g	0.168		96		1		0.311		
Alanine.....g	0.413		84		1		0.764		
Aspartic acid.....g	0.670		83		1		1.240		
Glutamic acid.....g	1.389		83		1		2.570		
Glycine.....g	0.325		84		1		0.601		

NDB No. 20044

Rice, white, long-grain, regular, raw, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	0.335		98		1		0.620		
Serine.....g	0.375		84		1		0.694		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0			7	0.0		
Caffeine.....mg	0		0	Z		7	0		
Theobromine.....mg	0		0	Z		7	0		

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

Common Measures:

Measure 1 = 185g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20444

Rice, white, long-grain, regular, raw, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.180		0		1		0.333		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.004		19		1		0.007		
15:0.....g									
16:0.....g	0.161		19		1		0.298		
17:0.....g									
18:0.....g	0.012		19		1		0.022		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.206		0		1		0.381		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		19		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.203		19		1		0.376		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.177		0		1		0.327		
18:2 undifferentiated.....g	0.146		19		1		0.270		
18:3 undifferentiated.....g	0.031		19		1		0.057		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.083		95		1		0.154		
Threonine.....g	0.255		127		1		0.472		
Isoleucine.....g	0.308		109		1		0.570		
Leucine.....g	0.589		125		1		1.090		
Lysine.....g	0.258		141		1		0.477		
Methionine.....g	0.168		121		1		0.311		
Cystine.....g	0.146		53		1		0.270		
Phenylalanine.....g	0.381		104		1		0.705		
Tyrosine.....g	0.238		173		1		0.440		
Valine.....g	0.435		109		1		0.805		
Arginine.....g	0.594		96		1		1.099		
Histidine.....g	0.168		96		1		0.311		
Alanine.....g	0.413		84		1		0.764		
Aspartic acid.....g	0.670		83		1		1.240		
Glutamic acid.....g	1.389		83		1		2.570		
Glycine.....g	0.325		84		1		0.601		
Proline.....g	0.335		98		1		0.620		
Serine.....g	0.375		84		1		0.694		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 20444

Rice, white, long-grain, regular, raw, unenriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
			Points	Code	Code			
Theobromine.....mg	0		0	Z	7		0	

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

Common Measures:

Measure 1 = 185g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate4.16

Food Group: 20 Cereal Grains and Pasta
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20445

Rice, white, long-grain, regular, unenriched, cooked without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.077		0		1		0.122		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.002		0		1		0.003		
15:0.....g									
16:0.....g	0.069		0		1		0.109		
17:0.....g									
18:0.....g	0.005		0		1		0.008		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.088		0		1		0.139		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.087		0		1		0.137		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.076		0		1		0.120		
18:2 undifferentiated.....g	0.062		0		1		0.098		
18:3 undifferentiated.....g	0.013		0		1		0.021		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.031		0		1		0.049		
Threonine.....g	0.096		0		1		0.152		
Isoleucine.....g	0.116		0		1		0.183		
Leucine.....g	0.222		0		1		0.351		
Lysine.....g	0.097		0		1		0.153		
Methionine.....g	0.063		0		1		0.100		
Cystine.....g	0.055		0		1		0.087		
Phenylalanine.....g	0.144		0		1		0.228		
Tyrosine.....g	0.090		0		1		0.142		
Valine.....g	0.164		0		1		0.259		
Arginine.....g	0.224		0		1		0.354		
Histidine.....g	0.063		0		1		0.100		
Alanine.....g	0.156		0		1		0.246		
Aspartic acid.....g	0.253		0		1		0.400		
Glutamic acid.....g	0.524		0		1		0.828		
Glycine.....g	0.122		0		1		0.193		
Proline.....g	0.127		0		1		0.201		
Serine.....g	0.141		0		1		0.223		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 20445

Rice, white, long-grain, regular, unenriched, cooked without salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 158g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20451

Rice, white, medium-grain, cooked, unenriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	68.61		0		1		127.61		
Energy.....kcal	130		0	NC	4		242		
Energy.....kJ	544				4		1012		
Protein (N x 5.95).....g	2.38		0		1		4.43		
Total lipid (fat).....g	0.21		0		1		0.39		
Ash.....g	0.21		0		1		0.39		
Carbohydrate, by difference.....g	28.59		0	NC	4		53.18		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		0		1		6		
Iron, Fe.....mg	0.20		1		1		0.37		
Magnesium, Mg.....mg	13		0		1		24		
Phosphorus, P.....mg	37		0		1		69		
Potassium, K.....mg	29		0		1		54		
Sodium, Na.....mg	0		0		1		0		
Zinc, Zn.....mg	0.42		0		1		0.78		
Copper, Cu.....mg	0.038		0		1		0.071		
Manganese, Mn.....mg	0.377		0		1		0.701		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.020		1		1		0.037		
Riboflavin.....mg	0.016		0		1		0.030		
Niacin.....mg	0.400		1		1		0.744		
Pantothenic acid.....mg	0.411		0		1		0.764		
Vitamin B-6.....mg	0.050		0		1		0.093		
Folate, total.....µg	2		0		1		4		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	2		0		1		4		
Folate, DFE.....µg	2		0	NC	4		4		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 20451

Rice, white, medium-grain, cooked, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.057		0		1		0.106		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.051		0		1		0.095		
17:0.....g									
18:0.....g	0.004		0		1		0.007		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.065		0		1		0.121		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.064		0		1		0.119		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.056		0		1		0.104		
18:2 undifferentiated.....g	0.046		0		1		0.086		
18:3 undifferentiated.....g	0.010		0		1		0.019		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.028		0		1		0.052		
Threonine.....g	0.085		0		1		0.158		
Isoleucine.....g	0.103		0		1		0.192		
Leucine.....g	0.197		0		1		0.366		
Lysine.....g	0.086		0		1		0.160		
Methionine.....g	0.056		0		1		0.104		
Cystine.....g	0.049		0		1		0.091		
Phenylalanine.....g	0.127		0		1		0.236		
Tyrosine.....g	0.080		0		1		0.149		
Valine.....g	0.145		0		1		0.270		
Arginine.....g	0.198		0		1		0.368		
Histidine.....g	0.056		0		1		0.104		
Alanine.....g	0.138		0		1		0.257		
Aspartic acid.....g	0.224		0		1		0.417		
Glutamic acid.....g	0.464		0		1		0.863		
Glycine.....g	0.108		0		1		0.201		
Proline.....g	0.112		0		1		0.208		
Serine.....g	0.125		0		1		0.233		
Hydroxyproline.....g									

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

NDB No. 20451

Rice, white, medium-grain, cooked, unenriched

Common Measures:

Measure 1 = 186g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20051

Rice, white, medium-grain, enriched, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
Fatty acids, total saturated.....g	0.057		0		1		0.106
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g	0.001		0		1		0.002
15:0.....g							
16:0.....g	0.051		0		1		0.095
17:0.....g							
18:0.....g	0.004		0		1		0.007
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.065		0		1		0.121
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.001		0		1		0.002
17:1.....g							
18:1 undifferentiated.....g	0.064		0		1		0.119
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.056		0		1		0.104
18:2 undifferentiated.....g	0.046		0		1		0.086
18:3 undifferentiated.....g	0.010		0		1		0.019
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7		0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.028		0		1		0.052
Threonine.....g	0.085		0		1		0.158
Isoleucine.....g	0.103		0		1		0.192
Leucine.....g	0.197		0		1		0.366
Lysine.....g	0.086		0		1		0.160
Methionine.....g	0.056		0		1		0.104
Cystine.....g	0.049		0		1		0.091
Phenylalanine.....g	0.127		0		1		0.236
Tyrosine.....g	0.080		0		1		0.149
Valine.....g	0.145		0		1		0.270
Arginine.....g	0.198		0		1		0.368
Histidine.....g	0.056		0		1		0.104
Alanine.....g	0.138		0		1		0.257
Aspartic acid.....g	0.224		0		1		0.417
Glutamic acid.....g	0.464		0		1		0.863
Glycine.....g	0.108		0		1		0.201
Proline.....g	0.112		0		1		0.208
Serine.....g	0.125		0		1		0.233
Hydroxyproline.....g							

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

NDB No. 20051

Rice, white, medium-grain, enriched, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 186g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20050

Rice, white, medium-grain, raw, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.89	0.477	16		1		25.14		
Energy.....kcal	360		0	NC	4		702		
Energy.....kJ	1506				4		2937		
Protein (N x 5.95).....g	6.61	0.197	18		1		12.89		
Total lipid (fat).....g	0.58	0.058	6		1		1.13		
Ash.....g	0.58	0.044	17		1		1.13		
Carbohydrate, by difference.....g	79.34		0	NC	4		154.71		
Fiber, total dietary.....g	1.4		0		1		2.7		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9		2		1		18		
Iron, Fe.....mg	4.36	0.800	3		1		8.50		
Magnesium, Mg.....mg	35		2		1		68		
Phosphorus, P.....mg	108	5.412	4		1		211		
Potassium, K.....mg	86	5.551	5		1		168		
Sodium, Na.....mg	1		2		1		2		
Zinc, Zn.....mg	1.16		2		1		2.26		
Copper, Cu.....mg	0.110		2		1		0.215		
Manganese, Mn.....mg	1.100		2		1		2.145		
Selenium, Se.....µg	15.1	5.193	7	A	1		29.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.578	0.030	3		1		1.127		
Riboflavin.....mg	0.048	0.012	5		1		0.094		
Niacin.....mg	5.093	1.111	3		1		9.931		
Pantothenic acid.....mg	1.342		2		1		2.617		
Vitamin B-6.....mg	0.145		2		1		0.283		
Folate, total.....µg	231		0	S	4		450		
Folic acid.....µg	222		0	NC	4		433		
Folate, food.....µg	9		2		1		18		
Folate, DFE.....µg	386		0	NC	4		753		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.11		0		1		0.21		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 20050

Rice, white, medium-grain, raw, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.158		0		1		0.308		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.003		0		1		0.006		
15:0.....g									
16:0.....g	0.141		0		1		0.275		
17:0.....g									
18:0.....g	0.011		0		1		0.021		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.181		0		1		0.353		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.179		0		1		0.349		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.155		0		1		0.302		
18:2 undifferentiated.....g	0.128		0		1		0.250		
18:3 undifferentiated.....g	0.027		0		1		0.053		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.077		0		1		0.150		
Threonine.....g	0.236		0		1		0.460		
Isoleucine.....g	0.285		0		1		0.556		
Leucine.....g	0.546		0		1		1.065		
Lysine.....g	0.239		0		1		0.466		
Methionine.....g	0.155		0		1		0.302		
Cystine.....g	0.135		0		1		0.263		
Phenylalanine.....g	0.353		0		1		0.688		
Tyrosine.....g	0.221		0		1		0.431		
Valine.....g	0.403		0		1		0.786		
Arginine.....g	0.551		0		1		1.074		
Histidine.....g	0.155		0		1		0.302		
Alanine.....g	0.383		0		1		0.747		
Aspartic acid.....g	0.621		0		1		1.211		
Glutamic acid.....g	1.288		0		1		2.512		
Glycine.....g	0.301		0		1		0.587		
Proline.....g	0.311		0		1		0.606		
Serine.....g	0.347		0		1		0.677		
Hydroxyproline.....g									

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

NDB No. 20050

Rice, white, medium-grain, raw, enriched

Common Measures:

Measure 1 = 195g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20450

Rice, w white, medium-grain, raw, unenriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.89	0.477	16		1		25.14		
Energy.....kcal	360		0	NC	4		702		
Energy.....kJ	1506				4		2937		
Protein (N x 5.95).....g	6.61	0.197	18		1		12.89		
Total lipid (fat).....g	0.58	0.058	6		1		1.13		
Ash.....g	0.58	0.044	17		1		1.13		
Carbohydrate, by difference.....g	79.34		0	NC	4		154.71		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9		2		1		18		
Iron, Fe.....mg	0.80		1		1		1.56		
Magnesium, Mg.....mg	35		2		1		68		
Phosphorus, P.....mg	108	5.412	4		1		211		
Potassium, K.....mg	86	5.551	5		1		168		
Sodium, Na.....mg	1		2		1		2		
Zinc, Zn.....mg	1.16		2		1		2.26		
Copper, Cu.....mg	0.110		2		1		0.215		
Manganese, Mn.....mg	1.100		2		1		2.145		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.070		1		1		0.137		
Riboflavin.....mg	0.048	0.012	5		1		0.094		
Niacin.....mg	1.600		1		1		3.120		
Pantothenic acid.....mg	1.342		2		1		2.617		
Vitamin B-6.....mg	0.145		2		1		0.283		
Folate, total.....µg	9		2		1		18		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	9		2		1		18		
Folate, DFE.....µg	9		0	NC	4		18		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 20450

Rice, white, medium-grain, raw, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.158		0		1		0.308		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.003		0		1		0.006		
15:0.....g									
16:0.....g	0.141		0		1		0.275		
17:0.....g									
18:0.....g	0.011		0		1		0.021		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.181		0		1		0.353		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.179		0		1		0.349		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.155		0		1		0.302		
18:2 undifferentiated.....g	0.128		0		1		0.250		
18:3 undifferentiated.....g	0.027		0		1		0.053		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.077		0		1		0.150		
Threonine.....g	0.236		0		1		0.460		
Isoleucine.....g	0.285		0		1		0.556		
Leucine.....g	0.546		0		1		1.065		
Lysine.....g	0.239		0		1		0.466		
Methionine.....g	0.155		0		1		0.302		
Cystine.....g	0.135		0		1		0.263		
Phenylalanine.....g	0.353		0		1		0.688		
Tyrosine.....g	0.221		0		1		0.431		
Valine.....g	0.403		0		1		0.786		
Arginine.....g	0.551		0		1		1.074		
Histidine.....g	0.155		0		1		0.302		
Alanine.....g	0.383		0		1		0.747		
Aspartic acid.....g	0.621		0		1		1.211		
Glutamic acid.....g	1.288		0		1		2.512		
Glycine.....g	0.301		0		1		0.587		
Proline.....g	0.311		0		1		0.606		
Serine.....g	0.347		0		1		0.677		
Hydroxyproline.....g									

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

NDB No. 20450

Rice, white, medium-grain, raw, unenriched

Common Measures:

Measure 1 = 195g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20453

Rice, white, short-grain, cooked, unenriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	68.53		0		1		140.49		
Energy.....kcal	130		0	NC	4		267		
Energy.....kJ	544				4		1115		
Protein (N x 5.95).....g	2.36		0		1		4.84		
Total lipid (fat).....g	0.19		0		1		0.39		
Ash.....g	0.20		0		1		0.41		
Carbohydrate, by difference.....g	28.73		0	NC	4		58.90		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		0		1		2		
Iron, Fe.....mg	0.20		1		1		0.41		
Magnesium, Mg.....mg	8		0		1		16		
Phosphorus, P.....mg	33		0		1		68		
Potassium, K.....mg	26		0		1		53		
Sodium, Na.....mg	0		0		1		0		
Zinc, Zn.....mg	0.40		0		1		0.82		
Copper, Cu.....mg	0.072		0		1		0.148		
Manganese, Mn.....mg	0.357		0		1		0.732		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.020		1		1		0.041		
Riboflavin.....mg	0.016		0		1		0.033		
Niacin.....mg	0.400		1		1		0.820		
Pantothenic acid.....mg	0.397		0		1		0.814		
Vitamin B-6.....mg	0.059		0		1		0.121		
Folate, total.....µg	2		0		1		4		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	2		0		1		4		
Folate, DFE.....µg	2		0	NC	4		4		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 20453

Rice, white, short-grain, cooked, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.051		0		1		0.105		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.046		0		1		0.094		
17:0.....g									
18:0.....g	0.003		0		1		0.006		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.058		0		1		0.119		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.058		0		1		0.119		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.050		0		1		0.103		
18:2 undifferentiated.....g	0.041		0		1		0.084		
18:3 undifferentiated.....g	0.009		0		1		0.018		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.027		0		1		0.055		
Threonine.....g	0.084		0		1		0.172		
Isoleucine.....g	0.102		0		1		0.209		
Leucine.....g	0.195		0		1		0.400		
Lysine.....g	0.085		0		1		0.174		
Methionine.....g	0.056		0		1		0.115		
Cystine.....g	0.048		0		1		0.098		
Phenylalanine.....g	0.126		0		1		0.258		
Tyrosine.....g	0.079		0		1		0.162		
Valine.....g	0.144		0		1		0.295		
Arginine.....g	0.197		0		1		0.404		
Histidine.....g	0.056		0		1		0.115		
Alanine.....g	0.137		0		1		0.281		
Aspartic acid.....g	0.222		0		1		0.455		
Glutamic acid.....g	0.460		0		1		0.943		
Glycine.....g	0.108		0		1		0.221		
Proline.....g	0.111		0		1		0.228		
Serine.....g	0.124		0		1		0.254		
Hydroxyproline.....g									

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

NDB No. 20453

Rice, white, short-grain, cooked, unenriched

Common Measures:

Measure 1 = 205g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20053

Rice, white, short-grain, enriched, cooked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	68.53		0		1		127.47		
Energy.....kcal	130		0	NC	4		242		
Energy.....kJ	544		0		4		1012		
Protein (N x 5.95).....g	2.36		0		1		4.39		
Total lipid (fat).....g	0.19		0		1		0.35		
Ash.....g	0.20		0		1		0.37		
Carbohydrate, by difference.....g	28.73		0	NC	4		53.44		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		0		1		2		
Iron, Fe.....mg	1.46		0		1		2.72		
Magnesium, Mg.....mg	8		0		1		15		
Phosphorus, P.....mg	33		0		1		61		
Potassium, K.....mg	26		0		1		48		
Sodium, Na.....mg	0		0		1		0		
Zinc, Zn.....mg	0.40		0		1		0.74		
Copper, Cu.....mg	0.072		0		1		0.134		
Manganese, Mn.....mg	0.357		0		1		0.664		
Selenium, Se.....µg	7.5	0.459	47	A	1		14.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.164		0		1		0.305		
Riboflavin.....mg	0.016		0		1		0.030		
Niacin.....mg	1.493		0		1		2.777		
Pantothenic acid.....mg	0.397		0		1		0.738		
Vitamin B-6.....mg	0.059		0		1		0.110		
Folate, total.....µg	59		0	BFSY	4		110		
Folic acid.....µg	57		0	NC	4		106		
Folate, food.....µg	2		0		1		4		
Folate, DFE.....µg	99		0	NC	4		184		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 20053

Rice, white, short-grain, enriched, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.051		0		1		0.095		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.046		0		1		0.086		
17:0.....g									
18:0.....g	0.003		0		1		0.006		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.058		0		1		0.108		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.058		0		1		0.108		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.050		0		1		0.093		
18:2 undifferentiated.....g	0.041		0		1		0.076		
18:3 undifferentiated.....g	0.009		0		1		0.017		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.027		0		1		0.050		
Threonine.....g	0.084		0		1		0.156		
Isoleucine.....g	0.102		0		1		0.190		
Leucine.....g	0.195		0		1		0.363		
Lysine.....g	0.085		0		1		0.158		
Methionine.....g	0.056		0		1		0.104		
Cystine.....g	0.048		0		1		0.089		
Phenylalanine.....g	0.126		0		1		0.234		
Tyrosine.....g	0.079		0		1		0.147		
Valine.....g	0.144		0		1		0.268		
Arginine.....g	0.197		0		1		0.366		
Histidine.....g	0.056		0		1		0.104		
Alanine.....g	0.137		0		1		0.255		
Aspartic acid.....g	0.222		0		1		0.413		
Glutamic acid.....g	0.460		0		1		0.856		
Glycine.....g	0.108		0		1		0.201		
Proline.....g	0.111		0		1		0.206		
Serine.....g	0.124		0		1		0.231		
Hydroxyproline.....g									

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

NDB No. 20053

Rice, white, short-grain, enriched, cooked

Common Measures:

Measure 1 = 186g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20052

Rice, white, short-grain, enriched, uncooked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	13.29	0.675	9		1		26.58		
Energy.....kcal	358		0	NC	4		716		
Energy.....kJ	1498		0		4		2996		
Protein (N x 5.95).....g	6.50	0.134	11		1		13.00		
Total lipid (fat).....g	0.52	0.043	5		1		1.04		
Ash.....g	0.54	0.036	10		1		1.08		
Carbohydrate, by difference.....g	79.15		0	NC	4		158.30		
Fiber, total dietary.....g	2.8		0		1		5.6		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		2		1		6		
Iron, Fe.....mg	4.23		1		4		8.46		
Magnesium, Mg.....mg	23		2		1		46		
Phosphorus, P.....mg	95		2		1		190		
Potassium, K.....mg	76	1.168	3		1		152		
Sodium, Na.....mg	1		2		1		2		
Zinc, Zn.....mg	1.10		2		1		2.20		
Copper, Cu.....mg	0.210		2		1		0.420		
Manganese, Mn.....mg	1.037	0.085	3		1		2.074		
Selenium, Se.....µg	15.1	5.193	7	A	1		30.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0		
Thiamin.....mg	0.565		1		4		1.130		
Riboflavin.....mg	0.048		1		4		0.096		
Niacin.....mg	4.113		1		4		8.226		
Pantothenic acid.....mg	1.287		2		1		2.574		
Vitamin B-6.....mg	0.171	0.017	3		1		0.342		
Folate, total.....µg	231		0	S	4		462		
Folic acid.....µg	225		0	NC	4		450		
Folate, food.....µg	6		2		1		12		
Folate, DFE.....µg	389		0	NC	4		777		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 20052

Rice, white, short-grain, enriched, uncooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.140		0		1		0.280		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.003		19		1		0.006		
15:0.....g									
16:0.....g	0.125		19		1		0.250		
17:0.....g									
18:0.....g	0.010		19		1		0.020		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.161		0		1		0.322		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		19		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.159		19		1		0.318		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.138		0		1		0.276		
18:2 undifferentiated.....g	0.114		19		1		0.228		
18:3 undifferentiated.....g	0.024		19		1		0.048		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.075		0		1		0.150		
Threonine.....g	0.233		0		1		0.466		
Isoleucine.....g	0.281		0		1		0.562		
Leucine.....g	0.538		0		1		1.076		
Lysine.....g	0.235		0		1		0.470		
Methionine.....g	0.153		0		1		0.306		
Cystine.....g	0.133		0		1		0.266		
Phenylalanine.....g	0.348		0		1		0.696		
Tyrosine.....g	0.217		0		1		0.434		
Valine.....g	0.397		0		1		0.794		
Arginine.....g	0.542		0		1		1.084		
Histidine.....g	0.153		0		1		0.306		
Alanine.....g	0.377		0		1		0.754		
Aspartic acid.....g	0.611		0		1		1.222		
Glutamic acid.....g	1.268		0		1		2.536		
Glycine.....g	0.296		0		1		0.592		
Proline.....g	0.306		0		1		0.612		
Serine.....g	0.342		0		1		0.684		
Hydroxyproline.....g									

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

NDB No. 20052

Rice, white, short-grain, enriched, uncooked

Common Measures:

Measure 1 = 200g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20452

Rice, white, short-grain, raw, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	0.140		0		1		0.280		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.003		0		1		0.006		
15:0.....g									
16:0.....g	0.125		0		1		0.250		
17:0.....g									
18:0.....g	0.010		0		1		0.020		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.161		0		1		0.322		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.159		0		1		0.318		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.138		0		1		0.276		
18:2 undifferentiated.....g	0.114		0		1		0.228		
18:3 undifferentiated.....g	0.024		0		1		0.048		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.075		0		1		0.150		
Threonine.....g	0.233		0		1		0.466		
Isoleucine.....g	0.281		0		1		0.562		
Leucine.....g	0.538		0		1		1.076		
Lysine.....g	0.235		0		1		0.470		
Methionine.....g	0.153		0		1		0.306		
Cystine.....g	0.133		0		1		0.266		
Phenylalanine.....g	0.348		0		1		0.696		
Tyrosine.....g	0.217		0		1		0.434		
Valine.....g	0.397		0		1		0.794		
Arginine.....g	0.542		0		1		1.084		
Histidine.....g	0.153		0		1		0.306		
Alanine.....g	0.377		0		1		0.754		
Aspartic acid.....g	0.611		0		1		1.222		
Glutamic acid.....g	1.268		0		1		2.536		
Glycine.....g	0.296		0		1		0.592		
Proline.....g	0.306		0		1		0.612		
Serine.....g	0.342		0		1		0.684		
Hydroxyproline.....g									

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

NDB No. 20452

Rice, white, short-grain, raw, unenriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 200g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate4.16

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20058

Rice, white, steamed, Chinese restaurant (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	62.50	0.522	4	A	1		82.51		
Energy.....kcal	151		0	NC	4		199		
Energy.....kJ	631		0	NC	4		833		
Protein.....g	3.20	0.112	4	A	1		4.22		
Total lipid (fat).....g	0.27	0.045	4	A	1		0.36		
Ash.....g	0.14	0.009	4	A	1		0.19		
Carbohydrate, by difference.....g	33.88		0	NC	4		44.72		
Fiber, total dietary.....g	0.9	0.075	4	A	1		1.2		
Sugars, total.....g									
Starch.....g	32.05	0.555	4	A	1		42.31		
Minerals:									
Calcium, Ca.....mg	5	0.614	4	A	1		6		
Iron, Fe.....mg	0.39	0.099	4	A	1		0.51		
Magnesium, Mg.....mg	5	0.776	4	A	1		7		
Phosphorus, P.....mg	33	2.134	4	A	1		44		
Potassium, K.....mg	20	1.882	4	A	1		26		
Sodium, Na.....mg	5	1.377	4	A	1		7		
Zinc, Zn.....mg	0.68	0.020	4	A	1		0.90		
Copper, Cu.....mg	0.048	0.005	4	A	1		0.064		
Manganese, Mn.....mg	0.448	0.029	4	A	1		0.591		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.016	0.001	4	A	1		0.021		
Riboflavin.....mg	0.015	0.000	4	A	1		0.020		
Niacin.....mg	0.566	0.155	4	A	1		0.748		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.022	0.003	4	A	1		0.030		
Folate, total.....µg	5	2.175	4	A	1		6		
Folic acid.....µg	0	0.000	4	A	1		0		
Folate, food.....µg	5	2.175	4	AS	1		6		
Folate, DFE.....µg	5		0	NC	4		6		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

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

NDB No. 20058

Rice, white, steamed, Chinese restaurant (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, loosely packed

Footnotes:

1 Analytical results indicate rice is unenriched.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code				
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0		
Vitamin D.....IU	0		0	Z	7	0		
Vitamin K (phylloquinone).....µg	5.9		1	A	1	7.6		
Dihydrophyloquinone.....µg								
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	0.269		0		1	0.345		
4:0.....g	0.000		0		1	0.000		
6:0.....g	0.000		0		1	0.000		
8:0.....g	0.000		0		1	0.000		
10:0.....g	0.000		0		1	0.000		
12:0.....g	0.000		0		1	0.000		
13:0.....g								
14:0.....g	0.003		0		1	0.003		
15:0.....g								
16:0.....g	0.255		0		1	0.326		
17:0.....g								
18:0.....g	0.009		0		1	0.011		
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.284		0		1	0.364		
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.010		0		1	0.012		
17:1.....g								
18:1 undifferentiated.....g	0.262		0		1	0.336		
20:1.....g	0.012		0		1	0.016		
22:1 undifferentiated.....g	0.000		0		1	0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.046		0		1	1.339		
18:2 undifferentiated.....g	0.899		0		1	1.150		
18:3 undifferentiated.....g	0.147		0		1	0.189		
18:4.....g	0.000		0		1	0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1	0.000		
20:5 n-3 (EPA).....g	0.000		0		1	0.000		
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		1	0.000		
22:6 n-3 (DHA).....g	0.000		0		1	0.000		
Fatty acids, total trans.....g	0.000	0.000	12	A	1	0.000		
Cholesterol.....mg	0	0.000	12	A	1	0		
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.180		0	BFPN	4	0.231		
Threonine.....g	0.490		0	A	1	0.627		
Isoleucine.....g	0.353		0	A	1	0.452		
Leucine.....g	0.857		0	A	1	1.097		
Lysine.....g	0.338		0	A	1	0.433		
Methionine.....g	0.199		0	A	1	0.255		
Cystine.....g								
Phenylalanine.....g	0.646		0	A	1	0.827		
Tyrosine.....g	0.271		0	A	1	0.347		
Valine.....g	0.498		0	A	1	0.638		
Arginine.....g	0.764		0	A	1	0.978		
Histidine.....g	0.233		0	A	1	0.298		
Alanine.....g	0.647		0	A	1	0.829		
Aspartic acid.....g	0.827		0	A	1	1.058		
Glutamic acid.....g	3.139		0	A	1	4.018		
Glycine.....g	0.680		0	A	1	0.871		

NDB No. 20063

Rye flour, dark

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	1.014		0	A	1		1.298		
Serine.....g	0.681		0	A	1		0.872		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0			7	0.0		
Caffeine.....mg	0		0	Z		7	0		
Theobromine.....mg	0		0	Z		7	0		

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

Common Measures:

Measure 1 = 128g: 1 cup

Footnotes:

1 Value based on the analysis of 5-methyltetrahydrofolate and tetrahydrofolate.

Calories Factors: Protein 2.96

Fat 8.37

Carbohydrate3.78

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code				
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0		
Vitamin D.....IU	0		0	Z	7	0		
Vitamin K (phylloquinone).....µg	5.9		0	BF2N	4	6.0		
Dihydrophyloquinone.....µg								
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	0.150		0		1	0.153		
4:0.....g	0.000		0		1	0.000		
6:0.....g	0.000		0		1	0.000		
8:0.....g	0.000		0		1	0.000		
10:0.....g	0.000		0		1	0.000		
12:0.....g	0.000		0		1	0.000		
13:0.....g								
14:0.....g	0.001		0		1	0.001		
15:0.....g								
16:0.....g	0.142		0		1	0.144		
17:0.....g								
18:0.....g	0.005		0		1	0.005		
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.158		0		1	0.161		
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.005		0		1	0.005		
17:1.....g								
18:1 undifferentiated.....g	0.147		0		1	0.150		
20:1.....g	0.006		0		1	0.006		
22:1 undifferentiated.....g	0.000		0		1	0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.584		0		1	0.595		
18:2 undifferentiated.....g	0.501		0		1	0.511		
18:3 undifferentiated.....g	0.083		0		1	0.084		
18:4.....g	0.000		0		1	0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1	0.000		
20:5 n-3 (EPA).....g	0.000		0		1	0.000		
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		1	0.000		
22:6 n-3 (DHA).....g	0.000		0		1	0.000		
Fatty acids, total trans.....g	0.000	0.000	12	A	1	0.000		
Cholesterol.....mg	0	0.000	12	A	1	0		
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.111		0	BFPN	4	0.113		
Threonine.....g	0.278		0	A	1	0.284		
Isoleucine.....g	0.235		0	A	1	0.239		
Leucine.....g	0.556		0	A	1	0.567		
Lysine.....g	0.210		0	A	1	0.214		
Methionine.....g	0.113		0	A	1	0.115		
Cystine.....g								
Phenylalanine.....g	0.445		0	A	1	0.454		
Tyrosine.....g	0.199		0	A	1	0.203		
Valine.....g	0.323		0	A	1	0.330		
Arginine.....g	0.380		0	A	1	0.387		
Histidine.....g	0.147		0	A	1	0.150		
Alanine.....g	0.337		0	A	1	0.344		
Aspartic acid.....g	0.496		0	A	1	0.506		
Glutamic acid.....g	2.457		0	A	1	2.506		
Glycine.....g	0.333		0	A	1	0.340		

NDB No. 20065

Rye flour, light

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Proline.....g	0.965		0	A	1	0.985	
Serine.....g	0.434		0	A	1	0.443	
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	
Caffeine.....mg	0		0	Z	7	0	
Theobromine.....mg	0		0	Z	7	0	

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

Common Measures:

Measure 1 = 102g: 1 cup

Footnotes:

1 Value based on the analysis of 5-methyltetrahydrofolate and tetrahydrofolate.

Calories Factors: Protein 3.41

Fat 8.37

Carbohydrate4.07

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20064
Rye flour, medium

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code				
Tocotrienol, delta.....mg								
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0		
Vitamin D.....IU	0		0	Z	7	0		
Vitamin K (phylloquinone).....µg	5.9		0	BFZN	4	6.0		
Dihydrophyloquinone.....µg								
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	0.180		0		1	0.183		
4:0.....g	0.000		0		1	0.000		
6:0.....g	0.000		0		1	0.000		
8:0.....g	0.000		0		1	0.000		
10:0.....g	0.000		0		1	0.000		
12:0.....g	0.000		0		1	0.000		
13:0.....g								
14:0.....g	0.002		0		1	0.002		
15:0.....g								
16:0.....g	0.170		0		1	0.173		
17:0.....g								
18:0.....g	0.005		0		1	0.006		
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.189		0		1	0.192		
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.006		0		1	0.006		
17:1.....g								
18:1 undifferentiated.....g	0.174		0		1	0.178		
20:1.....g	0.008		0		1	0.008		
22:1 undifferentiated.....g	0.000		0		1	0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.695		0		1	0.709		
18:2 undifferentiated.....g	0.598		0		1	0.610		
18:3 undifferentiated.....g	0.098		0		1	0.100		
18:4.....g	0.000		0		1	0.000		
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1	0.000		
20:5 n-3 (EPA).....g	0.000		0		1	0.000		
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		1	0.000		
22:6 n-3 (DHA).....g	0.000		0		1	0.000		
Fatty acids, total trans.....g	0.000	0.000	11	A	1	0.000		
Cholesterol.....mg	0	0.000	11	A	1	0		
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.123		0	BFPN	4	0.125		
Threonine.....g	0.341		0	A	1	0.348		
Isoleucine.....g	0.253		0	A	1	0.258		
Leucine.....g	0.611		0	A	1	0.623		
Lysine.....g	0.212		0	A	1	0.217		
Methionine.....g	0.136		0	A	1	0.139		
Cystine.....g								
Phenylalanine.....g	0.488		0	A	1	0.498		
Tyrosine.....g	0.183		0	A	1	0.186		
Valine.....g	0.348		0	A	1	0.355		
Arginine.....g	0.470		0	A	1	0.479		
Histidine.....g	0.159		0	A	1	0.162		
Alanine.....g	0.410		0	A	1	0.418		
Aspartic acid.....g	0.542		0	A	1	0.553		
Glutamic acid.....g	2.527		0	A	1	2.578		
Glycine.....g	0.426		0	A	1	0.434		

NDB No. 20064
Rye flour, medium

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Proline.....g	0.851		0	A	1	0.868		
Serine.....g	0.484		0	A	1	0.493		
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0		
Caffeine.....mg	0		0	Z	7	0		
Theobromine.....mg	0		0	Z	7	0		

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

Common Measures:

Measure 1 = 102g: 1 cup

Footnotes:

1 Value based on the analysis of 5-methyltetrahydrofolate and tetrahydrofolate.

Calories Factors: Protein 3.23

Fat 8.37

Carbohydrate3.99

Food Group: 20 Cereal Grains and Pasta
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....µg	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	5.9		0	BFZN	4		10.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.197		0		1		0.334		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.002		21		1		0.003		
15:0.....g									
16:0.....g	0.186		21		1		0.315		
17:0.....g									
18:0.....g	0.006		21		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.208		0		1		0.352		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		21		1		0.012		
17:1.....g									
18:1 undifferentiated.....g	0.193		21		1		0.326		
20:1.....g	0.009		21		1		0.015		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.767		0		1		1.296		
18:2 undifferentiated.....g	0.659		21		1		1.114		
18:3 undifferentiated.....g	0.108		21		1		0.183		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g	0.000	0.000	10	A	1		0.000		
Cholesterol.....mg	0	0.000	10	A	1		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.108		0	BFPN	4		0.182		
Threonine.....g	0.289		0	A	1		0.489		
Isoleucine.....g	0.208		0	A	1		0.352		
Leucine.....g	0.563		0	A	1		0.951		
Lysine.....g	0.286		0	A	1		0.483		
Methionine.....g	0.153		0	A	1		0.258		
Cystine.....g									
Phenylalanine.....g	0.435		0	A	1		0.735		
Tyrosine.....g	0.200		0	A	1		0.338		
Valine.....g	0.317		0	A	1		0.536		
Arginine.....g	0.454		0	A	1		0.768		
Histidine.....g	0.189		0	A	1		0.319		
Alanine.....g	0.405		0	A	1		0.685		
Aspartic acid.....g	0.560		0	A	1		0.946		
Glutamic acid.....g	2.294		0	A	1		3.877		

NDB No. 20062

Rye grain

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Glycine.....g	0.416		0	A	1	0.703		
Proline.....g	0.804		0	A	1	1.358		
Serine.....g	0.458		0	A	1	0.774		
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0		
Caffeine.....mg	0		0	Z	7	0		
Theobromine.....mg	0		0	Z	7	0		

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

Common Measures:

Measure 1 = 169g: 1 cup

Footnotes:

1 Value based on the analysis of 5-methyltetrahydrofolate and tetrahydrofolate.

Calories Factors: Protein 3.05

Fat 8.37

Carbohydrate3.86

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20066
Semolina, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.67	1.013	3		1		21.16		
Energy.....kcal	360		0	NC	4		601		
Energy.....kJ	1506				4		2515		
Protein (N x 5.7).....g	12.68	0.184	16		1		21.18		
Total lipid (fat).....g	1.05		2		1		1.75		
Ash.....g	0.77	0.026	45		1		1.29		
Carbohydrate, by difference.....g	72.83		0	NC	4		121.63		
Fiber, total dietary.....g	3.9		0		1		6.5		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	17	0.510	4		1		28		
Iron, Fe.....mg	4.36		2		1		7.28		
Magnesium, Mg.....mg	47	5.656	6		1		78		
Phosphorus, P.....mg	136	12.522	4		1		227		
Potassium, K.....mg	186	9.879	4		1		311		
Sodium, Na.....mg	1	0.246	4		1		2		
Zinc, Zn.....mg	1.05	0.078	4		1		1.75		
Copper, Cu.....mg	0.189	0.004	4		1		0.316		
Manganese, Mn.....mg	0.619	0.021	4		1		1.034		
Selenium, Se.....µg	89.4		0	BFZN	4		149.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.811		2		1		1.354		
Riboflavin.....mg	0.571		2		1		0.954		
Niacin.....mg	5.990		2		1		10.003		
Pantothenic acid.....mg	0.580		2		1		0.969		
Vitamin B-6.....mg	0.103	0.004	4		1		0.172		
Folate, total.....µg	183		0	BFZN	4		306		
Folic acid.....µg	111		0	NC	4		185		
Folate, food.....µg	72		2		1		120		
Folate, DFE.....µg	261		0	NC	4		435		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.26		0		1		0.43		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 20066
Semolina, enriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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

Common Measures:

Measure 1 = 167g: 1 cup

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate4.12

Food Group: 20 Cereal Grains and Pasta
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20466
Semolina, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
Fatty acids, total saturated.....g	0.150		0		1		0.251
4:0.....g	0.000		0		1		0.000
6:0.....g	0.000		0		1		0.000
8:0.....g	0.000		0		1		0.000
10:0.....g	0.000		0		1		0.000
12:0.....g	0.000		0		1		0.000
13:0.....g							
14:0.....g	0.002		1		1		0.003
15:0.....g							
16:0.....g	0.131		1		1		0.219
17:0.....g							
18:0.....g	0.017		1		1		0.028
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.124		0		1		0.207
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		1		0.000
17:1.....g							
18:1 undifferentiated.....g	0.124		1		1		0.207
20:1.....g	0.000		0		1		0.000
22:1 undifferentiated.....g	0.000		0		1		0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.430		0		1		0.718
18:2 undifferentiated.....g	0.393		1		1		0.656
18:3 undifferentiated.....g	0.037		1		1		0.062
18:4.....g	0.000		0		1		0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1		0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1		0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0		7		0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.162		6		1		0.271
Threonine.....g	0.335		6		1		0.559
Isoleucine.....g	0.490		6		1		0.818
Leucine.....g	0.867		6		1		1.448
Lysine.....g	0.243		6		1		0.406
Methionine.....g	0.198		6		1		0.331
Cystine.....g	0.358		6		1		0.598
Phenylalanine.....g	0.616		6		1		1.029
Tyrosine.....g	0.333		6		1		0.556
Valine.....g	0.540		6		1		0.902
Arginine.....g	0.467		6		1		0.780
Histidine.....g	0.257		6		1		0.429
Alanine.....g	0.372		6		1		0.621
Aspartic acid.....g	0.518		6		1		0.865
Glutamic acid.....g	4.571		6		1		7.634
Glycine.....g	0.401		6		1		0.670
Proline.....g	1.395		6		1		2.330
Serine.....g	0.598		6		1		0.999
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0		7		0.0
Caffeine.....mg							

NDB No. 20466
Semolina, unenriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Theobromine.....mg

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

Common Measures:

Measure 1 = 167g: 1 cup

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate4.12

Food Group: 20 Cereal Grains and Pasta
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20650
Sorghum flour, refined, unenriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.92		1	A	1		19.19		
Energy.....kcal	357		0	NC	4		574		
Energy.....kJ	1492		0	NC	4		2402		
Protein (N x 6.25).....g	9.53		1	A	1		15.34		
Total lipid (fat).....g	1.24		1	A	1		2.00		
Ash.....g	0.47		1	A	1		0.75		
Carbohydrate, by difference.....g	76.85		0	NC	4		123.72		
Fiber, total dietary.....g	1.9		1	A	1		3.1		
Sugars, total.....g									
Sucrose.....g	0.00		1	A	1		0.00		
Glucose (dextrose).....g	0.34		1	A	1		0.55		
Fructose.....g	0.00		1	A	1		0.00		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		1	A	1		9		
Iron, Fe.....mg	0.97		1	A	1		1.56		
Magnesium, Mg.....mg	31		1	A	1		51		
Phosphorus, P.....mg	87		1	A	1		140		
Potassium, K.....mg	145		1	A	1		233		
Sodium, Na.....mg	1		1	A	1		2		
Zinc, Zn.....mg	0.47		1	A	1		0.76		
Copper, Cu.....mg	0.009		1	A	1		0.015		
Manganese, Mn.....mg	0.430		1	A	1		0.692		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		1	A	1		0.9		
Thiamin.....mg	0.090		1	A	1		0.145		
Riboflavin.....mg	0.005		1	A	1		0.008		
Niacin.....mg	1.329		1	A	1		2.140		
Pantothenic acid.....mg	0.184		1	A	1		0.296		
Vitamin B-6.....mg	0.068		1	A	1		0.109		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 20650
Sorghum flour, refined, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Fatty acids, total saturated.....g	0.303		1	NC	4		0.488	
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g								
12:0.....g								
13:0.....g								
14:0.....g								
15:0.....g	0.003		1	A	1		0.005	
16:0.....g	0.269		1	A	1		0.432	
17:0.....g	0.001		1	A	1		0.002	
18:0.....g	0.025		1	A	1		0.040	
20:0.....g	0.003		1	A	1		0.005	
22:0.....g								
24:0.....g	0.003		1	A	1		0.005	
Fatty acids, total monounsaturated.....g	0.385		1	NC	4		0.620	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.006		1	A	1		0.009	
16:1 c.....g								
16:1 t.....g	0.001		1	A	1		0.001	
17:1.....g								
18:1 undifferentiated.....g	0.376		1	A	1		0.605	
20:1.....g	0.003		1	A	1		0.005	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.475		1	NC	4		0.765	
18:2 undifferentiated.....g	0.475		1	A	1		0.765	
18:3 undifferentiated.....g								
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g	0.001		1	NC	4		0.001	
Fatty acids, total trans-monoenoic.....g	0.001		1	NC	4		0.001	
Fatty acids, total trans-polyenoic.....g								
Cholesterol.....mg								
Phytosterols.....mg								

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

Common Measures:

Measure 1 = 161g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20648
Sorghum flour, whole-grain

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	6.4		1	A	1		7.7		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg	0.2		1	A	1		0.2		
Lipids:									
Fatty acids, total saturated.....g	0.528		0	NC	4		0.639		
4:0.....g	0.007	0.001	3	A	1		0.008		
6:0.....g	0.000	0.000	3	A	1		0.000		
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.007	0.001	3	A	1		0.009		
12:0.....g	0.001	0.001	4	A	1		0.002		
13:0.....g									
14:0.....g	0.002	0.000	4	A	1		0.002		
15:0.....g	0.002	0.000	3	A	1		0.002		
16:0.....g	0.446	0.073	6	A	1		0.539		
17:0.....g	0.003	0.000	6	A	1		0.003		
18:0.....g	0.043	0.005	6	A	1		0.052		
20:0.....g	0.006	0.001	6	A	1		0.007		
22:0.....g	0.004	0.000	5	A	1		0.005		
24:0.....g	0.007	0.000	6	A	1		0.009		
Fatty acids, total monounsaturated.....g	0.943		0	NC	4		1.141		
14:1.....g	0.002	0.000	3	A	1		0.002		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.011	0.002	6	JA	6		0.013		
16:1 c.....g	0.010	0.001	3	A	1		0.012		
16:1 t.....g	0.001	0.001	5	A	1		0.001		
17:1.....g	0.001	0.001	5	A	1		0.001		
18:1 undifferentiated.....g	0.920	0.111	6	JA	6		1.113		
18:1 c.....g	0.919	0.019	3	A	1		1.112		
18:1 t.....g	0.001	0.001	4	A	1		0.001		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.009	0.000	6	A	1		0.011		
22:1 undifferentiated.....g	0.000	0.000	3	AS	1		0.000		
22:1 c.....g	0.000	0.000	3	A	1		0.000		
22:1 t.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	1.403		0	NC	4		1.697		
18:2 undifferentiated.....g	1.336	0.101	6	JA	6		1.616		
18:2 n-6 c,c.....g	1.331	0.033	3	A	1		1.611		
18:2 CLAs.....g	0.002	0.000	3	A	1		0.002		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.002	0.000	3	A	1		0.003		
18:3 undifferentiated.....g	0.061	0.002	6	JA	6		0.074		
18:3 n-3 c,c,c (ALA).....g	0.061	0.002	3	A	1		0.074		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	3	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated.....g	0.003	0.001	3	A	1		0.003		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.001	3	A	1		0.002		
21:5.....g									
22:4.....g	0.002	0.000	3	A	1		0.002		
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.004		0	NC	4		0.005		
Fatty acids, total trans-monoenoic.....g	0.002		0	NC	4		0.002		

NDB No. 20648
Sorghum flour, whole-grain

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Fatty acids, total trans-polyenoic.....g	0.002		0	NC	4	0.003		
Cholesterol.....mg								
Phytosterols.....mg								
<u>Amino Acids:</u>								
Tryptophan.....g	0.106		0	A	1	0.128		
Threonine.....g	0.312		0	A	1	0.377		
Isoleucine.....g	0.309		0	A	1	0.374		
Leucine.....g	1.085		0	A	1	1.312		
Lysine.....g	0.174		0	A	1	0.210		
Methionine.....g	0.145		0	A	1	0.175		
Cystine.....g	0.165		0	A	1	0.199		
Phenylalanine.....g	0.441		0	A	1	0.534		
Tyrosine.....g	0.225		0	A	1	0.272		
Valine.....g	0.387		0	A	1	0.469		
Arginine.....g	0.330		0	A	1	0.399		
Histidine.....g	0.167		0	A	1	0.202		
Alanine.....g	0.758		0	A	1	0.918		
Aspartic acid.....g	0.556		0	A	1	0.672		
Glutamic acid.....g	1.741		0	A	1	2.107		
Glycine.....g	0.313		0	A	1	0.379		
Proline.....g	0.651		0	A	1	0.788		
Serine.....g	0.411		0	A	1	0.498		
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 121g: 1 cup

Footnotes:

1 Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid plus total folate determined microbiologically

Calories Factors: Protein 2.28

Fat 8.37

Carbohydrate 4.07

Food Group: 20 Cereal Grains and Pasta
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20067

Sorghum grain

Sorghum spp.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.40	0.312	10	A	1		23.81		
Energy.....kcal	329		0	NC	4		632		
Energy.....kJ	1377		0	NC	4		2644		
Protein (N x 6.25).....g	10.62	0.379	5	A	1		20.39		
Total lipid (fat).....g	3.46	0.050	5	A	1		6.64		
Ash.....g	1.43	0.072	5	A	1		2.74		
Carbohydrate, by difference.....g	72.09		0	NC	4		138.42		
Fiber, total dietary (1).....g	6.7	0.400	6	A	1		12.9		
Sugars, total.....g	2.53		0	AS	1		4.85		
Sucrose.....g									
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13	0.875	5	A	1		25		
Iron, Fe.....mg	3.36	0.192	5	A	1		6.45		
Magnesium, Mg.....mg	165	24.900	6	JA	6		317		
Phosphorus, P.....mg	289	16.975	5	A	1		554		
Potassium, K.....mg	363	21.061	5	A	1		698		
Sodium, Na.....mg	2	0.626	5	A	1		4		
Zinc, Zn.....mg	1.67	0.125	6	JA	6		3.20		
Copper, Cu.....mg	0.284		5	A	1		0.545		
Manganese, Mn.....mg	1.605	0.025	6	JA	6		3.082		
Selenium, Se.....µg	12.2		0	BFZN	4		23.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	5	A	1		0.0		
Thiamin.....mg	0.332	0.007	5	A	1		0.637		
Riboflavin.....mg	0.096	0.009	5	A	1		0.184		
Niacin.....mg	3.688	0.422	5	A	1		7.080		
Pantothenic acid.....mg	0.367	0.005	5	A	1		0.705		
Vitamin B-6.....mg	0.443	0.147	6	JA	6		0.851		
Folate, total.....µg	20		1	AI	13		38		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	20		1	AI	13		38		
Folate, DFE.....µg	20		0	NC	4		38		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0	0.000	5	A	1		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.50		0	BFZN	4		0.96		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		

NDB No. 20067
Sorghum grain

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D.....µg	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.610		0	NC	4		1.171		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.001		2	A	1		0.003		
13:0.....g									
14:0.....g	0.002	0.000	4	A	1		0.004		
15:0.....g	0.001		2	A	1		0.002		
16:0.....g	0.543	0.014	5	A	1		1.043		
17:0.....g	0.002	0.000	5	A	1		0.004		
18:0.....g	0.052	0.002	5	A	1		0.100		
20:0.....g									
22:0.....g	0.004	0.000	3	A	1		0.008		
24:0.....g	0.008	0.000	5	A	1		0.014		
Fatty acids, total monounsaturated.....g	1.131		0	NC	4		2.171		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016	0.001	5	JA	6		0.030		
16:1 c.....g									
16:1 t.....g	0.002	0.000	4	A	1		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.101	0.036	5	A	1		2.114		
20:1.....g	0.011	0.000	5	A	1		0.021		
22:1 undifferentiated.....g									
24:1 c.....g	0.003		2	A	1		0.006		
Fatty acids, total polyunsaturated.....g	1.558		0	NC	4		2.992		
18:2 undifferentiated.....g	1.493	0.014	5	A	1		2.866		
18:3 undifferentiated.....g	0.065	0.005	5	A	1		0.126		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.005		0	NC	4		0.009		
Fatty acids, total trans-monoenoic.....g	0.005		0	NC	4		0.009		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.124		14		1		0.238		
Threonine.....g	0.346		63		1		0.664		
Isoleucine.....g	0.433		63		1		0.831		
Leucine.....g	1.491		65		1		2.863		
Lysine.....g	0.229		69		1		0.440		
Methionine.....g	0.169		64		1		0.324		
Cystine.....g	0.127		51		1		0.244		
Phenylalanine.....g	0.546		63		1		1.048		
Tyrosine.....g	0.321		63		1		0.616		
Valine.....g	0.561		53		1		1.077		
Arginine.....g	0.355		64		1		0.682		
Histidine.....g	0.246		63		1		0.472		
Alanine.....g	1.033		62		1		1.983		
Aspartic acid.....g	0.743		62		1		1.427		

NDB No. 20067
Sorghum grain

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glutamic acid.....g	2.439		62		1		4.683		
Glycine.....g	0.346		62		1		0.664		
Proline.....g	0.852		62		1		1.636		
Serine.....g	0.462		60		1		0.887		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 192g: 1 cup

Footnotes:

1 Total dietary fiber value is for white sorghum. Total dietary fiber values for other types of sorghum range from 8.8 to 11.1 g/100g.

Calories Factors: Protein .91

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20523

Spaghetti, protein-fortified, cooked, enriched (n x 6.25)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	59.73	3.346	4		1		83.62		
Energy.....kcal	164		0	NC	4		230		
Energy.....kJ	686				4		961		
Protein (N x 5.7).....g	8.86		1		1		12.40		
Total lipid (fat).....g	0.21	0.096	7		1		0.29		
Ash.....g	0.31	0.030	4		1		0.43		
Carbohydrate, by difference.....g	30.88		0	NC	4		43.23		
Fiber, total dietary.....g	2.0		0		4		2.8		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10	1.443	4		1		14		
Iron, Fe.....mg	0.72	0.255	4		1		1.01		
Magnesium, Mg.....mg	30	6.998	3		1		42		
Phosphorus, P.....mg	50	24.913	3		1		70		
Potassium, K.....mg	42	1.695	3		1		59		
Sodium, Na.....mg	5	0.806	3		1		7		
Zinc, Zn.....mg	0.50	0.060	3		1		0.70		
Copper, Cu.....mg	0.084	0.034	3		1		0.118		
Manganese, Mn.....mg	0.417		1		1		0.584		
Selenium, Se.....µg	25.2		0	BFSN	4		35.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.298	0.020	5		1		0.417		
Riboflavin.....mg	0.161	0.009	5		1		0.225		
Niacin.....mg	1.837	0.168	3		1		2.572		
Pantothenic acid.....mg	0.286	0.073	4		1		0.400		
Vitamin B-6.....mg	0.064	0.007	3		1		0.090		
Folate, total.....µg	82		0	BFSY	4		115		
Folic acid.....µg	71		0	NC	4		99		
Folate, food.....µg	11	4.376	3		1		15		
Folate, DFE.....µg	132		0	NC	4		184		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.032		0		1		0.045		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.028		0		1		0.039		
17:0.....g									
18:0.....g	0.003		0		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.026		0		1		0.036		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.026		0		1		0.036		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.095		0		1		0.133		
18:2 undifferentiated.....g	0.086		0		1		0.120		
18:3 undifferentiated.....g	0.009		0		1		0.013		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.103		0		1		0.144		
Threonine.....g	0.228		0		1		0.319		
Isoleucine.....g	0.319		0		1		0.447		
Leucine.....g	0.557		0		1		0.780		
Lysine.....g	0.191		0		1		0.267		
Methionine.....g	0.129		0		1		0.181		
Cystine.....g	0.220		0		1		0.308		
Phenylalanine.....g	0.391		0		1		0.547		
Tyrosine.....g	0.220		0		1		0.308		
Valine.....g	0.354		0		1		0.496		
Arginine.....g	0.315		0		1		0.441		
Histidine.....g	0.169		0		1		0.237		
Alanine.....g	0.259		0		1		0.363		
Aspartic acid.....g	0.367		0		1		0.514		
Glutamic acid.....g	2.782		0		1		3.895		
Glycine.....g	0.269		0		1		0.377		
Proline.....g	0.848		0		1		1.187		
Serine.....g	0.383		0		1		0.536		
Hydroxyproline.....g									

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

NDB No. 20523

Spaghetti, protein-fortified, cooked, enriched (n x 6.25)

Common Measures:

Measure 1 = 140g: 1 cup

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20622

Spaghetti, protein-fortified, dry, enriched (n x 6.25)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.23	0.620	14		1		5.26		
Energy.....kcal	374		0	NC	4		213		
Energy.....kJ	1565				4		892		
Protein (N x 5.7).....g	21.78		1		1		12.41		
Total lipid (fat).....g	2.23	0.249	20		1		1.27		
Ash.....g	1.12	0.082	14		1		0.64		
Carbohydrate, by difference.....g	65.65		0	NC	4		37.42		
Fiber, total dietary.....g	2.4		0		4		1.4		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	39	5.526	19		1		22		
Iron, Fe.....mg	4.15	0.334	19		1		2.37		
Magnesium, Mg.....mg	65	12.843	6		1		37		
Phosphorus, P.....mg	163	44.753	5		1		93		
Potassium, K.....mg	201	26.503	6		1		115		
Sodium, Na.....mg	8	2.167	10		1		5		
Zinc, Zn.....mg	1.79	0.290	6		1		1.02		
Copper, Cu.....mg	0.278	0.053	6		1		0.158		
Manganese, Mn.....mg	0.910	0.251	3		1		0.519		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	1.187	0.059	19		1		0.677		
Riboflavin.....mg	0.475	0.022	20		1		0.271		
Niacin.....mg	7.654	0.503	18		1		4.363		
Pantothenic acid.....mg	0.684	0.085	4		1		0.390		
Vitamin B-6.....mg	0.178	0.030	5		1		0.101		
Folate, total.....µg	278		0	BFZN	4		158		
Folic acid.....µg	258		0	NC	4		147		
Folate, food.....µg	20	5.073	5		1		11		
Folate, DFE.....µg	458		0	NC	4		261		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.328		0		1		0.187		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.004		0		1		0.002		
15:0.....g									
16:0.....g	0.291		0		1		0.166		
17:0.....g									
18:0.....g	0.032		0		1		0.018		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.271		0		1		0.154		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.270		0		1		0.154		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.986		0		1		0.562		
18:2 undifferentiated.....g	0.893		0		1		0.509		
18:3 undifferentiated.....g	0.093		0		1		0.053		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.254		0		1		0.145		
Threonine.....g	0.561		0		1		0.320		
Isoleucine.....g	0.784		0		1		0.447		
Leucine.....g	1.369		0		1		0.780		
Lysine.....g	0.470		0		1		0.268		
Methionine.....g	0.317		0		1		0.181		
Cystine.....g	0.540		0		1		0.308		
Phenylalanine.....g	0.962		0		1		0.548		
Tyrosine.....g	0.540		0		1		0.308		
Valine.....g	0.871		0		1		0.496		
Arginine.....g	0.774		0		1		0.441		
Histidine.....g	0.415		0		1		0.237		
Alanine.....g	0.638		0		1		0.364		
Aspartic acid.....g	0.902		0		1		0.514		
Glutamic acid.....g	6.840		0		1		3.899		
Glycine.....g	0.662		0		1		0.377		
Proline.....g	2.084		0		1		1.188		
Serine.....g	0.941		0		1		0.536		
Hydroxyproline.....g									

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

NDB No. 20622

Spaghetti, protein-fortified, dry, enriched (n x 6.25)

Common Measures:

Measure 1 = 57g: 2 oz

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20127
Spaghetti, spinach, cooked

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	68.14		1		1		95.40		
Energy.....kcal	130		0	NC	4		182		
Energy.....kJ	544				4		761		
Protein (N x 5.72).....g	4.58		1		1		6.41		
Total lipid (fat).....g	0.63		1		1		0.88		
Ash.....g	0.50		1		1		0.70		
Carbohydrate, by difference.....g	26.15		0	NC	4		36.61		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	30		1		1		42		
Iron, Fe.....mg	1.04		1		1		1.46		
Magnesium, Mg.....mg	62		1		1		87		
Phosphorus, P.....mg	108		1		1		151		
Potassium, K.....mg	58		1		1		81		
Sodium, Na.....mg	14		1		1		20		
Zinc, Zn.....mg	1.08		1		1		1.51		
Copper, Cu.....mg	0.205		1		1		0.287		
Manganese, Mn.....mg	1.504		1		1		2.106		
Selenium, Se.....µg	22.1		0	BFSN	4		30.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.097		1		1		0.136		
Riboflavin.....mg	0.103		1		1		0.144		
Niacin.....mg	1.530		1		1		2.142		
Pantothenic acid.....mg	0.183		2		1		0.256		
Vitamin B-6.....mg	0.096		1		1		0.134		
Folate, total.....µg	12		1		4		17		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	12		1		4		17		
Folate, DFE.....µg	12		0	NC	4		17		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	8		0		4		11		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	152		0		4		213		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 20127
Spaghetti, spinach, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.091		0		1		0.127		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.002		0		1		0.003		
15:0.....g									
16:0.....g	0.078		0		1		0.109		
17:0.....g									
18:0.....g	0.011		0		1		0.015		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.072		0		1		0.101		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.072		0		1		0.101		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.257		0		1		0.360		
18:2 undifferentiated.....g	0.227		0		1		0.318		
18:3 undifferentiated.....g	0.030		0		1		0.042		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.058		0		1		0.081		
Threonine.....g	0.123		0		1		0.172		
Isoleucine.....g	0.177		0		1		0.248		
Leucine.....g	0.312		0		1		0.437		
Lysine.....g	0.094		0		1		0.132		
Methionine.....g	0.071		0		1		0.099		
Cystine.....g	0.126		0		1		0.176		
Phenylalanine.....g	0.220		0		1		0.308		
Tyrosine.....g	0.122		0		1		0.171		
Valine.....g	0.196		0		1		0.274		
Arginine.....g	0.170		0		1		0.238		
Histidine.....g	0.093		0		1		0.130		
Alanine.....g	0.137		0		1		0.192		
Aspartic acid.....g	0.198		0		1		0.277		
Glutamic acid.....g	1.619		0		1		2.267		
Glycine.....g	0.146		0		1		0.204		
Proline.....g	0.488		0		1		0.683		
Serine.....g	0.218		0		1		0.305		
Hydroxyproline.....g									

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

NDB No. 20127
Spaghetti, spinach, cooked

Common Measures:
Measure 1 = 140g: 1 cup

Calories Factors: Protein 3.86

Fat 8.37

Carbohydrate 4.11

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20126
Spaghetti, spinach, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.226		0		1		0.129		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.004		0		1		0.002		
15:0.....g									
16:0.....g	0.196		0		1		0.112		
17:0.....g									
18:0.....g	0.026		0		1		0.015		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.181		0		1		0.103		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.180		0		1		0.103		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.641		0		1		0.365		
18:2 undifferentiated.....g	0.566		0		1		0.323		
18:3 undifferentiated.....g	0.074		0		1		0.042		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.170		0		1		0.097		
Threonine.....g	0.360		0		1		0.205		
Isoleucine.....g	0.516		0		1		0.294		
Leucine.....g	0.911		0		1		0.519		
Lysine.....g	0.273		0		1		0.156		
Methionine.....g	0.208		0		1		0.119		
Cystine.....g	0.369		0		1		0.210		
Phenylalanine.....g	0.642		0		1		0.366		
Tyrosine.....g	0.355		0		1		0.202		
Valine.....g	0.572		0		1		0.326		
Arginine.....g	0.495		0		1		0.282		
Histidine.....g	0.271		0		1		0.154		
Alanine.....g	0.399		0		1		0.227		
Aspartic acid.....g	0.577		0		1		0.329		
Glutamic acid.....g	4.726		0		1		2.694		
Glycine.....g	0.425		0		1		0.242		
Proline.....g	1.424		0		1		0.812		
Serine.....g	0.635		0		1		0.362		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 20126
Spaghetti, spinach, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Theobromine.....mg	0		0	Z	7		0

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

Common Measures:

Measure 1 = 57g: 2 oz

Calories Factors: Protein 3.86 Fat 8.37 Carbohydrate 4.11

Food Group: 20 Cereal Grains and Pasta
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20141
Spelt, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7		0	
Phytosterols.....mg								

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

Common Measures:
 Measure 1 = 194g: 1 cup

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20140

Spelt, uncooked

Triticum aestivum L. subsp. spelta

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.02	1.528	3	A	1		19.18		
Energy.....kcal	338		0	NC	4		588		
Energy.....kJ	1414		0	NC	4		2461		
Protein (N x 5.83).....g	14.57	1.423	3	A	1		25.35		
Total lipid (fat).....g	2.43	0.187	3	A	1		4.24		
Ash.....g	1.78	0.078	3	A	1		3.10		
Carbohydrate, by difference.....g	70.19		0	NC	4		122.13		
Fiber, total dietary.....g	10.7	0.809	3	A	1		18.6		
Sugars, total.....g	6.82	1.036	3	A	1		11.87		
Sucrose.....g	0.59	0.049	3	A	1		1.03		
Glucose (dextrose).....g	0.84	0.082	3	A	1		1.46		
Fructose.....g	0.24	0.028	3	A	1		0.41		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	5.15	0.944	3	A	1		8.96		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	53.92	1.529	3	A	1		93.83		
Minerals:									
Calcium, Ca.....mg	27	0.384	3	A	1		48		
Iron, Fe.....mg	4.44	0.107	3	A	1		7.72		
Magnesium, Mg.....mg	136	3.756	3	A	1		236		
Phosphorus, P.....mg	401	25.580	3	A	1		698		
Potassium, K.....mg	388	2.309	3	A	1		675		
Sodium, Na.....mg	8	2.077	3	A	1		13		
Zinc, Zn.....mg	3.28	0.310	3	A	1		5.71		
Copper, Cu.....mg	0.511	0.051	3	A	1		0.889		
Manganese, Mn.....mg	2.983	0.212	3	A	1		5.191		
Selenium, Se.....µg	11.7	4.756	3	A	1		20.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.364	0.005	3	A	1		0.633		
Riboflavin.....mg	0.113	0.007	3	A	1		0.197		
Niacin.....mg	6.843	0.159	3	A	1		11.907		
Pantothenic acid.....mg	1.068	0.076	3	A	1		1.858		
Vitamin B-6.....mg	0.230	0.011	3	A	1		0.400		
Folate, total.....µg	45	6.386	3	A	1		79		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	45	6.386	3	A	1		79		
Folate, DFE.....µg	45		0	NC	4		79		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		1	A	1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	5		1	A	1		10		
Carotene, alpha.....µg	0		1	A	1		1		
Cryptoxanthin, beta.....µg	0		1	A	1		0		
Vitamin A, IU.....IU	10		0	AS	1		17		
Lycopene.....µg	0		1	A	1		0		
Lutein + zeaxanthin.....µg	169		1	A	1		294		
Vitamin E (alpha-tocopherol).....mg	0.79	0.022	3	A	1		1.37		
Tocopherol, beta.....mg	0.25	0.003	3	A	1		0.43		
Tocopherol, gamma.....mg	1.71	0.101	3	A	1		2.98		
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, alpha.....mg	0.35	0.020	3	A	1		0.61		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Vitamin D (D2 + D3).....µg								
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg	3.6		1	A	1	6.3		
Dihydrophyloquinone.....µg	0.0		1	A	1	0.0		
Menaquinone-4.....µg	0.0		1	A	1	0.0		
<u>Lipids:</u>								
Fatty acids, total saturated.....g	0.406		0	NC	4	0.707		
4:0.....g								
6:0.....g								
8:0.....g	0.000	0.000	3	A	1	0.000		
10:0.....g	0.000	0.000	3	A	1	0.000		
12:0.....g	0.000	0.000	3	A	1	0.000		
13:0.....g								
14:0.....g	0.000	0.000	3	A	1	0.000		
15:0.....g	0.000	0.000	3	A	1	0.000		
16:0.....g	0.370	0.034	3	A	1	0.644		
17:0.....g	0.000		2	A	1	0.000		
18:0.....g	0.024	0.001	3	A	1	0.042		
20:0.....g	0.004	0.000	3	A	1	0.007		
22:0.....g	0.008	0.000	3	A	1	0.014		
24:0.....g								
Fatty acids, total monounsaturated.....g	0.445		0	NC	4	0.775		
14:1.....g	0.000	0.000	3	A	1	0.000		
15:1.....g	0.000	0.000	3	A	1	0.000		
16:1 undifferentiated.....g	0.003	0.000	3	A	1	0.006		
17:1.....g	0.000	0.000	3	A	1	0.000		
18:1 undifferentiated.....g	0.423	0.053	3	A	1	0.736		
20:1.....g	0.019	0.003	3	A	1	0.033		
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.258		0	NC	4	2.189		
18:2 undifferentiated.....g	1.193	0.110	3	A	1	2.076		
18:3 undifferentiated.....g	0.065	0.002	3	AS	1	0.112		
18:3 n-3 c,c,c (ALA).....g	0.065	0.002	3	A	1	0.112		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1	0.000		
18:3i.....g								
18:4.....g								
20:2 n-6 c,c.....g	0.000	0.000	3	A	1	0.000		
20:3 undifferentiated.....g	0.000	0.000	3	A	1	0.000		
20:3 n-3.....g								
20:3 n-6.....g								
20:4 undifferentiated.....g	0.000	0.000	3	A	1	0.000		
20:4 n-6.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7	0		
Phytosterols.....mg								
<u>Amino Acids:</u>								
Tryptophan.....g	0.132		0	A	1	0.229		
Threonine.....g	0.443		0	A	1	0.771		
Isoleucine.....g	0.552		0	A	1	0.960		
Leucine.....g	1.070		0	A	1	1.861		
Lysine.....g	0.409		0	A	1	0.712		
Methionine.....g	0.258		0	A	1	0.449		
Cystine.....g	0.330		0	A	1	0.574		
Phenylalanine.....g	0.737		0	A	1	1.282		
Tyrosine.....g	0.377		0	A	1	0.656		

NDB No. 20140
Spelt, uncooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Valine.....g	0.681		0	A	1	1.185		
Arginine.....g	0.687		0	A	1	1.195		
Histidine.....g	0.360		0	A	1	0.626		
Alanine.....g	0.534		0	A	1	0.929		
Aspartic acid.....g	0.757		0	A	1	1.317		
Glutamic acid.....g	4.651		0	A	1	8.093		
Glycine.....g	0.602		0	A	1	1.047		
Proline.....g	1.625		0	A	1	2.827		
Serine.....g	0.725		0	A	1	1.262		
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 174g: 1 cup

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20068
Tapioca, pearl, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Lipids:									
Fatty acids, total saturated.....g	0.005		0			4		0.008	
4:0.....g	0.000		0			4		0.000	
6:0.....g	0.000		0			4		0.000	
8:0.....g	0.000		0			4		0.000	
10:0.....g	0.000		0			4		0.000	
12:0.....g	0.000		0			4		0.000	
13:0.....g									
14:0.....g	0.000		0			4		0.000	
15:0.....g									
16:0.....g	0.005		0			4		0.008	
17:0.....g									
18:0.....g	0.000		0			4		0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.005		0			4		0.008	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0			4		0.000	
17:1.....g									
18:1 undifferentiated.....g	0.005		0			4		0.008	
20:1.....g	0.000		0			4		0.000	
22:1 undifferentiated.....g	0.000		0			4		0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.003		0			4		0.005	
18:2 undifferentiated.....g	0.002		0			4		0.003	
18:3 undifferentiated.....g	0.001		0			4		0.002	
18:4.....g	0.000		0			4		0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0			4		0.000	
20:5 n-3 (EPA).....g	0.000		0			4		0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0			4		0.000	
22:6 n-3 (DHA).....g	0.000		0			4		0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7		0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.003		23			1		0.005	
Threonine.....g	0.004		23			1		0.006	
Isoleucine.....g	0.004		23			1		0.006	
Leucine.....g	0.006		23			1		0.009	
Lysine.....g	0.006		23			1		0.009	
Methionine.....g	0.002		23			1		0.003	
Cystine.....g	0.004		20			1		0.006	
Phenylalanine.....g	0.004		23			1		0.006	
Tyrosine.....g	0.002		23			1		0.003	
Valine.....g	0.005		23			1		0.008	
Arginine.....g	0.019		23			1		0.029	
Histidine.....g	0.003		23			1		0.005	
Alanine.....g	0.005		22			1		0.008	
Aspartic acid.....g	0.011		22			1		0.017	
Glutamic acid.....g	0.029		22			1		0.044	
Glycine.....g	0.004		22			1		0.006	
Proline.....g	0.005		22			1		0.008	
Serine.....g	0.005		22			1		0.008	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0			7		0.0	
Caffeine.....mg	0		0	Z		7		0	

NDB No. 20068
 Tapioca, pearl, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code	Source Code				Confidence Code
Theobromine.....mg	0		0	Z	7	0			

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

Common Measures:

Measure 1 = 152g: 1 cup

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20143

Teff, cooked

Eragrostis tef (Zuccagni) Trotter

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.93	0.047	3	A	1		188.82		
Energy.....kcal	101		0	NC	4		254		
Energy.....kJ	422		0	NC	4		1063		
Protein (N x 6.25).....g	3.87	0.288	3	A	1		9.76		
Total lipid (fat).....g	0.65	0.024	3	A	1		1.65		
Ash.....g	0.69	0.007	3	A	1		1.73		
Carbohydrate, by difference.....g	19.86		0	NC	4		50.04		
Fiber, total dietary.....g	2.8	0.067	3	A	1		7.0		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	49		2	A	1		124		
Iron, Fe.....mg	2.05		2	A	1		5.16		
Magnesium, Mg.....mg	50		2	A	1		125		
Phosphorus, P.....mg	120		2	A	1		302		
Potassium, K.....mg	107		2	A	1		270		
Sodium, Na.....mg	8		2	A	1		19		
Zinc, Zn.....mg	1.11		2	A	1		2.80		
Copper, Cu.....mg	0.226		2	A	1		0.568		
Manganese, Mn.....mg	2.860		2	A	1		7.207		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.183	0.020	3	A	1		0.462		
Riboflavin.....mg	0.033	0.003	3	A	1		0.084		
Niacin.....mg	0.909	0.080	3	A	1		2.291		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.097	0.007	3	A	1		0.244		
Folate, total.....µg	18	2.517	3	A	1		45		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	18	2.517	3	A	1		45		
Folate, DFE.....µg	18		0	NC	4		45		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	BFSN	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	2		0	BFSN	4		6		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 20143

Teff, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Points	Code				
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.041		0	A	1		0.102		
Threonine.....g	0.149		0	A	1		0.374		
Isoleucine.....g	0.146		0	A	1		0.368		
Leucine.....g	0.311		0	A	1		0.784		
Lysine.....g	0.109		0	A	1		0.276		
Methionine.....g	0.125		0	A	1		0.314		
Cystine.....g	0.069		0	A	1		0.173		
Phenylalanine.....g	0.203		0	A	1		0.513		
Tyrosine.....g	0.133		0	A	1		0.336		
Valine.....g	0.200		0	A	1		0.504		
Arginine.....g	0.151		0	A	1		0.379		
Histidine.....g	0.088		0	A	1		0.221		
Alanine.....g	0.218		0	A	1		0.548		
Aspartic acid.....g	0.239		0	A	1		0.602		
Glutamic acid.....g	0.975		0	A	1		2.458		
Glycine.....g	0.139		0	A	1		0.350		
Proline.....g	0.193		0	A	1		0.487		
Serine.....g	0.181		0	A	1		0.456		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 252g: 1 cup

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20142

Teff, uncooked

Eragrostis tef (Zuccagni) Trotter

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.82	0.369	3	A	1		17.02		
Energy.....kcal	367		0	NC	4		709		
Energy.....kJ	1536		0	NC	4		2965		
Protein (N x 6.25).....g	13.30	1.160	3	A	1		25.67		
Total lipid (fat).....g	2.38		0	BFSN	4		4.59		
Ash.....g	2.37	0.060	3	A	1		4.57		
Carbohydrate, by difference.....g	73.13		0	NC	4		141.15		
Fiber, total dietary.....g	8.0	0.203	3	A	1		15.5		
Sugars, total.....g	1.84	0.139	3	A	1		3.55		
Sucrose.....g	0.62	0.073	3	A	1		1.20		
Glucose (dextrose).....g	0.73	0.145	3	A	1		1.41		
Fructose.....g	0.47	0.057	3	A	1		0.91		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.01	0.000	3	A	1		0.03		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	36.56	6.089	3	A	1		70.56		
Minerals:									
Calcium, Ca.....mg	180	3.606	3	A	1		347		
Iron, Fe.....mg	7.63	1.415	3	A	1		14.73		
Magnesium, Mg.....mg	184	3.055	3	A	1		355		
Phosphorus, P.....mg	429	18.000	3	A	1		828		
Potassium, K.....mg	427	13.532	3	A	1		825		
Sodium, Na.....mg	12	2.674	3	A	1		24		
Zinc, Zn.....mg	3.63	0.185	3	A	1		7.00		
Copper, Cu.....mg	0.810	0.080	3	A	1		1.562		
Manganese, Mn.....mg	9.240	1.216	3	A	1		17.833		
Selenium, Se.....µg	4.4	1.109	3	A	1		8.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.390	0.081	3	A	1		0.753		
Riboflavin.....mg	0.270	0.010	3	A	1		0.521		
Niacin.....mg	3.363	0.314	3	A	1		6.491		
Pantothenic acid.....mg	0.942	0.111	3	A	1		1.817		
Vitamin B-6.....mg	0.482	0.065	3	A	1		0.930		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg	13.1		0	AS	1		25.2		
Betaine.....mg	2.3		1	A	1		4.4		
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	0		1	A	1		1		
Vitamin A, IU.....IU	9		0	AS	1		17		
Lycopene.....µg	0		1	A	1		0		
Lutein + zeaxanthin.....µg	66		1	A	1		127		
Vitamin E (alpha-tocopherol).....mg	0.08	0.022	3	A	1		0.15		
Tocopherol, beta.....mg	0.02	0.002	3	A	1		0.03		
Tocopherol, gamma.....mg	5.04	0.442	3	A	1		9.73		
Tocopherol, delta.....mg	0.07	0.019	3	A	1		0.14		
Tocotrienol, alpha.....mg	0.02	0.004	3	A	1		0.04		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma.....mg	0.23	0.067	3	A	1		0.44		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	1.9		1	A	1		3.6		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg	0.0		1	A	1		0.0		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.449		0	NC	4		0.866		
4:0.....g									
6:0.....g									
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.000		2	A	1		0.000		
15:0.....g	0.000		2	A	1		0.000		
16:0.....g	0.328		2	A	1		0.633		
17:0.....g	0.000		2	A	1		0.000		
18:0.....g	0.096		2	A	1		0.185		
20:0.....g	0.018		2	A	1		0.036		
22:0.....g	0.007		2	A	1		0.013		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.589		0	NC	4		1.138		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.004		2	A	1		0.008		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	0.574		2	A	1		1.108		
20:1.....g	0.011		2	A	1		0.022		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.071		0	NC	4		2.068		
18:2 undifferentiated.....g	0.936		2	A	1		1.806		
18:3 undifferentiated.....g	0.135		0	AS	1		0.261		
18:3 n-3 c,c,c (ALA).....g	0.135		2	A	1		0.261		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.139		0	A	1		0.269		
Threonine.....g	0.510		0	A	1		0.984		
Isoleucine.....g	0.501		0	A	1		0.968		
Leucine.....g	1.068		0	A	1		2.061		
Lysine.....g	0.376		0	A	1		0.725		
Methionine.....g	0.428		0	A	1		0.825		
Cystine.....g	0.236		0	A	1		0.455		
Phenylalanine.....g	0.698		0	A	1		1.348		
Tyrosine.....g	0.458		0	A	1		0.884		
Valine.....g	0.686		0	A	1		1.325		
Arginine.....g	0.517		0	A	1		0.998		
Histidine.....g	0.301		0	A	1		0.582		
Alanine.....g	0.747		0	A	1		1.442		
Aspartic acid.....g	0.820		0	A	1		1.583		
Glutamic acid.....g	3.349		0	A	1		6.464		
Glycine.....g	0.477		0	A	1		0.920		

NDB No. 20142

Teff, uncooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Proline.....g	0.664		0	A	1		1.281		
Serine.....g	0.622		0	A	1		1.200		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 193g: 1 cup

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
			of Data Points				Measure 1	Measure 2	Measure 3
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.366		0		1		0.703		
4:0.....g									
6:0.....g									
8:0.....g	0.018		13		1		0.035		
10:0.....g									
12:0.....g	0.014		13		1		0.027		
13:0.....g									
14:0.....g	0.009		13		1		0.017		
15:0.....g									
16:0.....g	0.274		13		1		0.526		
17:0.....g									
18:0.....g	0.031		13		1		0.060		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.211		0		1		0.405		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		13		1		0.035		
17:1.....g									
18:1 undifferentiated.....g	0.178		13		1		0.342		
20:1.....g	0.015		13		1		0.029		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.913		0		1		1.753		
18:2 undifferentiated.....g	0.853		13		1		1.638		
18:3 undifferentiated.....g	0.061		13		1		0.117		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.157		4		1		0.301		
Threonine.....g	0.405		46		1		0.778		
Isoleucine.....g	0.479		27		1		0.920		
Leucine.....g	0.911		27		1		1.749		
Lysine.....g	0.365		46		1		0.701		
Methionine.....g	0.204		107		1		0.392		
Cystine.....g	0.275		8		1		0.528		
Phenylalanine.....g	0.638		108		1		1.225		
Tyrosine.....g	0.383		12		1		0.735		
Valine.....g	0.609		27		1		1.169		
Arginine.....g	0.671		27		1		1.288		
Histidine.....g	0.311		27		1		0.597		
Alanine.....g	0.486		9		1		0.933		
Aspartic acid.....g	0.785		9		1		1.507		
Glutamic acid.....g	4.006		9		1		7.692		
Glycine.....g	0.559		15		1		1.073		
Proline.....g	1.184		9		1		2.273		
Serine.....g	0.593		9		1		1.139		
Hydroxyproline.....g									

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

NDB No. 20069

Triticale

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 192g: 1 cup

Calories Factors: Protein 3.32

Fat 8.37

Carbohydrate3.82

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20070
Triticale flour, whole-grain

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.01	0.202	6		1		13.01		
Energy.....kcal	338		0	NC	4		439		
Energy.....kJ	1414				4		1838		
Protein (N x 5.83).....g	13.18	0.787	7		1		17.13		
Total lipid (fat).....g	1.81	0.157	7		1		2.35		
Ash.....g	1.85	0.053	6		1		2.41		
Carbohydrate, by difference.....g	73.14		0	NC	4		95.08		
Fiber, total dietary.....g	14.6		0		1		19.0		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35	2.081	6		1		46		
Iron, Fe.....mg	2.59	0.097	7		1		3.37		
Magnesium, Mg.....mg	153	4.355	6		1		199		
Phosphorus, P.....mg	321	30.362	7		1		417		
Potassium, K.....mg	466	16.784	6		1		606		
Sodium, Na.....mg	2	0.275	6		1		3		
Zinc, Zn.....mg	2.66	0.043	6		1		3.46		
Copper, Cu.....mg	0.559	0.020	6		1		0.727		
Manganese, Mn.....mg	4.185	0.245	3		1		5.441		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.378	0.035	6		1		0.491		
Riboflavin.....mg	0.132	0.006	6		1		0.172		
Niacin.....mg	2.860	0.627	6		1		3.718		
Pantothenic acid.....mg	2.167	0.472	6		1		2.817		
Vitamin B-6.....mg	0.403	0.026	5		1		0.524		
Folate, total.....µg	74	6.362	8		1		96		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	74	6.362	8		1		96		
Folate, DFE.....µg	74		0	NC	4		96		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.90		0		4		1.17		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 20070
Triticale flour, whole-grain

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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

Common Measures:

Measure 1 = 130g: 1 cup

Calories Factors: Protein 3.32

Fat 8.37

Carbohydrate3.82

Food Group: 20 Cereal Grains and Pasta
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 48052
Vital wheat gluten

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	0.272		0	BFFN					
4:0.....g	0.000		0	BFFN					
6:0.....g	0.000		0	BFFN					
8:0.....g	0.000		0	BFFN					
10:0.....g	0.000		0	BFFN					
12:0.....g	0.000		0	BFFN					
13:0.....g									
14:0.....g	0.001		0	BFFN					
15:0.....g									
16:0.....g	0.243		0	BFFN					
17:0.....g									
18:0.....g	0.011		0	BFFN					
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.156		0	BFFN					
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	BFFN					
17:1.....g									
18:1 undifferentiated.....g	0.150		0	BFFN					
20:1.....g	0.000		0	BFFN					
22:1 undifferentiated.....g	0.000		0	BFFN					
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.810		0	BFFN					
18:2 undifferentiated.....g	0.763		0	BFFN					
18:3 undifferentiated.....g	0.048		0	BFFN					
18:4.....g	0.000		0	BFFN					
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN					
20:5 n-3 (EPA).....g	0.000		0	BFFN					
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN					
22:6 n-3 (DHA).....g	0.000		0	BFFN					
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z					
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z					
Caffeine.....mg	0		0	Z					
Theobromine.....mg	0		0	Z					

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20077
Wheat bran, crude

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Lipids:									
Fatty acids, total saturated.....g	0.630		0		1		0.365		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.002		8		1		0.001		
13:0.....g									
14:0.....g	0.007		8		1		0.004		
15:0.....g									
16:0.....g	0.556		8		1		0.322		
17:0.....g									
18:0.....g	0.037		8		1		0.021		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.637		0		1		0.369		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.017		8		1		0.010		
17:1.....g									
18:1 undifferentiated.....g	0.619		8		1		0.359		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.212		0		1		1.283		
18:2 undifferentiated.....g	2.039		8		1		1.183		
18:3 undifferentiated.....g	0.167		8		1		0.097		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.005		8		1		0.003		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.282		2		1		0.164		
Threonine.....g	0.500		12		1		0.290		
Isoleucine.....g	0.486		12		1		0.282		
Leucine.....g	0.928		12		1		0.538		
Lysine.....g	0.600		12		1		0.348		
Methionine.....g	0.234		12		1		0.136		
Cystine.....g	0.371		12		1		0.215		
Phenylalanine.....g	0.595		12		1		0.345		
Tyrosine.....g	0.436		12		1		0.253		
Valine.....g	0.726		12		1		0.421		
Arginine.....g	1.087		12		1		0.630		
Histidine.....g	0.430		12		1		0.249		
Alanine.....g	0.765		12		1		0.444		
Aspartic acid.....g	1.130		12		1		0.655		
Glutamic acid.....g	2.874		12		1		1.667		
Glycine.....g	0.898		12		1		0.521		
Proline.....g	0.882		12		1		0.512		
Serine.....g	0.684		12		1		0.397		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 20077
Wheat bran, crude

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

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Common Measures:

Measure 1 = 58g: 1 cup

Calories Factors: Protein 1.82

Fat 8.37

Carbohydrate 2.35

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20628

Wheat flour, white (industrial), 10% protein, bleached, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.01	0.208	9	A	1				
Energy.....kcal	366		0	NC	4				
Energy.....kJ	1530		0	NC	4				
Protein.....g	9.71	0.117	9	A	1				
Total lipid (fat).....g	1.48	0.059	9	A	1				
Ash.....g	0.58	0.017	9	A	1				
Carbohydrate, by difference.....g	76.22		0	NC	4				
Fiber, total dietary.....g	2.4	0.136	8	A	1				
Sugars, total.....g	0.49	0.018	6	A	1				
Sucrose.....g	0.20	0.032	6	A	1				
Glucose (dextrose).....g	0.03	0.000	6	A	1				
Fructose.....g	0.03	0.000	6	A	1				
Lactose.....g	0.00	0.000	6	A	1				
Maltose.....g	0.23	0.029	6	A	1				
Galactose.....g	0.00	0.000	6	A	1				
Starch.....g	64.48	0.729	6	A	1				
Minerals:									
Calcium, Ca.....mg	20	1.048	3	A	1				
Iron, Fe.....mg	5.06	0.197	28	A	1				
Magnesium, Mg.....mg	25	1.058	3	A	1				
Phosphorus, P.....mg	107	2.458	3	A	1				
Potassium, K.....mg	149	2.073	3	A	1				
Sodium, Na.....mg	2		0	BFZN	4				
Zinc, Zn.....mg	1.02	0.087	3	A	1				
Copper, Cu.....mg	0.188	0.026	3	A	1				
Manganese, Mn.....mg	0.818	0.040	3	A	1				
Selenium, Se.....µg	14.6	1.561	6	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.736	0.036	26	A	1				
Riboflavin.....mg	0.445	0.022	27	A	1				
Niacin.....mg	5.953	0.262	27	A	1				
Pantothenic acid.....mg	0.248	0.014	3	A	1				
Vitamin B-6.....mg	0.037	0.000	3	A	1				
Folate, total.....µg	170	6.413	27	A	1				
Folic acid.....µg	140		0	NC	4				
Folate, food.....µg	31		0	BFZN	4				
Folate, DFE.....µg	268		0	NC	4				
Choline, total.....mg	10.4		0	BFZN	4				
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	0		0	BFZN	4				
Retinol.....µg	0		0	Z	7				
Carotene, beta.....µg	0		0	BFZN	4				
Carotene, alpha.....µg	0		0	BFZN	4				
Cryptoxanthin, beta.....µg	0		0	BFZN	4				
Vitamin A, IU.....IU	0		0	BFZN	4				
Lycopene.....µg	0		0	BFZN	4				
Lutein + zeaxanthin.....µg	18		0	BFZN	4				
Vitamin E (alpha-tocopherol).....mg	0.05	0.017	8	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.04	0.008	8	A	1				
Tocopherol, gamma.....mg	0.42	0.126	8	A	1				
Tocopherol, delta.....mg	0.01	0.005	8	A	1				
Tocotrienol, alpha.....mg	0.05	0.010	8	A	1				
Tocotrienol, beta.....mg	0.00	0.000	8	A	1				

NDB No. 20628

Wheat flour, white (industrial), 10% protein, bleached, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	8	A		1			
Tocotrienol, delta.....mg	0.00	0.000	8	A		1			
Vitamin D (D2 + D3).....µg	0.0		0	Z		7			
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z		7			
Vitamin K (phylloquinone).....µg	0.3		0	BFZN		4			
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.302		0	NC		4			
4:0.....g	0.000	0.000	3	A		1			
6:0.....g	0.000	0.000	3	A		1			
8:0.....g	0.000	0.000	3	A		1			
10:0.....g	0.000	0.000	3	A		1			
12:0.....g	0.000	0.000	3	A		1			
13:0.....g									
14:0.....g	0.000	0.000	3	A		1			
15:0.....g	0.000	0.000	3	A		1			
16:0.....g	0.302	0.032	3	A		1			
17:0.....g	0.000	0.000	3	A		1			
18:0.....g	0.000	0.000	3	A		1			
20:0.....g	0.000	0.000	3	A		1			
22:0.....g	0.000	0.000	3	A		1			
24:0.....g	0.000	0.000	3	A		1			
Fatty acids, total monounsaturated.....g	0.193		0	NC		4			
14:1.....g	0.000	0.000	3	A		1			
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	3	A		1			
17:1.....g									
18:1 undifferentiated.....g	0.193	0.020	3	A		1			
20:1.....g	0.000	0.000	3	A		1			
22:1 undifferentiated.....g	0.000	0.000	3	A		1			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.845		0	NC		4			
18:2 undifferentiated.....g	0.828	0.077	3	A		1			
18:3 undifferentiated.....g	0.017	0.000	3	A		1			
18:4.....g	0.000	0.000	3	A		1			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A		1			
20:5 n-3 (EPA).....g	0.000	0.000	3	A		1			
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A		1			
22:6 n-3 (DHA).....g	0.000	0.000	3	A		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.113		0	A		1			
Threonine.....g	0.264		0	A		1			
Isoleucine.....g	0.327		0	A		1			
Leucine.....g	0.627		0	A		1			
Lysine.....g	0.260		0	A		1			
Methionine.....g	0.150		0	A		1			
Cystine.....g	0.243		0	A		1			
Phenylalanine.....g	0.399		0	A		1			
Tyrosine.....g	0.127		0	A		1			
Valine.....g	0.390		0	A		1			
Arginine.....g	0.367		0	A		1			
Histidine.....g	0.197		0	A		1			
Alanine.....g	0.290		0	A		1			

NDB No. 20628

Wheat flour, white (industrial), 10% protein, bleached, enriched

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Aspartic acid.....g	0.397		0	A	1			
Glutamic acid.....g	2.958		0	A	1			
Glycine.....g	0.330		0	A	1			
Proline.....g	1.010		0	A	1			
Serine.....g	0.413		0	A	1			
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7			
Caffeine.....mg	0		0	Z	7			
Theobromine.....mg	0		0	Z	7			

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

Common Measures:

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20629

Wheat flour, white (industrial), 10% protein, bleached, unenriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.01	0.208	9	A	1				
Energy.....kcal	366		0	NC	4				
Energy.....kJ	1530		0	NC	4				
Protein.....g	9.71	0.117	9	A	1				
Total lipid (fat).....g	1.48	0.059	9	A	1				
Ash.....g	0.58	0.017	9	A	1				
Carbohydrate, by difference.....g	76.22		0	NC	4				
Fiber, total dietary.....g	2.4	0.136	8	A	1				
Sugars, total.....g	0.49	0.018	6	A	1				
Sucrose.....g	0.20	0.032	6	A	1				
Glucose (dextrose).....g	0.03	0.000	6	A	1				
Fructose.....g	0.03	0.000	6	A	1				
Lactose.....g	0.00	0.000	6	A	1				
Maltose.....g	0.23	0.029	6	A	1				
Galactose.....g	0.00	0.000	6	A	1				
Starch.....g	64.48	0.729	6	A	1				
Minerals:									
Calcium, Ca.....mg	20	1.048	3	A	1				
Iron, Fe.....mg	1.26	0.052	27	A	1				
Magnesium, Mg.....mg	25	1.058	3	A	1				
Phosphorus, P.....mg	107	2.458	3	A	1				
Potassium, K.....mg	149	2.073	3	A	1				
Sodium, Na.....mg	2		0	BFZN	4				
Zinc, Zn.....mg	1.02	0.087	3	A	1				
Copper, Cu.....mg	0.188	0.026	3	A	1				
Manganese, Mn.....mg	0.818	0.040	3	A	1				
Selenium, Se.....µg	14.6	1.561	6	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.194	0.010	28	A	1				
Riboflavin.....mg	0.072	0.006	27	A	1				
Niacin.....mg	1.198	0.063	27	A	1				
Pantothenic acid.....mg	0.248	0.014	3	A	1				
Vitamin B-6.....mg	0.037	0.000	3	A	1				
Folate, total.....µg	31	1.282	27	A	1				
Folic acid.....µg	0		0	Z	7				
Folate, food.....µg	31	1.282	27	A	1				
Folate, DFE.....µg	31		0	NC	4				
Choline, total.....mg	10.4		0	BFZN	4				
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	0		0	BFZN	4				
Retinol.....µg	0		0	Z	7				
Carotene, beta.....µg	0		0	BFZN	4				
Carotene, alpha.....µg	0		0	BFZN	4				
Cryptoxanthin, beta.....µg	0		0	BFZN	4				
Vitamin A, IU.....IU	0		0	BFZN	4				
Lycopene.....µg	0		0	BFZN	4				
Lutein + zeaxanthin.....µg	18		0	BFZN	4				
Vitamin E (alpha-tocopherol).....mg	0.05	0.017	8	A	1				
Tocopherol, beta.....mg	0.04	0.008	8	A	1				
Tocopherol, gamma.....mg	0.42	0.126	8	A	1				
Tocopherol, delta.....mg	0.01	0.005	8	A	1				
Tocotrienol, alpha.....mg	0.05	0.010	8	A	1				
Tocotrienol, beta.....mg	0.00	0.000	8	A	1				
Tocotrienol, gamma.....mg	0.00	0.000	8	A	1				
Tocotrienol, delta.....mg	0.00	0.000	8	A	1				

NDB No. 20629

Wheat flour, white (industrial), 10% protein, bleached, unenriched

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3).....µg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7				
Vitamin K (phylloquinone).....µg	0.3		0	BFZN	4				
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.302		0	NC	4				
4:0.....g	0.000	0.000	3	A	1				
6:0.....g	0.000	0.000	3	A	1				
8:0.....g	0.000	0.000	3	A	1				
10:0.....g	0.000	0.000	3	A	1				
12:0.....g	0.000	0.000	3	A	1				
13:0.....g									
14:0.....g	0.000	0.000	3	A	1				
15:0.....g	0.000	0.000	3	A	1				
16:0.....g	0.302	0.032	3	A	1				
17:0.....g	0.000	0.000	3	A	1				
18:0.....g	0.000	0.000	3	A	1				
20:0.....g	0.000	0.000	3	A	1				
22:0.....g	0.000	0.000	3	A	1				
24:0.....g	0.000	0.000	3	A	1				
Fatty acids, total monounsaturated.....g	0.193		0	NC	4				
14:1.....g	0.000	0.000	3	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	3	A	1				
17:1.....g									
18:1 undifferentiated.....g	0.193	0.020	3	A	1				
20:1.....g	0.000	0.000	3	A	1				
22:1 undifferentiated.....g	0.000	0.000	3	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.845		0	NC	4				
18:2 undifferentiated.....g	0.828	0.077	3	A	1				
18:3 undifferentiated.....g	0.017	0.000	3	A	1				
18:4.....g	0.000	0.000	3	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1				
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1				
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1				
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.113		0	A	1				
Threonine.....g	0.264		0	A	1				
Isoleucine.....g	0.327		0	A	1				
Leucine.....g	0.627		0	A	1				
Lysine.....g	0.260		0	A	1				
Methionine.....g	0.150		0	A	1				
Cystine.....g	0.243		0	A	1				
Phenylalanine.....g	0.399		0	A	1				
Tyrosine.....g	0.127		0	A	1				
Valine.....g	0.390		0	A	1				
Arginine.....g	0.367		0	A	1				
Histidine.....g	0.197		0	A	1				
Alanine.....g	0.290		0	A	1				
Aspartic acid.....g	0.397		0	A	1				
Glutamic acid.....g	2.958		0	A	1				

NDB No. 20629

Wheat flour, white (industrial), 10% protein, bleached, unenriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine.....g	0.330		0	A	1				
Proline.....g	1.010		0	A	1				
Serine.....g	0.413		0	A	1				
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

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

Common Measures:

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20630

Wheat flour, white (industrial), 10% protein, unbleached, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.01	0.208	9	A	1				
Energy.....kcal	366		0	NC	4				
Energy.....kJ	1530		0	NC	4				
Protein.....g	9.71	0.117	9	A	1				
Total lipid (fat).....g	1.48	0.059	9	A	1				
Ash.....g	0.58	0.017	9	A	1				
Carbohydrate, by difference.....g	76.22		0	NC	4				
Fiber, total dietary.....g	2.4	0.136	8	A	1				
Sugars, total.....g	0.49	0.018	6	A	1				
Sucrose.....g	0.20	0.032	6	A	1				
Glucose (dextrose).....g	0.03	0.000	6	A	1				
Fructose.....g	0.03	0.000	6	A	1				
Lactose.....g	0.00	0.000	6	A	1				
Maltose.....g	0.23	0.029	6	A	1				
Galactose.....g	0.00	0.000	6	A	1				
Starch.....g	64.48	0.729	6	A	1				
Minerals:									
Calcium, Ca.....mg	20	1.048	3	A	1				
Iron, Fe.....mg	5.06	0.197	28	A	1				
Magnesium, Mg.....mg	25	1.058	3	A	1				
Phosphorus, P.....mg	107	2.458	3	A	1				
Potassium, K.....mg	149	2.073	3	A	1				
Sodium, Na.....mg	2		0	BFZN	4				
Zinc, Zn.....mg	1.02	0.087	3	A	1				
Copper, Cu.....mg	0.188	0.026	3	A	1				
Manganese, Mn.....mg	0.818	0.040	3	A	1				
Selenium, Se.....µg	14.6	1.561	6	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.736	0.036	26	A	1				
Riboflavin.....mg	0.445	0.022	27	A	1				
Niacin.....mg	5.953	0.262	27	A	1				
Pantothenic acid.....mg	0.248	0.014	3	A	1				
Vitamin B-6.....mg	0.037	0.000	3	A	1				
Folate, total.....µg	170	6.413	27	A	1				
Folic acid.....µg	140		0	NR	4				
Folate, food.....µg	31		0	BFZN	4				
Folate, DFE.....µg	268		0	NC	4				
Choline, total.....mg	10.4		0	BFZN	4				
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	0		0	BFZN	4				
Retinol.....µg									
Carotene, beta.....µg	0		0	BFZN	4				
Carotene, alpha.....µg	0		0	BFZN	4				
Cryptoxanthin, beta.....µg	0		0	BFZN	4				
Vitamin A, IU.....IU	0		0	BFZN	4				
Lycopene.....µg	0		0	BFZN	4				
Lutein + zeaxanthin.....µg	18		0	BFZN	4				
Vitamin E (alpha-tocopherol).....mg	0.38	0.018	12	A	1				
Tocopherol, beta.....mg	0.13	0.007	12	A	1				
Tocopherol, gamma.....mg	1.50	0.130	12	A	1				
Tocopherol, delta.....mg	0.00	0.000	12	A	1				
Tocotrienol, alpha.....mg	0.14	0.011	12	A	1				
Tocotrienol, beta.....mg	0.00	0.000	12	A	1				
Tocotrienol, gamma.....mg	0.00	0.000	12	A	1				
Tocotrienol, delta.....mg	0.00	0.000	12	A	1				

NDB No. 20630

Wheat flour, white (industrial), 10% protein, unbleached, enriched

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3).....µg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7				
Vitamin K (phylloquinone).....µg	0.3		0	BFZN	4				
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.302		0	NC	4				
4:0.....g	0.000	0.000	3	A	1				
6:0.....g	0.000	0.000	3	A	1				
8:0.....g	0.000	0.000	3	A	1				
10:0.....g	0.000	0.000	3	A	1				
12:0.....g	0.000	0.000	3	A	1				
13:0.....g									
14:0.....g	0.000	0.000	3	A	1				
15:0.....g	0.000	0.000	3	A	1				
16:0.....g	0.302	0.032	3	A	1				
17:0.....g	0.000	0.000	3	A	1				
18:0.....g	0.000	0.000	3	A	1				
20:0.....g	0.000	0.000	3	A	1				
22:0.....g	0.000	0.000	3	A	1				
24:0.....g	0.000	0.000	3	A	1				
Fatty acids, total monounsaturated.....g	0.193		0	NC	4				
14:1.....g	0.000	0.000	3	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	3	A	1				
17:1.....g									
18:1 undifferentiated.....g	0.193	0.020	3	A	1				
20:1.....g	0.000	0.000	3	A	1				
22:1 undifferentiated.....g	0.000	0.000	3	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.845		0	NC	4				
18:2 undifferentiated.....g	0.828	0.077	3	A	1				
18:3 undifferentiated.....g	0.017	0.000	3	A	1				
18:4.....g	0.000	0.000	3	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1				
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1				
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1				
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.113		0	A	1				
Threonine.....g	0.264		0	A	1				
Isoleucine.....g	0.327		0	A	1				
Leucine.....g	0.627		0	A	1				
Lysine.....g	0.260		0	A	1				
Methionine.....g	0.150		0	A	1				
Cystine.....g	0.243		0	A	1				
Phenylalanine.....g	0.399		0	A	1				
Tyrosine.....g	0.127		0	A	1				
Valine.....g	0.390		0	A	1				
Arginine.....g	0.367		0	A	1				
Histidine.....g	0.197		0	A	1				
Alanine.....g	0.290		0	A	1				
Aspartic acid.....g	0.397		0	A	1				
Glutamic acid.....g	2.958		0	A	1				

NDB No. 20630

Wheat flour, white (industrial), 10% protein, unbleached, enriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	<u>measures of food</u>		
						Confidence Code	Measure 1	Measure 2
Glycine.....g	0.330		0	A	1			
Proline.....g	1.010		0	A	1			
Serine.....g	0.413		0	A	1			
Hydroxyproline.....g								

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

Common Measures:

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20634

Wheat flour, white (industrial), 11.5% protein, bleached, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.68	0.209	10	A	1				
Energy.....kcal	363		0	NC	4				
Energy.....kJ	1518		0	NC	4				
Protein.....g	11.50	0.229	10	A	1				
Total lipid (fat).....g	1.45	0.040	10	A	1				
Ash.....g	0.55	0.011	10	A	1				
Carbohydrate, by difference.....g	73.81		0	NC	4				
Fiber, total dietary.....g	2.4	0.136	8	A	1				
Sugars, total.....g	1.12	0.102	6	A	1				
Sucrose.....g	0.15	0.000	6	A	1				
Glucose (dextrose).....g	0.03	0.000	6	A	1				
Fructose.....g	0.03	0.000	6	A	1				
Lactose.....g	0.00	0.000	6	A	1				
Maltose.....g	0.90	0.102	6	A	1				
Galactose.....g	0.00	0.000	6	A	1				
Starch.....g	62.88	0.972	6	A	1				
Minerals:									
Calcium, Ca.....mg	20	0.426	4	A	1				
Iron, Fe.....mg	5.06	0.197	28	A	1				
Magnesium, Mg.....mg	30	1.005	4	A	1				
Phosphorus, P.....mg	112	2.371	4	A	1				
Potassium, K.....mg	138	2.333	4	A	1				
Sodium, Na.....mg	2		0	BFZN	4				
Zinc, Zn.....mg	0.84	0.045	4	A	1				
Copper, Cu.....mg	0.161	0.004	4	A	1				
Manganese, Mn.....mg	0.679	0.019	4	A	1				
Selenium, Se.....µg	27.5	3.012	6	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.736	0.036	26	A	1				
Riboflavin.....mg	0.445	0.022	27	A	1				
Niacin.....mg	5.953	0.262	27	A	1				
Pantothenic acid.....mg	0.405	0.019	4	A	1				
Vitamin B-6.....mg	0.032	0.011	4	A	1				
Folate, total.....µg	170	6.413	27	A	1				
Folic acid.....µg	140		0	NC	4				
Folate, food.....µg	31		0	BFZN	4				
Folate, DFE.....µg	268		0	NC	4				
Choline, total.....mg	10.4		0	BFZN	4				
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	0		0	BFZN	4				
Retinol.....µg	0		0	Z	7				
Carotene, beta.....µg	0		0	BFZN	4				
Carotene, alpha.....µg	0		0	BFZN	4				
Cryptoxanthin, beta.....µg	0		0	BFZN	4				
Vitamin A, IU.....IU	0		0	BFZN	4				
Lycopene.....µg	0		0	BFZN	4				
Lutein + zeaxanthin.....µg	18		0	BFZN	4				
Vitamin E (alpha-tocopherol).....mg	0.05	0.017	8	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.04	0.008	8	A	1				
Tocopherol, gamma.....mg	0.42	0.126	8	A	1				
Tocopherol, delta.....mg	0.01	0.005	8	A	1				
Tocotrienol, alpha.....mg	0.05	0.010	8	A	1				
Tocotrienol, beta.....mg	0.00	0.000	8	A	1				

NDB No. 20634

Wheat flour, white (industrial), 11.5% protein, bleached, enriched

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	8	A	1				
Tocotrienol, delta.....mg	0.00	0.000	8	A	1				
Vitamin D (D2 + D3).....µg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7				
Vitamin K (phylloquinone).....µg	0.3		0	BFZN	4				
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.268		0	NC	4				
4:0.....g	0.000	0.000	4	A	1				
6:0.....g	0.000	0.000	4	A	1				
8:0.....g	0.000	0.000	4	A	1				
10:0.....g	0.000	0.000	4	A	1				
12:0.....g	0.000	0.000	4	A	1				
13:0.....g									
14:0.....g	0.000	0.000	4	A	1				
15:0.....g	0.000	0.000	4	A	1				
16:0.....g	0.268	0.028	4	A	1				
17:0.....g	0.000	0.000	4	A	1				
18:0.....g	0.000	0.000	4	A	1				
20:0.....g	0.000	0.000	4	A	1				
22:0.....g	0.000	0.000	4	A	1				
24:0.....g	0.000	0.000	4	A	1				
Fatty acids, total monounsaturated.....g	0.166		0	NC	4				
14:1.....g	0.000	0.000	4	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	4	A	1				
17:1.....g									
18:1 undifferentiated.....g	0.166	0.006	4	A	1				
20:1.....g	0.000	0.000	4	A	1				
22:1 undifferentiated.....g	0.000	0.000	4	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.749		0	NC	4				
18:2 undifferentiated.....g	0.733	0.050	4	A	1				
18:3 undifferentiated.....g	0.017	0.000	4	A	1				
18:4.....g	0.000	0.000	4	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1				
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1				
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1				
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.130		0	A	1				
Threonine.....g	0.296		0	A	1				
Isoleucine.....g	0.388		0	A	1				
Leucine.....g	0.737		0	A	1				
Lysine.....g	0.270		0	A	1				
Methionine.....g	0.163		0	A	1				
Cystine.....g	0.273		0	A	1				
Phenylalanine.....g	0.506		0	A	1				
Tyrosine.....g	0.158		0	A	1				
Valine.....g	0.477		0	A	1				
Arginine.....g	0.474		0	A	1				
Histidine.....g	0.223		0	A	1				
Alanine.....g	0.331		0	A	1				

NDB No. 20634

Wheat flour, white (industrial), 11.5% protein, bleached, enriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number		Source Code	<u>measures of food</u>		
			of Data Points	Deriv Code		Confidence Code	Measure 1	Measure 2
Aspartic acid.....g	0.433		0	A	1			
Glutamic acid.....g	3.679		0	A	1			
Glycine.....g	0.383		0	A	1			
Proline.....g	1.245		0	A	1			
Serine.....g	0.481		0	A	1			
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7			
Caffeine.....mg	0		0	Z	7			
Theobromine.....mg	0		0	Z	7			

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

Common Measures:

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20635

Wheat flour, white (industrial), 11.5% protein, bleached, unenriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.68	0.209	10	A	1				
Energy.....kcal	363		0	NC	4				
Energy.....kJ	1518		0	NC	4				
Protein.....g	11.50	0.229	10	A	1				
Total lipid (fat).....g	1.45	0.040	10	A	1				
Ash.....g	0.55	0.011	10	A	1				
Carbohydrate, by difference.....g	73.81		0	NC	4				
Fiber, total dietary.....g	2.4	0.136	8	A	1				
Sugars, total.....g	1.12	0.102	6	A	1				
Sucrose.....g	0.15	0.000	6	A	1				
Glucose (dextrose).....g	0.03	0.000	6	A	1				
Fructose.....g	0.03	0.000	6	A	1				
Lactose.....g	0.00	0.000	6	A	1				
Maltose.....g	0.90	0.102	6	A	1				
Galactose.....g	0.00	0.000	6	A	1				
Starch.....g	62.88	0.972	6	A	1				
Minerals:									
Calcium, Ca.....mg	20	0.426	4	A	1				
Iron, Fe.....mg	1.26	0.052	27	A	1				
Magnesium, Mg.....mg	30	1.005	4	A	1				
Phosphorus, P.....mg	112	2.371	4	A	1				
Potassium, K.....mg	138	2.333	4	A	1				
Sodium, Na.....mg	2		0	BFZN	4				
Zinc, Zn.....mg	0.84	0.045	4	A	1				
Copper, Cu.....mg	0.161	0.004	4	A	1				
Manganese, Mn.....mg	0.679	0.019	4	A	1				
Selenium, Se.....µg	27.5	3.012	6	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.194	0.010	28	A	1				
Riboflavin.....mg	0.072	0.006	27	A	1				
Niacin.....mg	1.198	0.063	27	A	1				
Pantothenic acid.....mg	0.405	0.019	4	A	1				
Vitamin B-6.....mg	0.032	0.011	4	A	1				
Folate, total.....µg	31	1.282	27	A	1				
Folic acid.....µg	0		0	Z	7				
Folate, food.....µg	31	1.282	27	A	1				
Folate, DFE.....µg	31		0	NC	4				
Choline, total.....mg	10.4		0	BFZN	4				
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	0		0	BFZN	4				
Retinol.....µg	0		0	Z	7				
Carotene, beta.....µg	0		0	BFZN	4				
Carotene, alpha.....µg	0		0	BFZN	4				
Cryptoxanthin, beta.....µg	0		0	BFZN	4				
Vitamin A, IU.....IU	0		0	BFZN	4				
Lycopene.....µg	0		0	BFZN	4				
Lutein + zeaxanthin.....µg	18		0	BFZN	4				
Vitamin E (alpha-tocopherol).....mg	0.05	0.017	8	A	1				
Tocopherol, beta.....mg	0.04	0.008	8	A	1				
Tocopherol, gamma.....mg	0.42	0.126	8	A	1				
Tocopherol, delta.....mg	0.01	0.005	8	A	1				
Tocotrienol, alpha.....mg	0.05	0.010	8	A	1				
Tocotrienol, beta.....mg	0.00	0.000	8	A	1				
Tocotrienol, gamma.....mg	0.00	0.000	8	A	1				
Tocotrienol, delta.....mg	0.00	0.000	8	A	1				

NDB No. 20635

Wheat flour, white (industrial), 11.5% protein, bleached, unenriched

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3).....µg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7				
Vitamin K (phylloquinone).....µg	0.3		0	BFZN	4				
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.268		0	NC	4				
4:0.....g	0.000	0.000	4	A	1				
6:0.....g	0.000	0.000	4	A	1				
8:0.....g	0.000	0.000	4	A	1				
10:0.....g	0.000	0.000	4	A	1				
12:0.....g	0.000	0.000	4	A	1				
13:0.....g									
14:0.....g	0.000	0.000	4	A	1				
15:0.....g	0.000	0.000	4	A	1				
16:0.....g	0.268	0.028	4	A	1				
17:0.....g	0.000	0.000	4	A	1				
18:0.....g	0.000	0.000	4	A	1				
20:0.....g	0.000	0.000	4	A	1				
22:0.....g	0.000	0.000	4	A	1				
24:0.....g	0.000	0.000	4	A	1				
Fatty acids, total monounsaturated.....g	0.166		0	NC	4				
14:1.....g	0.000	0.000	4	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	4	A	1				
17:1.....g									
18:1 undifferentiated.....g	0.166	0.006	4	A	1				
20:1.....g	0.000	0.000	4	A	1				
22:1 undifferentiated.....g	0.000	0.000	4	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.749		0	NC	4				
18:2 undifferentiated.....g	0.733	0.050	4	A	1				
18:3 undifferentiated.....g	0.017	0.000	4	A	1				
18:4.....g	0.000	0.000	4	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1				
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1				
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1				
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.130		0	A	1				
Threonine.....g	0.296		0	A	1				
Isoleucine.....g	0.388		0	A	1				
Leucine.....g	0.737		0	A	1				
Lysine.....g	0.270		0	A	1				
Methionine.....g	0.163		0	A	1				
Cystine.....g	0.273		0	A	1				
Phenylalanine.....g	0.506		0	A	1				
Tyrosine.....g	0.158		0	A	1				
Valine.....g	0.477		0	A	1				
Arginine.....g	0.474		0	A	1				
Histidine.....g	0.223		0	A	1				
Alanine.....g	0.331		0	A	1				
Aspartic acid.....g	0.433		0	A	1				
Glutamic acid.....g	3.679		0	A	1				

NDB No. 20635

Wheat flour, white (industrial), 11.5% protein, bleached, unenriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code			
Glycine.....g	0.383		0	A	1			
Proline.....g	1.245		0	A	1			
Serine.....g	0.481		0	A	1			
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7			
Caffeine.....mg	0		0	Z	7			
Theobromine.....mg	0		0	Z	7			

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

Common Measures:

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20636

Wheat flour, white (industrial), 11.5% protein, unbleached, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.68	0.209	10	A	1				
Energy.....kcal	363		0	NC	4				
Energy.....kJ	1518		0	NC	4				
Protein.....g	11.50	0.229	10	A	1				
Total lipid (fat).....g	1.45	0.040	10	A	1				
Ash.....g	0.55	0.011	10	A	1				
Carbohydrate, by difference.....g	73.81		0	NC	4				
Fiber, total dietary.....g	2.4	0.136	8	A	1				
Sugars, total.....g	1.12	0.102	6	A	1				
Sucrose.....g	0.15	0.000	6	A	1				
Glucose (dextrose).....g	0.03	0.000	6	A	1				
Fructose.....g	0.03	0.000	6	A	1				
Lactose.....g	0.00	0.000	6	A	1				
Maltose.....g	0.90	0.102	6	A	1				
Galactose.....g	0.00	0.000	6	A	1				
Starch.....g	62.88	0.972	6	A	1				
Minerals:									
Calcium, Ca.....mg	20	0.426	4	A	1				
Iron, Fe.....mg	5.06	0.197	28	A	1				
Magnesium, Mg.....mg	30	1.005	4	A	1				
Phosphorus, P.....mg	112	2.371	4	A	1				
Potassium, K.....mg	138	2.333	4	A	1				
Sodium, Na.....mg	2		0	BFZN	4				
Zinc, Zn.....mg	0.84	0.045	4	A	1				
Copper, Cu.....mg	0.161	0.004	4	A	1				
Manganese, Mn.....mg	0.679	0.019	4	A	1				
Selenium, Se.....µg	27.5	3.012	6	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.736	0.036	26	A	1				
Riboflavin.....mg	0.445	0.022	27	A	1				
Niacin.....mg	5.953	0.262	27	A	1				
Pantothenic acid.....mg	0.405	0.019	4	A	1				
Vitamin B-6.....mg	0.032	0.011	4	A	1				
Folate, total.....µg	170	6.413	27	A	1				
Folic acid.....µg	140		0	NR	4				
Folate, food.....µg	31		0	BFZN	4				
Folate, DFE.....µg	268		0	NC	4				
Choline, total.....mg	10.4		0	BFZN	4				
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	0		0	BFZN	4				
Retinol.....µg									
Carotene, beta.....µg	0		0	BFZN	4				
Carotene, alpha.....µg	0		0	BFZN	4				
Cryptoxanthin, beta.....µg	0		0	BFZN	4				
Vitamin A, IU.....IU	0		0	BFZN	4				
Lycopene.....µg	0		0	BFZN	4				
Lutein + zeaxanthin.....µg	18		0	BFZN	4				
Vitamin E (alpha-tocopherol).....mg	0.38	0.018	12	A	1				
Tocopherol, beta.....mg	0.13	0.007	12	A	1				
Tocopherol, gamma.....mg	1.50	0.130	12	A	1				
Tocopherol, delta.....mg	0.00	0.000	12	A	1				
Tocotrienol, alpha.....mg	0.14	0.011	12	A	1				
Tocotrienol, beta.....mg	0.00	0.000	12	A	1				
Tocotrienol, gamma.....mg	0.00	0.000	12	A	1				
Tocotrienol, delta.....mg	0.00	0.000	12	A	1				

NDB No. 20636

Wheat flour, white (industrial), 11.5% protein, unbleached, enriched

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Deriv Source			Measure 1	Measure 2	Measure 3
			Points	Code	Code			
Vitamin D (D2 + D3).....µg	0.0		0	Z	7			
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU	0		0	Z	7			
Vitamin K (phylloquinone).....µg	0.3		0	BFZN	4			
Dihydrophyloquinone.....µg								
Menaquinone-4.....µg								
<u>Lipids:</u>								
Fatty acids, total saturated.....g	0.268		0	NC	4			
4:0.....g	0.000	0.000	4	A	1			
6:0.....g	0.000	0.000	4	A	1			
8:0.....g	0.000	0.000	4	A	1			
10:0.....g	0.000	0.000	4	A	1			
12:0.....g	0.000	0.000	4	A	1			
13:0.....g								
14:0.....g	0.000	0.000	4	A	1			
15:0.....g	0.000	0.000	4	A	1			
16:0.....g	0.268	0.028	4	A	1			
17:0.....g	0.000	0.000	4	A	1			
18:0.....g	0.000	0.000	4	A	1			
20:0.....g	0.000	0.000	4	A	1			
22:0.....g	0.000	0.000	4	A	1			
24:0.....g	0.000	0.000	4	A	1			
Fatty acids, total monounsaturated.....g	0.166		0	NC	4			
14:1.....g	0.000	0.000	4	A	1			
15:1.....g								
16:1 undifferentiated.....g	0.000	0.000	4	A	1			
17:1.....g								
18:1 undifferentiated.....g	0.166	0.006	4	A	1			
20:1.....g	0.000	0.000	4	A	1			
22:1 undifferentiated.....g	0.000	0.000	4	A	1			
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.749		0	NC	4			
18:2 undifferentiated.....g	0.733	0.050	4	A	1			
18:3 undifferentiated.....g	0.017	0.000	4	A	1			
18:4.....g	0.000	0.000	4	A	1			
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000	0.000	4	A	1			
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1			
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1			
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1			
Fatty acids, total trans.....g								
Cholesterol.....mg								
Phytosterols.....mg								
<u>Amino Acids:</u>								
Tryptophan.....g	0.130		0	A	1			
Threonine.....g	0.296		0	A	1			
Isoleucine.....g	0.388		0	A	1			
Leucine.....g	0.737		0	A	1			
Lysine.....g	0.270		0	A	1			
Methionine.....g	0.163		0	A	1			
Cystine.....g	0.273		0	A	1			
Phenylalanine.....g	0.506		0	A	1			
Tyrosine.....g	0.158		0	A	1			
Valine.....g	0.477		0	A	1			
Arginine.....g	0.474		0	A	1			
Histidine.....g	0.223		0	A	1			
Alanine.....g	0.331		0	A	1			
Aspartic acid.....g	0.433		0	A	1			
Glutamic acid.....g	3.679		0	A	1			

NDB No. 20636

Wheat flour, white (industrial), 11.5% protein, unbleached, enriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
Glycine.....g	0.383		0	A	1			
Proline.....g	1.245		0	A	1			
Serine.....g	0.481		0	A	1			
Hydroxyproline.....g								

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

Common Measures:

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20640

Wheat flour, white (industrial), 13% protein, bleached, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.82	0.111	10	A	1				
Energy.....kcal	362		0	NC	4				
Energy.....kJ	1514		0	NC	4				
Protein.....g	13.07	0.116	10	A	1				
Total lipid (fat).....g	1.38	0.049	10	A	1				
Ash.....g	0.53	0.020	10	A	1				
Carbohydrate, by difference.....g	72.20		0	NC	4				
Fiber, total dietary.....g	2.4	0.136	8	A	1				
Sugars, total.....g	1.10	0.161	6	A	1				
Sucrose.....g	0.16	0.011	6	A	1				
Glucose (dextrose).....g	0.03	0.000	6	A	1				
Fructose.....g	0.03	0.000	6	A	1				
Lactose.....g	0.00	0.000	6	A	1				
Maltose.....g	0.87	0.167	6	A	1				
Galactose.....g	0.00	0.000	6	A	1				
Starch.....g	61.22	1.806	6	A	1				
Minerals:									
Calcium, Ca.....mg	24	4.555	4	A	1				
Iron, Fe.....mg	5.06	0.197	28	A	1				
Magnesium, Mg.....mg	35	2.652	4	A	1				
Phosphorus, P.....mg	119	3.049	4	A	1				
Potassium, K.....mg	128	4.466	4	A	1				
Sodium, Na.....mg	2		0	BFZN	4				
Zinc, Zn.....mg	1.60	0.535	4	A	1				
Copper, Cu.....mg	0.187	0.009	4	A	1				
Manganese, Mn.....mg	0.624	0.041	4	A	1				
Selenium, Se.....µg	26.2	5.468	6	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.736	0.036	26	A	1				
Riboflavin.....mg	0.445	0.022	27	A	1				
Niacin.....mg	5.953	0.262	27	A	1				
Pantothenic acid.....mg	0.386	0.029	4	A	1				
Vitamin B-6.....mg	0.045	0.005	4	A	1				
Folate, total.....µg	170	6.413	27	A	1				
Folic acid.....µg	140		0	NR	4				
Folate, food.....µg	31		0	BFZN	4				
Folate, DFE.....µg	268		0	NC	4				
Choline, total.....mg	10.4		0	BFZN	4				
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	0		0	BFZN	4				
Retinol.....µg	0		0	Z	7				
Carotene, beta.....µg	0		0	BFZN	4				
Carotene, alpha.....µg	0		0	BFZN	4				
Cryptoxanthin, beta.....µg	0		0	BFZN	4				
Vitamin A, IU.....IU	0		0	BFZN	4				
Lycopene.....µg	0		0	BFZN	4				
Lutein + zeaxanthin.....µg	18		0	BFZN	4				
Vitamin E (alpha-tocopherol).....mg	0.05	0.017	8	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.04	0.008	8	A	1				
Tocopherol, gamma.....mg	0.42	0.126	8	A	1				
Tocopherol, delta.....mg	0.01	0.005	8	A	1				
Tocotrienol, alpha.....mg	0.05	0.010	8	A	1				
Tocotrienol, beta.....mg	0.00	0.000	8	A	1				

NDB No. 20640

Wheat flour, white (industrial), 13% protein, bleached, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	8	A	1				
Tocotrienol, delta.....mg	0.00	0.000	8	A	1				
Vitamin D (D2 + D3).....µg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7				
Vitamin K (phylloquinone).....µg	0.3		0	BFZN	4				
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.189		0	NC	4				
4:0.....g	0.000	0.000	4	A	1				
6:0.....g	0.000	0.000	4	A	1				
8:0.....g	0.000	0.000	4	A	1				
10:0.....g	0.000	0.000	4	A	1				
12:0.....g	0.000	0.000	4	A	1				
13:0.....g									
14:0.....g	0.000	0.000	4	A	1				
15:0.....g	0.000	0.000	4	A	1				
16:0.....g	0.189	0.041	4	A	1				
17:0.....g	0.000	0.000	4	A	1				
18:0.....g	0.000	0.000	4	A	1				
20:0.....g	0.000	0.000	4	A	1				
22:0.....g	0.000	0.000	4	A	1				
24:0.....g	0.000	0.000	4	A	1				
Fatty acids, total monounsaturated.....g	0.152		0	NC	4				
14:1.....g	0.000	0.000	4	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	3	A	1				
17:1.....g									
18:1 undifferentiated.....g	0.152	0.014	4	A	1				
20:1.....g	0.000	0.000	4	A	1				
22:1 undifferentiated.....g	0.000	0.000	4	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.683		0	NC	4				
18:2 undifferentiated.....g	0.666	0.042	4	A	1				
18:3 undifferentiated.....g	0.017	0.000	4	A	1				
18:4.....g	0.000	0.000	4	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1				
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1				
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1				
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.147		0	A	1				
Threonine.....g	0.319		0	A	1				
Isoleucine.....g	0.433		0	A	1				
Leucine.....g	0.825		0	A	1				
Lysine.....g	0.296		0	A	1				
Methionine.....g	0.180		0	A	1				
Cystine.....g	0.299		0	A	1				
Phenylalanine.....g	0.598		0	A	1				
Tyrosine.....g	0.202		0	A	1				
Valine.....g	0.501		0	A	1				
Arginine.....g	0.424		0	A	1				
Histidine.....g	0.252		0	A	1				
Alanine.....g	0.356		0	A	1				

NDB No. 20640

Wheat flour, white (industrial), 13% protein, bleached, enriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Aspartic acid.....g	0.476		0	A	1			
Glutamic acid.....g	4.238		0	A	1			
Glycine.....g	0.429		0	A	1			
Proline.....g	1.442		0	A	1			
Serine.....g	0.546		0	A	1			
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7			
Caffeine.....mg	0		0	Z	7			
Theobromine.....mg	0		0	Z	7			

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

Common Measures:

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20641

Wheat flour, white (industrial), 13% protein, bleached, unenriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.82	0.111	10	A	1				
Energy.....kcal	362		0	NC	4				
Energy.....kJ	1514		0	NC	4				
Protein.....g	13.07	0.116	10	A	1				
Total lipid (fat).....g	1.38	0.049	10	A	1				
Ash.....g	0.53	0.020	10	A	1				
Carbohydrate, by difference.....g	72.20		0	NC	4				
Fiber, total dietary.....g	2.4	0.136	8	A	1				
Sugars, total.....g	1.10	0.161	6	A	1				
Sucrose.....g	0.16	0.011	6	A	1				
Glucose (dextrose).....g	0.03	0.000	6	A	1				
Fructose.....g	0.03	0.000	6	A	1				
Lactose.....g	0.00	0.000	6	A	1				
Maltose.....g	0.87	0.167	6	A	1				
Galactose.....g	0.00	0.000	6	A	1				
Starch.....g	61.22	1.806	6	A	1				
Minerals:									
Calcium, Ca.....mg	24	4.555	4	A	1				
Iron, Fe.....mg	1.26	0.052	27	A	1				
Magnesium, Mg.....mg	35	2.652	4	A	1				
Phosphorus, P.....mg	119	3.049	4	A	1				
Potassium, K.....mg	128	4.466	4	A	1				
Sodium, Na.....mg	2		0	BFZN	4				
Zinc, Zn.....mg	1.60	0.535	4	A	1				
Copper, Cu.....mg	0.187	0.009	4	A	1				
Manganese, Mn.....mg	0.624	0.041	4	A	1				
Selenium, Se.....µg	26.2	5.468	6	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.194	0.010	28	A	1				
Riboflavin.....mg	0.072	0.006	27	A	1				
Niacin.....mg	1.198	0.063	27	A	1				
Pantothenic acid.....mg	0.386	0.029	4	A	1				
Vitamin B-6.....mg	0.045	0.005	4	A	1				
Folate, total.....µg	31	1.282	27	A	1				
Folic acid.....µg	0		0	Z	7				
Folate, food.....µg	31	1.282	27	A	1				
Folate, DFE.....µg	31		0	NC	4				
Choline, total.....mg	10.4		0	BFZN	4				
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	0		0	BFZN	4				
Retinol.....µg	0		0	Z	7				
Carotene, beta.....µg	0		0	BFZN	4				
Carotene, alpha.....µg	0		0	BFZN	4				
Cryptoxanthin, beta.....µg	0		0	BFZN	4				
Vitamin A, IU.....IU	0		0	BFZN	4				
Lycopene.....µg	0		0	BFZN	4				
Lutein + zeaxanthin.....µg	18		0	BFZN	4				
Vitamin E (alpha-tocopherol).....mg	0.05	0.017	8	A	1				
Tocopherol, beta.....mg	0.04	0.008	8	A	1				
Tocopherol, gamma.....mg	0.42	0.126	8	A	1				
Tocopherol, delta.....mg	0.01	0.005	8	A	1				
Tocotrienol, alpha.....mg	0.05	0.010	8	A	1				
Tocotrienol, beta.....mg	0.00	0.000	8	A	1				
Tocotrienol, gamma.....mg	0.00	0.000	8	A	1				
Tocotrienol, delta.....mg	0.00	0.000	8	A	1				

NDB No. 20641

Wheat flour, white (industrial), 13% protein, bleached, unenriched

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3).....µg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7				
Vitamin K (phylloquinone).....µg	0.3		0	BFZN	4				
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.189		0	NC	4				
4:0.....g	0.000	0.000	4	A	1				
6:0.....g	0.000	0.000	4	A	1				
8:0.....g	0.000	0.000	4	A	1				
10:0.....g	0.000	0.000	4	A	1				
12:0.....g	0.000	0.000	4	A	1				
13:0.....g									
14:0.....g	0.000	0.000	4	A	1				
15:0.....g	0.000	0.000	4	A	1				
16:0.....g	0.189	0.041	4	A	1				
17:0.....g	0.000	0.000	4	A	1				
18:0.....g	0.000	0.000	4	A	1				
20:0.....g	0.000	0.000	4	A	1				
22:0.....g	0.000	0.000	4	A	1				
24:0.....g	0.000	0.000	4	A	1				
Fatty acids, total monounsaturated.....g	0.152		0	NC	4				
14:1.....g	0.000	0.000	4	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	3	A	1				
17:1.....g									
18:1 undifferentiated.....g	0.152	0.014	4	A	1				
20:1.....g	0.000	0.000	4	A	1				
22:1 undifferentiated.....g	0.000	0.000	4	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.683		0	NC	4				
18:2 undifferentiated.....g	0.666	0.042	4	A	1				
18:3 undifferentiated.....g	0.017	0.000	4	A	1				
18:4.....g	0.000	0.000	4	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1				
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1				
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1				
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.147		0	A	1				
Threonine.....g	0.319		0	A	1				
Isoleucine.....g	0.433		0	A	1				
Leucine.....g	0.825		0	A	1				
Lysine.....g	0.296		0	A	1				
Methionine.....g	0.180		0	A	1				
Cystine.....g	0.299		0	A	1				
Phenylalanine.....g	0.598		0	A	1				
Tyrosine.....g	0.202		0	A	1				
Valine.....g	0.501		0	A	1				
Arginine.....g	0.424		0	A	1				
Histidine.....g	0.252		0	A	1				
Alanine.....g	0.356		0	A	1				
Aspartic acid.....g	0.476		0	A	1				
Glutamic acid.....g	4.238		0	A	1				

NDB No. 20641

Wheat flour, white (industrial), 13% protein, bleached, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine.....g	0.429		0	A		1			
Proline.....g	1.442		0	A		1			
Serine.....g	0.546		0	A		1			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20645

Wheat flour, white (industrial), 15% protein, bleached, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.85	0.188	12	A	1				
Energy.....kcal	362		0	NC	4				
Energy.....kJ	1514		0	NC	4				
Protein.....g	15.33	0.063	12	A	1				
Total lipid (fat).....g	1.41	0.063	12	A	1				
Ash.....g	0.53	0.019	12	A	1				
Carbohydrate, by difference.....g	69.88		0	NC	4				
Fiber, total dietary.....g	2.4	0.136	8	A	1				
Sugars, total.....g	0.92	0.111	8	A	1				
Sucrose.....g	0.15	0.000	8	A	1				
Glucose (dextrose).....g	0.03	0.000	8	A	1				
Fructose.....g	0.03	0.000	8	A	1				
Lactose.....g	0.00	0.000	8	A	1				
Maltose.....g	0.71	0.111	8	A	1				
Galactose.....g	0.00	0.000	8	A	1				
Starch.....g	59.52	1.234	8	A	1				
Minerals:									
Calcium, Ca.....mg	17	0.684	4	A	1				
Iron, Fe.....mg	5.06	0.197	28	A	1				
Magnesium, Mg.....mg	38	1.314	4	A	1				
Phosphorus, P.....mg	128	1.509	4	A	1				
Potassium, K.....mg	120	3.894	4	A	1				
Sodium, Na.....mg	2		0	BFZN	4				
Zinc, Zn.....mg	1.16	0.035	4	A	1				
Copper, Cu.....mg	0.195	0.013	4	A	1				
Manganese, Mn.....mg	0.569	0.065	4	A	1				
Selenium, Se.....µg	28.1	6.598	8	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.736	0.036	26	A	1				
Riboflavin.....mg	0.445	0.022	27	A	1				
Niacin.....mg	5.953	0.262	27	A	1				
Pantothenic acid.....mg	0.427	0.021	4	A	1				
Vitamin B-6.....mg	0.045	0.004	4	A	1				
Folate, total.....µg	170	6.413	27	A	1				
Folic acid.....µg	140		0	NR	4				
Folate, food.....µg	31		0	BFZN	4				
Folate, DFE.....µg	268		0	NC	4				
Choline, total.....mg	10.4		0	BFZN	4				
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	0		0	BFZN	4				
Retinol.....µg	0		0	Z	7				
Carotene, beta.....µg	0		0	BFZN	4				
Carotene, alpha.....µg	0		0	BFZN	4				
Cryptoxanthin, beta.....µg	0		0	BFZN	4				
Vitamin A, IU.....IU	0		0	BFZN	4				
Lycopene.....µg	0		0	BFZN	4				
Lutein + zeaxanthin.....µg	18		0	BFZN	4				
Vitamin E (alpha-tocopherol).....mg	0.05	0.017	8	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.04	0.008	8	A	1				
Tocopherol, gamma.....mg	0.42	0.126	8	A	1				
Tocopherol, delta.....mg	0.01	0.005	8	A	1				
Tocotrienol, alpha.....mg	0.05	0.010	8	A	1				
Tocotrienol, beta.....mg	0.00	0.000	8	A	1				

NDB No. 20645

Wheat flour, white (industrial), 15% protein, bleached, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	8	A	1				
Tocotrienol, delta.....mg	0.00	0.000	8	A	1				
Vitamin D (D2 + D3).....µg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7				
Vitamin K (phylloquinone).....µg	0.3		0	BFZN	4				
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.272		0	NC	4				
4:0.....g	0.000	0.000	4	A	1				
6:0.....g	0.000	0.000	4	A	1				
8:0.....g	0.000	0.000	4	A	1				
10:0.....g	0.000	0.000	4	A	1				
12:0.....g	0.000	0.000	4	A	1				
13:0.....g									
14:0.....g	0.000	0.000	4	A	1				
15:0.....g	0.000	0.000	4	A	1				
16:0.....g	0.272	0.025	4	A	1				
17:0.....g	0.000	0.000	4	A	1				
18:0.....g	0.000	0.000	4	A	1				
20:0.....g	0.000	0.000	4	A	1				
22:0.....g	0.000	0.000	4	A	1				
24:0.....g	0.000	0.000	4	A	1				
Fatty acids, total monounsaturated.....g	0.153		0	NC	4				
14:1.....g	0.000	0.000	4	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	4	A	1				
17:1.....g									
18:1 undifferentiated.....g	0.153	0.012	4	A	1				
20:1.....g	0.000	0.000	4	A	1				
22:1 undifferentiated.....g	0.000	0.000	4	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.712		0	NC	4				
18:2 undifferentiated.....g	0.695	0.039	4	A	1				
18:3 undifferentiated.....g	0.017	0.000	4	A	1				
18:4.....g	0.000	0.000	4	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1				
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1				
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1				
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.169		0	A	1				
Threonine.....g	0.366		0	A	1				
Isoleucine.....g	0.503		0	A	1				
Leucine.....g	0.949		0	A	1				
Lysine.....g	0.314		0	A	1				
Methionine.....g	0.202		0	A	1				
Cystine.....g	0.341		0	A	1				
Phenylalanine.....g	0.775		0	A	1				
Tyrosine.....g	0.214		0	A	1				
Valine.....g	0.575		0	A	1				
Arginine.....g	0.521		0	A	1				
Histidine.....g	0.304		0	A	1				
Alanine.....g	0.411		0	A	1				

NDB No. 20645

Wheat flour, white (industrial), 15% protein, bleached, enriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Aspartic acid.....g	0.593		0	A	1			
Glutamic acid.....g	5.017		0	A	1			
Glycine.....g	0.488		0	A	1			
Proline.....g	1.634		0	A	1			
Serine.....g	0.623		0	A	1			
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7			
Caffeine.....mg	0		0	Z	7			
Theobromine.....mg	0		0	Z	7			

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

Common Measures:

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20646

Wheat flour, white (industrial), 15% protein, bleached, unenriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.85	0.188	12	A	1				
Energy.....kcal	362		0	NC	4				
Energy.....kJ	1514		0	NC	4				
Protein.....g	15.33	0.063	12	A	1				
Total lipid (fat).....g	1.41	0.063	12	A	1				
Ash.....g	0.53	0.019	12	A	1				
Carbohydrate, by difference.....g	69.88		0	NC	4				
Fiber, total dietary.....g	2.4	0.136	8	A	1				
Sugars, total.....g	0.92	0.111	8	A	1				
Sucrose.....g	0.15	0.000	8	A	1				
Glucose (dextrose).....g	0.03	0.000	8	A	1				
Fructose.....g	0.03	0.000	8	A	1				
Lactose.....g	0.00	0.000	8	A	1				
Maltose.....g	0.71	0.111	8	A	1				
Galactose.....g	0.00	0.000	8	A	1				
Starch.....g	59.52	1.234	8	A	1				
Minerals:									
Calcium, Ca.....mg	17	0.684	4	A	1				
Iron, Fe.....mg	1.26	0.052	27	A	1				
Magnesium, Mg.....mg	38	1.314	4	A	1				
Phosphorus, P.....mg	128	1.509	4	A	1				
Potassium, K.....mg	120	3.894	4	A	1				
Sodium, Na.....mg	2		0	BFZN	4				
Zinc, Zn.....mg	1.16	0.035	4	A	1				
Copper, Cu.....mg	0.195	0.013	4	A	1				
Manganese, Mn.....mg	0.569	0.065	4	A	1				
Selenium, Se.....µg	28.1	6.598	8	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.194	0.010	28	A	1				
Riboflavin.....mg	0.072	0.006	27	A	1				
Niacin.....mg	1.198	0.063	27	A	1				
Pantothenic acid.....mg	0.427	0.021	4	A	1				
Vitamin B-6.....mg	0.045	0.004	4	A	1				
Folate, total.....µg	31	1.282	27	A	1				
Folic acid.....µg	0		0	Z	7				
Folate, food.....µg	31	1.282	27	A	1				
Folate, DFE.....µg	31		0	NC	4				
Choline, total.....mg	10.4		0	BFZN	4				
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	0		0	BFZN	4				
Retinol.....µg	0		0	Z	7				
Carotene, beta.....µg	0		0	BFZN	4				
Carotene, alpha.....µg	0		0	BFZN	4				
Cryptoxanthin, beta.....µg	0		0	BFZN	4				
Vitamin A, IU.....IU	0		0	BFZN	4				
Lycopene.....µg	0		0	BFZN	4				
Lutein + zeaxanthin.....µg	18		0	BFZN	4				
Vitamin E (alpha-tocopherol).....mg	0.05	0.017	8	A	1				
Tocopherol, beta.....mg	0.04	0.008	8	A	1				
Tocopherol, gamma.....mg	0.42	0.126	8	A	1				
Tocopherol, delta.....mg	0.01	0.005	8	A	1				
Tocotrienol, alpha.....mg	0.05	0.010	8	A	1				
Tocotrienol, beta.....mg	0.00	0.000	8	A	1				
Tocotrienol, gamma.....mg	0.00	0.000	8	A	1				
Tocotrienol, delta.....mg	0.00	0.000	8	A	1				

NDB No. 20646

Wheat flour, white (industrial), 15% protein, bleached, unenriched

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3).....µg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7				
Vitamin K (phylloquinone).....µg	0.3		0	BFZN	4				
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.272		0	NC	4				
4:0.....g	0.000	0.000	4	A	1				
6:0.....g	0.000	0.000	4	A	1				
8:0.....g	0.000	0.000	4	A	1				
10:0.....g	0.000	0.000	4	A	1				
12:0.....g	0.000	0.000	4	A	1				
13:0.....g									
14:0.....g	0.000	0.000	4	A	1				
15:0.....g	0.000	0.000	4	A	1				
16:0.....g	0.272	0.025	4	A	1				
17:0.....g	0.000	0.000	4	A	1				
18:0.....g	0.000	0.000	4	A	1				
20:0.....g	0.000	0.000	4	A	1				
22:0.....g	0.000	0.000	4	A	1				
24:0.....g	0.000	0.000	4	A	1				
Fatty acids, total monounsaturated.....g	0.153		0	NC	4				
14:1.....g	0.000	0.000	4	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	4	A	1				
17:1.....g									
18:1 undifferentiated.....g	0.153	0.012	4	A	1				
20:1.....g	0.000	0.000	4	A	1				
22:1 undifferentiated.....g	0.000	0.000	4	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.712		0	NC	4				
18:2 undifferentiated.....g	0.695	0.039	4	A	1				
18:3 undifferentiated.....g	0.017	0.000	4	A	1				
18:4.....g	0.000	0.000	4	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1				
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1				
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1				
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.169		0	A	1				
Threonine.....g	0.366		0	A	1				
Isoleucine.....g	0.503		0	A	1				
Leucine.....g	0.949		0	A	1				
Lysine.....g	0.314		0	A	1				
Methionine.....g	0.202		0	A	1				
Cystine.....g	0.341		0	A	1				
Phenylalanine.....g	0.775		0	A	1				
Tyrosine.....g	0.214		0	A	1				
Valine.....g	0.575		0	A	1				
Arginine.....g	0.521		0	A	1				
Histidine.....g	0.304		0	A	1				
Alanine.....g	0.411		0	A	1				
Aspartic acid.....g	0.593		0	A	1				
Glutamic acid.....g	5.017		0	A	1				

NDB No. 20646

Wheat flour, white (industrial), 15% protein, bleached, unenriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Glycine.....g	0.488		0	A		1			
Proline.....g	1.634		0	A		1			
Serine.....g	0.623		0	A		1			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20623

Wheat flour, white (industrial), 9% protein, bleached, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.85	0.187	10	A	1				
Energy.....kcal	367		0	NC	4				
Energy.....kJ	1533		0	NC	4				
Protein.....g	8.89	0.111	10	A	1				
Total lipid (fat).....g	1.43	0.086	10	A	1				
Ash.....g	0.51	0.020	10	A	1				
Carbohydrate, by difference.....g	77.32		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g	0.54	0.054	6	A	1				
Sucrose.....g	0.26	0.045	6	A	1				
Glucose (dextrose).....g	0.03	0.000	6	A	1				
Fructose.....g	0.03	0.000	6	A	1				
Lactose.....g	0.00	0.000	6	A	1				
Maltose.....g	0.22	0.031	6	A	1				
Galactose.....g	0.00	0.000	6	A	1				
Starch.....g	68.01	0.498	6	A	1				
Minerals:									
Calcium, Ca.....mg	20	1.615	4	A	1				
Iron, Fe.....mg	5.06	0.197	28	A	1				
Magnesium, Mg.....mg	20	2.089	4	A	1				
Phosphorus, P.....mg	85	5.900	4	A	1				
Potassium, K.....mg	131	4.385	4	A	1				
Sodium, Na.....mg	2		0	BFZN	4				
Zinc, Zn.....mg	0.94	0.160	4	A	1				
Copper, Cu.....mg	0.165	0.011	4	A	1				
Manganese, Mn.....mg	0.628	0.058	4	A	1				
Selenium, Se.....µg	11.4	2.356	6	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.736	0.036	26	A	1				
Riboflavin.....mg	0.445	0.022	27	A	1				
Niacin.....mg	5.953	0.262	27	A	1				
Pantothenic acid.....mg	0.187	0.021	4	A	1				
Vitamin B-6.....mg	0.037	0.000	4	A	1				
Folate, total.....µg	170	6.413	27	A	1				
Folic acid.....µg	140		0	NR	4				
Folate, food.....µg	31		0	BFZN	4				
Folate, DFE.....µg	268		0	NC	4				
Choline, total.....mg	10.4		0	BFZN	4				
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7				
Vitamin B-12, added.....µg	0.00		0	Z	7				
Vitamin A, RAE.....µg	0		0	BFZN	4				
Retinol.....µg	0		0	Z	7				
Carotene, beta.....µg	0		0	BFZN	4				
Carotene, alpha.....µg	0		0	BFZN	4				
Cryptoxanthin, beta.....µg	0		0	BFZN	4				
Vitamin A, IU.....IU	0		0	BFZN	4				
Lycopene.....µg	0		0	BFZN	4				
Lutein + zeaxanthin.....µg	18		0	BFZN	4				
Vitamin E (alpha-tocopherol).....mg	0.05	0.017	8	A	1				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg	0.04	0.008	8	A	1				
Tocopherol, gamma.....mg	0.42	0.126	8	A	1				
Tocopherol, delta.....mg	0.01	0.005	8	A	1				
Tocotrienol, alpha.....mg	0.05	0.010	8	A	1				
Tocotrienol, beta.....mg	0.00	0.000	8	A	1				

NDB No. 20623

Wheat flour, white (industrial), 9% protein, bleached, enriched

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	8	A	1				
Tocotrienol, delta.....mg	0.00	0.000	8	A	1				
Vitamin D (D2 + D3).....µg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7				
Vitamin K (phylloquinone).....µg	0.3		0	BFZN	4				
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.340		0	NC	4				
4:0.....g	0.000	0.000	4	A	1				
6:0.....g	0.000	0.000	4	A	1				
8:0.....g	0.000	0.000	4	A	1				
10:0.....g	0.000	0.000	4	A	1				
12:0.....g	0.000	0.000	4	A	1				
13:0.....g									
14:0.....g	0.000	0.000	4	A	1				
15:0.....g	0.000	0.000	4	A	1				
16:0.....g	0.340	0.033	4	A	1				
17:0.....g	0.000	0.000	4	A	1				
18:0.....g	0.000	0.000	4	A	1				
20:0.....g	0.000	0.000	4	A	1				
22:0.....g	0.000	0.000	4	A	1				
24:0.....g	0.000	0.000	4	A	1				
Fatty acids, total monounsaturated.....g	0.120		0	NC	4				
14:1.....g	0.000	0.000	4	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	4	A	1				
17:1.....g									
18:1 undifferentiated.....g	0.120	0.019	4	A	1				
20:1.....g	0.000	0.000	4	A	1				
22:1 undifferentiated.....g	0.000	0.000	4	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.602		0	NC	4				
18:2 undifferentiated.....g	0.585	0.061	4	A	1				
18:3 undifferentiated.....g	0.017	0.000	4	A	1				
18:4.....g	0.000	0.000	4	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1				
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1				
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1				
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.095		0	A	1				
Threonine.....g	0.229		0	A	1				
Isoleucine.....g	0.306		0	A	1				
Leucine.....g	0.584		0	A	1				
Lysine.....g	0.239		0	A	1				
Methionine.....g	0.127		0	A	1				
Cystine.....g	0.226		0	A	1				
Phenylalanine.....g	0.373		0	A	1				
Tyrosine.....g	0.112		0	A	1				
Valine.....g	0.363		0	A	1				
Arginine.....g	0.313		0	A	1				
Histidine.....g	0.177		0	A	1				
Alanine.....g	0.261		0	A	1				

NDB No. 20623

Wheat flour, white (industrial), 9% protein, bleached, enriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Aspartic acid.....g	0.360		0	A	1			
Glutamic acid.....g	2.736		0	A	1			
Glycine.....g	0.296		0	A	1			
Proline.....g	0.931		0	A	1			
Serine.....g	0.375		0	A	1			
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7			
Caffeine.....mg	0		0	Z	7			
Theobromine.....mg	0		0	Z	7			

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

Common Measures:

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20624

Wheat flour, white (industrial), 9% protein, bleached, unenriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.85	0.187	10	A					
Energy.....kcal	367		0	NC					
Energy.....kJ	1533		0	NC					
Protein.....g	8.89	0.111	10	A					
Total lipid (fat).....g	1.43	0.086	10	A					
Ash.....g	0.51	0.020	10	A					
Carbohydrate, by difference.....g	77.32		0	NC					
Fiber, total dietary.....g	2.4	0.136	8	A					
Sugars, total.....g	0.54	0.054	6	A					
Sucrose.....g	0.26	0.045	6	A					
Glucose (dextrose).....g	0.03	0.000	6	A					
Fructose.....g	0.03	0.000	6	A					
Lactose.....g	0.00	0.000	6	A					
Maltose.....g	0.22	0.031	6	A					
Galactose.....g	0.00	0.000	6	A					
Starch.....g	68.01	0.498	6	A					
Minerals:									
Calcium, Ca.....mg	20	1.615	4	A					
Iron, Fe.....mg	1.26	0.052	27	A					
Magnesium, Mg.....mg	20	2.089	4	A					
Phosphorus, P.....mg	85	5.900	4	A					
Potassium, K.....mg	131	4.385	4	A					
Sodium, Na.....mg	2		0	BFZN					
Zinc, Zn.....mg	0.94	0.160	4	A					
Copper, Cu.....mg	0.165	0.011	4	A					
Manganese, Mn.....mg	0.628	0.058	4	A					
Selenium, Se.....µg	11.4	2.356	6	A					
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A					
Thiamin.....mg	0.194	0.010	28	A					
Riboflavin.....mg	0.072	0.006	27	A					
Niacin.....mg	1.198	0.063	27	A					
Pantothenic acid.....mg	0.187	0.021	4	A					
Vitamin B-6.....mg	0.037	0.000	4	A					
Folate, total.....µg	31	1.282	27	A					
Folic acid.....µg	0		0	Z					
Folate, food.....µg	31	1.282	27	A					
Folate, DFE.....µg	31		0	NC					
Choline, total.....mg	10.4		0	BFZN					
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z					
Vitamin A, RAE.....µg	0		0	BFZN					
Retinol.....µg	0		0	Z					
Carotene, beta.....µg	0		0	BFZN					
Carotene, alpha.....µg	0		0	BFZN					
Cryptoxanthin, beta.....µg	0		0	BFZN					
Vitamin A, IU.....IU	0		0	BFZN					
Lycopene.....µg	0		0	BFZN					
Lutein + zeaxanthin.....µg	18		0	BFZN					
Vitamin E (alpha-tocopherol).....mg	0.05	0.017	8	A					
Tocopherol, beta.....mg	0.04	0.008	8	A					
Tocopherol, gamma.....mg	0.42	0.126	8	A					
Tocopherol, delta.....mg	0.01	0.005	8	A					
Tocotrienol, alpha.....mg	0.05	0.010	8	A					
Tocotrienol, beta.....mg	0.00	0.000	8	A					
Tocotrienol, gamma.....mg	0.00	0.000	8	A					
Tocotrienol, delta.....mg	0.00	0.000	8	A					

NDB No. 20624

Wheat flour, white (industrial), 9% protein, bleached, unenriched

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3).....µg	0.0		0	Z	7				
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7				
Vitamin K (phylloquinone).....µg	0.3		0	BFZN	4				
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.340		0	NC	4				
4:0.....g	0.000	0.000	4	A	1				
6:0.....g	0.000	0.000	4	A	1				
8:0.....g	0.000	0.000	4	A	1				
10:0.....g	0.000	0.000	4	A	1				
12:0.....g	0.000	0.000	4	A	1				
13:0.....g									
14:0.....g	0.000	0.000	4	A	1				
15:0.....g	0.000	0.000	4	A	1				
16:0.....g	0.340	0.033	4	A	1				
17:0.....g	0.000	0.000	4	A	1				
18:0.....g	0.000	0.000	4	A	1				
20:0.....g	0.000	0.000	4	A	1				
22:0.....g	0.000	0.000	4	A	1				
24:0.....g	0.000	0.000	4	A	1				
Fatty acids, total monounsaturated.....g	0.120		0	NC	4				
14:1.....g	0.000	0.000	4	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	4	A	1				
17:1.....g									
18:1 undifferentiated.....g	0.120	0.019	4	A	1				
20:1.....g	0.000	0.000	4	A	1				
22:1 undifferentiated.....g	0.000	0.000	4	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.602		0	NC	4				
18:2 undifferentiated.....g	0.585	0.061	4	A	1				
18:3 undifferentiated.....g	0.017	0.000	4	A	1				
18:4.....g	0.000	0.000	4	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1				
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1				
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1				
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.095		0	A	1				
Threonine.....g	0.229		0	A	1				
Isoleucine.....g	0.306		0	A	1				
Leucine.....g	0.584		0	A	1				
Lysine.....g	0.239		0	A	1				
Methionine.....g	0.127		0	A	1				
Cystine.....g	0.226		0	A	1				
Phenylalanine.....g	0.373		0	A	1				
Tyrosine.....g	0.112		0	A	1				
Valine.....g	0.363		0	A	1				
Arginine.....g	0.313		0	A	1				
Histidine.....g	0.177		0	A	1				
Alanine.....g	0.261		0	A	1				
Aspartic acid.....g	0.360		0	A	1				
Glutamic acid.....g	2.736		0	A	1				

NDB No. 20624

Wheat flour, white (industrial), 9% protein, bleached, unenriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code			
Glycine.....g	0.296		0	A	1			
Proline.....g	0.931		0	A	1			
Serine.....g	0.375		0	A	1			
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7			
Caffeine.....mg	0		0	Z	7			
Theobromine.....mg	0		0	Z	7			

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

Common Measures:

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20081

Wheat flour, white, all-purpose, enriched, bleached

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.92	0.184	72		1		14.90		
Energy.....kcal	364		0	NC	4		455		
Energy.....kJ	1523		0		4		1904		
Protein (N x 5.7).....g	10.33	0.131	61		1		12.91		
Total lipid (fat).....g	0.98	0.038	29		1		1.23		
Ash.....g	0.47	0.015	61		1		0.59		
Carbohydrate, by difference.....g	76.31		0	NC	4		95.39		
Fiber, total dietary.....g	2.7		0		1		3.4		
Sugars, total.....g	0.27		3	A	1		0.33		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	15	0.370	113		1		19		
Iron, Fe.....mg	4.64	0.074	23		1		5.80		
Magnesium, Mg.....mg	22	0.586	129		1		28		
Phosphorus, P.....mg	108	2.395	47		1		135		
Potassium, K.....mg	107	2.696	94		1		134		
Sodium, Na.....mg	2	0.226	82		1		3		
Zinc, Zn.....mg	0.70	0.020	136		1		0.88		
Copper, Cu.....mg	0.144	0.006	49		1		0.180		
Manganese, Mn.....mg	0.682	0.030	48		1		0.853		
Selenium, Se.....µg	33.9	3.192	46	A	1		42.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.785	0.015	36		1		0.981		
Riboflavin.....mg	0.494	0.016	32		1		0.618		
Niacin.....mg	5.904	0.123	19		1		7.380		
Pantothenic acid.....mg	0.438	0.093	10		1		0.548		
Vitamin B-6.....mg	0.044	0.003	45		1		0.055		
Folate, total.....µg	183	5.778	9	A	1		229		
Folic acid.....µg	154	5.638	9	A	1		193		
Folate, food.....µg	29	1.441	9	AS	1		37		
Folate, DFE.....µg	291		0	NC	4		364		
Choline, total.....mg	10.4		0	AS	1		13.1		
Betaine.....mg	70.3		2	A	1		87.8		
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		1	A	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		1	A	1		0		
Carotene, alpha.....µg	0		1	A	1		0		
Cryptoxanthin, beta.....µg	0		1	A	1		0		
Vitamin A, IU.....IU	0		1	A	1		0		
Lycopene.....µg	0		1	A	1		0		
Lutein + zeaxanthin.....µg	18		1	A	1		23		
Vitamin E (alpha-tocopherol).....mg	0.06	0.008	9	A	1		0.07		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.07	0.012	9	A	1		0.08		
Tocopherol, gamma.....mg	0.38	0.123	9	A	1		0.48		
Tocopherol, delta.....mg	0.02	0.003	9	A	1		0.02		
Tocotrienol, alpha.....mg	0.02	0.008	3	A	1		0.03		
Tocotrienol, beta.....mg	0.09	0.069	3	A	1		0.11		
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.3		1	A	1		0.4		

NDB No. 20081

Wheat flour, white, all-purpose, enriched, bleached

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 125g: 1 cup

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20381

Wheat flour, white, all-purpose, enriched, calcium-fortified

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.92	0.184	72		1		14.90		
Energy.....kcal	364		0	NC	4		455		
Energy.....kJ	1523				4		1904		
Protein (N x 5.7).....g	10.33	0.131	61		1		12.91		
Total lipid (fat).....g	0.98	0.038	29		1		1.23		
Ash.....g	0.47	0.015	61		1		0.59		
Carbohydrate, by difference.....g	76.31		0	NC	4		95.39		
Fiber, total dietary.....g	2.7		0		4		3.4		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	252		1		1		315		
Iron, Fe.....mg	4.64	0.074	23		1		5.80		
Magnesium, Mg.....mg	22	0.586	129		1		28		
Phosphorus, P.....mg	108	2.395	47		1		135		
Potassium, K.....mg	107	2.696	94		1		134		
Sodium, Na.....mg	2	0.226	82		1		3		
Zinc, Zn.....mg	0.70	0.020	136		1		0.88		
Copper, Cu.....mg	0.144	0.006	49		1		0.180		
Manganese, Mn.....mg	0.682	0.030	48		1		0.853		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.785	0.015	36		1		0.981		
Riboflavin.....mg	0.494	0.016	32		1		0.618		
Niacin.....mg	5.904	0.123	19		1		7.380		
Pantothenic acid.....mg	0.438	0.093	10		1		0.548		
Vitamin B-6.....mg	0.044	0.003	45		1		0.055		
Folate, total.....µg	183		0	BFZN	4		229		
Folic acid.....µg	154		0	BFZN	4		193		
Folate, food.....µg	29		0	BFZN	4		37		
Folate, DFE.....µg	291		0	NC	4		364		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.06		0	BFZN	4		0.07		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Wheat flour, white, all-purpose, enriched, calcium-fortified

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.155		0		1		0.194		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.148		10		1		0.185		
17:0.....g									
18:0.....g	0.007		10		1		0.009		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.087		0		1		0.109		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.087		10		1		0.109		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.413		0		1		0.516		
18:2 undifferentiated.....g	0.391		10		1		0.489		
18:3 undifferentiated.....g	0.022		10		1		0.028		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.127		39		1		0.159		
Threonine.....g	0.281		67		1		0.351		
Isoleucine.....g	0.357		68		1		0.446		
Leucine.....g	0.710		68		1		0.888		
Lysine.....g	0.228		69		1		0.285		
Methionine.....g	0.183		67		1		0.229		
Cystine.....g	0.219		63		1		0.274		
Phenylalanine.....g	0.520		58		1		0.650		
Tyrosine.....g	0.312		56		1		0.390		
Valine.....g	0.415		58		1		0.519		
Arginine.....g	0.417		51		1		0.521		
Histidine.....g	0.230		51		1		0.288		
Alanine.....g	0.332		49		1		0.415		
Aspartic acid.....g	0.435		49		1		0.544		
Glutamic acid.....g	3.479		49		1		4.349		
Glycine.....g	0.371		49		1		0.464		
Proline.....g	1.198		49		1		1.498		
Serine.....g	0.516		49		1		0.645		
Hydroxyproline.....g									

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

NDB No. 20381

Wheat flour, white, all-purpose, enriched, calcium-fortified

Common Measures:

Measure 1 = 125g: 1 cup

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20581

Wheat flour, white, all-purpose, enriched, unbleached

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.92	0.184	72		1		14.90		
Energy.....kcal	364		0	NC	4		455		
Energy.....kJ	1523				4		1904		
Protein (N x 5.7).....g	10.33	0.131	61		1		12.91		
Total lipid (fat).....g	0.98	0.038	29		1		1.23		
Ash.....g	0.47	0.015	61		1		0.59		
Carbohydrate, by difference.....g	76.31		0	NC	4		95.39		
Fiber, total dietary.....g	2.7		0		4		3.4		
Sugars, total.....g	0.27		3	A	1		0.33		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	15	0.370	113		1		19		
Iron, Fe.....mg	4.64	0.074	23		1		5.80		
Magnesium, Mg.....mg	22	0.586	129		1		28		
Phosphorus, P.....mg	108	2.395	47		1		135		
Potassium, K.....mg	107	2.696	94		1		134		
Sodium, Na.....mg	2	0.226	82		1		3		
Zinc, Zn.....mg	0.70	0.020	136		1		0.88		
Copper, Cu.....mg	0.144	0.006	49		1		0.180		
Manganese, Mn.....mg	0.682	0.030	48		1		0.853		
Selenium, Se.....µg	33.9	3.192	46	A	1		42.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.785	0.015	36		1		0.981		
Riboflavin.....mg	0.494	0.016	32		1		0.618		
Niacin.....mg	5.904	0.123	19		1		7.380		
Pantothenic acid.....mg	0.438	0.093	10		1		0.548		
Vitamin B-6.....mg	0.044	0.003	45		1		0.055		
Folate, total.....µg	183	5.778	9	A	1		229		
Folic acid.....µg	154	5.638	9	A	1		193		
Folate, food.....µg	29	1.441	9	AS	1		37		
Folate, DFE.....µg	291		0	NC	4		364		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		1	A	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	1		1	A	1		1		
Carotene, alpha.....µg	0		1	A	1		0		
Cryptoxanthin, beta.....µg	0		1	A	1		0		
Vitamin A, IU.....IU	2		1	A	1		2		
Lycopene.....µg	0		1	A	1		0		
Lutein + zeaxanthin.....µg	79		1	A	1		98		
Vitamin E (alpha-tocopherol).....mg	0.23		2	A	1		0.28		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.14		2	A	1		0.18		
Tocopherol, gamma.....mg	1.25		2	A	1		1.56		
Tocopherol, delta.....mg	0.00		2	A	1		0.00		
Tocotrienol, alpha.....mg	0.19		2	A	1		0.23		
Tocotrienol, beta.....mg	0.00		2	A	1		0.00		
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00		
Tocotrienol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.3		0	BFZN	4		0.4		

NDB No. 20581

Wheat flour, white, all-purpose, enriched, unbleached

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 125g: 1 cup

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20082

Wheat flour, white, all-purpose, self-rising, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.59	0.196	34		1		13.24		
Energy.....kcal	354		0	NC	4		443		
Energy.....kJ	1481		0		4		1851		
Protein (N x 5.7).....g	9.89	0.149	37		1		12.36		
Total lipid (fat).....g	0.97	0.036	29		1		1.21		
Ash.....g	4.33	0.045	32		1		5.41		
Carbohydrate, by difference.....g	74.22		0	NC	4		92.78		
Fiber, total dietary.....g	2.7		0		4		3.4		
Sugars, total.....g	0.22		1	AI	13		0.28		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	338	9.355	30		1		423		
Iron, Fe.....mg	4.67	0.140	7		1		5.84		
Magnesium, Mg.....mg	19	0.299	5		1		24		
Phosphorus, P.....mg	595	38.500	14		1		744		
Potassium, K.....mg	124	5.756	11		1		155		
Sodium, Na.....mg	1193		0	LC	8		1491		
Zinc, Zn.....mg	0.62	0.095	5		1		0.78		
Copper, Cu.....mg	0.112	0.009	5		1		0.140		
Manganese, Mn.....mg	1.000		1		1		1.250		
Selenium, Se.....µg	34.4		0	BFSN	4		43.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.674	0.010	34		1		0.843		
Riboflavin.....mg	0.414	0.011	34		1		0.518		
Niacin.....mg	5.832	0.204	43		1		7.290		
Pantothenic acid.....mg	0.438		0		4		0.548		
Vitamin B-6.....mg	0.050		1		1		0.063		
Folate, total.....µg	196	14.075	3	A	1		245		
Folic acid.....µg	158	18.248	3	A	1		198		
Folate, food.....µg	38	5.840	3	AS	1		48		
Folate, DFE.....µg	307		0	NC	4		384		
Choline, total.....mg	10.4		0	BFZN	4		13.1		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	BFZN	4		0		
Carotene, alpha.....µg	0		0	BFZN	4		0		
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0		
Vitamin A, IU.....IU	0		0	NC	4		0		
Lycopene.....µg	0		0	BFZN	4		0		
Lutein + zeaxanthin.....µg	18		0	BFZN	4		23		
Vitamin E (alpha-tocopherol).....mg	0.05		1	A	1		0.06		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.04		1	A	1		0.05		
Tocopherol, gamma.....mg	0.32		1	A	1		0.40		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Tocotrienol, alpha.....mg	0.02		1	A	1		0.03		
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.3		0	BFZN	4		0.4		

NDB No. 20082

Wheat flour, white, all-purpose, self-rising, enriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 125g: 1 cup

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20481

Wheat flour, white, all-purpose, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.155		0		1		0.194		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.148		10		1		0.185		
17:0.....g									
18:0.....g	0.007		10		1		0.009		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.087		0		1		0.109		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.087		10		1		0.109		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.413		0		1		0.516		
18:2 undifferentiated.....g	0.391		10		1		0.489		
18:3 undifferentiated.....g	0.022		10		1		0.028		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.127		39		1		0.159		
Threonine.....g	0.281		67		1		0.351		
Isoleucine.....g	0.357		68		1		0.446		
Leucine.....g	0.710		68		1		0.888		
Lysine.....g	0.228		69		1		0.285		
Methionine.....g	0.183		67		1		0.229		
Cystine.....g	0.219		63		1		0.274		
Phenylalanine.....g	0.520		58		1		0.650		
Tyrosine.....g	0.312		56		1		0.390		
Valine.....g	0.415		58		1		0.519		
Arginine.....g	0.417		51		1		0.521		
Histidine.....g	0.230		51		1		0.288		
Alanine.....g	0.332		49		1		0.415		
Aspartic acid.....g	0.435		49		1		0.544		
Glutamic acid.....g	3.479		49		1		4.349		
Glycine.....g	0.371		49		1		0.464		
Proline.....g	1.198		49		1		1.498		
Serine.....g	0.516		49		1		0.645		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 20481

Wheat flour, white, all-purpose, unenriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 125g: 1 cup

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate4.12

Food Group: 20 Cereal Grains and Pasta
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20083

Wheat flour, white, bread, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						
Proximates:										
Water.....g	13.36	0.104	67			1		18.30		
Energy.....kcal	361		0	NC		4		495		
Energy.....kJ	1510		0			4		2069		
Protein (N x 5.7).....g	11.98	0.095	65			1		16.41		
Total lipid (fat).....g	1.66	0.038	9			1		2.27		
Ash.....g	0.47	0.005	65			1		0.64		
Carbohydrate, by difference.....g	72.53		0	NC		4		99.37		
Fiber, total dietary.....g	2.4		0			1		3.3		
Sugars, total.....g	0.31		0	BFZN		4		0.42		
Starch.....g										
Minerals:										
Calcium, Ca.....mg	15	0.476	163			1		21		
Iron, Fe.....mg	4.41		1			4		6.04		
Magnesium, Mg.....mg	25	0.450	160			1		34		
Phosphorus, P.....mg	97	2.621	11			1		133		
Potassium, K.....mg	100	2.509	81			1		137		
Sodium, Na.....mg	2	0.047	74			1		3		
Zinc, Zn.....mg	0.85	0.023	177			1		1.16		
Copper, Cu.....mg	0.182	0.008	35			1		0.249		
Manganese, Mn.....mg	0.792	0.029	55			1		1.085		
Selenium, Se.....µg	39.7	4.335	15	A		1		54.4		
Vitamins:										
Vitamin C, total ascorbic acid.....mg	0.0		0			4		0.0		
Thiamin.....mg	0.812	0.032	12			1		1.112		
Riboflavin.....mg	0.512	0.020	15			1		0.701		
Niacin.....mg	7.554	0.676	9			1		10.349		
Pantothenic acid.....mg	0.438		0			4		0.600		
Vitamin B-6.....mg	0.037	0.003	46			1		0.051		
Folate, total.....µg	183	1.000	3	A		1		251		
Folic acid.....µg	150	2.333	3	A		1		206		
Folate, food.....µg	33	2.404	3	AS		1		45		
Folate, DFE.....µg	288		0	NC		4		395		
Choline, total.....mg	10.4		0	BFZN		4		14.3		
Betaine.....mg										
Vitamin B-12.....µg	0.00		0	Z		7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z		7		0.00		
Vitamin A, RAE.....µg	0		1	A		1		0		
Retinol.....µg	0		0	Z		7		0		
Carotene, beta.....µg	1		1	A		1		1		
Carotene, alpha.....µg	0		1	A		1		0		
Cryptoxanthin, beta.....µg	0		1	A		1		0		
Vitamin A, IU.....IU	2		1	A		1		2		
Lycopene.....µg	0		1	A		1		0		
Lutein + zeaxanthin.....µg	79		1	A		1		108		
Vitamin E (alpha-tocopherol).....mg	0.40		2	A		1		0.55		
Vitamin E, added.....mg	0.00		0	Z		7		0.00		
Tocopherol, beta.....mg	0.20		2	A		1		0.27		
Tocopherol, gamma.....mg	1.44		2	A		1		1.97		
Tocopherol, delta.....mg	0.00		2	A		1		0.00		
Tocotrienol, alpha.....mg	0.20		2	A		1		0.27		
Tocotrienol, beta.....mg	0.00		2	A		1		0.00		
Tocotrienol, gamma.....mg	0.00		2	A		1		0.00		
Tocotrienol, delta.....mg	0.00		2	A		1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z		7		0.0		
Vitamin D2 (ergocalciferol).....µg										
Vitamin D3 (cholecalciferol).....µg										
Vitamin D.....IU	0		0	Z		7		0		
Vitamin K (phylloquinone).....µg	0.3		0	BFZN		4		0.4		

NDB No. 20083

Wheat flour, white, bread, enriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0				0.0		
Caffeine.....mg	0		0	Z			0		
Theobromine.....mg	0		0	Z			0		

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

Common Measures:

Measure 1 = 137g: 1 cup

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20084
Wheat flour, white, cake, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.51	0.180	25		1		17.14		
Energy.....kcal	362		0	NC	4		496		
Energy.....kJ	1515		0		4		2075		
Protein (N x 5.7).....g	8.20	0.079	21		1		11.23		
Total lipid (fat).....g	0.86	0.037	5		1		1.18		
Ash.....g	0.39	0.013	35		1		0.53		
Carbohydrate, by difference.....g	78.03		0	NC	4		106.90		
Fiber, total dietary.....g	1.7		0		1		2.3		
Sugars, total.....g	0.31		0	BFZN	4		0.42		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	14	0.461	63		1		19		
Iron, Fe.....mg	7.32		2		1		10.03		
Magnesium, Mg.....mg	16	0.802	77		1		22		
Phosphorus, P.....mg	85	4.918	16		1		116		
Potassium, K.....mg	105	4.130	41		1		144		
Sodium, Na.....mg	2	0.091	38		1		3		
Zinc, Zn.....mg	0.62	0.041	72		1		0.85		
Copper, Cu.....mg	0.139	0.007	23		1		0.190		
Manganese, Mn.....mg	0.634	0.039	29		1		0.869		
Selenium, Se.....µg	4.9	0.408	6	A	1		6.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.892		2		1		1.222		
Riboflavin.....mg	0.430		2		1		0.589		
Niacin.....mg	6.790		2		1		9.302		
Pantothenic acid.....mg	0.458	0.019	3		1		0.627		
Vitamin B-6.....mg	0.033	0.003	25		1		0.045		
Folate, total.....µg	186	17.704	3	A	1		254		
Folic acid.....µg	138	18.782	3	A	1		190		
Folate, food.....µg	47	2.906	3	AS	1		65		
Folate, DFE.....µg	282		0	NC	4		387		
Choline, total.....mg	10.4		0	BFZN	4		14.3		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		1	A	1		0		
Carotene, alpha.....µg	0		1	A	1		0		
Cryptoxanthin, beta.....µg	0		1	A	1		0		
Vitamin A, IU.....IU	0		1	A	1		0		
Lycopene.....µg	0		1	A	1		0		
Lutein + zeaxanthin.....µg	3		1	A	1		3		
Vitamin E (alpha-tocopherol).....mg	0.02		2	A	1		0.02		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.01		2	A	1		0.01		
Tocopherol, gamma.....mg	0.08		2	A	1		0.11		
Tocopherol, delta.....mg	0.00		2	A	1		0.00		
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00		
Tocotrienol, beta.....mg	0.00		2	A	1		0.00		
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00		
Tocotrienol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.3		0	BFZN	4		0.4		

NDB No. 20084
Wheat flour, white, cake, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Dihydrophyloquinone.....µg							
Menaquinone-4.....µg							
Lipids:							
Fatty acids, total saturated.....g	0.127		0		1		0.174
4:0.....g	0.000		0		1		0.000
6:0.....g	0.000		0		1		0.000
8:0.....g	0.000		0		1		0.000
10:0.....g	0.000		0		1		0.000
12:0.....g	0.000		0		1		0.000
13:0.....g							
14:0.....g	0.001		0		1		0.001
15:0.....g							
16:0.....g	0.114		0		1		0.156
17:0.....g							
18:0.....g	0.005		0		1		0.007
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.073		0		1		0.100
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.003		0		1		0.004
17:1.....g							
18:1 undifferentiated.....g	0.070		0		1		0.096
20:1.....g	0.000		0		1		0.000
22:1 undifferentiated.....g	0.000		0		1		0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.379		0		1		0.519
18:2 undifferentiated.....g	0.357		0		1		0.489
18:3 undifferentiated.....g	0.022		0		1		0.030
18:4.....g	0.000		0		1		0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1		0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1		0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7		0
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.118		6		1		0.162
Threonine.....g	0.227		7		1		0.311
Isoleucine.....g	0.311		7		1		0.426
Leucine.....g	0.558		7		1		0.764
Lysine.....g	0.285		7		1		0.390
Methionine.....g	0.138		7		1		0.189
Cystine.....g	0.178		7		1		0.244
Phenylalanine.....g	0.388		7		1		0.532
Tyrosine.....g	0.234		7		1		0.321
Valine.....g	0.360		7		1		0.493
Arginine.....g	0.314		7		1		0.430
Histidine.....g	0.167		7		1		0.229
Alanine.....g	0.247		7		1		0.338
Aspartic acid.....g	0.342		7		1		0.469
Glutamic acid.....g	2.710		7		1		3.713
Glycine.....g	0.278		7		1		0.381
Proline.....g	0.913		7		1		1.251
Serine.....g	0.432		7		1		0.592
Hydroxyproline.....g							

NDB No. 20084
Wheat flour, white, cake, enriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 137g: 1 cup unsifted, dipped

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20086

Wheat flour, white, tortilla mix, enriched

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.08	0.068	25		1		11.19		
Energy.....kcal	405		0	NC	4		450		
Energy.....kJ	1695		0		4		1881		
Protein (N x 5.7).....g	9.66	0.049	25		1		10.72		
Total lipid (fat).....g	10.63	0.083	25		1		11.80		
Ash.....g	2.49	0.053	25		1		2.76		
Carbohydrate, by difference.....g	67.14		0	NC	4		74.53		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	205	11.402	25		1		228		
Iron, Fe.....mg	7.05		1		1		7.83		
Magnesium, Mg.....mg	21		1		1		23		
Phosphorus, P.....mg	210		1		1		233		
Potassium, K.....mg	100	2.789	4		1		111		
Sodium, Na.....mg	677	49.467	4		1		751		
Zinc, Zn.....mg	0.64		0		4		0.71		
Copper, Cu.....mg	0.100		1		1		0.111		
Manganese, Mn.....mg	0.614		0		4		0.682		
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.735	0.023	27		1		0.816		
Riboflavin.....mg	0.493	0.017	27		1		0.547		
Niacin.....mg	5.820	0.187	27		1		6.460		
Pantothenic acid.....mg	0.394		0		4		0.437		
Vitamin B-6.....mg	0.040		1		1		0.044		
Folate, total.....µg	136		0	FLA	4		151		
Folic acid.....µg	112		0	NC	4		125		
Folate, food.....µg	24		0		4		26		
Folate, DFE.....µg	215		0	NC	4		238		
Choline, total.....mg	11.1		0	FLC	4		12.4		
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	1.64		0	FLC	4		1.82		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	1.1		0	FLC	4		1.2		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	4.100		0		1	4.551	
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g	0.010		0		1	0.011	
12:0.....g	0.021		0		1	0.023	
13:0.....g							
14:0.....g	0.132		0		1	0.147	
15:0.....g							
16:0.....g	2.557		0		1	2.838	
17:0.....g							
18:0.....g	1.379		0		1	1.531	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	4.541		0		1	5.041	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.271		0		1	0.301	
17:1.....g							
18:1 undifferentiated.....g	4.270		0		1	4.740	
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.522		0		1	1.689	
18:2 undifferentiated.....g	1.399		0		1	1.553	
18:3 undifferentiated.....g	0.123		0		1	0.137	
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g							
20:5 n-3 (EPA).....g							
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g							
22:6 n-3 (DHA).....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7	0	
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.119		0		1	0.132	
Threonine.....g	0.263		0		1	0.292	
Isoleucine.....g	0.334		0		1	0.371	
Leucine.....g	0.664		0		1	0.737	
Lysine.....g	0.213		0		1	0.236	
Methionine.....g	0.171		0		1	0.190	
Cystine.....g	0.205		0		1	0.228	
Phenylalanine.....g	0.486		0		1	0.539	
Tyrosine.....g	0.291		0		1	0.323	
Valine.....g	0.388		0		1	0.431	
Arginine.....g	0.390		0		1	0.433	
Histidine.....g	0.215		0		1	0.239	
Alanine.....g	0.310		0		1	0.344	
Aspartic acid.....g	0.407		0		1	0.452	
Glutamic acid.....g	3.253		0		1	3.611	
Glycine.....g	0.347		0		1	0.385	
Proline.....g	1.120		0		1	1.243	
Serine.....g	0.483		0		1	0.536	
Hydroxyproline.....g							

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

NDB No. 20086

Wheat flour, white, tortilla mix, enriched

Common Measures:

Measure 1 = 111g: 1 cup

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20080
Wheat flour, whole-grain

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.74	1.455	6	A	1		12.89		
Energy.....kcal	340		0	NC	4		408		
Energy.....kJ	1424		0	NC	4		1709		
Protein (N x 5.83).....g	13.21	1.185	3	A	1		15.86		
Total lipid (fat).....g	2.50	0.081	3	A	1		3.00		
Ash.....g	1.58	0.012	3	A	1		1.89		
Carbohydrate, by difference.....g	71.97		0	NC	4		86.36		
Fiber, total dietary.....g	10.7	0.269	7	A	1		12.9		
Sugars, total.....g	0.41	0.030	3	A	1		0.49		
Sucrose.....g	0.36	0.026	3	A	1		0.43		
Glucose (dextrose).....g	0.00		3	A	1		0.00		
Fructose.....g	0.05	0.005	3	A	1		0.05		
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g	57.77	1.017	3	A	1		69.32		
Minerals:									
Calcium, Ca.....mg	34	1.202	3	A	1		41		
Iron, Fe.....mg	3.60	0.153	3	A	1		4.32		
Magnesium, Mg.....mg	137	8.819	3	A	1		164		
Phosphorus, P.....mg	357	3.333	3	A	1		428		
Potassium, K.....mg	363	12.019	3	A	1		436		
Sodium, Na.....mg	2	0.058	3	A	1		3		
Zinc, Zn.....mg	2.60	0.000	3	A	1		3.12		
Copper, Cu.....mg	0.410	0.012	3	A	1		0.492		
Manganese, Mn.....mg	4.067	0.376	3	A	1		4.880		
Selenium, Se.....µg	61.8	10.591	6	A	1		74.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.502	0.018	3	A	1		0.602		
Riboflavin.....mg	0.165	0.002	3	A	1		0.198		
Niacin.....mg	4.957	0.231	3	A	1		5.948		
Pantothenic acid.....mg	0.603	0.015	3	A	1		0.724		
Vitamin B-6.....mg	0.407	0.023	3	A	1		0.488		
Folate, total.....µg	44	4.194	7		1		53		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	44	4.194	7		1		53		
Folate, DFE.....µg	44		0	NC	4		53		
Choline, total.....mg	31.2		0	AS	1		37.4		
Betaine.....mg	72.8		2	A	1		87.3		
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		1		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	5		1	A	1		6		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	9		0	AS	1		11		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	220		1	A	1		264		
Vitamin E (alpha-tocopherol).....mg	0.71	0.050	3	A	1		0.85		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.23	0.015	3	A	1		0.27		
Tocopherol, gamma.....mg	1.91	0.136	3	A	1		2.29		
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, alpha.....mg	0.30	0.013	3	A	1		0.36		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		

NDB No. 20080
Wheat flour, whole-grain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.03	0.007	3	A	1		0.03		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	1.9		2	A	1		2.2		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.430		0	NC	4		0.516		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.000	0.000	3	A	1		0.000		
13:0.....g									
14:0.....g	0.000	0.000	3	A	1		0.000		
15:0.....g	0.000	0.000	3	A	1		0.000		
16:0.....g	0.410	0.015	3	A	1		0.492		
17:0.....g	0.000	0.000	3	A	1		0.000		
18:0.....g	0.020	0.000	3	A	1		0.024		
20:0.....g	0.000	0.000	3	A	1		0.000		
22:0.....g	0.000	0.000	3	A	1		0.000		
24:0.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.283		0	NC	4		0.340		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	0.273	0.003	3	A	1		0.328		
20:1.....g	0.010	0.000	3	A	1		0.012		
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	1.167		0	NC	4		1.400		
18:2 undifferentiated.....g	1.093	0.035	3	A	1		1.312		
18:3 undifferentiated.....g	0.073	0.003	3	A	1		0.088		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000		
21:5.....g	0.000	0.000	3	A	1		0.000		
22:4.....g	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.174		0	A	1		0.209		
Threonine.....g	0.367		0	A	1		0.440		
Isoleucine.....g	0.443		0	A	1		0.532		
Leucine.....g	0.898		0	A	1		1.078		
Lysine.....g	0.359		0	A	1		0.431		
Methionine.....g	0.228		0	A	1		0.274		
Cystine.....g	0.275		0	A	1		0.330		
Phenylalanine.....g	0.682		0	A	1		0.819		
Tyrosine.....g	0.275		0	A	1		0.330		
Valine.....g	0.564		0	A	1		0.677		
Arginine.....g	0.648		0	A	1		0.777		
Histidine.....g	0.357		0	A	1		0.429		
Alanine.....g	0.489		0	A	1		0.586		

NDB No. 20080
Wheat flour, whole-grain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	0.722		0	A	1		0.866		
Glutamic acid.....g	4.328		0	A	1		5.193		
Glycine.....g	0.569		0	A	1		0.683		
Proline.....g	2.075		0	A	1		2.490		
Serine.....g	0.620		0	A	1		0.744		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0			7	0.0		
Caffeine.....mg	0		0	Z		7	0		
Theobromine.....mg	0		0	Z		7	0		

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

Common Measures:

Measure 1 = 120g: 1 cup

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate3.78

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20649

Wheat flour, whole-grain, soft wheat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.42	0.189	24	A	1				
Energy.....kcal	332		0	NC	4				
Energy.....kJ	1391		0	NC	4				
Protein.....g	9.61	0.149	24	A	1				
Total lipid (fat).....g	1.95	0.023	24	A	1				
Ash.....g	1.53	0.024	24	A	1				
Carbohydrate, by difference.....g	74.48		0	NC	4				
Fiber, total dietary (1).....g	13.1	0.160	24	A	1				
Sugars, total.....g	1.02	0.058	18	AS	1				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	33	0.951	24	A	1				
Iron, Fe.....mg	3.71	0.070	24	A	1				
Magnesium, Mg.....mg	117	1.740	24	A	1				
Phosphorus, P.....mg	323	7.117	24	A	1				
Potassium, K.....mg	394	5.602	24	A	1				
Sodium, Na.....mg	3	1.562	5	A	1				
Zinc, Zn.....mg	2.96	0.097	24	A	1				
Copper, Cu.....mg	0.475	0.034	24	A	1				
Manganese, Mn.....mg	3.399	0.135	24	A	1				
Selenium, Se.....µg	12.7	5.190	11	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4				
Thiamin.....mg	0.297	0.007	24	A	1				
Riboflavin.....mg	0.188	0.009	24	A	1				
Niacin.....mg	5.347	0.114	24	A	1				
Pantothenic acid.....mg	1.011	0.031	24	A	1				
Vitamin B-6.....mg	0.191	0.005	23	A	1				
Folate, total.....µg	28	1.416	24	A	1				
Folic acid.....µg	0		0	Z	7				
Folate, food.....µg	28	1.416	24	A	1				
Folate, DFE.....µg	28		0	NC	4				
Choline, total.....mg	31.2		0	BFZN	4				
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	0		0	NC	4				
Retinol.....µg	0		0	Z	7				
Carotene, beta.....µg	5		0	BFZN	4				
Carotene, alpha.....µg	0		0	Z	7				
Cryptoxanthin, beta.....µg	0		0	Z	7				
Vitamin A, IU.....IU	9		0	NC	4				
Lycopene.....µg	0		0	Z	7				
Lutein + zeaxanthin.....µg	220		0	BFZN	4				
Vitamin E (alpha-tocopherol).....mg	0.53	0.036	24	A	1				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7				
Vitamin D.....IU	0		0	Z	7				
Vitamin K (phylloquinone).....µg	1.9		0	BFZN	4				
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 20649

Wheat flour, whole-grain, soft wheat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g	0.430		0	BFZN	4			
Fatty acids, total monounsaturated.....g	0.283		0	BFZN	4			
Fatty acids, total polyunsaturated.....g	1.167		0	BFZN	4			
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7			
Phytosterols.....mg								

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

Common Measures:

Footnotes:

- 1 Dietary fiber quantified using enzymatic-gravimetric/liquid chromatography, AOAC method 2009.01, which includes resistant oligosaccharides in estimation.

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate3.78

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20129
Wheat flours, bread, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.244		0		1		0.334		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.001		79		1		0.001		
15:0.....g									
16:0.....g	0.218		79		1		0.299		
17:0.....g									
18:0.....g	0.010		79		1		0.014		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.140		0		1		0.192		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		79		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.135		79		1		0.185		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.727		0		1		0.996		
18:2 undifferentiated.....g	0.685		79		1		0.938		
18:3 undifferentiated.....g	0.043		79		1		0.059		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.139		13		1		0.190		
Threonine.....g	0.320		23		1		0.438		
Isoleucine.....g	0.444		23		1		0.608		
Leucine.....g	0.828		23		1		1.134		
Lysine.....g	0.231		23		1		0.316		
Methionine.....g	0.210		22		1		0.288		
Cystine.....g	0.269		22		1		0.369		
Phenylalanine.....g	0.591		23		1		0.810		
Tyrosine.....g	0.328		23		1		0.449		
Valine.....g	0.502		23		1		0.688		
Arginine.....g	0.416		23		1		0.570		
Histidine.....g	0.254		23		1		0.348		
Alanine.....g	0.366		23		1		0.501		
Aspartic acid.....g	0.484		23		1		0.663		
Glutamic acid.....g	4.198		23		1		5.751		
Glycine.....g	0.410		23		1		0.562		
Proline.....g	1.409		23		1		1.930		
Serine.....g	0.580		23		1		0.795		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 20129
Wheat flours, bread, unenriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 137g: 1 cup unsifted, dipped

Calories Factors: Protein 4.05 Fat 8.37 Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20078
Wheat germ, crude

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
<u>Lipids:</u>									
Fatty acids, total saturated.....g	1.665		0		1		1.915		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.013		7		1		0.015		
15:0.....g									
16:0.....g	1.587		7		1		1.825		
17:0.....g									
18:0.....g	0.055		7		1		0.063		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.365		0		1		1.570		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.034		7		1		0.039		
17:1.....g									
18:1 undifferentiated.....g	1.332		7		1		1.532		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.010		0		1		6.912		
18:2 undifferentiated.....g	5.287		7		1		6.080		
18:3 undifferentiated.....g	0.723		7		1		0.831		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.317		3		1		0.365		
Threonine.....g	0.968		13		1		1.113		
Isoleucine.....g	0.847		13		1		0.974		
Leucine.....g	1.571		13		1		1.807		
Lysine.....g	1.468		13		1		1.688		
Methionine.....g	0.456		13		1		0.524		
Cystine.....g	0.458		13		1		0.527		
Phenylalanine.....g	0.928		13		1		1.067		
Tyrosine.....g	0.704		12		1		0.810		
Valine.....g	1.198		13		1		1.378		
Arginine.....g	1.867		13		1		2.147		
Histidine.....g	0.643		13		1		0.739		
Alanine.....g	1.477		12		1		1.699		
Aspartic acid.....g	2.070		12		1		2.381		
Glutamic acid.....g	3.995		12		1		4.594		
Glycine.....g	1.424		12		1		1.638		
Proline.....g	1.231		12		1		1.416		
Serine.....g	1.102		12		1		1.267		
Hydroxyproline.....g									

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

NDB No. 20078
Wheat germ, crude

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 115g: 1 cup

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate3.78

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20139

Wheat, KAMUT khorasan, cooked

Triticum turgidum subsp. turanicum (Jakubz.)

khorassan wheat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.18		2	A	1		112.11		
Energy.....kcal	132		0	NC	4		227		
Energy.....kJ	552		0	NC	4		949		
Protein (N x 5.83).....g	5.71		2	A	1		9.83		
Total lipid (fat).....g	0.83		2	A	1		1.44		
Ash.....g	0.67		2	A	1		1.15		
Carbohydrate, by difference.....g	27.60		0	NC	4		47.48		
Fiber, total dietary.....g	4.3		0	BFSN	4		7.4		
Sugars, total.....g	3.07		0	BFSN	4		5.28		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9		1	A	1		16		
Iron, Fe.....mg	1.76		1	A	1		3.03		
Magnesium, Mg.....mg	48		1	A	1		82		
Phosphorus, P.....mg	147		1	A	1		253		
Potassium, K.....mg	164		1	A	1		282		
Sodium, Na.....mg	8		1	A	1		13		
Zinc, Zn.....mg	1.84		1	A	1		3.17		
Copper, Cu.....mg	0.207		1	A	1		0.356		
Manganese, Mn.....mg	1.030		1	A	1		1.772		
Selenium, Se.....µg	31.9		0	BFSN	4		54.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.095		2	A	1		0.163		
Riboflavin.....mg	0.030		2	A	1		0.051		
Niacin.....mg	2.305		2	A	1		3.964		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.070		2	A	1		0.120		
Folate, total.....µg	11		2	A	1		19		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	11		2	A	1		19		
Folate, DFE.....µg	11		0	NC	4		19		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	4		0	BFSN	4		7		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.24		0	BFSN	4		0.41		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 20139
Wheat, KAMUT khorasan, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.077		0	BFSN	4		0.132		
Fatty acids, total monounsaturated.....g	0.084		0	BFSN	4		0.144		
Fatty acids, total polyunsaturated.....g	0.243		0	BFSN	4		0.418		
Fatty acids, total trans.....g	0.002		0	BFSN	4		0.003		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.051		0	A	1		0.087		
Threonine.....g	0.172		0	A	1		0.295		
Isoleucine.....g	0.220		0	A	1		0.378		
Leucine.....g	0.432		0	A	1		0.743		
Lysine.....g	0.161		0	A	1		0.278		
Methionine.....g	0.097		0	A	1		0.168		
Cystine.....g	0.120		0	A	1		0.207		
Phenylalanine.....g	0.300		0	A	1		0.516		
Tyrosine.....g	0.137		0	A	1		0.235		
Valine.....g	0.267		0	A	1		0.459		
Arginine.....g	0.270		0	A	1		0.465		
Histidine.....g	0.147		0	A	1		0.254		
Alanine.....g	0.211		0	A	1		0.363		
Aspartic acid.....g	0.312		0	A	1		0.536		
Glutamic acid.....g	1.880		0	A	1		3.234		
Glycine.....g	0.225		0	A	1		0.387		
Proline.....g	0.619		0	A	1		1.065		
Serine.....g	0.295		0	A	1		0.507		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 172g: 1 cup

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20138

Wheat, KAMUT khorasan, uncooked

Triticum turgidum subsp. turanicum (Jakubz.)

khorassan wheat

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.07	0.186	4	A	1		20.59		
Energy.....kcal	337		0	NC	4		627		
Energy.....kJ	1409		0	NC	4		2621		
Protein (N x 5.83).....g	14.54	0.017	4	A	1		27.04		
Total lipid (fat).....g	2.13	0.057	4	A	1		3.97		
Ash.....g	1.67	0.020	4	A	1		3.12		
Carbohydrate, by difference.....g	70.58		0	NC	4		131.29		
Fiber, total dietary.....g	11.1	2.050	4	A	1		20.6		
Sugars, total.....g	7.84		0	AS	1		14.58		
Sucrose.....g	0.55	0.045	4	A	1		1.03		
Glucose (dextrose).....g	0.62	0.265	4	A	1		1.14		
Fructose.....g	0.11	0.060	4	A	1		0.20		
Lactose.....g	0.00	0.000	4	A	1		0.00		
Maltose.....g	6.56	0.758	4	A	1		12.20		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	52.41		2	A	1		97.48		
Minerals:									
Calcium, Ca.....mg	22	2.242	4	A	1		41		
Iron, Fe.....mg	3.77	0.375	4	A	1		7.01		
Magnesium, Mg.....mg	130		2	A	1		241		
Phosphorus, P.....mg	364		2	A	1		676		
Potassium, K.....mg	403	23.175	4	A	1		749		
Sodium, Na.....mg	5	0.302	4	A	1		10		
Zinc, Zn.....mg	3.68		2	A	1		6.85		
Copper, Cu.....mg	0.506		2	A	1		0.941		
Manganese, Mn.....mg	2.735		2	A	1		5.087		
Selenium, Se.....µg	81.5	17.050	4	A	1		151.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0		
Thiamin.....mg	0.566		2	A	1		1.054		
Riboflavin.....mg	0.184		2	A	1		0.343		
Niacin.....mg	6.375		2	A	1		11.857		
Pantothenic acid.....mg	0.949		2	A	1		1.764		
Vitamin B-6.....mg	0.259		2	A	1		0.483		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg	25.8		0	AS	1		48.0		
Betaine.....mg	113.0		1	A	1		210.1		
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	1		1	A	1		1		
Vitamin A, IU.....IU	10		1	A	1		19		
Lycopene.....µg	0		1	A	1		0		
Lutein + zeaxanthin.....µg	301		1	A	1		560		
Vitamin E (alpha-tocopherol).....mg	0.61		2	A	1		1.13		
Tocopherol, beta.....mg	0.14		2	A	1		0.27		
Tocopherol, gamma.....mg	1.08		2	A	1		2.01		
Tocopherol, delta.....mg	0.01		2	A	1		0.01		
Tocotrienol, alpha.....mg	0.31		2	A	1		0.57		
Tocotrienol, beta.....mg	0.00		2	A	1		0.00		
Tocotrienol, gamma.....mg	0.02		2	A	1		0.05		
Tocotrienol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	1.8		1	A	1		3.3		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg	0.0		1	A	1		0.0		

NDB No. 20138
Wheat, KAMUT khorasan, uncooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.196		0	NC	4		0.364		
4:0.....g									
6:0.....g									
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g									
14:0.....g	0.000		2	A	1		0.000		
15:0.....g	0.000		2	A	1		0.000		
16:0.....g	0.182		2	A	1		0.338		
17:0.....g	0.000		2	A	1		0.000		
18:0.....g	0.012		2	A	1		0.022		
20:0.....g	0.002		2	A	1		0.003		
22:0.....g	0.000		2	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.213		0	NC	4		0.397		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.002		2	A	1		0.004		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	0.201		2	A	1		0.373		
20:1.....g	0.011		2	A	1		0.020		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.621		0	NC	4		1.155		
18:2 undifferentiated.....g	0.573		2	A	1		1.065		
18:3 undifferentiated.....g	0.048		0	AS	1		0.090		
18:3 n-3 c,c,c (ALA).....g	0.048		2	A	1		0.090		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.005		2	A	1		0.009		
Cholesterol.....mg	0		2	A	1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.130		0	A	1		0.242		
Threonine.....g	0.442		0	A	1		0.822		
Isoleucine.....g	0.566		0	A	1		1.053		
Leucine.....g	1.112		0	A	1		2.068		
Lysine.....g	0.416		0	A	1		0.773		
Methionine.....g	0.251		0	A	1		0.467		
Cystine.....g	0.309		0	A	1		0.575		
Phenylalanine.....g	0.772		0	A	1		1.436		
Tyrosine.....g	0.352		0	A	1		0.654		
Valine.....g	0.687		0	A	1		1.277		
Arginine.....g	0.696		0	A	1		1.294		
Histidine.....g	0.379		0	A	1		0.706		
Alanine.....g	0.543		0	A	1		1.010		
Aspartic acid.....g	0.802		0	A	1		1.492		
Glutamic acid.....g	4.839		0	A	1		9.000		
Glycine.....g	0.579		0	A	1		1.077		

NDB No. 20138
Wheat, KAMUT khorasan, uncooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Proline.....g	1.594		0	A	1	2.965		
Serine.....g	0.759		0	A	1	1.412		
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 186g: 1 cup

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20076
 Wheat, durum
Triticum durum Desf.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.94	0.309	31		1		21.00		
Energy.....kcal	339		0	NC	4		651		
Energy.....kJ	1418				4		2723		
Protein (N x 5.83).....g	13.68	0.272	28		1		26.27		
Total lipid (fat).....g	2.47	0.066	18		1		4.74		
Ash.....g	1.78	0.016	38		1		3.42		
Carbohydrate, by difference.....g	71.13		0	NC	4		136.57		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	34	1.527	37		1		65		
Iron, Fe.....mg	3.52		2		1		6.76		
Magnesium, Mg.....mg	144	3.058	39		1		276		
Phosphorus, P.....mg	508	20.742	37		1		975		
Potassium, K.....mg	431	10.204	37		1		828		
Sodium, Na.....mg	2	0.487	9		1		4		
Zinc, Zn.....mg	4.16	0.177	37		1		7.99		
Copper, Cu.....mg	0.553	0.041	37		1		1.062		
Manganese, Mn.....mg	3.012	0.249	30		1		5.783		
Selenium, Se.....µg	89.4		1	A	1		171.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.419	0.013	30		1		0.804		
Riboflavin.....mg	0.121	0.003	30		1		0.232		
Niacin.....mg	6.738	0.213	30		1		12.937		
Pantothenic acid.....mg	0.935		0		4		1.795		
Vitamin B-6.....mg	0.419	0.017	31		1		0.804		
Folate, total.....µg	43		0		4		83		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	43		0		4		83		
Folate, DFE.....µg	43		0	NC	4		83		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.454		0		1		0.872		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.003		29		1		0.006		
15:0.....g									
16:0.....g	0.422		29		1		0.810		
17:0.....g									
18:0.....g	0.022		29		1		0.042		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.344		0		1		0.660		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		29		1		0.017		
17:1.....g									
18:1 undifferentiated.....g	0.335		29		1		0.643		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.978		0		1		1.878		
18:2 undifferentiated.....g	0.930		29		1		1.786		
18:3 undifferentiated.....g	0.048		29		1		0.092		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.176		7		1		0.338		
Threonine.....g	0.366		9		1		0.703		
Isoleucine.....g	0.533		9		1		1.023		
Leucine.....g	0.934		9		1		1.793		
Lysine.....g	0.303		9		1		0.582		
Methionine.....g	0.221		8		1		0.424		
Cystine.....g	0.286		7		1		0.549		
Phenylalanine.....g	0.681		9		1		1.308		
Tyrosine.....g	0.357		8		1		0.685		
Valine.....g	0.594		9		1		1.140		
Arginine.....g	0.483		9		1		0.927		
Histidine.....g	0.322		9		1		0.618		
Alanine.....g	0.427		9		1		0.820		
Aspartic acid.....g	0.617		9		1		1.185		
Glutamic acid.....g	4.743		9		1		9.107		
Glycine.....g	0.495		9		1		0.950		
Proline.....g	1.459		9		1		2.801		
Serine.....g	0.667		9		1		1.281		
Hydroxyproline.....g									

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

NDB No. 20076

Wheat, durum

Common Measures:

Measure 1 = 192g: 1 cup

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate3.78

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20071
Wheat, hard red spring

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.314		0		1		0.603		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		83		1		0.000		
13:0.....g									
14:0.....g	0.004		83		1		0.008		
15:0.....g									
16:0.....g	0.283		83		1		0.543		
17:0.....g									
18:0.....g	0.014		83		1		0.027		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.303		0		1		0.582		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.066		83		1		0.127		
17:1.....g									
18:1 undifferentiated.....g	0.236		83		1		0.453		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.765		0		1		1.469		
18:2 undifferentiated.....g	0.727		83		1		1.396		
18:3 undifferentiated.....g	0.036		83		1		0.069		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		83		1		0.004		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.195		4		1		0.374		
Threonine.....g	0.433		9		1		0.831		
Isoleucine.....g	0.541		9		1		1.039		
Leucine.....g	1.038		9		1		1.993		
Lysine.....g	0.404		10		1		0.776		
Methionine.....g	0.230		10		1		0.442		
Cystine.....g	0.404		5		1		0.776		
Phenylalanine.....g	0.724		10		1		1.390		
Tyrosine.....g	0.441		9		1		0.847		
Valine.....g	0.679		9		1		1.304		
Arginine.....g	0.702		10		1		1.348		
Histidine.....g	0.330		10		1		0.634		
Alanine.....g	0.555		9		1		1.066		
Aspartic acid.....g	0.808		10		1		1.551		
Glutamic acid.....g	4.946		10		1		9.496		
Glycine.....g	0.621		9		1		1.192		
Proline.....g	1.680		9		1		3.226		
Serine.....g	0.663		9		1		1.273		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 20071
Wheat, hard red spring

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Theobromine.....mg	0		0	Z	7		0

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

Common Measures:

Measure 1 = 192g: 1 cup

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20072
Wheat, hard red winter

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Lipids:									
Fatty acids, total saturated.....g	0.269		0		1		0.516		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.015		133		1		0.029		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.001		133		1		0.002		
15:0.....g									
16:0.....g	0.234		133		1		0.449		
17:0.....g									
18:0.....g	0.013		133		1		0.025		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.200		0		1		0.384		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		133		1		0.015		
17:1.....g									
18:1 undifferentiated.....g	0.192		133		1		0.369		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.627		0		1		1.204		
18:2 undifferentiated.....g	0.600		133		1		1.152		
18:3 undifferentiated.....g	0.027		133		1		0.052		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.160		6		1		0.307		
Threonine.....g	0.365		6		1		0.701		
Isoleucine.....g	0.458		6		1		0.879		
Leucine.....g	0.854		6		1		1.640		
Lysine.....g	0.335		6		1		0.643		
Methionine.....g	0.201		6		1		0.386		
Cystine.....g	0.322		6		1		0.618		
Phenylalanine.....g	0.592		6		1		1.137		
Tyrosine.....g	0.387		6		1		0.743		
Valine.....g	0.556		6		1		1.068		
Arginine.....g	0.595		6		1		1.142		
Histidine.....g	0.285		6		1		0.547		
Alanine.....g	0.450		6		1		0.864		
Aspartic acid.....g	0.640		6		1		1.229		
Glutamic acid.....g	3.998		5		1		7.676		
Glycine.....g	0.528		5		1		1.014		
Proline.....g	1.289		5		1		2.475		
Serine.....g	0.586		5		1		1.125		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 20072
Wheat, hard red winter

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Theobromine.....mg	0		0	Z	7		0

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

Common Measures:

Measure 1 = 192g: 1 cup

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20074
Wheat, hard white

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	0.277		0				0.532		
4:0.....g	0.000		0	Z		7	0.000		
6:0.....g	0.000		0	Z		7	0.000		
8:0.....g	0.000		0	Z		7	0.000		
10:0.....g	0.000		0	Z		7	0.000		
12:0.....g	0.000		0	Z		7	0.000		
13:0.....g									
14:0.....g	0.000		0	Z		7	0.000		
15:0.....g									
16:0.....g	0.261		8			1	0.501		
17:0.....g									
18:0.....g	0.016		8			1	0.031		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.203		0			1	0.390		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z		7	0.000		
17:1.....g									
18:1 undifferentiated.....g	0.203		8			1	0.390		
20:1.....g	0.000		0	Z		7	0.000		
22:1 undifferentiated.....g	0.000		0	Z		7	0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.750		0			1	1.440		
18:2 undifferentiated.....g	0.715		8			1	1.373		
18:3 undifferentiated.....g	0.035		8			1	0.067		
18:4.....g	0.000		0	Z		7	0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z		7	0.000		
20:5 n-3 (EPA).....g	0.000		0	Z		7	0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z		7	0.000		
22:6 n-3 (DHA).....g	0.000		0	Z		7	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z		7	0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7	0.0		
Caffeine.....mg	0		0	Z		7	0		
Theobromine.....mg	0		0	Z		7	0		

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Common Measures:

Measure 1 = 192g: 1 cup

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20073
Wheat, soft red winter

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Theobromine.....mg

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

Common Measures:

Measure 1 = 168g: 1 cup

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate3.78

Food Group: 20 Cereal Grains and Pasta
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20075
Wheat, soft white

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
Fatty acids, total saturated.....g	0.368		0		1		0.618
4:0.....g	0.000		0	Z	7		0.000
6:0.....g	0.000		0	Z	7		0.000
8:0.....g	0.000		0	Z	7		0.000
10:0.....g	0.000		0	Z	7		0.000
12:0.....g	0.000		0	Z	7		0.000
13:0.....g							
14:0.....g	0.003		103		1		0.005
15:0.....g							
16:0.....g	0.346		103		1		0.581
17:0.....g							
18:0.....g	0.018		103		1		0.030
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.227		0		1		0.381
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.010		103		1		0.017
17:1.....g							
18:1 undifferentiated.....g	0.217		103		1		0.365
20:1.....g	0.000		0	Z	7		0.000
22:1 undifferentiated.....g	0.000		0	Z	7		0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.837		0		1		1.406
18:2 undifferentiated.....g	0.800		103		1		1.344
18:3 undifferentiated.....g	0.036		103		1		0.060
18:4.....g	0.000		0	Z	7		0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	Z	7		0.000
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7		0
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0	Z	7		0.0
Caffeine.....mg	0		0	Z	7		0
Theobromine.....mg	0		0	Z	7		0

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

Common Measures:

Measure 1 = 168g: 1 cup

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate3.78

Food Group: 20 Cereal Grains and Pasta
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20087
Wheat, sprouted

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	47.75	3.578	8		1		51.57		
Energy.....kcal	198		0	NC	4		214		
Energy.....kJ	828				4		895		
Protein (N x 5.83).....g	7.49	0.382	8		1		8.09		
Total lipid (fat).....g	1.27	0.106	8		1		1.37		
Ash.....g	0.96	0.055	8		1		1.04		
Carbohydrate, by difference.....g	42.53		0	NC	4		45.93		
Fiber, total dietary.....g	1.1		0		4		1.2		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	28	1.973	8		1		30		
Iron, Fe.....mg	2.14	0.119	8		1		2.31		
Magnesium, Mg.....mg	82	3.214	8		1		89		
Phosphorus, P.....mg	200	10.970	8		1		216		
Potassium, K.....mg	169	18.038	8		1		183		
Sodium, Na.....mg	16	1.570	8		1		17		
Zinc, Zn.....mg	1.65	0.123	8		1		1.78		
Copper, Cu.....mg	0.261	0.017	8		1		0.282		
Manganese, Mn.....mg	1.858	0.197	8		1		2.007		
Selenium, Se.....µg	42.5		0	BFSN	4		45.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.6	0.448	8		1		2.8		
Thiamin.....mg	0.225	0.009	8		1		0.243		
Riboflavin.....mg	0.155	0.026	8		1		0.167		
Niacin.....mg	3.087	0.130	8		1		3.334		
Pantothenic acid.....mg	0.947	0.056	8		1		1.023		
Vitamin B-6.....mg	0.265	0.012	8		1		0.286		
Folate, total.....µg	38		0		4		41		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	38		0		4		41		
Folate, DFE.....µg	38		0	NC	4		41		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 20087
Wheat, sprouted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.206		0		1	0.222	
4:0.....g	0.000		0		1	0.000	
6:0.....g	0.000		0		1	0.000	
8:0.....g	0.000		0		1	0.000	
10:0.....g	0.000		0		1	0.000	
12:0.....g	0.000		0		1	0.000	
13:0.....g							
14:0.....g	0.000		0		1	0.000	
15:0.....g							
16:0.....g	0.194		0		1	0.210	
17:0.....g							
18:0.....g	0.012		0		1	0.013	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.151		0		1	0.163	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		1	0.000	
17:1.....g							
18:1 undifferentiated.....g	0.151		0		1	0.163	
20:1.....g	0.000		0		1	0.000	
22:1 undifferentiated.....g	0.000		0		1	0.000	
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.557		0		1	0.602	
18:2 undifferentiated.....g	0.531		0		1	0.573	
18:3 undifferentiated.....g	0.026		8		1	0.028	
18:4.....g	0.000		0		1	0.000	
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1	0.000	
20:5 n-3 (EPA).....g	0.000		0		1	0.000	
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1	0.000	
22:6 n-3 (DHA).....g	0.000		0		1	0.000	
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7	0	
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.115		4		1	0.124	
Threonine.....g	0.254		4		1	0.274	
Isoleucine.....g	0.287		4		1	0.310	
Leucine.....g	0.507		4		1	0.548	
Lysine.....g	0.245		4		1	0.265	
Methionine.....g	0.116		3		1	0.125	
Cystine.....g	0.134		4		1	0.145	
Phenylalanine.....g	0.350		4		1	0.378	
Tyrosine.....g	0.275		4		1	0.297	
Valine.....g	0.361		4		1	0.390	
Arginine.....g	0.425		4		1	0.459	
Histidine.....g	0.196		4		1	0.212	
Alanine.....g	0.295		4		1	0.319	
Aspartic acid.....g	0.453		4		1	0.489	
Glutamic acid.....g	1.871		4		1	2.021	
Glycine.....g	0.306		4		1	0.330	
Proline.....g	0.674		4		1	0.728	
Serine.....g	0.341		4		1	0.368	
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	
Caffeine.....mg							
Theobromine.....mg							

NDB No. 20087
Wheat, sprouted

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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

Common Measures:

Measure 1 = 108g: 1 cup

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate3.78

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 20089
Wild rice, cooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	0.5		0	BFSN	4		0.9		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.049		0		1		0.080		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.046		0		1		0.075		
17:0.....g									
18:0.....g	0.003		0		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.050		0		1		0.082		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.050		0		1		0.082		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.213		0		1		0.349		
18:2 undifferentiated.....g	0.119		0		1		0.195		
18:3 undifferentiated.....g	0.095		0		1		0.156		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.049		0		1		0.080		
Threonine.....g	0.127		0		1		0.208		
Isoleucine.....g	0.167		0		1		0.274		
Leucine.....g	0.276		0		1		0.453		
Lysine.....g	0.170		0		1		0.279		
Methionine.....g	0.119		0		1		0.195		
Cystine.....g	0.047		0		1		0.077		
Phenylalanine.....g	0.195		0		1		0.320		
Tyrosine.....g	0.169		0		1		0.277		
Valine.....g	0.232		0		1		0.380		
Arginine.....g	0.308		0		1		0.505		
Histidine.....g	0.104		0		1		0.171		
Alanine.....g	0.223		0		1		0.366		
Aspartic acid.....g	0.384		0		1		0.630		
Glutamic acid.....g	0.695		0		1		1.140		
Glycine.....g	0.182		0		1		0.298		

NDB No. 20089
Wild rice, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Proline.....g	0.140		0		1	0.230	
Serine.....g	0.211		0		1	0.346	
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	
Caffeine.....mg	0		0	Z	7	0	
Theobromine.....mg	0		0	Z	7	0	

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

Common Measures:

Measure 1 = 164g: 1 cup

Calories Factors: Protein 3.55

Fat 8.37

Carbohydrate 3.95

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	1.9		0	BFZN	4		3.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.156		0		1		0.250		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.145		1		1		0.232		
17:0.....g									
18:0.....g	0.011		1		1		0.018		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.159		0		1		0.254		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.159		1		1		0.254		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.676		0		1		1.082		
18:2 undifferentiated.....g	0.377		1		1		0.603		
18:3 undifferentiated.....g	0.300		1		1		0.480		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3 (EPA).....g	0.000		0		1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000		
22:6 n-3 (DHA).....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.179		8		1		0.286		
Threonine.....g	0.469		8		1		0.750		
Isoleucine.....g	0.618		8		1		0.989		
Leucine.....g	1.018		8		1		1.629		
Lysine.....g	0.629		8		1		1.006		
Methionine.....g	0.438		8		1		0.701		
Cystine.....g	0.174		4		1		0.278		
Phenylalanine.....g	0.721		8		1		1.154		
Tyrosine.....g	0.622		8		1		0.995		
Valine.....g	0.858		7		1		1.373		
Arginine.....g	1.136		8		1		1.818		
Histidine.....g	0.384		8		1		0.614		
Alanine.....g	0.825		8		1		1.320		
Aspartic acid.....g	1.419		8		1		2.270		
Glutamic acid.....g	2.565		8		1		4.104		
Glycine.....g	0.672		8		1		1.075		

NDB No. 20088

Wild rice, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Proline.....g	0.519		8		1	0.830	
Serine.....g	0.778		8		1	1.245	
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	
Caffeine.....mg	0		0	Z	7	0	
Theobromine.....mg	0		0	Z	7	0	

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

Common Measures:

Measure 1 = 160g: 1 cup

Calories Factors: Protein 3.55

Fat 8.37

Carbohydrate 3.95

Food Group: 20 Cereal Grains and Pasta

USDA National Nutrient Database for Standard Reference, Release 28 (2015)