

NDB No. 21527

ARBY'S, roast beef sandwich, classic

ARBY'S

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
<b>Proximates:</b>									
Water.....g	49.91	0.358	3	A	1		74.37		
Energy.....kcal	242		0	NC	4		361		
Energy.....kJ	1014		0	NC	4		1511		
Protein.....g	15.17	0.110	3	A	1		22.60		
Total lipid (fat).....g	10.30	0.134	3	A	1		15.35		
Ash.....g	2.41	0.034	3	A	1		3.59		
Carbohydrate, by difference.....g	22.21		0	NC	4		33.10		
Fiber, total dietary.....g	1.3		2	A	1		2.0		
Sugars, total.....g	3.84		2	A	1		5.73		
Sucrose.....g	0.00		2	A	1		0.00		
Glucose (dextrose).....g	1.34		2	A	1		2.00		
Fructose.....g	1.50		2	A	1		2.23		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	1.00		2	A	1		1.49		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	17.65		2	A	1		26.30		
<b>Minerals:</b>									
Calcium, Ca.....mg	55	6.820	3	A	1		82		
Iron, Fe.....mg	2.64	0.089	3	A	1		3.94		
Magnesium, Mg.....mg	23	0.153	3	A	1		34		
Phosphorus, P.....mg	200	2.646	3	A	1		298		
Potassium, K.....mg	224	5.457	3	A	1		333		
Sodium, Na.....mg	653	12.000	3	A	1		973		
Zinc, Zn.....mg	2.27	0.020	3	A	1		3.38		
Copper, Cu.....mg	0.109	0.002	3	A	1		0.163		
Manganese, Mn.....mg	0.234	0.012	3	A	1		0.348		
Selenium, Se.....µg	18.2		1	A	1		27.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.217	0.029	3	A	1		0.323		
Riboflavin.....mg	0.287	0.029	3	A	1		0.427		
Niacin.....mg	4.343	0.259	3	A	1		6.472		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.215		2	A	1		0.321		
Folate, total.....µg	51	6.561	3	A	1		76		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.96	0.078	3	A	1		1.43		
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									
<b>Lipids:</b>									

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
			Points	Deriv Code	Code					
Fatty acids, total saturated.....g	3.399		0	NC		4		5.064		
4:0.....g	0.000	0.000	3	A		1		0.000		
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	0.000	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	0.200	0.007	3	A		1		0.298		
15:0.....g	0.032	0.001	3	A		1		0.048		
16:0.....g	1.951	0.023	3	A		1		2.907		
17:0.....g	0.079	0.003	3	A		1		0.118		
18:0.....g	1.108	0.053	3	A		1		1.651		
20:0.....g	0.015	0.000	3	A		1		0.022		
22:0.....g	0.009	0.001	3	A		1		0.013		
24:0.....g	0.004	0.000	3	A		1		0.006		
Fatty acids, total monounsaturated.....g	3.987		0	NC		4		5.941		
14:1.....g	0.062	0.001	3	A		1		0.093		
15:1.....g	0.000	0.000	3	A		1		0.000		
16:1 undifferentiated.....g	0.279	0.007	3	AS		1		0.415		
16:1 c.....g	0.258	0.008	3	A		1		0.385		
16:1 t.....g	0.020	0.000	3	A		1		0.030		
17:1.....g	0.052	0.002	3	A		1		0.077		
18:1 undifferentiated.....g	3.561	0.048	3	AS		1		5.305		
18:1 c.....g	3.235	0.037	3	A		1		4.820		
18:1 t.....g	0.326	0.013	3	A		1		0.485		
18:1-11 t (18:1t n-7).....g										
20:1.....g	0.034	0.001	3	A		1		0.050		
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	1.762		0	NC		4		2.625		
18:2 undifferentiated.....g	1.552	0.083	3	AS		1		2.313		
18:2 n-6 c,c.....g	1.465	0.083	3	A		1		2.183		
18:2 CLAs.....g	0.044	0.000	3	A		1		0.066		
18:2 t,t.....g										
18:2 i.....g										
18:2 t not further defined.....g	0.043	0.000	3	A		1		0.064		
18:3 undifferentiated.....g	0.159	0.013	3	AS		1		0.237		
18:3 n-3 c,c,c (ALA).....g	0.152	0.012	3	A		1		0.227		
18:3 n-6 c,c,c.....g	0.007	0.001	3	A		1		0.010		
18:3i.....g	0.000	0.000	3	A		1		0.000		
18:4.....g	0.000	0.000	3	A		1		0.000		
20:2 n-6 c,c.....g	0.002	0.001	3	A		1		0.003		
20:3 undifferentiated.....g	0.010	0.001	3	AS		1		0.015		
20:3 n-3.....g	0.000	0.000	3	A		1		0.000		
20:3 n-6.....g	0.010	0.001	3	A		1		0.015		
20:4 undifferentiated.....g	0.022	0.001	3	A		1		0.032		
20:4 n-6.....g										
20:5 n-3 (EPA).....g	0.005	0.000	3	A		1		0.007		
21:5.....g										
22:4.....g	0.004	0.000	3	A		1		0.005		
22:5 n-3 (DPA).....g	0.008	0.001	3	A		1		0.011		
22:6 n-3 (DHA).....g	0.000	0.000	3	A		1		0.000		
Fatty acids, total trans.....g	0.389		0	NC		4		0.579		
Fatty acids, total trans-monoenoic.....g	0.346		0	NC		4		0.515		
Fatty acids, total trans-polyenoic.....g	0.043		0	NC		4		0.064		
Cholesterol.....mg	30	0.563	3	A		1		45		
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.

**NDB No. 21527**

**ARBY'S, roast beef sandwich, classic**

**Common Measures:**

Measure 1 = 149g: 1 sandwich

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



**BURGER KING, CROISSAN'WICH w with Egg and Cheese**

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.766		0	NC	4		5.243		
4:0.....g									
6:0.....g									
8:0.....g	0.175	0.007	4	A	1		0.193		
10:0.....g	0.150	0.005	4	A	1		0.165		
12:0.....g	0.097	0.003	4	A	1		0.106		
13:0.....g									
14:0.....g	0.347	0.008	4	A	1		0.382		
15:0.....g	0.038	0.001	4	A	1		0.041		
16:0.....g	2.722	0.076	4	A	1		2.994		
17:0.....g	0.033	0.001	4	A	1		0.037		
18:0.....g	1.150	0.051	4	A	1		1.265		
20:0.....g	0.029	0.001	4	A	1		0.032		
22:0.....g	0.025	0.002	4	A	1		0.027		
24:0.....g									
Fatty acids, total monounsaturated.....g	6.668		0	NC	4		7.334		
14:1.....g	0.028	0.001	4	A	1		0.030		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.162	0.003	4	A	1		0.179		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	6.443	0.096	4	A	1		7.087		
20:1.....g	0.034	0.002	4	A	1		0.038		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.930		0	NC	4		3.223		
18:2 undifferentiated.....g	2.601	0.107	4	A	1		2.861		
18:3 undifferentiated.....g	0.269		0	AS	1		0.296		
18:3 n-3 c,c,c (ALA).....g	0.269	0.014	4	A	1		0.296		
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.060	0.002	4	A	1		0.066		
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	139	2.250	4	A	1		153		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.100		0	A	1		0.111		
Threonine.....g	0.360		0	A	1		0.396		
Isoleucine.....g	0.486		0	A	1		0.535		
Leucine.....g	0.865		0	A	1		0.951		
Lysine.....g	0.548		0	A	1		0.603		
Methionine.....g	0.231		0	A	1		0.254		
Cystine.....g	0.197		0	A	1		0.217		
Phenylalanine.....g	0.528		0	A	1		0.581		
Tyrosine.....g	0.394		0	A	1		0.434		
Valine.....g	0.606		0	A	1		0.667		
Arginine.....g	0.484		0	A	1		0.533		
Histidine.....g	0.263		0	A	1		0.289		
Alanine.....g	0.451		0	A	1		0.497		
Aspartic acid.....g	0.771		0	A	1		0.849		
Glutamic acid.....g	2.566		0	A	1		2.822		
Glycine.....g	0.336		0	A	1		0.370		

NDB No. 21385

**BURGER KING, CROISSAN'WICH w with Egg and Cheese**

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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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Proline.....g	0.883		0	A	1		0.971		
Serine.....g	0.648		0	A	1		0.713		
Hydroxyproline.....g									

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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 = 110g: 1 item

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



**BURGER KING, CROISSAN'WICH with Sausage and Cheese**

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			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code	Code				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.595		0	NC	4		11.259		
4:0.....g									
6:0.....g									
8:0.....g	0.041	0.001	4	A	1		0.054		
10:0.....g	0.093	0.005	4	A	1		0.121		
12:0.....g	0.108	0.004	4	A	1		0.141		
13:0.....g									
14:0.....g	0.517	0.012	4	A	1		0.677		
15:0.....g	0.046	0.001	4	A	1		0.061		
16:0.....g	5.044	0.049	4	A	1		6.607		
17:0.....g	0.076	0.005	4	A	1		0.100		
18:0.....g	2.608	0.015	4	A	1		3.417		
20:0.....g	0.049	0.001	4	A	1		0.065		
22:0.....g	0.012	0.007	4	A	1		0.016		
24:0.....g									
Fatty acids, total monounsaturated.....g	12.025		0	NC	4		15.752		
14:1.....g	0.015	0.009	4	A	1		0.020		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.442	0.013	4	A	1		0.579		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	11.433	0.253	4	A	1		14.977		
20:1.....g	0.134	0.004	4	A	1		0.176		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.114		0	NC	4		4.080		
18:2 undifferentiated.....g	2.824	0.154	4	A	1		3.700		
18:3 undifferentiated.....g	0.150		0	AS	1		0.196		
18:3 n-3 c,c,c (ALA).....g	0.150	0.011	4	A	1		0.196		
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.081	0.004	4	A	1		0.106		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.059	0.002	4	A	1		0.077		
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	43	1.792	4	A	1		57		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.111		0	A	1		0.146		
Threonine.....g	0.480		0	A	1		0.628		
Isoleucine.....g	0.578		0	A	1		0.757		
Leucine.....g	1.047		0	A	1		1.372		
Lysine.....g	0.819		0	A	1		1.073		
Methionine.....g	0.261		0	A	1		0.342		
Cystine.....g	0.178		0	A	1		0.233		
Phenylalanine.....g	0.587		0	A	1		0.768		
Tyrosine.....g	0.463		0	A	1		0.607		
Valine.....g	0.687		0	A	1		0.900		
Arginine.....g	0.679		0	A	1		0.890		
Histidine.....g	0.411		0	A	1		0.538		
Alanine.....g	0.651		0	A	1		0.853		
Aspartic acid.....g	1.002		0	A	1		1.313		
Glutamic acid.....g	3.075		0	A	1		4.028		
Glycine.....g	0.679		0	A	1		0.889		



NDB No. 21384

**BURGER KING, CROISSAN'WICH w with Sausage and Cheese**

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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	Measure 3
Proline.....g	1.022		0	A	1		1.339		
Serine.....g	0.636		0	A	1		0.833		
Hydroxyproline.....g									

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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 = 131g: 1 item

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.342		0	NC	4		14.265		
4:0.....g	0.047	0.003	3	A	1		0.080		
6:0.....g	0.035	0.002	3	A	1		0.059		
8:0.....g	0.028	0.002	3	A	1		0.047		
10:0.....g	0.067	0.003	3	A	1		0.115		
12:0.....g	0.084	0.004	3	A	1		0.143		
13:0.....g									
14:0.....g	0.385	0.004	3	A	1		0.659		
15:0.....g	0.033	0.001	3	A	1		0.056		
16:0.....g	5.758	0.117	3	A	1		9.847		
17:0.....g	0.057	0.001	3	A	1		0.097		
18:0.....g	1.773	0.024	3	A	1		3.032		
20:0.....g	0.049	0.001	3	A	1		0.084		
22:0.....g	0.016	0.001	3	A	1		0.028		
24:0.....g	0.011	0.000	3	A	1		0.019		
Fatty acids, total monounsaturated.....g	7.838		0	NC	4		13.403		
14:1.....g	0.023	0.001	3	A	1		0.039		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.270	0.005	3	AS	1		0.461		
16:1 c.....g	0.259	0.004	3	A	1		0.443		
16:1 t.....g	0.011	0.001	3	A	1		0.018		
17:1.....g	0.032	0.001	3	A	1		0.055		
18:1 undifferentiated.....g	7.403	0.064	3	AS	1		12.658		
18:1 c.....g	7.303	0.069	3	A	1		12.488		
18:1 t.....g	0.100	0.004	3	A	1		0.170		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.108	0.001	3	A	1		0.185		
22:1 undifferentiated.....g	0.003	0.001	3	AS	1		0.005		
22:1 c.....g	0.003	0.001	3	A	1		0.005		
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	4.212		0	NC	4		7.202		
18:2 undifferentiated.....g	3.797	0.153	3	AS	1		6.493		
18:2 n-6 c,c.....g	3.734	0.154	3	A	1		6.386		
18:2 CLAs.....g	0.023	0.001	3	A	1		0.040		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.039	0.001	3	A	1		0.067		
18:3 undifferentiated.....g	0.192	0.003	3	AS	1		0.328		
18:3 n-3 c,c,c (ALA).....g	0.183	0.002	3	A	1		0.312		
18:3 n-6 c,c,c.....g	0.009	0.001	3	A	1		0.016		
18:3i.....g	0.000	0.000	3	A	1		0.000		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.068	0.004	3	A	1		0.116		
20:3 undifferentiated.....g	0.021	0.003	3	AS	1		0.036		
20:3 n-3.....g	0.004	0.004	3	A	1		0.006		
20:3 n-6.....g	0.018	0.000	3	A	1		0.030		
20:4 undifferentiated.....g	0.093	0.003	3	A	1		0.158		
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	0.017	0.001	3	A	1		0.029		
22:5 n-3 (DPA).....g	0.008	0.000	3	A	1		0.014		
22:6 n-3 (DHA).....g	0.014	0.001	3	A	1		0.025		
Fatty acids, total trans.....g	0.150		0	NC	4		0.256		
Fatty acids, total trans-monoenoic.....g	0.110		0	NC	4		0.188		
Fatty acids, total trans-polyenoic.....g	0.039		0	NC	4		0.067		
Cholesterol.....mg	123	7.378	3	A	1		211		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.106		0	A	1		0.182		
Threonine.....g	0.455		0	A	1		0.777		

NDB No. 21383

**BURGER KING, CROISSAN'WICH w ith Sausage, Egg and Cheese**

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	0.551		0	A	1	0.943		
Leucine.....g	0.929		0	A	1	1.588		
Lysine.....g	0.609		0	A	1	1.042		
Methionine.....g	0.290		0	A	1	0.496		
Cystine.....g								
Phenylalanine.....g	0.542		0	A	1	0.926		
Tyrosine.....g	0.339		0	A	1	0.579		
Valine.....g	0.658		0	A	1	1.125		
Arginine.....g	0.619		0	A	1	1.059		
Histidine.....g	0.329		0	A	1	0.562		
Alanine.....g	0.590		0	A	1	1.009		
Aspartic acid.....g	0.977		0	A	1	1.671		
Glutamic acid.....g	2.399		0	A	1	4.103		
Glycine.....g	0.503		0	A	1	0.860		
Proline.....g	1.093		0	A	1	1.869		
Serine.....g	0.561		0	A	1	0.959		
Hydroxyproline.....g	0.100		1	A	1	0.171		

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 = 171g: 1 sandwich

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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	Deriv Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.842		0	NC	4		9.099		
4:0.....g	0.079		1	A	1		0.105		
6:0.....g	0.049		1	A	1		0.065		
8:0.....g	0.043		1	A	1		0.057		
10:0.....g	0.075		1	A	1		0.100		
12:0.....g	0.105		1	A	1		0.140		
13:0.....g									
14:0.....g	0.684		1	A	1		0.909		
15:0.....g	0.081		1	A	1		0.108		
16:0.....g	3.583		1	A	1		4.766		
17:0.....g	0.139		1	A	1		0.185		
18:0.....g	1.955		1	A	1		2.600		
20:0.....g	0.028		1	A	1		0.038		
22:0.....g	0.010		1	A	1		0.013		
24:0.....g	0.010		1	A	1		0.013		
Fatty acids, total monounsaturated.....g	5.704		0	NC	4		7.586		
14:1.....g	0.088		1	A	1		0.117		
15:1.....g									
16:1 undifferentiated.....g	0.459		0	AS	1		0.610		
16:1 c.....g	0.413		1	A	1		0.549		
16:1 t.....g	0.046		1	A	1		0.062		
17:1.....g	0.083		1	A	1		0.110		
18:1 undifferentiated.....g	5.050		0	AS	1		6.716		
18:1 c.....g	4.423		1	A	1		5.883		
18:1 t.....g	0.626		1	A	1		0.833		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.024		1	A	1		0.032		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.521		0	NC	4		2.023		
18:2 undifferentiated.....g	1.362		0	AS	1		1.812		
18:2 n-6 c,c.....g	1.258		1	A	1		1.673		
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	0.104		1	A	1		0.139		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.123		0	AS	1		0.163		
18:3 n-3 c,c,c (ALA).....g	0.123		1	A	1		0.163		
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.005		1	A	1		0.007		
20:3 undifferentiated.....g	0.011		1	A	1		0.015		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.020		1	A	1		0.026		
20:4 n-6.....g									
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	0.777		0	NC	4		1.033		
Fatty acids, total trans-monoenoic.....g	0.673		0	NC	4		0.895		
Fatty acids, total trans-polyenoic.....g	0.104		0	NC	4		0.139		
Cholesterol.....mg	45		1	A	1		60		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.080		0	A	1		0.106		
Threonine.....g	0.500		0	A	1		0.665		
Isoleucine.....g	0.560		0	A	1		0.745		
Leucine.....g	1.090		0	A	1		1.450		

NDB No. 21251  
 BURGER KING, Cheeseburger

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			
Lysine.....g	0.940		0	A	1	1.250		
Methionine.....g	0.300		0	A	1	0.399		
Cystine.....g	0.200		0	A	1	0.266		
Phenylalanine.....g	0.660		0	A	1	0.878		
Tyrosine.....g	0.430		0	A	1	0.572		
Valine.....g	0.650		0	A	1	0.864		
Arginine.....g	0.770		0	A	1	1.024		
Histidine.....g	0.370		0	A	1	0.492		
Alanine.....g	0.620		0	A	1	0.825		
Aspartic acid.....g	0.970		0	A	1	1.290		
Glutamic acid.....g	3.120		0	A	1	4.149		
Glycine.....g	0.890		0	A	1	1.184		
Proline.....g	1.170		0	A	1	1.556		
Serine.....g	0.600		0	A	1	0.798		
Hydroxyproline.....g	0.160		1	A	1	0.213		

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 = 133g: 1 item

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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





NDB No. 21256  
BURGER KING, Chicken Strips

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.699		0	NC	4		0.972	4.669	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	
8:0.....g	0.005	0.000	3	A	1		0.002	0.008	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.002	0.000	3	A	1		0.001	0.003	
13:0.....g									
14:0.....g	0.034	0.005	3	A	1		0.012	0.059	
15:0.....g	0.004	0.000	3	A	1		0.001	0.006	
16:0.....g	2.085	0.128	3	A	1		0.751	3.607	
17:0.....g	0.012	0.000	3	A	1		0.004	0.020	
18:0.....g	0.452	0.033	3	A	1		0.163	0.783	
20:0.....g	0.055	0.003	3	A	1		0.020	0.095	
22:0.....g	0.028	0.002	3	A	1		0.010	0.048	
24:0.....g	0.023	0.001	3	A	1		0.008	0.039	
Fatty acids, total monounsaturated.....g	4.202		0	NC	4		1.513	7.269	
14:1.....g	0.000	0.000	3	A	1		0.000	0.001	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.051	0.002	3	AS	1		0.018	0.088	
16:1 c.....g	0.051	0.002	3	A	1		0.018	0.088	
16:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.006	0.000	3	A	1		0.002	0.011	
18:1 undifferentiated.....g	4.074	0.277	3	AS	1		1.467	7.048	
18:1 c.....g	4.059	0.275	3	A	1		1.461	7.021	
18:1 t.....g	0.015	0.002	3	A	1		0.005	0.026	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.067	0.008	3	A	1		0.024	0.116	
22:1 undifferentiated.....g	0.002	0.000	3	AS	1		0.001	0.003	
22:1 c.....g	0.002	0.000	3	A	1		0.001	0.003	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.002	0.002	3	A	1		0.001	0.003	
Fatty acids, total polyunsaturated.....g	7.371		0	NC	4		2.653	12.751	
18:2 undifferentiated.....g	6.983	0.280	3	AS	1		2.514	12.081	
18:2 n-6 c,c.....g	6.928	0.279	3	A	1		2.494	11.985	
18:2 CLAs.....g	0.011	0.000	3	A	1		0.004	0.019	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.044	0.001	3	A	1		0.016	0.077	
18:3 undifferentiated.....g	0.317	0.036	3	AS	1		0.114	0.548	
18:3 n-3 c,c,c (ALA).....g	0.296	0.033	3	A	1		0.107	0.512	
18:3 n-6 c,c,c.....g	0.021	0.003	3	A	1		0.007	0.036	
18:3i.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.007	0.000	3	A	1		0.003	0.013	
20:3 undifferentiated.....g	0.007	0.000	3	AS	1		0.002	0.012	
20:3 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6.....g	0.007	0.000	3	A	1		0.002	0.012	
20:4 undifferentiated.....g	0.040	0.002	3	A	1		0.015	0.070	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.011	0.001	3	A	1		0.004	0.019	
22:5 n-3 (DPA).....g	0.003	0.000	3	A	1		0.001	0.006	
22:6 n-3 (DHA).....g	0.002	0.000	3	A	1		0.001	0.004	
Fatty acids, total trans.....g	0.060		0	NC	4		0.021	0.103	
Fatty acids, total trans-monoenoic.....g	0.015		0	NC	4		0.005	0.026	
Fatty acids, total trans-polyenoic.....g	0.044		0	NC	4		0.016	0.077	
Cholesterol.....mg	44	2.090	3	A	1		16	76	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.210		0	A	1		0.076	0.363	
Threonine.....g	0.760		0	A	1		0.274	1.315	

**NDB No. 21256**  
**BURGER KING, Chicken Strips**

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
Isoleucine.....g	0.800		0	A	1	0.288	1.384	
Leucine.....g	1.470		0	A	1	0.529	2.543	
Lysine.....g	1.530		0	A	1	0.551	2.647	
Methionine.....g	0.490		0	A	1	0.176	0.848	
Cystine.....g	0.270		0	A	1	0.097	0.467	
Phenylalanine.....g	1.360		0	A	1	0.490	2.353	
Tyrosine.....g	0.510		0	A	1	0.184	0.882	
Valine.....g	0.860		0	A	1	0.310	1.488	
Arginine.....g	1.150		0	A	1	0.414	1.989	
Histidine.....g	0.620		0	A	1	0.223	1.073	
Alanine.....g	0.960		0	A	1	0.346	1.661	
Aspartic acid.....g	1.530		0	A	1	0.551	2.647	
Glutamic acid.....g	3.020		0	A	1	1.087	5.224	
Glycine.....g	0.800		0	A	1	0.288	1.384	
Proline.....g	1.510		0	A	1	0.544	2.612	
Serine.....g	0.750		0	A	1	0.270	1.298	
Hydroxyproline.....g	0.040		1	A	1	0.014	0.069	

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 = 36g: 1 strip

Measure 2 = 173g: 1 serving 5 pieces

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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	Deriv Code					
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	14.1		1	A	1		52.7		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.773		0	NC	4		21.593		
4:0.....g	0.005		1	A	1		0.019		
6:0.....g	0.005		1	A	1		0.019		
8:0.....g	0.013		1	A	1		0.048		
10:0.....g	0.013		1	A	1		0.049		
12:0.....g	0.061		1	A	1		0.230		
13:0.....g									
14:0.....g	0.372		1	A	1		1.390		
15:0.....g	0.055		1	A	1		0.205		
16:0.....g	3.249		1	A	1		12.149		
17:0.....g	0.146		1	A	1		0.546		
18:0.....g	1.795		1	A	1		6.714		
20:0.....g	0.028		1	A	1		0.106		
22:0.....g	0.020		1	A	1		0.073		
24:0.....g	0.012		1	A	1		0.045		
Fatty acids, total monounsaturated.....g	6.117		0	NC	4		22.879		
14:1.....g	0.096		1	A	1		0.358		
15:1.....g									
16:1 undifferentiated.....g	0.461		0	AS	1		1.726		
16:1 c.....g	0.430		1	A	1		1.609		
16:1 t.....g	0.031		1	A	1		0.116		
17:1.....g	0.095		1	A	1		0.356		
18:1 undifferentiated.....g	5.442		0	AS	1		20.355		
18:1 c.....g	5.128		1	A	1		19.178		
18:1 t.....g	0.315		1	A	1		1.177		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.023		1	A	1		0.084		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.016		0	NC	4		11.281		
18:2 undifferentiated.....g	2.662		0	AS	1		9.956		
18:2 n-6 c,c.....g	2.606		1	A	1		9.745		
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	0.057		1	A	1		0.212		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.315		0	AS	1		1.176		
18:3 n-3 c,c,c (ALA).....g	0.315		1	A	1		1.176		
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.006		1	A	1		0.021		
20:3 undifferentiated.....g	0.009		1	A	1		0.033		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.025		1	A	1		0.095		
20:4 n-6.....g									
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	0.402		0	NC	4		1.505		
Fatty acids, total trans-monoenoic.....g	0.346		0	NC	4		1.293		
Fatty acids, total trans-polyenoic.....g	0.057		0	NC	4		0.212		
Cholesterol.....mg	46		1	A	1		172		
Phytosterols.....mg									

**Amino Acids:**

NDB No. 21254

BURGER KING, DOUBLE WHOPPER, no cheese

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			
Tryptophan.....g	0.100		0	A	1	0.374		
Threonine.....g	0.410		0	A	1	1.533		
Isoleucine.....g	0.550		0	A	1	2.057		
Leucine.....g	0.980		0	A	1	3.665		
Lysine.....g	0.950		0	A	1	3.553		
Methionine.....g	0.270		0	A	1	1.010		
Cystine.....g	0.120		0	A	1	0.448		
Phenylalanine.....g	0.560		0	A	1	2.094		
Tyrosine.....g	0.340		0	A	1	1.272		
Valine.....g	0.630		0	A	1	2.356		
Arginine.....g	0.770		0	A	1	2.879		
Histidine.....g	0.360		0	A	1	1.346		
Alanine.....g	0.660		0	A	1	2.468		
Aspartic acid.....g	0.970		0	A	1	3.628		
Glutamic acid.....g	2.450		0	A	1	9.163		
Glycine.....g	0.980		0	A	1	3.665		
Proline.....g	0.970		0	A	1	3.628		
Serine.....g	0.330		0	A	1	1.234		
Hydroxyproline.....g	0.190		1	A	1	0.710		

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 = 374g: 1 item

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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



NDB No. 21255

**BURGER KING, DOUBLE WHOPPER, with cheese**

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 D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....µg									
Vitamin K (phylloquinone).....µg	11.5		1	A	1		45.9		
Dihydrophyloquinone.....µg	0.3		1	A	1		1.2		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.998		0	NC	4		27.920		
4:0.....g	0.060		1	A	1		0.238		
6:0.....g	0.092		1	A	1		0.368		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.095		1	A	1		0.380		
12:0.....g	0.096		1	A	1		0.384		
13:0.....g	0.000		1	A	1		0.000		
14:0.....g	0.614		1	A	1		2.450		
15:0.....g	0.081		1	A	1		0.323		
16:0.....g	3.820		1	A	1		15.243		
17:0.....g	0.163		1	A	1		0.650		
18:0.....g	1.976		1	A	1		7.885		
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	6.298		0	NC	4		25.127		
14:1.....g	0.145		1	A	1		0.580		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.487		1	A	1		1.945		
17:1.....g	0.114		1	A	1		0.455		
18:1 undifferentiated.....g	5.551		0	AS	1		22.148		
18:1 c.....g	4.931		1	A	1		19.673		
18:1 t.....g	0.620		1	A	1		2.475		
18:1-11 t (18:1t n-7).....g									
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	2.987		0	NC	4		11.916		
18:2 undifferentiated.....g	2.595		1	A	1		10.354		
18:3 undifferentiated.....g	0.392		0	AS	1		1.562		
18:3 n-3 c,c,c (ALA).....g	0.392		1	A	1		1.562		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-6.....g									
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									
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.620		0	NC	4		2.475		
Fatty acids, total trans-monoenoic.....g	0.620		0	NC	4		2.475		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	47		1	A	1		188		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.100		0	A	1		0.399		
Threonine.....g	0.400		0	A	1		1.596		
Isoleucine.....g	0.590		0	A	1		2.354		
Leucine.....g	1.060		0	A	1		4.229		
Lysine.....g	1.010		0	A	1		4.030		

NDB No. 21255

**BURGER KING, DOUBLE WHOPPER, with cheese**

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			
Methionine.....g	0.290		0	A	1	1.157		
Cystine.....g	0.110		0	A	1	0.439		
Phenylalanine.....g	0.610		0	A	1	2.434		
Tyrosine.....g	0.380		0	A	1	1.516		
Valine.....g	0.690		0	A	1	2.753		
Arginine.....g	0.760		0	A	1	3.032		
Histidine.....g	0.370		0	A	1	1.476		
Alanine.....g	0.640		0	A	1	2.553		
Aspartic acid.....g	0.980		0	A	1	3.910		
Glutamic acid.....g	2.550		0	A	1	10.174		
Glycine.....g	0.940		0	A	1	3.750		
Proline.....g	1.230		0	A	1	4.908		
Serine.....g	0.340		0	A	1	1.357		
Hydroxyproline.....g	0.200		1	A	1	0.798		

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 = 399g: 1 item

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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



**NDB No. 21506**  
**BURGER KING, Double Cheeseburger**  
*Burger King Corporation*

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
<b>Proximates:</b>									
Water.....g	47.37	0.327	6	A	1		76.75		
Energy.....kcal	282		0	NC	4		457		
Energy.....kJ	1181		0	NC	4		1913		
Protein.....g	16.83	0.196	6	A	1		27.27		
Total lipid (fat).....g	16.13	0.297	6	A	1		26.14		
Ash.....g	2.23	0.042	6	A	1		3.61		
Carbohydrate, by difference.....g	17.43		0	NC	4		28.23		
Fiber, total dietary.....g									
Sugars, total.....g	4.17	0.167	3	A	1		6.75		
Sucrose.....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose).....g	1.47	0.033	3	A	1		2.38		
Fructose.....g	1.80	0.100	3	A	1		2.92		
Lactose.....g	0.50	0.058	3	A	1		0.81		
Maltose.....g	0.40	0.000	3	A	1		0.65		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	120	4.208	6	A	1		195		
Iron, Fe.....mg	2.33	0.130	6	A	1		3.78		
Magnesium, Mg.....mg	23	0.394	6	A	1		38		
Phosphorus, P.....mg	168	1.607	6	A	1		271		
Potassium, K.....mg	231	4.522	6	A	1		375		
Sodium, Na.....mg	562	11.268	6	A	1		910		
Zinc, Zn.....mg	2.92	0.058	6	A	1		4.73		
Copper, Cu.....mg	0.093	0.003	6	A	1		0.151		
Manganese, Mn.....mg	0.210	0.006	6	A	1		0.340		
Selenium, Se.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.922		0	NC	4		11.214		
4:0.....g	0.077	0.010	3	A	1		0.125		
6:0.....g	0.064	0.006	3	A	1		0.104		
8:0.....g	0.043	0.004	3	A	1		0.070		
10:0.....g	0.110	0.008	3	A	1		0.178		
12:0.....g	0.128	0.009	3	A	1		0.207		
13:0.....g									
14:0.....g	0.685	0.022	3	A	1		1.110		
15:0.....g	0.095	0.002	3	A	1		0.154		
16:0.....g	3.512	0.019	3	A	1		5.689		
17:0.....g	0.161	0.002	3	A	1		0.260		
18:0.....g	2.004	0.065	3	A	1		3.247		
20:0.....g	0.024	0.000	3	A	1		0.039		
22:0.....g	0.010	0.000	3	A	1		0.015		
24:0.....g	0.007	0.000	3	A	1		0.011		
Fatty acids, total monounsaturated.....g	6.079		0	NC	4		9.848		
14:1.....g	0.129	0.002	3	A	1		0.208		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.406	0.013	3	AS	1		0.657		
16:1 c.....g	0.354	0.011	3	A	1		0.573		
16:1 t.....g	0.052	0.002	3	A	1		0.084		
17:1.....g	0.099	0.000	3	A	1		0.160		
18:1 undifferentiated.....g	5.372	0.118	3	AS	1		8.702		
18:1 c.....g	4.825	0.125	3	A	1		7.817		
18:1 t.....g	0.547	0.011	3	A	1		0.885		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.054	0.003	3	A	1		0.087		
22:1 undifferentiated.....g	0.016	0.002	3	AS	1		0.026		
22:1 c.....g	0.016	0.002	3	A	1		0.026		

NDB No. 21506  
 BURGER KING, Double Cheeseburger

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
			Points	Deriv Code	Code					
22:1 t.....g	0.000	0.000	3	A	1		0.000			
24:1 c.....g	0.005	0.003	3	A	1		0.008			
Fatty acids, total polyunsaturated.....g	1.215		0	NC	4		1.969			
18:2 undifferentiated.....g	1.028	0.021	3	AS	1		1.666			
18:2 n-6 c,c.....g	0.840	0.019	3	A	1		1.361			
18:2 CLAs.....g	0.085	0.003	3	A	1		0.137			
18:2 t,t.....g										
18:2 i.....g										
18:2 t not further defined.....g	0.104	0.002	3	A	1		0.168			
18:3 undifferentiated.....g	0.105	0.007	3	AS	1		0.170			
18:3 n-3 c,c,c (ALA).....g	0.104	0.005	3	A	1		0.168			
18:3 n-6 c,c,c.....g	0.001	0.001	3	A	1		0.002			
18:3i.....g										
18:4.....g	0.002	0.001	3	A	1		0.003			
20:2 n-6 c,c.....g	0.005	0.001	3	A	1		0.008			
20:3 undifferentiated.....g	0.020	0.000	3	AS	1		0.032			
20:3 n-3.....g	0.003	0.000	3	A	1		0.005			
20:3 n-6.....g	0.017	0.000	3	A	1		0.027			
20:4 undifferentiated.....g	0.029	0.001	3	A	1		0.046			
20:4 n-6.....g										
20:5 n-3 (EPA).....g	0.006	0.001	3	A	1		0.010			
21:5.....g										
22:4.....g	0.006	0.000	3	A	1		0.010			
22:5 n-3 (DPA).....g	0.014	0.001	3	A	1		0.023			
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.001			
Fatty acids, total trans.....g	0.702		0	NC	4		1.137			
Fatty acids, total trans-monoenoic.....g	0.599		0	NC	4		0.970			
Fatty acids, total trans-polyenoic.....g	0.104		0	NC	4		0.168			
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 = 162g: 1 sandwich

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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	5.5	0.456	4	A	1		5.4		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.821		0	NC	4		3.783		
4:0.....g	0.000	0.000	3	A	1		0.000		
6:0.....g	0.000	0.000	3	A	1		0.000		
8:0.....g	0.001	0.001	3	A	1		0.001		
10:0.....g	0.009	0.000	3	A	1		0.009		
12:0.....g	0.008	0.000	3	A	1		0.008		
13:0.....g									
14:0.....g	0.239	0.007	3	A	1		0.237		
15:0.....g	0.043	0.002	3	A	1		0.042		
16:0.....g	2.050	0.085	3	A	1		2.029		
17:0.....g	0.107	0.003	3	A	1		0.106		
18:0.....g	1.332	0.065	3	A	1		1.319		
20:0.....g	0.018	0.000	3	A	1		0.018		
22:0.....g	0.009	0.000	3	A	1		0.009		
24:0.....g	0.005	0.000	3	A	1		0.005		
Fatty acids, total monounsaturated.....g	4.249		0	NC	4		4.207		
14:1.....g	0.072	0.003	3	A	1		0.071		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.275	0.013	3	AS	1		0.272		
16:1 c.....g	0.245	0.010	3	A	1		0.242		
16:1 t.....g	0.031	0.003	3	A	1		0.030		
17:1.....g	0.069	0.001	3	A	1		0.069		
18:1 undifferentiated.....g	3.754	0.111	3	AS	1		3.716		
18:1 c.....g	3.382	0.121	3	A	1		3.348		
18:1 t.....g	0.372	0.018	3	A	1		0.368		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.047	0.004	3	A	1		0.046		
22:1 undifferentiated.....g	0.026	0.005	3	AS	1		0.025		
22:1 c.....g	0.026	0.005	3	A	1		0.025		
22:1 t.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.007	0.004	3	A	1		0.007		
Fatty acids, total polyunsaturated.....g	1.244		0	NC	4		1.232		
18:2 undifferentiated.....g	1.082	0.056	3	AS	1		1.071		
18:2 n-6 c,c.....g	0.967	0.051	3	A	1		0.957		
18:2 CLAs.....g	0.050	0.003	3	A	1		0.050		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.065	0.002	3	A	1		0.064		
18:3 undifferentiated.....g	0.107	0.008	3	AS	1		0.106		
18:3 n-3 c,c,c (ALA).....g	0.106	0.009	3	A	1		0.105		
18:3 n-6 c,c,c.....g	0.001	0.001	3	A	1		0.001		
18:3i.....g									
18:4.....g	0.001	0.000	3	A	1		0.001		
20:2 n-6 c,c.....g	0.003	0.000	3	A	1		0.003		
20:3 undifferentiated.....g	0.014	0.001	3	AS	1		0.014		
20:3 n-3.....g	0.002	0.000	3	A	1		0.002		
20:3 n-6.....g	0.012	0.001	3	A	1		0.011		
20:4 undifferentiated.....g	0.017	0.000	3	A	1		0.017		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	3	A	1		0.003		
21:5.....g									
22:4.....g	0.006	0.001	3	A	1		0.006		
22:5 n-3 (DPA).....g	0.009	0.001	3	A	1		0.009		
22:6 n-3 (DHA).....g	0.001	0.001	3	A	1		0.001		
Fatty acids, total trans.....g	0.467		0	NC	4		0.462		
Fatty acids, total trans-monoenoic.....g	0.402		0	NC	4		0.398		

**NDB No. 21250**  
**BURGER KING, Hamburger**

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 trans-polyenoic.....g	0.065		0	NC	4	0.064	
Cholesterol.....mg	35	0.846	4	A	1	35	
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 = 99g: 1 sandwich

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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



NDB No. 21387  
 BURGER KING, Hash Brown Rounds

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.285		0	NC	4		0.184	5.256	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	
8:0.....g	0.014	0.002	3	A	1		0.001	0.022	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.004	0.000	3	A	1		0.000	0.007	
13:0.....g									
14:0.....g	0.041	0.006	3	A	1		0.002	0.065	
15:0.....g	0.006	0.000	3	A	1		0.000	0.010	
16:0.....g	2.485	0.136	3	A	1		0.139	3.976	
17:0.....g	0.015	0.001	3	A	1		0.001	0.023	
18:0.....g	0.585	0.034	3	A	1		0.033	0.935	
20:0.....g	0.071	0.003	3	A	1		0.004	0.114	
22:0.....g	0.038	0.001	3	A	1		0.002	0.060	
24:0.....g	0.027	0.001	3	A	1		0.002	0.044	
Fatty acids, total monounsaturated.....g	5.466		0	NC	4		0.306	8.746	
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	0.039	0.005	3	AS	1		0.002	0.062	
16:1 c.....g	0.039	0.005	3	A	1		0.002	0.062	
16:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.008	0.000	3	A	1		0.000	0.013	
18:1 undifferentiated.....g	5.347	0.251	3	AS	1		0.299	8.556	
18:1 c.....g	5.319	0.245	3	A	1		0.298	8.510	
18:1 t.....g	0.028	0.006	3	A	1		0.002	0.045	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.067	0.008	3	A	1		0.004	0.107	
22:1 undifferentiated.....g	0.002	0.000	3	AS	1		0.000	0.004	
22:1 c.....g	0.002	0.000	3	A	1		0.000	0.003	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.001	
24:1 c.....g	0.002	0.001	3	A	1		0.000	0.004	
Fatty acids, total polyunsaturated.....g	8.984		0	NC	4		0.503	14.374	
18:2 undifferentiated.....g	8.457	0.199	3	AS	1		0.474	13.530	
18:2 n-6 c,c.....g	8.367	0.196	3	A	1		0.469	13.387	
18:2 CLAs.....g	0.029	0.002	3	A	1		0.002	0.046	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.061	0.005	3	A	1		0.003	0.098	
18:3 undifferentiated.....g	0.512	0.023	3	AS	1		0.029	0.818	
18:3 n-3 c,c,c (ALA).....g	0.475	0.020	3	A	1		0.027	0.760	
18:3 n-6 c,c,c.....g	0.037	0.004	3	A	1		0.002	0.059	
18:3i.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.007	0.001	3	A	1		0.000	0.012	
20:3 undifferentiated.....g	0.002	0.000	3	AS	1		0.000	0.003	
20:3 n-3.....g	0.002	0.000	3	A	1		0.000	0.003	
20:3 n-6.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.006	0.000	3	A	1		0.000	0.010	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.090		0	NC	4		0.005	0.143	
Fatty acids, total trans-monoenoic.....g	0.029		0	NC	4		0.002	0.046	
Fatty acids, total trans-polyenoic.....g	0.061		0	NC	4		0.003	0.098	
Cholesterol.....mg	0		2	A	1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.034		0	A	1		0.002	0.054	
Threonine.....g	0.119		0	A	1		0.007	0.191	

NDB No. 21387  
 BURGER KING, Hash Brown Rounds

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	0.100		0	A	1	0.006	0.160	
Leucine.....g	0.178		0	A	1	0.010	0.284	
Lysine.....g	0.173		0	A	1	0.010	0.277	
Methionine.....g	0.036		0	A	1	0.002	0.058	
Cystine.....g	0.041		0	A	1	0.002	0.066	
Phenylalanine.....g	0.124		0	A	1	0.007	0.199	
Tyrosine.....g	0.090		0	A	1	0.005	0.145	
Valine.....g	0.139		0	A	1	0.008	0.222	
Arginine.....g	0.134		0	A	1	0.008	0.215	
Histidine.....g	0.049		0	A	1	0.003	0.078	
Alanine.....g	0.107		0	A	1	0.006	0.171	
Aspartic acid.....g	0.502		0	A	1	0.028	0.804	
Glutamic acid.....g	0.379		0	A	1	0.021	0.606	
Glycine.....g	0.095		0	A	1	0.005	0.152	
Proline.....g	0.105		0	A	1	0.006	0.167	
Serine.....g	0.122		0	A	1	0.007	0.195	
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 = 5.6g: 1 piece  
 Measure 2 = 160g: 1 serving

**Calories Factors: Protein                      Fat                      Carbohydrate**

**Food Group:** 21 Fast Foods  
 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.194		0	NC	4		3.816	4.907	5.955
4:0.....g	0.004	0.001	6	A	1		0.004	0.005	0.006
6:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0.....g	0.015	0.001	6	A	1		0.013	0.017	0.021
10:0.....g	0.012	0.001	6	A	1		0.011	0.015	0.018
12:0.....g	0.006	0.001	6	A	1		0.005	0.007	0.008
13:0.....g									
14:0.....g	0.058	0.004	6	A	1		0.052	0.067	0.082
15:0.....g	0.006	0.000	6	A	1		0.005	0.007	0.008
16:0.....g	3.242	0.127	6	A	1		2.950	3.793	4.604
17:0.....g	0.020	0.001	6	A	1		0.019	0.024	0.029
18:0.....g	0.655	0.026	6	A	1		0.596	0.767	0.931
20:0.....g	0.087	0.003	6	A	1		0.079	0.102	0.124
22:0.....g	0.052	0.002	6	A	1		0.047	0.060	0.073
24:0.....g	0.036	0.001	6	A	1		0.033	0.042	0.052
Fatty acids, total monounsaturated.....g	6.885		0	NC	4		6.266	8.056	9.777
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	0.053	0.003	6	AS	1		0.048	0.062	0.075
16:1 c.....g	0.053	0.003	6	A	1		0.048	0.062	0.075
16:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
17:1.....g	0.011	0.000	6	A	1		0.010	0.013	0.016
18:1 undifferentiated.....g	6.729	0.240	6	AS	1		6.123	7.873	9.555
18:1 c.....g	6.700	0.238	6	A	1		6.097	7.839	9.514
18:1 t.....g	0.029	0.005	6	A	1		0.026	0.034	0.041
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.081	0.005	6	A	1		0.073	0.094	0.115
22:1 undifferentiated.....g	0.005	0.000	6	AS	1		0.004	0.005	0.007
22:1 c.....g	0.003	0.000	6	A	1		0.003	0.003	0.004
22:1 t.....g	0.002	0.000	6	A	1		0.002	0.002	0.003
24:1 c.....g	0.007	0.001	6	A	1		0.006	0.008	0.009
Fatty acids, total polyunsaturated.....g	12.149		0	NC	4		11.055	14.214	17.251
18:2 undifferentiated.....g	11.507	0.328	6	AS	1		10.472	13.464	16.341
18:2 n-6 c,c.....g	11.338	0.323	6	A	1		10.318	13.266	16.100
18:2 CLAs.....g	0.037	0.003	6	A	1		0.033	0.043	0.052
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.133	0.006	6	A	1		0.121	0.155	0.189
18:3 undifferentiated.....g	0.619	0.040	6	AS	1		0.563	0.724	0.879
18:3 n-3 c,c,c (ALA).....g	0.577	0.037	6	A	1		0.525	0.675	0.819
18:3 n-6 c,c,c.....g	0.042	0.004	6	A	1		0.038	0.049	0.060
18:3i.....g									
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.009	0.001	6	A	1		0.008	0.011	0.013
20:3 undifferentiated.....g	0.004	0.000	6	AS	1		0.003	0.004	0.005
20:3 n-3.....g	0.004	0.000	6	A	1		0.003	0.004	0.005
20:3 n-6.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.007	0.000	6	A	1		0.007	0.009	0.011
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	6	A	1		0.001	0.001	0.002
21:5.....g									
22:4.....g	0.001	0.000	6	A	1		0.001	0.001	0.001
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	0.164		0	NC	4		0.149	0.192	0.232
Fatty acids, total trans-monoenoic.....g	0.031		0	NC	4		0.028	0.036	0.044
Fatty acids, total trans-polyenoic.....g	0.133		0	NC	4		0.121	0.155	0.189
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

NDB No. 21509  
BURGER KING, Onion Rings

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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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

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food, or similar food.

**Common Measures:**

- Measure 1 = 91g: 1 small
- Measure 2 = 117g: 1 medium
- Measure 3 = 142g: 1 large

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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 D.....IU									
Vitamin K (phylloquinone).....µg	23.7		1	A	1		47.2		
Dihydrophyloquinone.....µg	7.7		1	A	1		15.3		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.723		0	NC	4		5.419		
4:0.....g	0.001	0.001	3	A	1		0.001		
6:0.....g	0.000	0.000	3	A	1		0.000		
8:0.....g	0.003	0.000	3	A	1		0.007		
10:0.....g	0.005	0.001	3	A	1		0.010		
12:0.....g	0.003	0.001	3	A	1		0.006		
13:0.....g									
14:0.....g	0.030	0.002	3	A	1		0.060		
15:0.....g	0.005	0.001	3	A	1		0.010		
16:0.....g	1.950	0.101	3	A	1		3.880		
17:0.....g	0.015	0.001	3	A	1		0.030		
18:0.....g	0.616	0.025	3	A	1		1.226		
20:0.....g	0.042	0.003	3	A	1		0.083		
22:0.....g	0.037	0.003	3	A	1		0.073		
24:0.....g	0.017	0.001	3	A	1		0.033		
Fatty acids, total monounsaturated.....g	3.704		0	NC	4		7.370		
14:1.....g	0.004	0.001	3	A	1		0.009		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.144	0.015	3	AS	1		0.286		
16:1 c.....g	0.143	0.014	3	A	1		0.285		
16:1 t.....g	0.001	0.001	3	A	1		0.002		
17:1.....g	0.009	0.000	3	A	1		0.017		
18:1 undifferentiated.....g	3.475	0.208	3	AS	1		6.914		
18:1 c.....g	3.453	0.208	3	A	1		6.871		
18:1 t.....g	0.022	0.002	3	A	1		0.044		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.068	0.011	3	A	1		0.135		
22:1 undifferentiated.....g	0.001	0.000	3	AS	1		0.003		
22:1 c.....g	0.001	0.000	3	A	1		0.003		
22:1 t.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.003	0.003	3	A	1		0.006		
Fatty acids, total polyunsaturated.....g	7.220		0	NC	4		14.367		
18:2 undifferentiated.....g	6.491	0.602	3	AS	1		12.917		
18:2 n-6 c,c.....g	6.417	0.595	3	A	1		12.770		
18:2 CLAs.....g	0.015	0.000	3	A	1		0.030		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.059	0.007	3	A	1		0.117		
18:3 undifferentiated.....g	0.668	0.053	3	AS	1		1.329		
18:3 n-3 c,c,c (ALA).....g	0.649	0.062	3	A	1		1.292		
18:3 n-6 c,c,c.....g	0.018	0.009	3	A	1		0.036		
18:3i.....g									
18:4.....g	0.001	0.001	3	A	1		0.001		
20:2 n-6 c,c.....g	0.009	0.001	3	A	1		0.018		
20:3 undifferentiated.....g	0.010	0.001	3	AS	1		0.020		
20:3 n-3.....g	0.002	0.000	3	A	1		0.003		
20:3 n-6.....g	0.008	0.000	3	A	1		0.017		
20:4 undifferentiated.....g	0.027	0.003	3	A	1		0.054		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	3	A	1		0.001		
21:5.....g									
22:4.....g	0.010	0.001	3	A	1		0.019		
22:5 n-3 (DPA).....g	0.002	0.000	3	A	1		0.005		
22:6 n-3 (DHA).....g	0.002	0.000	3	A	1		0.004		
Fatty acids, total trans.....g	0.082		0	NC	4		0.163		
Fatty acids, total trans-monoenoic.....g	0.023		0	NC	4		0.046		
Fatty acids, total trans-polyenoic.....g	0.059		0	NC	4		0.117		
Cholesterol.....mg	31		1	A	1		62		

NDB No. 21259

**BURGER KING, Original Chicken Sandwich**

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			
Phytosterols.....mg							
<b><u>Amino Acids:</u></b>							
Tryptophan.....g	0.145		0	A	1	0.288	
Threonine.....g	0.367		0	A	1	0.730	
Isoleucine.....g	0.550		0	A	1	1.095	
Leucine.....g	0.936		0	A	1	1.864	
Lysine.....g	0.811		0	A	1	1.614	
Methionine.....g	0.270		0	A	1	0.538	
Cystine.....g	0.212		0	A	1	0.422	
Phenylalanine.....g	0.560		0	A	1	1.114	
Tyrosine.....g	0.328		0	A	1	0.653	
Valine.....g	0.608		0	A	1	1.210	
Arginine.....g	0.685		0	A	1	1.364	
Histidine.....g	0.367		0	A	1	0.730	
Alanine.....g	0.521		0	A	1	1.037	
Aspartic acid.....g	0.879		0	A	1	1.748	
Glutamic acid.....g	2.732		0	A	1	5.437	
Glycine.....g	0.637		0	A	1	1.268	
Proline.....g	1.091		0	A	1	2.171	
Serine.....g	0.357		0	A	1	0.711	
Hydroxyproline.....g	0.080		1	A	1	0.159	

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 = 199g: 1 sandwich

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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

**NDB No. 21258**  
**BURGER KING, Premium Fish Sandwich**  
*Burger King Corporation*

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
<b>Proximates:</b>									
Water.....g	48.44	0.547	6	A	1		106.56		
Energy.....kcal	260		0	NC	4		572		
Energy.....kJ	1088		0	NC	4		2394		
Protein (N x 6.25).....g	10.29	0.132	6	A	1		22.64		
Total lipid (fat).....g	12.45	0.704	6	A	1		27.40		
Ash.....g	2.13	0.025	6	A	1		4.68		
Carbohydrate, by difference.....g	26.69		0	NC	4		58.72		
Fiber, total dietary.....g	0.9		1	A	1		1.9		
Sugars, total.....g	3.53	0.033	3	A	1		7.77		
Sucrose.....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose).....g	1.20	0.000	3	A	1		2.64		
Fructose.....g	1.47	0.033	3	A	1		3.23		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.87	0.033	3	A	1		1.91		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	37	0.690	6	A	1		82		
Iron, Fe.....mg	1.50	0.038	6	A	1		3.29		
Magnesium, Mg.....mg	25	0.307	6	A	1		55		
Phosphorus, P.....mg	116	0.989	6	A	1		256		
Potassium, K.....mg	206	2.937	6	A	1		454		
Sodium, Na.....mg	602	8.784	6	A	1		1325		
Zinc, Zn.....mg	0.49	0.006	6	A	1		1.08		
Copper, Cu.....mg	0.075	0.002	6	A	1		0.165		
Manganese, Mn.....mg	0.264	0.008	6	A	1		0.580		
Selenium, Se.....µg	24.3		1	A	1		53.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		1	A	1		0.4		
Thiamin.....mg	0.197		1	A	1		0.433		
Riboflavin.....mg	0.180		1	A	1		0.396		
Niacin.....mg	2.090		1	A	1		4.598		
Pantothenic acid.....mg	0.170		1	A	1		0.374		
Vitamin B-6.....mg	0.036		1	A	1		0.079		
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	22.5		1	A	1		49.5		
Dihydrophyloquinone.....µg	9.1		1	A	1		20.0		
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	1.949		0	NC	4		4.288		
4:0.....g	0.001	0.001	3	A	1		0.001		
6:0.....g	0.000	0.000	3	A	1		0.000		
8:0.....g	0.002	0.001	3	A	1		0.005		
10:0.....g	0.004	0.000	3	A	1		0.008		
12:0.....g	0.001	0.000	3	A	1		0.003		
13:0.....g									
14:0.....g	0.022	0.001	3	A	1		0.049		
15:0.....g	0.003	0.000	3	A	1		0.007		
16:0.....g	1.435	0.102	3	A	1		3.157		
17:0.....g	0.012	0.001	3	A	1		0.026		
18:0.....g	0.389	0.045	3	A	1		0.856		
20:0.....g	0.037	0.003	3	A	1		0.081		
22:0.....g	0.029	0.005	3	A	1		0.064		
24:0.....g	0.015	0.001	3	A	1		0.033		
Fatty acids, total monounsaturated.....g	2.595		0	NC	4		5.708		
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	0.028	0.002	3	AS	1		0.062		
16:1 c.....g	0.028	0.002	3	A	1		0.061		
16:1 t.....g	0.000	0.000	3	A	1		0.001		
17:1.....g	0.006	0.001	3	A	1		0.013		
18:1 undifferentiated.....g	2.498	0.232	3	AS	1		5.496		
18:1 c.....g	2.471	0.229	3	A	1		5.436		
18:1 t.....g	0.027	0.003	3	A	1		0.060		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.055	0.008	3	A	1		0.120		
22:1 undifferentiated.....g	0.004	0.001	3	AS	1		0.010		
22:1 c.....g	0.004	0.001	3	A	1		0.010		
22:1 t.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.003	0.002	3	A	1		0.007		
Fatty acids, total polyunsaturated.....g	6.257		0	NC	4		13.765		
18:2 undifferentiated.....g	5.627	0.490	3	AS	1		12.379		
18:2 n-6 c,c.....g	5.561	0.476	3	A	1		12.234		
18:2 CLAs.....g	0.013	0.004	3	A	1		0.029		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.053	0.012	3	A	1		0.116		
18:3 undifferentiated.....g	0.512	0.094	3	AS	1		1.126		
18:3 n-3 c,c,c (ALA).....g	0.489	0.083	3	A	1		1.076		
18:3 n-6 c,c,c.....g	0.023	0.011	3	A	1		0.050		
18:3i.....g									
18:4.....g	0.002	0.001	3	A	1		0.004		
20:2 n-6 c,c.....g	0.005	0.001	3	A	1		0.011		
20:3 undifferentiated.....g	0.003	0.001	3	AS	1		0.007		
20:3 n-3.....g	0.001	0.001	3	A	1		0.002		
20:3 n-6.....g	0.002	0.000	3	A	1		0.005		
20:4 undifferentiated.....g	0.008	0.001	3	A	1		0.017		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.029	0.001	3	A	1		0.064		
21:5.....g									
22:4.....g	0.004	0.000	3	A	1		0.008		
22:5 n-3 (DPA).....g	0.003	0.000	3	A	1		0.007		
22:6 n-3 (DHA).....g	0.064	0.004	3	A	1		0.142		
Fatty acids, total trans.....g	0.080		0	NC	4		0.177		
Fatty acids, total trans-monoenoic.....g	0.028		0	NC	4		0.061		
Fatty acids, total trans-polyenoic.....g	0.053		0	NC	4		0.116		
Cholesterol.....mg	31		1	A	1		68		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.081		0	A	1		0.179		
Threonine.....g	0.356		0	A	1		0.783		
Isoleucine.....g	0.386		0	A	1		0.850		



NDB No. 21258

**BURGER KING, Premium Fish Sandwich**

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			
Leucine.....g	0.803		0	A	1	1.768	
Lysine.....g	0.661		0	A	1	1.454	
Methionine.....g	0.234		0	A	1	0.515	
Cystine.....g	0.153		0	A	1	0.336	
Phenylalanine.....g	0.478		0	A	1	1.051	
Tyrosine.....g	0.336		0	A	1	0.738	
Valine.....g	0.458		0	A	1	1.007	
Arginine.....g	0.488		0	A	1	1.073	
Histidine.....g	0.213		0	A	1	0.470	
Alanine.....g	0.376		0	A	1	0.828	
Aspartic acid.....g	0.712		0	A	1	1.566	
Glutamic acid.....g	2.471		0	A	1	5.437	
Glycine.....g	0.407		0	A	1	0.895	
Proline.....g	0.712		0	A	1	1.566	
Serine.....g	0.488		0	A	1	1.074	
Hydroxyproline.....g	0.000		1	A	1	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 = 220g: 1 sandwich

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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





NDB No. 21141  
 BURGER KING, Vanilla Shake

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						
Isoleucine.....g										
Leucine.....g										
Lysine.....g										
Methionine.....g										
Cystine.....g										
Phenylalanine.....g										
Tyrosine.....g										
Valine.....g										
Arginine.....g										
Histidine.....g										
Alanine.....g										
Aspartic acid.....g										
Glutamic acid.....g										
Glycine.....g										
Proline.....g										
Serine.....g										
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 = 24.8g: 1 fl oz
- Measure 2 = 298g: 1 small 12 fl oz
- Measure 3 = 397g: 1 medium 16 fl oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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	Deriv Code						
Vitamin D2 (ergocalciferol).....µg										
Vitamin D3 (cholecalciferol).....µg										
Vitamin D.....IU										
Vitamin K (phylloquinone).....µg	19.5	1.415	4	A		1	56.9			
Dihydrophyloquinone.....µg	0.4		4	A		1	1.0			
Menaquinone-4.....µg										
<b>Lipids:</b>										
Fatty acids, total saturated.....g	4.250		0	NC		4	12.369			
4:0.....g	0.002	0.001	4	A		1	0.006			
6:0.....g	0.002	0.001	4	A		1	0.006			
8:0.....g	0.006	0.003	4	A		1	0.017			
10:0.....g	0.006	0.003	4	A		1	0.017			
12:0.....g	0.038	0.022	4	A		1	0.109			
13:0.....g	0.000		2	A		1	0.000			
14:0.....g	0.249	0.013	4	A		1	0.724			
15:0.....g	0.040	0.003	4	A		1	0.115			
16:0.....g	2.435	0.049	4	A		1	7.085			
17:0.....g	0.102	0.005	4	A		1	0.298			
18:0.....g	1.342	0.032	4	A		1	3.906			
20:0.....g	0.013	0.007	4	A		1	0.036			
22:0.....g	0.010	0.006	4	A		1	0.029			
24:0.....g	0.007	0.004	4	A		1	0.021			
Fatty acids, total monounsaturated.....g	4.685		0	NC		4	13.633			
14:1.....g	0.072	0.005	4	A		1	0.211			
15:1.....g	0.000		2	A		1	0.000			
16:1 undifferentiated.....g	0.328		0	A		1	0.955			
16:1 c.....g	0.303		2	A		1	0.883			
16:1 t.....g	0.025		2	A		1	0.072			
17:1.....g	0.069	0.003	4	A		1	0.201			
18:1 undifferentiated.....g	4.203		0	A		1	12.230			
18:1 c.....g	3.791	0.087	4	A		1	11.033			
18:1 t.....g	0.411	0.024	4	A		1	1.197			
18:1-11 t (18:1t n-7).....g										
20:1.....g	0.013	0.007	4	A		1	0.037			
22:1 undifferentiated.....g	0.000	0.000	4	A		1	0.000			
24:1 c.....g										
Fatty acids, total polyunsaturated.....g	3.389		0	NC		4	9.862			
18:2 undifferentiated.....g	0.071		0	A		1	0.207			
18:2 n-6 c,c.....g	2.757		2	A		1	8.023			
18:2 CLAs.....g										
18:2 t.....g										
18:2 i.....g	0.071		2	A		1	0.207			
18:2 t not further defined.....g										
18:3 undifferentiated.....g	0.275		0	AS		1	0.800			
18:3 n-3 c,c,c (ALA).....g	0.275	0.085	4	A		1	0.800			
18:3 n-6 c,c,c.....g	0.000		2	A		1	0.000			
18:3i.....g										
18:4.....g	0.000		2	A		1	0.000			
20:2 n-6 c,c.....g	0.002	0.001	4	A		1	0.007			
20:3 undifferentiated.....g	0.003	0.002	4	A		1	0.010			
20:3 n-3.....g										
20:3 n-6.....g										
20:4 undifferentiated.....g	0.006	0.003	4	A		1	0.017			
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										
22:5 n-3 (DPA).....g	0.000		2	A		1	0.000			
22:6 n-3 (DHA).....g	0.000	0.000	4	A		1	0.000			
Fatty acids, total trans.....g	0.507		0	NC		4	1.476			
Fatty acids, total trans-monoenoic.....g	0.436		0	NC		4	1.269			
Fatty acids, total trans-polyenoic.....g	0.071		0	NC		4	0.207			
Cholesterol.....mg	30	0.589	4	A		1	87			

NDB No. 21252  
 BURGER KING, WHOPPER, no cheese

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
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.070		0	A	1		0.205		
Threonine.....g	0.374		0	A	1		1.087		
Isoleucine.....g	0.345		0	A	1		1.005		
Leucine.....g	0.762		0	A	1		2.217		
Lysine.....g	0.593		0	A	1		1.725		
Methionine.....g	0.208		0	A	1		0.605		
Cystine.....g									
Phenylalanine.....g	0.461		0	A	1		1.341		
Tyrosine.....g	0.268		0	A	1		0.780		
Valine.....g	0.416		0	A	1		1.209		
Arginine.....g	0.574		0	A	1		1.671		
Histidine.....g	0.253		0	A	1		0.736		
Alanine.....g	0.511		0	A	1		1.486		
Aspartic acid.....g	0.754		0	A	1		2.195		
Glutamic acid.....g	2.311		0	A	1		6.726		
Glycine.....g	0.760		0	A	1		2.212		
Proline.....g	0.990		0	A	1		2.880		
Serine.....g	0.461		0	A	1		1.342		
Hydroxyproline.....g	0.175	0.012	4	A	1		0.509		

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 = 291g: 1 item

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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





NDB No. 21253  
 BURGER KING, WHOPPER, with cheese

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				
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	19.1		1	A	1		60.4		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.782		0	NC	4		18.272		
4:0.....g	0.134		1	A	1		0.423		
6:0.....g	0.055		1	A	1		0.174		
8:0.....g	0.042		1	A	1		0.133		
10:0.....g	0.100		1	A	1		0.316		
12:0.....g	0.101		1	A	1		0.319		
13:0.....g	0.000		1	A	1		0.000		
14:0.....g	0.523		1	A	1		1.652		
15:0.....g	0.073		1	A	1		0.230		
16:0.....g	3.155		1	A	1		9.971		
17:0.....g	0.117		1	A	1		0.370		
18:0.....g	1.482		1	A	1		4.684		
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	5.058		0	NC	4		15.983		
14:1.....g	0.131		1	A	1		0.413		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.350		1	A	1		1.107		
17:1.....g	0.073		1	A	1		0.231		
18:1 undifferentiated.....g	4.504		0	AS	1		14.232		
18:1 c.....g	4.078		1	A	1		12.888		
18:1 t.....g	0.425		1	A	1		1.344		
18:1-11 t (18:1t n-7).....g									
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	3.784		0	NC	4		11.956		
18:2 undifferentiated.....g	3.315		1	A	1		10.474		
18:3 undifferentiated.....g	0.469		0	AS	1		1.482		
18:3 n-3 c,c,c (ALA).....g	0.469		1	A	1		1.482		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-6.....g									
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									
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.425		0	NC	4		1.344		
Fatty acids, total trans-monoenoic.....g	0.425		0	NC	4		1.344		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	36		1	A	1		114		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.090		0	A	1		0.284		
Threonine.....g	0.440		0	A	1		1.390		
Isoleucine.....g	0.510		0	A	1		1.611		
Leucine.....g	0.960		0	A	1		3.033		
Lysine.....g	0.840		0	A	1		2.654		

NDB No. 21253  
 BURGER KING, WHOPPER, with cheese

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			
Methionine.....g	0.260		0	A	1	0.821		
Cystine.....g	0.110		0	A	1	0.347		
Phenylalanine.....g	0.560		0	A	1	1.770		
Tyrosine.....g	0.380		0	A	1	1.200		
Valine.....g	0.600		0	A	1	1.896		
Arginine.....g	0.690		0	A	1	2.180		
Histidine.....g	0.320		0	A	1	1.011		
Alanine.....g	0.590		0	A	1	1.864		
Aspartic acid.....g	0.920		0	A	1	2.907		
Glutamic acid.....g	2.500		0	A	1	7.900		
Glycine.....g	0.840		0	A	1	2.654		
Proline.....g	0.930		0	A	1	2.939		
Serine.....g	0.480		0	A	1	1.516		
Hydroxyproline.....g	0.150		1	A	1	0.474		

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 = 316g: 1 item

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.137		0	NC	4		1.581	2.500	3.418
4:0.....g	0.005	0.001	6	A	1		0.003	0.005	0.007
6:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0.....g	0.009	0.000	6	A	1		0.007	0.011	0.015
10:0.....g	0.010	0.000	6	A	1		0.008	0.012	0.016
12:0.....g	0.004	0.000	6	A	1		0.003	0.004	0.006
13:0.....g									
14:0.....g	0.031	0.002	6	A	1		0.023	0.037	0.050
15:0.....g	0.004	0.000	6	A	1		0.003	0.004	0.006
16:0.....g	1.676	0.051	6	A	1		1.240	1.961	2.682
17:0.....g	0.010	0.000	6	A	1		0.007	0.011	0.016
18:0.....g	0.313	0.014	6	A	1		0.231	0.366	0.500
20:0.....g	0.038	0.008	6	A	1		0.028	0.044	0.060
22:0.....g	0.021	0.001	6	A	1		0.015	0.024	0.033
24:0.....g	0.017	0.000	6	A	1		0.012	0.020	0.027
Fatty acids, total monounsaturated.....g	3.270		0	NC	4		2.420	3.826	5.233
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	0.025	0.001	6	AS	1		0.018	0.029	0.039
16:1 c.....g	0.025	0.001	6	A	1		0.018	0.029	0.039
16:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
17:1.....g	0.005	0.000	6	A	1		0.004	0.006	0.008
18:1 undifferentiated.....g	3.199	0.171	6	AS	1		2.367	3.743	5.118
18:1 c.....g	3.186	0.170	6	A	1		2.358	3.728	5.098
18:1 t.....g	0.013	0.002	6	A	1		0.009	0.015	0.020
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.037	0.007	6	A	1		0.028	0.044	0.060
22:1 undifferentiated.....g	0.001	0.000	6	AS	1		0.001	0.002	0.002
22:1 c.....g	0.001	0.000	6	A	1		0.001	0.001	0.002
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	0.001
24:1 c.....g	0.003	0.000	6	A	1		0.002	0.004	0.005
Fatty acids, total polyunsaturated.....g	5.946		0	NC	4		4.400	6.956	9.513
18:2 undifferentiated.....g	5.648	0.160	6	AS	1		4.179	6.608	9.036
18:2 n-6 c,c.....g	5.599	0.159	6	A	1		4.143	6.551	8.959
18:2 CLAs.....g	0.015	0.001	6	A	1		0.011	0.018	0.024
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.033	0.001	6	A	1		0.025	0.039	0.053
18:3 undifferentiated.....g	0.289	0.019	6	AS	1		0.214	0.339	0.463
18:3 n-3 c,c,c (ALA).....g	0.273	0.017	6	A	1		0.202	0.319	0.437
18:3 n-6 c,c,c.....g	0.016	0.001	6	A	1		0.012	0.019	0.026
18:3i.....g									
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.004	0.000	6	A	1		0.003	0.004	0.006
20:3 undifferentiated.....g	0.002	0.001	6	AS	1		0.001	0.002	0.002
20:3 n-3.....g	0.002	0.001	6	A	1		0.001	0.002	0.002
20:3 n-6.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.003	0.000	6	A	1		0.002	0.004	0.005
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	0.046		0	NC	4		0.034	0.054	0.074
Fatty acids, total trans-monoenoic.....g	0.013		0	NC	4		0.010	0.015	0.021
Fatty acids, total trans-polyenoic.....g	0.033		0	NC	4		0.025	0.039	0.053
Cholesterol.....mg									
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.028		0	A	1		0.021	0.032	0.044
Threonine.....g	0.110		0	A	1		0.082	0.129	0.176

NDB No. 21249  
 BURGER KING, french fries

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	0.108		0	A	1		0.080	0.127	0.173
Leucine.....g	0.170		0	A	1		0.126	0.199	0.273
Lysine.....g	0.265		0	A	1		0.196	0.310	0.424
Methionine.....g	0.060		0	A	1		0.044	0.070	0.096
Cystine.....g	0.011		0	A	1		0.008	0.013	0.018
Phenylalanine.....g	0.146		0	A	1		0.108	0.170	0.233
Tyrosine.....g	0.096		0	A	1		0.071	0.113	0.154
Valine.....g	0.164		0	A	1		0.121	0.192	0.262
Arginine.....g	0.182		0	A	1		0.134	0.213	0.291
Histidine.....g	0.065		0	A	1		0.048	0.076	0.104
Alanine.....g	0.104		0	A	1		0.077	0.121	0.166
Aspartic acid.....g	0.677		0	A	1		0.501	0.792	1.083
Glutamic acid.....g	0.504		0	A	1		0.373	0.590	0.806
Glycine.....g	0.095		0	A	1		0.070	0.111	0.151
Proline.....g	0.133		0	A	1		0.099	0.156	0.213
Serine.....g	0.110		0	A	1		0.081	0.128	0.176
Hydroxyproline.....g	0.000	0.000	4	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 = 74g: 1 small serving
- Measure 2 = 117g: 1 medium serving
- Measure 3 = 160g: 1 large serving

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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



NDB No. 21386  
 BURGER KING, french toast sticks

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.989		0	NC	4		0.838	4.268	
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.007	0.007	4	A	1		0.001	0.007	
15:0.....g	0.000	0.000	4	A	1		0.000	0.000	
16:0.....g	1.961	0.122	4	A	1		0.412	2.098	
17:0.....g	0.012	0.007	4	A	1		0.003	0.013	
18:0.....g	1.892	0.129	4	A	1		0.397	2.025	
20:0.....g	0.058	0.004	4	A	1		0.012	0.062	
22:0.....g	0.059	0.005	4	A	1		0.012	0.063	
24:0.....g									
Fatty acids, total monounsaturated.....g	9.502		0	NC	4		1.995	10.168	
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.031	0.002	4	A	1		0.006	0.033	
17:1.....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated.....g	9.406	0.806	4	A	1		1.975	10.065	
20:1.....g	0.065	0.008	4	A	1		0.014	0.070	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.566		0	NC	4		0.539	2.746	
18:2 undifferentiated.....g	2.421	0.154	4	A	1		0.508	2.591	
18:3 undifferentiated.....g	0.145		0	AS	1		0.030	0.155	
18:3 n-3 c,c,c (ALA).....g	0.145	0.029	4	A	1		0.030	0.155	
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	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	0.000	4	A	1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.048		0	A	1		0.010	0.051	
Threonine.....g	0.178		0	A	1		0.037	0.190	
Isoleucine.....g	0.234		0	A	1		0.049	0.250	
Leucine.....g	0.440		0	A	1		0.092	0.470	
Lysine.....g	0.154		0	A	1		0.032	0.165	
Methionine.....g	0.086		0	A	1		0.018	0.092	
Cystine.....g	0.135		0	A	1		0.028	0.144	
Phenylalanine.....g	0.296		0	A	1		0.062	0.317	
Tyrosine.....g	0.185		0	A	1		0.039	0.198	
Valine.....g	0.278		0	A	1		0.058	0.298	
Arginine.....g	0.258		0	A	1		0.054	0.276	
Histidine.....g	0.146		0	A	1		0.031	0.156	
Alanine.....g	0.225		0	A	1		0.047	0.241	
Aspartic acid.....g	0.324		0	A	1		0.068	0.347	
Glutamic acid.....g	1.999		0	A	1		0.420	2.138	
Glycine.....g	0.238		0	A	1		0.050	0.254	

NDB No. 21386  
 BURGER KING, french toast sticks

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	0.621		0	A	1		0.130	0.665	
Serine.....g	0.305		0	A	1		0.064	0.326	
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 = 21g: 1 stick  
 Measure 2 = 107g: 1 serving 5 sticks

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.057		0	NC	4		1.028	4.134	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	
8:0.....g	0.001	0.000	3	A	1		0.001	0.003	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.001	0.000	3	A	1		0.001	0.002	
13:0.....g									
14:0.....g	0.009	0.000	3	A	1		0.004	0.018	
15:0.....g	0.002	0.000	3	A	1		0.001	0.005	
16:0.....g	1.102	0.022	3	A	1		0.551	2.216	
17:0.....g	0.009	0.001	3	A	1		0.004	0.017	
18:0.....g	0.332	0.006	3	A	1		0.166	0.668	
20:0.....g	0.122	0.004	3	A	1		0.061	0.245	
22:0.....g	0.300	0.010	3	A	1		0.150	0.604	
24:0.....g	0.178	0.006	3	A	1		0.089	0.358	
Fatty acids, total monounsaturated.....g	6.165		0	NC	4		3.082	12.391	
14:1.....g	0.001	0.000	3	A	1		0.001	0.002	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.045	0.002	3	AS	1		0.022	0.090	
16:1 c.....g	0.045	0.002	3	A	1		0.022	0.090	
16:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.006	0.000	3	A	1		0.003	0.013	
18:1 undifferentiated.....g	5.894	0.187	3	AS	1		2.947	11.847	
18:1 c.....g	5.880	0.185	3	A	1		2.940	11.819	
18:1 t.....g	0.014	0.005	3	A	1		0.007	0.028	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.190	0.008	3	A	1		0.095	0.382	
22:1 undifferentiated.....g	0.024	0.001	3	AS	1		0.012	0.049	
22:1 c.....g	0.024	0.001	3	A	1		0.012	0.049	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.005	0.000	3	A	1		0.002	0.010	
Fatty acids, total polyunsaturated.....g	2.409		0	NC	4		1.205	4.843	
18:2 undifferentiated.....g	2.302	0.071	3	AS	1		1.151	4.627	
18:2 n-6 c,c.....g	2.276	0.070	3	A	1		1.138	4.575	
18:2 CLAs.....g	0.004	0.000	3	A	1		0.002	0.007	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.022	0.002	3	A	1		0.011	0.044	
18:3 undifferentiated.....g	0.033	0.001	3	AS	1		0.016	0.065	
18:3 n-3 c,c,c (ALA).....g	0.031	0.001	3	A	1		0.015	0.062	
18:3 n-6 c,c,c.....g	0.002	0.000	3	A	1		0.001	0.003	
18:3i.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.008	0.000	3	A	1		0.004	0.015	
20:3 undifferentiated.....g	0.011	0.000	3	AS	1		0.006	0.023	
20:3 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6.....g	0.011	0.000	3	A	1		0.006	0.023	
20:4 undifferentiated.....g	0.040	0.002	3	A	1		0.020	0.080	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.011	0.001	3	A	1		0.005	0.022	
22:5 n-3 (DPA).....g	0.003	0.000	3	A	1		0.002	0.006	
22:6 n-3 (DHA).....g	0.002	0.000	3	A	1		0.001	0.005	
Fatty acids, total trans.....g	0.036		0	NC	4		0.018	0.072	
Fatty acids, total trans-monoenoic.....g	0.014		0	NC	4		0.007	0.028	
Fatty acids, total trans-polyenoic.....g	0.022		0	NC	4		0.011	0.044	
Cholesterol.....mg	56	0.771	3	A	1		28	113	
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

NDB No. 21143  
CHICK-FIL-A, Chick-n-Strips

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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	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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food, or similar food.

**Common Measures:**

- Measure 1 = 50g: 1 strip
- Measure 2 = 201g: 1 serving 4 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21526

**CHICK-FIL-A, chicken sandwich**

Chick-Fil-A

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
<b>Proximates:</b>									
Water.....g	48.94	0.392	4	A	1		91.52		
Energy.....kcal	249		0	NC	4		466		
Energy.....kJ	1044		0	NC	4		1952		
Protein.....g	16.28	0.399	4	A	1		30.45		
Total lipid (fat).....g	11.19	0.072	4	A	1		20.93		
Ash.....g	2.70	0.072	4	A	1		5.04		
Carbohydrate, by difference.....g	20.89		0	NC	4		39.06		
Fiber, total dietary.....g	1.4		2	A	1		2.6		
Sugars, total.....g	3.64		1	A	1		6.81		
Sucrose.....g	1.15		1	A	1		2.15		
Glucose (dextrose).....g	0.79		1	A	1		1.48		
Fructose.....g	0.97		1	A	1		1.81		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.73		1	A	1		1.37		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g	16.50		1	A	1		30.86		
<b>Minerals:</b>									
Calcium, Ca.....mg	58	2.386	3	A	1		109		
Iron, Fe.....mg	1.77	0.211	3	A	1		3.30		
Magnesium, Mg.....mg	24	0.267	3	A	1		46		
Phosphorus, P.....mg	185	1.667	3	A	1		347		
Potassium, K.....mg	245	8.950	3	A	1		458		
Sodium, Na.....mg	753	17.521	3	A	1		1408		
Zinc, Zn.....mg	0.61	0.002	3	A	1		1.13		
Copper, Cu.....mg	0.067	0.002	3	A	1		0.125		
Manganese, Mn.....mg	0.219	0.005	3	A	1		0.409		
Selenium, Se.....µg	19.9		1	A	1		37.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.230	0.021	3	A	1		0.430		
Riboflavin.....mg	0.300	0.025	3	A	1		0.561		
Niacin.....mg	7.720	0.471	3	A	1		14.436		
Pantothenic acid.....mg	1.200		1	A	1		2.244		
Vitamin B-6.....mg	0.383		2	A	1		0.716		
Folate, total.....µg	47	6.529	3	A	1		88		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.13	0.009	3	A	1		0.24		
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									
<b>Lipids:</b>									

NDB No. 21526  
 CHICK-FIL-A, chicken sandwich

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				
Fatty acids, total saturated.....g	2.123		0	NC		4		3.971	
4:0.....g	0.000	0.000	3	A		1		0.000	
6:0.....g	0.000	0.000	3	A		1		0.000	
8:0.....g	0.011	0.002	3	A		1		0.020	
10:0.....g	0.003	0.003	3	A		1		0.005	
12:0.....g	0.165	0.030	3	A		1		0.308	
13:0.....g									
14:0.....g	0.062	0.010	3	A		1		0.116	
15:0.....g	0.004	0.001	3	A		1		0.007	
16:0.....g	1.122	0.009	3	A		1		2.099	
17:0.....g	0.008	0.000	3	A		1		0.015	
18:0.....g	0.374	0.004	3	A		1		0.699	
20:0.....g	0.086	0.004	3	A		1		0.160	
22:0.....g	0.190	0.007	3	A		1		0.355	
24:0.....g	0.100	0.003	3	A		1		0.187	
Fatty acids, total monounsaturated.....g	4.481		0	NC		4		8.379	
14:1.....g	0.002	0.001	3	A		1		0.003	
15:1.....g	0.000	0.000	3	A		1		0.000	
16:1 undifferentiated.....g	0.057	0.004	3	AS		1		0.107	
16:1 c.....g	0.057	0.004	3	A		1		0.107	
16:1 t.....g	0.000	0.000	3	A		1		0.000	
17:1.....g	0.005	0.000	3	A		1		0.010	
18:1 undifferentiated.....g	4.295	0.057	3	AS		1		8.031	
18:1 c.....g	4.284	0.057	3	A		1		8.010	
18:1 t.....g	0.011	0.000	3	A		1		0.021	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.108	0.001	3	A		1		0.201	
22:1 undifferentiated.....g	0.013	0.001	3	AS		1		0.024	
22:1 c.....g	0.013	0.001	3	A		1		0.024	
22:1 t.....g	0.000	0.000	3	A		1		0.000	
24:1 c.....g	0.002	0.000	3	A		1		0.003	
Fatty acids, total polyunsaturated.....g	3.177		0	NC		4		5.940	
18:2 undifferentiated.....g	2.909	0.032	3	AS		1		5.440	
18:2 n-6 c,c.....g	2.884	0.032	3	A		1		5.393	
18:2 CLAs.....g	0.006	0.001	3	A		1		0.012	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.019	0.001	3	A		1		0.035	
18:3 undifferentiated.....g	0.206	0.014	3	AS		1		0.386	
18:3 n-3 c,c,c (ALA).....g	0.197	0.013	3	A		1		0.368	
18:3 n-6 c,c,c.....g	0.009	0.001	3	A		1		0.017	
18:3i.....g	0.000	0.000	3	A		1		0.000	
18:4.....g	0.000	0.000	3	A		1		0.000	
20:2 n-6 c,c.....g	0.006	0.000	3	A		1		0.012	
20:3 undifferentiated.....g	0.008	0.000	3	AS		1		0.015	
20:3 n-3.....g	0.000	0.000	3	A		1		0.000	
20:3 n-6.....g	0.008	0.000	3	A		1		0.015	
20:4 undifferentiated.....g	0.030	0.002	3	A		1		0.055	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	3	A		1		0.006	
21:5.....g									
22:4.....g	0.008	0.001	3	A		1		0.014	
22:5 n-3 (DPA).....g	0.003	0.000	3	A		1		0.006	
22:6 n-3 (DHA).....g	0.003	0.000	3	A		1		0.006	
Fatty acids, total trans.....g	0.030		0	NC		4		0.056	
Fatty acids, total trans-monoenoic.....g	0.011		0	NC		4		0.021	
Fatty acids, total trans-polyenoic.....g	0.019		0	NC		4		0.035	
Cholesterol.....mg	35	1.174	3	A		1		65	
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.

**NDB No. 21526**

**CHICK-FIL-A, chicken sandwich**

**Common Measures:**

Measure 1 = 187g: 1 sandwich

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.778		0	NC	4		0.153	2.139	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	
8:0.....g	0.008	0.000	3	A	1		0.000	0.006	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.010	0.000	3	A	1		0.001	0.007	
13:0.....g									
14:0.....g	0.042	0.001	3	A	1		0.002	0.033	
15:0.....g	0.008	0.000	3	A	1		0.000	0.006	
16:0.....g	2.070	0.040	3	A	1		0.114	1.594	
17:0.....g	0.010	0.000	3	A	1		0.001	0.007	
18:0.....g	0.449	0.012	3	A	1		0.025	0.346	
20:0.....g	0.105	0.003	3	A	1		0.006	0.081	
22:0.....g	0.049	0.002	3	A	1		0.003	0.038	
24:0.....g	0.029	0.001	3	A	1		0.002	0.022	
Fatty acids, total monounsaturated.....g	10.700		0	NC	4		0.588	8.239	
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	0.036	0.001	3	AS	1		0.002	0.027	
16:1 c.....g	0.036	0.001	3	A	1		0.002	0.027	
16:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.009	0.000	3	A	1		0.000	0.007	
18:1 undifferentiated.....g	10.415	0.293	3	AS	1		0.573	8.020	
18:1 c.....g	10.393	0.293	3	A	1		0.572	8.003	
18:1 t.....g	0.022	0.001	3	A	1		0.001	0.017	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.207	0.003	3	A	1		0.011	0.159	
22:1 undifferentiated.....g	0.012	0.001	3	AS	1		0.001	0.009	
22:1 c.....g	0.012	0.001	3	A	1		0.001	0.009	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.022	0.000	3	A	1		0.001	0.017	
Fatty acids, total polyunsaturated.....g	3.887		0	NC	4		0.214	2.993	
18:2 undifferentiated.....g	3.220	0.087	3	AS	1		0.177	2.479	
18:2 n-6 c,c.....g	3.185	0.086	3	A	1		0.175	2.452	
18:2 CLAs.....g	0.012	0.000	3	A	1		0.001	0.009	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.022	0.001	3	A	1		0.001	0.017	
18:3 undifferentiated.....g	0.652	0.011	3	AS	1		0.036	0.502	
18:3 n-3 c,c,c (ALA).....g	0.614	0.010	3	A	1		0.034	0.473	
18:3 n-6 c,c,c.....g	0.038	0.002	3	A	1		0.002	0.029	
18:3i.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.011	0.000	3	A	1		0.001	0.008	
20:3 undifferentiated.....g	0.000	0.000	3	AS	1		0.000	0.000	
20:3 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.005	0.000	3	A	1		0.000	0.004	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.044		0	NC	4		0.002	0.034	
Fatty acids, total trans-monoenoic.....g	0.022		0	NC	4		0.001	0.017	
Fatty acids, total trans-polyenoic.....g	0.022		0	NC	4		0.001	0.017	
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



NDB No. 21144  
CHICK-FIL-A, hash browns

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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	Source	Measure 1	Measure 2	Measure 3
			of Data	Confidence			
		Points	Code	Code			

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food, or similar food.

**Common Measures:**

Measure 1 = 5.5g: 1 piece  
Measure 2 = 77g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21473

DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked

Kraft Foods, Inc.

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
<b>Proximates:</b>									
Water.....g	41.78		2	A	1		68.52	287.46	
Energy.....kcal	279		0	NC	4		457	1916	
Energy.....kJ	1165		0	NC	4		1911	8017	
Protein.....g	13.48	0.199	3	A	1		22.11	92.74	
Total lipid (fat).....g	11.68	0.480	3	A	1		19.16	80.38	
Ash.....g	3.19	0.088	3	A	1		5.24	21.97	
Carbohydrate, by difference.....g	29.86		0	NC	4		48.97	205.45	
Fiber, total dietary.....g	1.9		2	A	1		3.1	13.1	
Sugars, total.....g									
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	2.02	0.091	3	A	1		3.32	13.92	
Fructose.....g	2.25	0.018	3	A	1		3.68	15.46	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g									
Galactose.....g									
Starch.....g	21.47	0.088	3	A	1		35.21	147.69	
<b>Minerals:</b>									
Calcium, Ca.....mg	235	6.754	3	A	1		385	1615	
Iron, Fe.....mg	2.35	0.019	3	A	1		3.85	16.15	
Magnesium, Mg.....mg	27	0.426	3	A	1		44	183	
Phosphorus, P.....mg	354	9.452	3	A	1		580	2435	
Potassium, K.....mg	185	9.768	3	A	1		303	1271	
Sodium, Na.....mg	806	19.139	3	A	1		1321	5543	
Zinc, Zn.....mg	1.67	0.035	3	A	1		2.73	11.47	
Copper, Cu.....mg	0.107	0.003	3	A	1		0.175	0.734	
Manganese, Mn.....mg	0.313	0.003	3	A	1		0.514	2.156	
Selenium, Se.....µg	33.3	3.200	3	A	1		54.7	229.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		1	A	1		0.8	3.4	
Thiamin.....mg	0.337	0.015	3	A	1		0.552	2.316	
Riboflavin.....mg	0.253	0.012	3	A	1		0.415	1.743	
Niacin.....mg	3.553	0.139	3	A	1		5.827	24.447	
Pantothenic acid.....mg	0.457	0.009	3	A	1		0.749	3.142	
Vitamin B-6.....mg	0.103	0.003	3	A	1		0.169	0.711	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.36	0.012	3	A	1		0.60	2.50	
Vitamin A, RAE.....µg	80		0	AS	1		131	550	
Vitamin A, IU.....IU	266		0	AS	1		437	1832	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.93	0.090	3	A	1		1.52	6.38	
Tocopherol, beta.....mg	0.08	0.000	3	A	1		0.13	0.55	
Tocopherol, gamma.....mg	1.26	0.074	3	A	1		2.07	8.67	
Tocopherol, delta.....mg	0.37	0.015	3	A	1		0.60	2.52	
Tocotrienol, alpha.....mg	0.02	0.012	3	A	1		0.04	0.16	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.01	0.007	3	A	1		0.01	0.05	
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	8.4	0.780	3	A	1		13.7	57.7	
Dihydrophylloquinone.....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4.....µg	3.2	0.159	3	A	1		5.2	21.9	

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.630		0	NC	4		9.233	38.732	
4:0.....g	0.103	0.003	3	A	1		0.169	0.711	
6:0.....g	0.107	0.003	3	A	1		0.175	0.734	
8:0.....g	0.073	0.003	3	A	1		0.120	0.505	
10:0.....g	0.200	0.006	3	A	1		0.328	1.376	
12:0.....g	0.250	0.006	3	A	1		0.410	1.720	
13:0.....g									
14:0.....g	0.860	0.023	3	A	1		1.410	5.917	
15:0.....g	0.087	0.003	3	A	1		0.142	0.596	
16:0.....g	2.753	0.084	3	A	1		4.515	18.943	
17:0.....g	0.057	0.003	3	A	1		0.093	0.390	
18:0.....g	1.100	0.046	3	A	1		1.804	7.568	
20:0.....g	0.017	0.003	3	A	1		0.027	0.115	
22:0.....g	0.010	0.000	3	A	1		0.016	0.069	
24:0.....g	0.008	0.000	3	A	1		0.013	0.053	
Fatty acids, total monounsaturated.....g	2.905		0	NC	4		4.764	19.984	
14:1.....g	0.060	0.000	3	A	1		0.098	0.413	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.163	0.009	3	AS	1		0.268	1.124	
16:1 c.....g	0.140	0.006	3	A	1		0.230	0.963	
16:1 t.....g	0.023	0.003	3	A	1		0.038	0.161	
17:1.....g	0.002	0.002	3	A	1		0.003	0.014	
18:1 undifferentiated.....g	2.657	0.111	3	AS	1		4.357	18.278	
18:1 c.....g	2.453	0.104	3	A	1		4.023	16.879	
18:1 t.....g	0.203	0.009	3	A	1		0.333	1.399	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.020	0.000	3	A	1		0.033	0.138	
22:1 undifferentiated.....g	0.002	0.000	3	AS	1		0.003	0.011	
22:1 c.....g	0.002	0.000	3	A	1		0.003	0.011	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.001	0.000	3	A	1		0.002	0.007	
Fatty acids, total polyunsaturated.....g	1.790		0	NC	4		2.936	12.317	
18:2 undifferentiated.....g	1.577	0.044	3	AS	1		2.586	10.847	
18:2 n-6 c,c.....g	1.473	0.042	3	A	1		2.416	10.137	
18:2 CLAs.....g	0.043	0.003	3	A	1		0.071	0.298	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.060	0.000	3	A	1		0.098	0.413	
18:3 undifferentiated.....g	0.169	0.004	3	AS	1		0.277	1.163	
18:3 n-3 c,c,c (ALA).....g	0.167	0.003	3	A	1		0.273	1.147	
18:3 n-6 c,c,c.....g	0.002	0.000	3	A	1		0.004	0.016	
18:3i.....g									
18:4.....g	0.001	0.000	3	A	1		0.002	0.007	
20:2 n-6 c,c.....g	0.004	0.000	3	A	1		0.007	0.028	
20:3 undifferentiated.....g	0.011	0.000	3	AS	1		0.018	0.076	
20:3 n-3.....g	0.001	0.000	3	A	1		0.002	0.007	
20:3 n-6.....g	0.010	0.000	3	A	1		0.016	0.069	
20:4 undifferentiated.....g	0.010	0.000	3	A	1		0.016	0.069	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	3	A	1		0.005	0.021	
21:5.....g									
22:4.....g	0.007	0.001	3	A	1		0.012	0.050	
22:5 n-3 (DPA).....g	0.006	0.000	3	A	1		0.010	0.044	
22:6 n-3 (DHA).....g	0.001	0.000	3	A	1		0.002	0.007	
Fatty acids, total trans.....g	0.287		0	NC	4		0.470	1.972	
Fatty acids, total trans-monoenoic.....g	0.227		0	NC	4		0.372	1.559	
Fatty acids, total trans-polyenoic.....g	0.060		0	NC	4		0.098	0.413	
Cholesterol.....mg	28		1	A	1		45	190	
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

NDB No. 21473

DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked

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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	Source	Measure 1	Measure 2	Measure 3
			of Data	Confidence			
			Points	Code			

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food, or similar food.

**Common Measures:**

Measure 1 = 164g: 1 slice 1/4 of pie

Measure 2 = 688g: 1 pie 12" diameter

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21474

DIGIORNO Pizza, cheese topping, rising crust, frozen, baked

Kraft Foods, Inc.

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
<b>Proximates:</b>									
Water.....g	43.95	0.460	5	A	1		80.42	320.37	
Energy.....kcal	256		0	NC	4		468	1864	
Energy.....kJ	1070		0	NC	4		1958	7800	
Protein.....g	12.80	0.135	5	A	1		23.42	93.31	
Total lipid (fat).....g	8.60	0.110	5	A	1		15.74	62.69	
Ash.....g	2.87	0.035	5	A	1		5.26	20.94	
Carbohydrate, by difference.....g	31.78		0	NC	4		58.16	231.69	
Fiber, total dietary.....g	2.4		2	A	1		4.3	17.1	
Sugars, total.....g	5.00		1	A	1		9.14	36.41	
Sucrose.....g	0.00	0.000	5	A	1		0.00	0.00	
Glucose (dextrose).....g	1.70	0.147	5	A	1		3.12	12.41	
Fructose.....g	2.36	0.041	5	A	1		4.32	17.19	
Lactose.....g	0.00	0.000	5	A	1		0.00	0.00	
Maltose.....g	0.70		1	A	1		1.28	5.10	
Galactose.....g	0.20		1	A	1		0.37	1.46	
Starch.....g	24.72	0.521	5	A	1		45.24	180.21	
<b>Minerals:</b>									
Calcium, Ca.....mg	192	4.138	5	A	1		351	1400	
Iron, Fe.....mg	0.77	0.020	5	A	1		1.41	5.60	
Magnesium, Mg.....mg	27	0.319	5	A	1		49	194	
Phosphorus, P.....mg	241	10.108	5	A	1		442	1760	
Potassium, K.....mg	196	4.735	5	A	1		358	1427	
Sodium, Na.....mg	696	4.375	5	A	1		1275	5077	
Zinc, Zn.....mg	1.56	0.008	5	A	1		2.85	11.37	
Copper, Cu.....mg	0.114	0.002	5	A	1		0.209	0.831	
Manganese, Mn.....mg	0.366	0.004	5	A	1		0.670	2.668	
Selenium, Se.....µg	26.6	0.747	5	A	1		48.6	193.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.5		1	A	1		2.8	11.2	
Thiamin.....mg	0.094	0.008	5	A	1		0.172	0.685	
Riboflavin.....mg	0.096	0.002	5	A	1		0.176	0.700	
Niacin.....mg	1.268	0.023	5	A	1		2.320	9.244	
Pantothenic acid.....mg	0.420	0.021	3	A	1		0.769	3.062	
Vitamin B-6.....mg	0.112	0.004	5	A	1		0.205	0.816	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.33	0.009	5	A	1		0.61	2.42	
Vitamin A, RAE.....µg	46		0	AS	1		85	337	
Vitamin A, IU.....IU	154		0	AS	1		282	1123	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.89	0.021	5	A	1		1.64	6.52	
Tocopherol, beta.....mg	0.11	0.004	5	A	1		0.21	0.83	
Tocopherol, gamma.....mg	1.43	0.036	5	A	1		2.62	10.44	
Tocopherol, delta.....mg	0.26	0.010	5	A	1		0.48	1.90	
Tocotrienol, alpha.....mg	0.02	0.016	5	A	1		0.04	0.17	
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.01	0.006	5	A	1		0.02	0.07	
Tocotrienol, delta.....mg	0.00	0.000	5	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	6.9	0.033	3	A	1		12.6	50.1	
Dihydrophylloquinone.....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4.....µg	1.4	0.109	3	A	1		2.6	10.3	

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.514		0	NC	4		6.430	25.616	
4:0.....g	0.058	0.002	5	A	1		0.106	0.423	
6:0.....g	0.060	0.000	5	A	1		0.110	0.437	
8:0.....g	0.040	0.000	5	A	1		0.073	0.292	
10:0.....g	0.110	0.000	5	A	1		0.201	0.802	
12:0.....g	0.138	0.002	5	A	1		0.253	1.006	
13:0.....g									
14:0.....g	0.486	0.007	5	A	1		0.889	3.543	
15:0.....g	0.050	0.000	5	A	1		0.092	0.365	
16:0.....g	1.686	0.015	5	A	1		3.085	12.291	
17:0.....g	0.030	0.000	5	A	1		0.055	0.219	
18:0.....g	0.826	0.014	5	A	1		1.512	6.022	
20:0.....g	0.010	0.000	5	A	1		0.018	0.073	
22:0.....g	0.010	0.000	5	A	1		0.018	0.073	
24:0.....g	0.007	0.000	5	A	1		0.012	0.050	
Fatty acids, total monounsaturated.....g	1.854		0	NC	4		3.392	13.514	
14:1.....g	0.032	0.002	5	A	1		0.059	0.233	
15:1.....g	0.000	0.000	5	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.088	0.002	5	AS	1		0.161	0.642	
16:1 c.....g	0.078	0.002	5	A	1		0.143	0.569	
16:1 t.....g	0.010	0.000	5	A	1		0.018	0.073	
17:1.....g	0.000	0.000	5	A	1		0.000	0.001	
18:1 undifferentiated.....g	1.716	0.010	5	AS	1		3.140	12.510	
18:1 c.....g	1.594	0.009	5	A	1		2.917	11.620	
18:1 t.....g	0.122	0.004	5	A	1		0.223	0.889	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.014	0.002	5	A	1		0.026	0.102	
22:1 undifferentiated.....g	0.001	0.000	5	AS	1		0.002	0.007	
22:1 c.....g	0.001	0.000	5	A	1		0.002	0.007	
22:1 t.....g	0.000	0.000	5	A	1		0.000	0.000	
24:1 c.....g	0.003	0.002	5	A	1		0.005	0.019	
Fatty acids, total polyunsaturated.....g	1.461		0	NC	4		2.674	10.652	
18:2 undifferentiated.....g	1.292	0.016	5	AS	1		2.364	9.419	
18:2 n-6 c,c.....g	1.224	0.017	5	A	1		2.240	8.923	
18:2 CLAs.....g	0.028	0.002	5	A	1		0.051	0.204	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.040	0.000	5	A	1		0.073	0.292	
18:3 undifferentiated.....g	0.136	0.002	5	AS	1		0.249	0.991	
18:3 n-3 c,c,c (ALA).....g	0.134	0.002	5	A	1		0.245	0.977	
18:3 n-6 c,c,c.....g	0.002	0.000	5	A	1		0.004	0.015	
18:3i.....g									
18:4.....g	0.001	0.000	5	A	1		0.001	0.006	
20:2 n-6 c,c.....g	0.003	0.000	5	A	1		0.005	0.022	
20:3 undifferentiated.....g	0.008	0.000	5	AS	1		0.014	0.055	
20:3 n-3.....g	0.001	0.000	5	A	1		0.002	0.007	
20:3 n-6.....g	0.007	0.000	5	A	1		0.012	0.048	
20:4 undifferentiated.....g	0.008	0.000	5	A	1		0.015	0.060	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	5	A	1		0.004	0.015	
21:5.....g									
22:4.....g	0.007	0.001	5	A	1		0.012	0.048	
22:5 n-3 (DPA).....g	0.004	0.000	5	A	1		0.007	0.029	
22:6 n-3 (DHA).....g	0.000	0.000	5	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.172		0	NC	4		0.315	1.254	
Fatty acids, total trans-monoenoic.....g	0.132		0	NC	4		0.242	0.962	
Fatty acids, total trans-polyenoic.....g	0.040		0	NC	4		0.073	0.292	
Cholesterol.....mg	15	0.769	3	A	1		28	111	
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

NDB No. 21474

DIGIORNO Pizza, cheese topping, rising crust, frozen, baked

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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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				

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food, or similar food.

**Common Measures:**

Measure 1 = 183g: 1 slice 1/4 of pie

Measure 2 = 729g: 1 pie 12" diameter

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21475

DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked

Kraft Foods, Inc.

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
<b>Proximates:</b>									
Water.....g	48.15	0.235	3	A	1		77.52	309.62	
Energy.....kcal	247		0	NC	4		397	1587	
Energy.....kJ	1033		0	NC	4		1663	6642	
Protein.....g	12.96	0.300	3	A	1		20.86	83.32	
Total lipid (fat).....g	9.91	0.185	3	A	1		15.95	63.70	
Ash.....g	2.51	0.052	3	A	1		4.05	16.16	
Carbohydrate, by difference.....g	26.47		0	NC	4		42.62	170.20	
Fiber, total dietary.....g	3.0		2	A	1		4.8	19.3	
Sugars, total.....g									
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	1.16	0.091	3	A	1		1.87	7.48	
Fructose.....g	1.35	0.047	3	A	1		2.17	8.68	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g									
Galactose.....g									
Starch.....g	20.00	0.404	3	A	1		32.20	128.60	
<b>Minerals:</b>									
Calcium, Ca.....mg	275	4.292	3	A	1		442	1765	
Iron, Fe.....mg	0.68	0.012	3	A	1		1.09	4.37	
Magnesium, Mg.....mg	27	0.265	3	A	1		43	174	
Phosphorus, P.....mg	236	2.871	3	A	1		381	1520	
Potassium, K.....mg	233	4.001	3	A	1		376	1501	
Sodium, Na.....mg	506	12.297	3	A	1		814	3251	
Zinc, Zn.....mg	1.80	0.015	3	A	1		2.89	11.55	
Copper, Cu.....mg	0.097	0.003	3	A	1		0.156	0.622	
Manganese, Mn.....mg	0.227	0.003	3	A	1		0.365	1.457	
Selenium, Se.....µg	21.4	0.520	3	A	1		34.5	137.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		1	A	1		0.2	0.8	
Thiamin.....mg	0.103	0.018	3	A	1		0.166	0.664	
Riboflavin.....mg	0.127	0.003	3	A	1		0.204	0.814	
Niacin.....mg	1.283	0.022	3	A	1		2.066	8.252	
Pantothenic acid.....mg	0.497	0.027	3	A	1		0.800	3.194	
Vitamin B-6.....mg	0.130	0.000	3	A	1		0.209	0.836	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.62	0.023	3	A	1		1.00	3.99	
Vitamin A, RAE.....µg	64		0	AS	1		103	410	
Vitamin A, IU.....IU	212		0	AS	1		342	1366	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.74	0.103	3	A	1		1.20	4.78	
Tocopherol, beta.....mg	0.05	0.010	3	A	1		0.08	0.32	
Tocopherol, gamma.....mg	1.05	0.119	3	A	1		1.70	6.77	
Tocopherol, delta.....mg	0.30	0.018	3	A	1		0.49	1.95	
Tocotrienol, alpha.....mg	0.00	0.003	3	A	1		0.01	0.02	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.01	0.007	3	A	1		0.01	0.04	
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	4.2	0.259	3	A	1		6.7	26.9	
Dihydrophylloquinone.....µg	2.8	0.150	3	A	1		4.5	18.0	
Menaquinone-4.....µg	1.9	0.060	3	A	1		3.1	12.4	



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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.601		0	NC	4		7.408	29.584	
4:0.....g	0.083	0.003	3	A	1		0.134	0.536	
6:0.....g	0.087	0.003	3	A	1		0.140	0.557	
8:0.....g	0.060	0.000	3	A	1		0.097	0.386	
10:0.....g	0.163	0.003	3	A	1		0.263	1.050	
12:0.....g	0.197	0.007	3	A	1		0.317	1.265	
13:0.....g									
14:0.....g	0.690	0.025	3	A	1		1.111	4.437	
15:0.....g	0.067	0.003	3	A	1		0.107	0.429	
16:0.....g	2.193	0.074	3	A	1		3.531	14.103	
17:0.....g	0.047	0.003	3	A	1		0.075	0.300	
18:0.....g	0.983	0.023	3	A	1		1.583	6.323	
20:0.....g	0.010	0.000	3	A	1		0.016	0.064	
22:0.....g	0.010	0.000	3	A	1		0.016	0.064	
24:0.....g	0.007	0.000	3	A	1		0.012	0.047	
Fatty acids, total monounsaturated.....g	2.736		0	NC	4		4.404	17.590	
14:1.....g	0.050	0.000	3	A	1		0.081	0.322	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.133	0.003	3	AS	1		0.215	0.857	
16:1 c.....g	0.113	0.003	3	A	1		0.182	0.729	
16:1 t.....g	0.020	0.000	3	A	1		0.032	0.129	
17:1.....g	0.001	0.000	3	A	1		0.001	0.004	
18:1 undifferentiated.....g	2.530	0.058	3	AS	1		4.073	16.268	
18:1 c.....g	2.120	0.053	3	A	1		3.413	13.632	
18:1 t.....g	0.410	0.012	3	A	1		0.660	2.636	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.020	0.000	3	A	1		0.032	0.129	
22:1 undifferentiated.....g	0.001	0.000	3	AS	1		0.002	0.006	
22:1 c.....g	0.001	0.000	3	A	1		0.002	0.006	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.001	0.000	3	A	1		0.001	0.004	
Fatty acids, total polyunsaturated.....g	1.158		0	NC	4		1.865	7.448	
18:2 undifferentiated.....g	1.010	0.038	3	AS	1		1.626	6.494	
18:2 n-6 c,c.....g	0.917	0.039	3	A	1		1.476	5.894	
18:2 CLAs.....g	0.037	0.003	3	A	1		0.059	0.236	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.057	0.003	3	A	1		0.091	0.364	
18:3 undifferentiated.....g	0.109	0.003	3	AS	1		0.175	0.699	
18:3 n-3 c,c,c (ALA).....g	0.107	0.003	3	A	1		0.172	0.686	
18:3 n-6 c,c,c.....g	0.002	0.000	3	A	1		0.003	0.013	
18:3i.....g									
18:4.....g	0.001	0.000	3	A	1		0.002	0.009	
20:2 n-6 c,c.....g	0.003	0.000	3	A	1		0.005	0.019	
20:3 undifferentiated.....g	0.010	0.000	3	AS	1		0.016	0.062	
20:3 n-3.....g	0.001	0.000	3	A	1		0.002	0.006	
20:3 n-6.....g	0.009	0.000	3	A	1		0.014	0.056	
20:4 undifferentiated.....g	0.010	0.000	3	A	1		0.016	0.064	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	3	A	1		0.005	0.019	
21:5.....g									
22:4.....g	0.006	0.000	3	A	1		0.009	0.036	
22:5 n-3 (DPA).....g	0.005	0.000	3	A	1		0.009	0.034	
22:6 n-3 (DHA).....g	0.001	0.000	3	A	1		0.001	0.004	
Fatty acids, total trans.....g	0.487		0	NC	4		0.784	3.129	
Fatty acids, total trans-monoenoic.....g	0.430		0	NC	4		0.692	2.765	
Fatty acids, total trans-polyenoic.....g	0.057		0	NC	4		0.091	0.364	
Cholesterol.....mg	21		2	A	1		34	137	
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

NDB No. 21475

DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked

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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	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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food, or similar food.

**Common Measures:**

Measure 1 = 161g: 1 slice 1/4 of pie

Measure 2 = 643g: 1 pie 23 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21476

DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked

Kraft Foods, Inc.

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
<b>Proximates:</b>									
Water.....g	41.87	1.058	3	A	1		74.94	306.45	
Energy.....kcal	279		0	NC	4		499	2042	
Energy.....kJ	1167		0	NC	4		2089	8542	
Protein.....g	13.92	0.110	3	A	1		24.91	101.87	
Total lipid (fat).....g	11.71	0.081	3	A	1		20.96	85.72	
Ash.....g	3.04	0.049	3	A	1		5.45	22.28	
Carbohydrate, by difference.....g	29.46		0	NC	4		52.74	215.68	
Fiber, total dietary.....g	2.1		2	A	1		3.7	15.0	
Sugars, total.....g									
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	1.78	0.116	3	A	1		3.18	13.01	
Fructose.....g	2.13	0.027	3	A	1		3.81	15.57	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	1.31		2	A	1		2.34	9.55	
Galactose.....g									
Starch.....g	22.87	0.837	3	A	1		40.93	167.38	
<b>Minerals:</b>									
Calcium, Ca.....mg	226	1.510	3	A	1		405	1654	
Iron, Fe.....mg	2.30	0.081	3	A	1		4.11	16.81	
Magnesium, Mg.....mg	26	0.536	3	A	1		47	193	
Phosphorus, P.....mg	270	3.578	3	A	1		483	1973	
Potassium, K.....mg	179	5.154	3	A	1		321	1312	
Sodium, Na.....mg	753	13.329	3	A	1		1348	5511	
Zinc, Zn.....mg	1.63	0.053	3	A	1		2.92	11.96	
Copper, Cu.....mg	0.107	0.003	3	A	1		0.191	0.781	
Manganese, Mn.....mg	0.333	0.023	3	A	1		0.597	2.440	
Selenium, Se.....µg	32.4	3.783	3	A	1		58.1	237.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.1		1	A	1		2.0	8.1	
Thiamin.....mg	0.273	0.030	3	A	1		0.489	2.001	
Riboflavin.....mg	0.247	0.007	3	A	1		0.442	1.806	
Niacin.....mg	3.723	0.107	3	A	1		6.665	27.255	
Pantothenic acid.....mg	0.490		1	A	1		0.877	3.587	
Vitamin B-6.....mg	0.120	0.000	3	A	1		0.215	0.878	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.55	0.050	3	A	1		0.98	4.03	
Vitamin A, RAE.....µg	64		0	AS	1		114	465	
Vitamin A, IU.....IU	212		0	AS	1		379	1551	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.72	0.175	3	A	1		1.29	5.29	
Tocopherol, beta.....mg	0.06	0.018	3	A	1		0.11	0.46	
Tocopherol, gamma.....mg	0.91	0.285	3	A	1		1.63	6.69	
Tocopherol, delta.....mg	0.30	0.079	3	A	1		0.54	2.22	
Tocotrienol, alpha.....mg	0.02	0.017	3	A	1		0.03	0.12	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.01	0.007	3	A	1		0.01	0.05	
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	7.8		1	A	1		13.9	56.7	
Dihydrophylloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menquinone-4.....µg	2.8		1	A	1		4.9	20.1	

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.007		0	NC	4		8.963	36.651	
4:0.....g	0.073	0.003	3	A	1		0.131	0.537	
6:0.....g	0.073	0.003	3	A	1		0.131	0.537	
8:0.....g	0.053	0.003	3	A	1		0.095	0.390	
10:0.....g	0.143	0.003	3	A	1		0.257	1.049	
12:0.....g	0.177	0.007	3	A	1		0.316	1.293	
13:0.....g									
14:0.....g	0.643	0.009	3	A	1		1.152	4.709	
15:0.....g	0.060	0.000	3	A	1		0.107	0.439	
16:0.....g	2.603	0.035	3	A	1		4.660	19.056	
17:0.....g	0.050	0.000	3	A	1		0.090	0.366	
18:0.....g	1.090	0.010	3	A	1		1.951	7.979	
20:0.....g	0.020	0.000	3	A	1		0.036	0.146	
22:0.....g	0.010	0.000	3	A	1		0.018	0.073	
24:0.....g	0.007	0.000	3	A	1		0.013	0.051	
Fatty acids, total monounsaturated.....g	3.289		0	NC	4		5.888	24.078	
14:1.....g	0.050	0.000	3	A	1		0.090	0.366	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.193	0.003	3	AS	1		0.346	1.415	
16:1 c.....g	0.173	0.003	3	A	1		0.310	1.269	
16:1 t.....g	0.020	0.000	3	A	1		0.036	0.146	
17:1.....g	0.001	0.001	3	A	1		0.002	0.007	
18:1 undifferentiated.....g	2.993	0.027	3	AS	1		5.358	21.911	
18:1 c.....g	2.827	0.030	3	A	1		5.060	20.691	
18:1 t.....g	0.167	0.003	3	A	1		0.298	1.220	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.040	0.000	3	A	1		0.072	0.293	
22:1 undifferentiated.....g	0.010	0.000	3	AS	1		0.018	0.073	
22:1 c.....g	0.010	0.000	3	A	1		0.018	0.073	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.002	0.000	3	A	1		0.003	0.012	
Fatty acids, total polyunsaturated.....g	2.001		0	NC	4		3.582	14.650	
18:2 undifferentiated.....g	1.763	0.013	3	AS	1		3.156	12.908	
18:2 n-6 c,c.....g	1.673	0.013	3	A	1		2.995	12.249	
18:2 CLAs.....g	0.040	0.000	3	A	1		0.072	0.293	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.050	0.000	3	A	1		0.090	0.366	
18:3 undifferentiated.....g	0.183	0.000	3	AS	1		0.328	1.342	
18:3 n-3 c,c,c (ALA).....g	0.180	0.000	3	A	1		0.322	1.318	
18:3 n-6 c,c,c.....g	0.003	0.000	3	A	1		0.006	0.024	
18:3i.....g									
18:4.....g	0.001	0.000	3	A	1		0.002	0.007	
20:2 n-6 c,c.....g	0.010	0.000	3	A	1		0.018	0.073	
20:3 undifferentiated.....g	0.013	0.000	3	AS	1		0.023	0.093	
20:3 n-3.....g	0.003	0.000	3	A	1		0.005	0.020	
20:3 n-6.....g	0.010	0.000	3	A	1		0.018	0.073	
20:4 undifferentiated.....g	0.010	0.000	3	A	1		0.018	0.073	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	3	A	1		0.005	0.022	
21:5.....g									
22:4.....g	0.010	0.000	3	A	1		0.017	0.071	
22:5 n-3 (DPA).....g	0.006	0.000	3	A	1		0.011	0.044	
22:6 n-3 (DHA).....g	0.001	0.000	3	A	1		0.002	0.007	
Fatty acids, total trans.....g	0.237		0	NC	4		0.424	1.732	
Fatty acids, total trans-monoenoic.....g	0.187		0	NC	4		0.334	1.366	
Fatty acids, total trans-polyenoic.....g	0.050		0	NC	4		0.090	0.366	
Cholesterol.....mg	24		2	A	1		43	178	
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

NDB No. 21476

DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked

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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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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food, or similar food.

**Common Measures:**

Measure 1 = 179g: 1 slice 1/4 of pie

Measure 2 = 732g: 1 pie 12" diameter

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21477

DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked

Kraft Foods, Inc.

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
<b>Proximates:</b>									
Water.....g	43.32	0.244	5	A	1		89.66	328.77	
Energy.....kcal	265		0	NC	4		549	2014	
Energy.....kJ	1110		0	NC	4		2299	8428	
Protein.....g	12.46	0.081	5	A	1		25.80	94.59	
Total lipid (fat).....g	10.11	0.196	5	A	1		20.92	76.70	
Ash.....g	2.97	0.031	5	A	1		6.14	22.51	
Carbohydrate, by difference.....g	31.15		0	NC	4		64.48	236.42	
Fiber, total dietary.....g	2.3		2	A	1		4.7	17.1	
Sugars, total.....g	5.10		0	NR	4		10.56	38.71	
Sucrose.....g	0.00	0.000	5	A	1		0.00	0.00	
Glucose (dextrose).....g	1.97	0.048	5	A	1		4.09	14.98	
Fructose.....g	2.32	0.043	5	A	1		4.80	17.62	
Lactose.....g	0.00	0.000	5	A	1		0.00	0.00	
Maltose.....g	0.60		1	A	1		1.24	4.55	
Galactose.....g	0.20		1	A	1		0.41	1.52	
Starch.....g	24.24	0.250	5	A	1		50.18	183.98	
<b>Minerals:</b>									
Calcium, Ca.....mg	157	1.716	5	A	1		325	1193	
Iron, Fe.....mg	0.95	0.124	5	A	1		1.97	7.21	
Magnesium, Mg.....mg	27	0.086	5	A	1		55	202	
Phosphorus, P.....mg	225	4.120	5	A	1		465	1705	
Potassium, K.....mg	212	3.578	5	A	1		438	1607	
Sodium, Na.....mg	743	8.404	5	A	1		1537	5637	
Zinc, Zn.....mg	1.45	0.007	5	A	1		3.01	11.04	
Copper, Cu.....mg	0.120	0.003	5	A	1		0.248	0.911	
Manganese, Mn.....mg	0.392	0.005	5	A	1		0.811	2.975	
Selenium, Se.....µg	26.8	0.922	5	A	1		55.6	203.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.3		1	A	1		2.6	9.7	
Thiamin.....mg	0.132	0.008	5	A	1		0.273	1.002	
Riboflavin.....mg	0.083	0.005	4	A	1		0.171	0.626	
Niacin.....mg	1.564	0.030	5	A	1		3.237	11.871	
Pantothenic acid.....mg	0.450	0.000	3	A	1		0.932	3.416	
Vitamin B-6.....mg	0.136	0.002	5	A	1		0.282	1.032	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.42	0.019	5	A	1		0.87	3.19	
Vitamin A, RAE.....µg	41		0	AS	1		85	311	
Vitamin A, IU.....IU	137		0	AS	1		283	1038	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.88	0.075	5	A	1		1.81	6.65	
Tocopherol, beta.....mg	0.10	0.005	5	A	1		0.22	0.79	
Tocopherol, gamma.....mg	1.31	0.053	5	A	1		2.72	9.97	
Tocopherol, delta.....mg	0.25	0.011	5	A	1		0.52	1.90	
Tocotrienol, alpha.....mg	0.03	0.019	5	A	1		0.06	0.23	
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.01	0.008	5	A	1		0.02	0.06	
Tocotrienol, delta.....mg	0.00	0.000	5	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	7.6	0.176	3	A	1		15.7	57.6	
Dihydrophylloquinone.....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4.....µg	2.7	0.164	3	A	1		5.6	20.6	

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.761		0	NC	4		7.784	28.543	
4:0.....g	0.040	0.000	5	A	1		0.083	0.304	
6:0.....g	0.040	0.000	5	A	1		0.083	0.304	
8:0.....g	0.030	0.000	5	A	1		0.062	0.228	
10:0.....g	0.084	0.002	5	A	1		0.174	0.638	
12:0.....g	0.106	0.004	5	A	1		0.219	0.805	
13:0.....g									
14:0.....g	0.412	0.009	5	A	1		0.853	3.127	
15:0.....g	0.040	0.000	5	A	1		0.083	0.304	
16:0.....g	2.000	0.053	5	A	1		4.140	15.180	
17:0.....g	0.032	0.002	5	A	1		0.066	0.243	
18:0.....g	0.946	0.026	5	A	1		1.958	7.180	
20:0.....g	0.012	0.002	5	A	1		0.025	0.091	
22:0.....g	0.010	0.000	5	A	1		0.021	0.076	
24:0.....g	0.006	0.000	5	A	1		0.013	0.049	
Fatty acids, total monounsaturated.....g	2.770		0	NC	4		5.734	21.024	
14:1.....g	0.030	0.000	5	A	1		0.062	0.228	
15:1.....g	0.000	0.000	5	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.156	0.006	5	AS	1		0.323	1.184	
16:1 c.....g	0.146	0.006	5	A	1		0.302	1.108	
16:1 t.....g	0.010	0.000	5	A	1		0.021	0.076	
17:1.....g	0.000	0.000	5	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.536	0.090	5	AS	1		5.250	19.248	
18:1 c.....g	2.422	0.085	5	A	1		5.014	18.383	
18:1 t.....g	0.114	0.005	5	A	1		0.236	0.865	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.036	0.002	5	A	1		0.075	0.273	
22:1 undifferentiated.....g	0.010	0.000	5	AS	1		0.021	0.076	
22:1 c.....g	0.010	0.000	5	A	1		0.021	0.076	
22:1 t.....g	0.000	0.000	5	A	1		0.000	0.000	
24:1 c.....g	0.002	0.000	5	A	1		0.004	0.015	
Fatty acids, total polyunsaturated.....g	1.775		0	NC	4		3.674	13.471	
18:2 undifferentiated.....g	1.576	0.033	5	AS	1		3.262	11.962	
18:2 n-6 c,c.....g	1.516	0.029	5	A	1		3.138	11.506	
18:2 CLAs.....g	0.026	0.002	5	A	1		0.054	0.197	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.034	0.002	5	A	1		0.070	0.258	
18:3 undifferentiated.....g	0.149	0.002	5	AS	1		0.308	1.131	
18:3 n-3 c,c,c (ALA).....g	0.146	0.002	5	A	1		0.302	1.108	
18:3 n-6 c,c,c.....g	0.003	0.000	5	A	1		0.006	0.023	
18:3i.....g									
18:4.....g	0.001	0.000	5	A	1		0.002	0.008	
20:2 n-6 c,c.....g	0.010	0.000	5	A	1		0.021	0.076	
20:3 undifferentiated.....g	0.011	0.000	5	AS	1		0.023	0.085	
20:3 n-3.....g	0.003	0.000	5	A	1		0.005	0.020	
20:3 n-6.....g	0.009	0.000	5	A	1		0.018	0.065	
20:4 undifferentiated.....g	0.010	0.000	5	A	1		0.021	0.076	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	5	A	1		0.004	0.015	
21:5.....g									
22:4.....g	0.009	0.000	5	A	1		0.019	0.068	
22:5 n-3 (DPA).....g	0.005	0.000	5	A	1		0.010	0.035	
22:6 n-3 (DHA).....g	0.001	0.000	5	A	1		0.002	0.009	
Fatty acids, total trans.....g	0.158		0	NC	4		0.327	1.199	
Fatty acids, total trans-monoenoic.....g	0.124		0	NC	4		0.257	0.941	
Fatty acids, total trans-polyenoic.....g	0.034		0	NC	4		0.070	0.258	
Cholesterol.....mg	18	0.570	3	A	1		38	140	
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

NDB No. 21477

DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked

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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	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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food, or similar food.

**Common Measures:**

Measure 1 = 207g: 1 slice 1/4 of pie

Measure 2 = 759g: 1 pie 12" diameter

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21478

DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked

Kraft Foods, Inc.

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
<b>Proximates:</b>									
Water.....g	42.38	0.306	4	A	1		61.45	232.24	
Energy.....kcal	283		0	NC	4		411	1552	
Energy.....kJ	1185		0	NC	4		1718	6494	
Protein.....g	13.22	0.141	4	A	1		19.17	72.44	
Total lipid (fat).....g	12.86	0.287	4	A	1		18.64	70.45	
Ash.....g	2.88	0.071	4	A	1		4.17	15.77	
Carbohydrate, by difference.....g	28.67		0	NC	4		41.57	157.10	
Fiber, total dietary.....g	2.8	0.033	3	A	1		4.1	15.5	
Sugars, total.....g									
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose).....g	1.31	0.128	4	A	1		1.90	7.17	
Fructose.....g	1.35	0.065	4	A	1		1.96	7.41	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.97		1	A	1		1.41	5.32	
Galactose.....g									
Starch.....g	22.33	0.851	3	A	1		32.38	122.39	
<b>Minerals:</b>									
Calcium, Ca.....mg	209	2.675	4	A	1		303	1144	
Iron, Fe.....mg	0.90	0.030	4	A	1		1.31	4.93	
Magnesium, Mg.....mg	28	0.284	4	A	1		41	155	
Phosphorus, P.....mg	213	1.014	4	A	1		309	1166	
Potassium, K.....mg	268	6.283	4	A	1		389	1470	
Sodium, Na.....mg	663	14.072	4	A	1		962	3635	
Zinc, Zn.....mg	1.64	0.022	4	A	1		2.37	8.96	
Copper, Cu.....mg	0.108	0.003	4	A	1		0.156	0.589	
Manganese, Mn.....mg	0.305	0.006	4	A	1		0.442	1.671	
Selenium, Se.....µg	24.1	0.892	4	A	1		34.9	132.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.9		1	A	1		1.3	4.8	
Thiamin.....mg	0.143	0.005	4	A	1		0.207	0.781	
Riboflavin.....mg	0.125	0.005	4	A	1		0.181	0.685	
Niacin.....mg	2.053	0.046	4	A	1		2.976	11.248	
Pantothenic acid.....mg	0.537	0.041	3	A	1		0.778	2.941	
Vitamin B-6.....mg	0.160	0.004	4	A	1		0.232	0.877	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.55	0.039	4	A	1		0.80	3.01	
Vitamin A, RAE.....µg	46		0	AS	1		66	250	
Vitamin A, IU.....IU	152		0	AS	1		221	835	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.77	0.063	4	A	1		1.12	4.22	
Tocopherol, beta.....mg	0.06	0.005	4	A	1		0.08	0.30	
Tocopherol, gamma.....mg	0.99	0.060	4	A	1		1.44	5.44	
Tocopherol, delta.....mg	0.29	0.026	4	A	1		0.42	1.58	
Tocotrienol, alpha.....mg	0.00	0.003	4	A	1		0.00	0.01	
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.01	0.006	4	A	1		0.01	0.05	
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	5.0	0.186	3	A	1		7.3	27.6	
Dihydrophylloquinone.....µg	3.9	0.275	3	A	1		5.6	21.1	
Menaquinone-4.....µg	4.0	0.350	3	A	1		5.7	21.6	

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.973		0	NC	4		7.211	27.252	
4:0.....g	0.055	0.003	4	A	1		0.080	0.301	
6:0.....g	0.055	0.003	4	A	1		0.080	0.301	
8:0.....g	0.038	0.003	4	A	1		0.054	0.206	
10:0.....g	0.108	0.005	4	A	1		0.156	0.589	
12:0.....g	0.135	0.006	4	A	1		0.196	0.740	
13:0.....g									
14:0.....g	0.528	0.027	4	A	1		0.765	2.891	
15:0.....g	0.050	0.004	4	A	1		0.073	0.274	
16:0.....g	2.670	0.072	4	A	1		3.872	14.632	
17:0.....g	0.048	0.003	4	A	1		0.069	0.260	
18:0.....g	1.248	0.028	4	A	1		1.809	6.836	
20:0.....g	0.020	0.000	4	A	1		0.029	0.110	
22:0.....g	0.010	0.000	4	A	1		0.015	0.055	
24:0.....g	0.008	0.000	4	A	1		0.011	0.042	
Fatty acids, total monounsaturated.....g	4.354		0	NC	4		6.313	23.860	
14:1.....g	0.038	0.003	4	A	1		0.054	0.206	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.230	0.009	4	AS	1		0.334	1.260	
16:1 c.....g	0.218	0.009	4	A	1		0.315	1.192	
16:1 t.....g	0.013	0.003	4	A	1		0.018	0.069	
17:1.....g	0.007	0.004	4	A	1		0.010	0.037	
18:1 undifferentiated.....g	4.008	0.097	4	AS	1		5.811	21.961	
18:1 c.....g	3.563	0.093	4	A	1		5.166	19.523	
18:1 t.....g	0.445	0.005	4	A	1		0.645	2.439	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.053	0.003	4	A	1		0.076	0.288	
22:1 undifferentiated.....g	0.018	0.003	4	AS	1		0.025	0.096	
22:1 c.....g	0.018	0.003	4	A	1		0.025	0.096	
22:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c.....g	0.002	0.000	4	A	1		0.003	0.012	
Fatty acids, total polyunsaturated.....g	1.827		0	NC	4		2.649	10.011	
18:2 undifferentiated.....g	1.613	0.019	4	AS	1		2.338	8.837	
18:2 n-6 c,c.....g	1.528	0.021	4	A	1		2.215	8.371	
18:2 CLAs.....g	0.035	0.003	4	A	1		0.051	0.192	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.050	0.000	4	A	1		0.073	0.274	
18:3 undifferentiated.....g	0.137	0.005	4	AS	1		0.198	0.748	
18:3 n-3 c,c,c (ALA).....g	0.133	0.005	4	A	1		0.192	0.726	
18:3 n-6 c,c,c.....g	0.004	0.000	4	A	1		0.006	0.022	
18:3i.....g									
18:4.....g	0.002	0.001	4	A	1		0.003	0.011	
20:2 n-6 c,c.....g	0.020	0.000	4	A	1		0.029	0.110	
20:3 undifferentiated.....g	0.014	0.000	4	AS	1		0.020	0.077	
20:3 n-3.....g	0.004	0.000	4	A	1		0.006	0.022	
20:3 n-6.....g	0.010	0.000	4	A	1		0.015	0.055	
20:4 undifferentiated.....g	0.020	0.000	4	A	1		0.029	0.110	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	4	A	1		0.004	0.014	
21:5.....g									
22:4.....g	0.010	0.000	4	A	1		0.015	0.055	
22:5 n-3 (DPA).....g	0.007	0.000	4	A	1		0.009	0.036	
22:6 n-3 (DHA).....g	0.001	0.000	4	A	1		0.002	0.007	
Fatty acids, total trans.....g	0.508		0	NC	4		0.736	2.781	
Fatty acids, total trans-monoenoic.....g	0.458		0	NC	4		0.663	2.507	
Fatty acids, total trans-polyenoic.....g	0.050		0	NC	4		0.073	0.274	
Cholesterol.....mg	28		2	A	1		40	153	
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

NDB No. 21478

DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked

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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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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food, or similar food.

**Common Measures:**

Measure 1 = 145g: 1 slice 1/4 of pie

Measure 2 = 548g: 1 pie 22.1 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21479

DIGIORNO Pizza, supreme topping, rising crust, frozen, baked

Kraft Foods, Inc.

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
<b>Proximates:</b>									
Water.....g	46.80	0.208	6	A	1		106.23	409.96	
Energy.....kcal	255		0	NC	4		578	2232	
Energy.....kJ	1066		0	NC	4		2420	9338	
Protein.....g	11.74	0.090	6	A	1		26.65	102.84	
Total lipid (fat).....g	10.68	0.186	6	A	1		24.23	93.51	
Ash.....g	2.85	0.033	6	A	1		6.48	25.00	
Carbohydrate, by difference.....g	27.93		0	NC	4		63.41	244.69	
Fiber, total dietary.....g	2.3	0.145	3	A	1		5.1	19.9	
Sugars, total.....g	4.71		0	NR	4		10.69	41.26	
Sucrose.....g	0.00	0.000	6	A	1		0.00	0.00	
Glucose (dextrose).....g	1.76	0.169	6	A	1		4.00	15.42	
Fructose.....g	2.15	0.065	6	A	1		4.87	18.81	
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose.....g	0.60		1	A	1		1.36	5.26	
Galactose.....g	0.20		1	A	1		0.45	1.75	
Starch.....g	21.07	0.150	6	A	1		47.82	184.54	
<b>Minerals:</b>									
Calcium, Ca.....mg	139	5.198	6	A	1		315	1215	
Iron, Fe.....mg	1.01	0.052	6	A	1		2.29	8.85	
Magnesium, Mg.....mg	27	0.314	6	A	1		61	234	
Phosphorus, P.....mg	211	5.844	6	A	1		479	1849	
Potassium, K.....mg	210	3.657	6	A	1		476	1838	
Sodium, Na.....mg	712	8.714	6	A	1		1616	6234	
Zinc, Zn.....mg	1.30	0.033	6	A	1		2.95	11.39	
Copper, Cu.....mg	0.118	0.003	6	A	1		0.269	1.037	
Manganese, Mn.....mg	0.382	0.005	6	A	1		0.866	3.343	
Selenium, Se.....µg	25.0	0.646	6	A	1		56.8	219.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.153	0.006	6	A	1		0.348	1.343	
Riboflavin.....mg	0.080	0.004	6	A	1		0.182	0.701	
Niacin.....mg	1.605	0.021	6	A	1		3.643	14.060	
Pantothenic acid.....mg	0.467	0.015	3	A	1		1.059	4.088	
Vitamin B-6.....mg	0.137	0.002	6	A	1		0.310	1.197	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.41	0.022	6	A	1		0.92	3.55	
Vitamin A, RAE.....µg	35		0	AS	1		80	308	
Vitamin A, IU.....IU	117		0	AS	1		266	1025	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.89	0.044	6	A	1		2.02	7.81	
Tocopherol, beta.....mg	0.12	0.011	6	A	1		0.26	1.01	
Tocopherol, gamma.....mg	1.28	0.035	6	A	1		2.90	11.20	
Tocopherol, delta.....mg	0.25	0.010	6	A	1		0.57	2.20	
Tocotrienol, alpha.....mg	0.05	0.010	6	A	1		0.11	0.42	
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.04	0.009	6	A	1		0.08	0.31	
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	7.6	0.497	3	A	1		17.3	66.9	
Dihydrophylloquinone.....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4.....µg	3.0	0.076	3	A	1		6.7	25.8	

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.965		0	NC	4		9.001	34.733	
4:0.....g	0.040	0.000	6	A	1		0.091	0.350	
6:0.....g	0.038	0.002	6	A	1		0.087	0.336	
8:0.....g	0.028	0.002	6	A	1		0.064	0.248	
10:0.....g	0.080	0.003	6	A	1		0.182	0.701	
12:0.....g	0.097	0.003	6	A	1		0.219	0.847	
13:0.....g									
14:0.....g	0.380	0.008	6	A	1		0.863	3.329	
15:0.....g	0.033	0.002	6	A	1		0.076	0.292	
16:0.....g	2.158	0.039	6	A	1		4.899	18.907	
17:0.....g	0.035	0.002	6	A	1		0.079	0.307	
18:0.....g	1.037	0.019	6	A	1		2.353	9.081	
20:0.....g	0.020	0.000	6	A	1		0.045	0.175	
22:0.....g	0.010	0.000	6	A	1		0.023	0.088	
24:0.....g	0.006	0.000	6	A	1		0.014	0.054	
Fatty acids, total monounsaturated.....g	3.372		0	NC	4		7.654	29.536	
14:1.....g	0.025	0.002	6	A	1		0.057	0.219	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.178	0.005	6	AS	1		0.405	1.562	
16:1 c.....g	0.168	0.005	6	A	1		0.382	1.475	
16:1 t.....g	0.010	0.000	6	A	1		0.023	0.088	
17:1.....g	0.003	0.002	6	A	1		0.007	0.026	
18:1 undifferentiated.....g	3.108	0.062	6	AS	1		7.056	27.229	
18:1 c.....g	3.005	0.060	6	A	1		6.821	26.324	
18:1 t.....g	0.103	0.003	6	A	1		0.235	0.905	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.047	0.002	6	A	1		0.106	0.409	
22:1 undifferentiated.....g	0.009	0.000	6	AS	1		0.020	0.079	
22:1 c.....g	0.009	0.000	6	A	1		0.020	0.079	
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.001	0.000	6	A	1		0.003	0.012	
Fatty acids, total polyunsaturated.....g	1.891		0	NC	4		4.292	16.564	
18:2 undifferentiated.....g	1.670	0.021	6	AS	1		3.791	14.629	
18:2 n-6 c,c.....g	1.615	0.019	6	A	1		3.666	14.147	
18:2 CLAs.....g	0.025	0.002	6	A	1		0.057	0.219	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.030	0.000	6	A	1		0.068	0.263	
18:3 undifferentiated.....g	0.148	0.002	6	AS	1		0.336	1.298	
18:3 n-3 c,c,c (ALA).....g	0.145	0.002	6	A	1		0.329	1.270	
18:3 n-6 c,c,c.....g	0.003	0.000	6	A	1		0.007	0.028	
18:3i.....g									
18:4.....g	0.001	0.000	6	A	1		0.002	0.009	
20:2 n-6 c,c.....g	0.020	0.000	6	A	1		0.045	0.175	
20:3 undifferentiated.....g	0.014	0.000	6	AS	1		0.031	0.118	
20:3 n-3.....g	0.004	0.000	6	A	1		0.009	0.034	
20:3 n-6.....g	0.010	0.000	6	A	1		0.022	0.085	
20:4 undifferentiated.....g	0.018	0.002	6	A	1		0.042	0.161	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	6	A	1		0.005	0.018	
21:5.....g									
22:4.....g	0.010	0.000	6	A	1		0.023	0.088	
22:5 n-3 (DPA).....g	0.006	0.000	6	A	1		0.012	0.048	
22:6 n-3 (DHA).....g	0.001	0.000	6	A	1		0.003	0.012	
Fatty acids, total trans.....g	0.143		0	NC	4		0.325	1.256	
Fatty acids, total trans-monoenoic.....g	0.113		0	NC	4		0.257	0.993	
Fatty acids, total trans-polyenoic.....g	0.030		0	NC	4		0.068	0.263	
Cholesterol.....mg	19	0.494	4	A	1		43	165	
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

NDB No. 21479

DIGIORNO Pizza, supreme topping, rising crust, frozen, baked

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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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					

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food, or similar food.

**Common Measures:**

Measure 1 = 227g: 1 slice 1/4 of pie

Measure 2 = 876g: 1 pie 12" diameter

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 21480**  
**DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked**  
*Kraft Foods, Inc.*

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
<b>Proximates:</b>									
Water.....g	47.31	0.447	4	A	1		73.33	281.51	
Energy.....kcal	255		0	NC	4		395	1518	
Energy.....kJ	1067		0	NC	4		1654	6349	
Protein.....g	11.41	0.235	4	A	1		17.68	67.87	
Total lipid (fat).....g	10.80	0.363	4	A	1		16.74	64.27	
Ash.....g	2.43	0.037	4	A	1		3.77	14.46	
Carbohydrate, by difference.....g	28.05		0	NC	4		43.48	166.89	
Fiber, total dietary.....g	2.8	0.058	3	A	1		4.3	16.7	
Sugars, total.....g									
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose).....g	1.38	0.070	4	A	1		2.14	8.21	
Fructose.....g	1.57	0.034	4	A	1		2.44	9.36	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g									
Galactose.....g									
Starch.....g	21.43	0.598	4	A	1		33.21	127.48	
<b>Minerals:</b>									
Calcium, Ca.....mg	161	7.056	4	A	1		249	955	
Iron, Fe.....mg	0.92	0.012	4	A	1		1.43	5.49	
Magnesium, Mg.....mg	28	0.194	4	A	1		43	166	
Phosphorus, P.....mg	187	4.428	4	A	1		290	1113	
Potassium, K.....mg	278	3.340	4	A	1		431	1655	
Sodium, Na.....mg	555	12.602	4	A	1		861	3304	
Zinc, Zn.....mg	1.40	0.030	4	A	1		2.17	8.34	
Copper, Cu.....mg	0.110	0.000	4	A	1		0.171	0.655	
Manganese, Mn.....mg	0.313	0.003	4	A	1		0.484	1.859	
Selenium, Se.....µg	20.9	0.591	4	A	1		32.4	124.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		1	A	1		1.2	4.5	
Thiamin.....mg	0.148	0.020	4	A	1		0.229	0.878	
Riboflavin.....mg	0.098	0.006	4	A	1		0.151	0.580	
Niacin.....mg	2.013	0.034	4	A	1		3.119	11.974	
Pantothenic acid.....mg	0.537	0.009	3	A	1		0.832	3.193	
Vitamin B-6.....mg	0.163	0.008	4	A	1		0.252	0.967	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.48	0.030	4	A	1		0.75	2.87	
Vitamin A, RAE.....µg	41		0	AS	1		64	246	
Vitamin A, IU.....IU	138		0	AS	1		214	822	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.82	0.139	4	A	1		1.26	4.85	
Tocopherol, beta.....mg	0.07	0.008	4	A	1		0.10	0.40	
Tocopherol, gamma.....mg	1.09	0.120	4	A	1		1.69	6.49	
Tocopherol, delta.....mg	0.32	0.035	4	A	1		0.50	1.90	
Tocotrienol, alpha.....mg	0.03	0.017	4	A	1		0.04	0.15	
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.01	0.008	4	A	1		0.01	0.04	
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	5.7	0.304	3	A	1		8.8	33.6	
Dihydrophylloquinone.....µg	3.5	0.033	3	A	1		5.4	20.6	
Menquinone-4.....µg	3.4	0.485	3	A	1		5.2	20.0	

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.377		0	NC	4		6.784	26.040	
4:0.....g	0.043	0.003	4	A	1		0.066	0.253	
6:0.....g	0.040	0.000	4	A	1		0.062	0.238	
8:0.....g	0.030	0.000	4	A	1		0.047	0.179	
10:0.....g	0.090	0.004	4	A	1		0.140	0.536	
12:0.....g	0.113	0.006	4	A	1		0.174	0.669	
13:0.....g									
14:0.....g	0.438	0.019	4	A	1		0.678	2.603	
15:0.....g	0.043	0.003	4	A	1		0.066	0.253	
16:0.....g	2.370	0.076	4	A	1		3.674	14.102	
17:0.....g	0.040	0.000	4	A	1		0.062	0.238	
18:0.....g	1.133	0.040	4	A	1		1.755	6.738	
20:0.....g	0.020	0.000	4	A	1		0.031	0.119	
22:0.....g	0.010	0.000	4	A	1		0.016	0.060	
24:0.....g	0.007	0.000	4	A	1		0.011	0.042	
Fatty acids, total monounsaturated.....g	3.957		0	NC	4		6.133	23.544	
14:1.....g	0.030	0.000	4	A	1		0.047	0.179	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.190	0.011	4	AS	1		0.295	1.131	
16:1 c.....g	0.180	0.011	4	A	1		0.279	1.071	
16:1 t.....g	0.010	0.000	4	A	1		0.016	0.060	
17:1.....g	0.001	0.001	4	A	1		0.002	0.007	
18:1 undifferentiated.....g	3.680	0.163	4	AS	1		5.704	21.896	
18:1 c.....g	3.278	0.166	4	A	1		5.080	19.501	
18:1 t.....g	0.403	0.005	4	A	1		0.624	2.395	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.045	0.003	4	A	1		0.070	0.268	
22:1 undifferentiated.....g	0.009	0.001	4	AS	1		0.014	0.055	
22:1 c.....g	0.009	0.001	4	A	1		0.014	0.055	
22:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c.....g	0.002	0.000	4	A	1		0.002	0.009	
Fatty acids, total polyunsaturated.....g	1.790		0	NC	4		2.774	10.649	
18:2 undifferentiated.....g	1.600	0.046	4	AS	1		2.480	9.520	
18:2 n-6 c,c.....g	1.525	0.043	4	A	1		2.364	9.074	
18:2 CLAs.....g	0.028	0.003	4	A	1		0.043	0.164	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.048	0.003	4	A	1		0.074	0.283	
18:3 undifferentiated.....g	0.121	0.007	4	AS	1		0.187	0.717	
18:3 n-3 c,c,c (ALA).....g	0.118	0.008	4	A	1		0.182	0.699	
18:3 n-6 c,c,c.....g	0.003	0.000	4	A	1		0.005	0.018	
18:3i.....g									
18:4.....g	0.001	0.000	4	A	1		0.002	0.006	
20:2 n-6 c,c.....g	0.018	0.003	4	A	1		0.027	0.104	
20:3 undifferentiated.....g	0.013	0.001	4	AS	1		0.021	0.079	
20:3 n-3.....g	0.004	0.000	4	A	1		0.006	0.022	
20:3 n-6.....g	0.010	0.001	4	A	1		0.015	0.057	
20:4 undifferentiated.....g	0.018	0.003	4	A	1		0.027	0.104	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	4	A	1		0.003	0.012	
21:5.....g									
22:4.....g	0.010	0.001	4	A	1		0.015	0.057	
22:5 n-3 (DPA).....g	0.006	0.000	4	A	1		0.009	0.036	
22:6 n-3 (DHA).....g	0.002	0.000	4	A	1		0.002	0.009	
Fatty acids, total trans.....g	0.460		0	NC	4		0.713	2.737	
Fatty acids, total trans-monoenoic.....g	0.413		0	NC	4		0.639	2.454	
Fatty acids, total trans-polyenoic.....g	0.048		0	NC	4		0.074	0.283	
Cholesterol.....mg	20		2	A	1		31	120	
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



NDB No. 21480

DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked

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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	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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food, or similar food.

**Common Measures:**

Measure 1 = 155g: 1 slice 1/4 of pie

Measure 2 = 595g: 1 pie 24.8 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.110		0	NC	4		4.439	35.554	
4:0.....g	0.095	0.007	6	A	1		0.102	0.820	
6:0.....g	0.075	0.005	6	A	1		0.081	0.649	
8:0.....g	0.051	0.003	6	A	1		0.056	0.445	
10:0.....g	0.133	0.005	6	A	1		0.144	1.150	
12:0.....g	0.163	0.006	6	A	1		0.176	1.408	
13:0.....g									
14:0.....g	0.563	0.022	6	A	1		0.608	4.873	
15:0.....g	0.059	0.003	6	A	1		0.064	0.513	
16:0.....g	2.047	0.053	6	A	1		2.211	17.711	
17:0.....g	0.041	0.001	6	A	1		0.044	0.352	
18:0.....g	0.839	0.012	6	A	1		0.906	7.256	
20:0.....g	0.018	0.000	6	A	1		0.020	0.159	
22:0.....g	0.014	0.000	6	A	1		0.015	0.124	
24:0.....g	0.008	0.000	6	A	1		0.008	0.066	
Fatty acids, total monounsaturated.....g	2.165		0	NC	4		2.338	18.725	
14:1.....g	0.045	0.003	6	A	1		0.049	0.389	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.103	0.007	6	AS	1		0.112	0.894	
16:1 c.....g	0.082	0.006	6	A	1		0.089	0.714	
16:1 t.....g	0.021	0.001	6	A	1		0.022	0.180	
17:1.....g	0.014	0.001	6	A	1		0.015	0.117	
18:1 undifferentiated.....g	1.969	0.033	6	AS	1		2.127	17.033	
18:1 c.....g	1.815	0.030	6	A	1		1.960	15.697	
18:1 t.....g	0.154	0.004	6	A	1		0.167	1.336	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.031	0.001	6	A	1		0.034	0.271	
22:1 undifferentiated.....g	0.002	0.000	6	AS	1		0.002	0.014	
22:1 c.....g	0.002	0.000	6	A	1		0.002	0.014	
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.001	0.000	6	A	1		0.001	0.007	
Fatty acids, total polyunsaturated.....g	1.833		0	NC	4		1.979	15.854	
18:2 undifferentiated.....g	1.608	0.044	6	AS	1		1.737	13.909	
18:2 n-6 c,c.....g	1.517	0.042	6	A	1		1.638	13.122	
18:2 CLAs.....g	0.037	0.002	6	A	1		0.040	0.324	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.053	0.004	6	A	1		0.058	0.463	
18:3 undifferentiated.....g	0.186	0.007	6	AS	1		0.201	1.612	
18:3 n-3 c,c,c (ALA).....g	0.184	0.007	6	A	1		0.199	1.590	
18:3 n-6 c,c,c.....g	0.003	0.000	6	A	1		0.003	0.022	
18:3i.....g									
18:4.....g	0.002	0.001	6	A	1		0.002	0.016	
20:2 n-6 c,c.....g	0.003	0.000	6	A	1		0.003	0.027	
20:3 undifferentiated.....g	0.008	0.000	6	AS	1		0.009	0.073	
20:3 n-3.....g	0.000	0.000	6	A	1		0.000	0.001	
20:3 n-6.....g	0.008	0.000	6	A	1		0.009	0.072	
20:4 undifferentiated.....g	0.011	0.001	6	A	1		0.012	0.094	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.001	6	A	1		0.004	0.036	
21:5.....g									
22:4.....g	0.004	0.000	6	A	1		0.005	0.039	
22:5 n-3 (DPA).....g	0.004	0.000	6	A	1		0.004	0.036	
22:6 n-3 (DHA).....g	0.001	0.000	6	A	1		0.001	0.004	
Fatty acids, total trans.....g	0.229		0	NC	4		0.247	1.979	
Fatty acids, total trans-monoenoic.....g	0.175		0	NC	4		0.189	1.517	
Fatty acids, total trans-polyenoic.....g	0.053		0	NC	4		0.058	0.463	
Cholesterol.....mg	17	0.953	3	A	1		18	147	
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

NDB No. 21277

**DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust**

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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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

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food, or similar food.

**Common Measures:**

Measure 1 = 108g: 1 slice

Measure 2 = 865g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.345		0	NC	4		4.442	34.264	
4:0.....g	0.165	0.011	6	A	1		0.116	0.893	
6:0.....g	0.132	0.007	6	A	1		0.092	0.712	
8:0.....g	0.087	0.005	6	A	1		0.061	0.472	
10:0.....g	0.219	0.013	6	A	1		0.153	1.182	
12:0.....g	0.263	0.016	6	A	1		0.184	1.421	
13:0.....g									
14:0.....g	0.899	0.051	6	A	1		0.629	4.854	
15:0.....g	0.096	0.005	6	A	1		0.067	0.517	
16:0.....g	3.090	0.113	6	A	1		2.163	16.687	
17:0.....g	0.066	0.003	6	A	1		0.046	0.355	
18:0.....g	1.251	0.048	6	A	1		0.876	6.758	
20:0.....g	0.033	0.001	6	A	1		0.023	0.180	
22:0.....g	0.027	0.001	6	A	1		0.019	0.143	
24:0.....g	0.011	0.000	6	A	1		0.008	0.062	
Fatty acids, total monounsaturated.....g	3.748		0	NC	4		2.624	20.242	
14:1.....g	0.073	0.006	6	A	1		0.051	0.395	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.161	0.010	6	AS	1		0.113	0.869	
16:1 c.....g	0.129	0.008	6	A	1		0.090	0.695	
16:1 t.....g	0.032	0.001	6	A	1		0.023	0.175	
17:1.....g	0.023	0.001	6	A	1		0.016	0.126	
18:1 undifferentiated.....g	3.428	0.099	6	AS	1		2.399	18.509	
18:1 c.....g	3.191	0.087	6	A	1		2.234	17.232	
18:1 t.....g	0.236	0.012	6	A	1		0.166	1.277	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.060	0.002	6	A	1		0.042	0.324	
22:1 undifferentiated.....g	0.001	0.000	6	AS	1		0.001	0.007	
22:1 c.....g	0.001	0.000	6	A	1		0.001	0.007	
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.002	0.001	6	A	1		0.001	0.011	
Fatty acids, total polyunsaturated.....g	3.762		0	NC	4		2.633	20.313	
18:2 undifferentiated.....g	3.248	0.063	6	AS	1		2.274	17.539	
18:2 n-6 c,c.....g	3.097	0.065	6	A	1		2.168	16.726	
18:2 CLAs.....g	0.062	0.004	6	A	1		0.043	0.334	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.089	0.003	6	A	1		0.062	0.479	
18:3 undifferentiated.....g	0.456	0.011	6	AS	1		0.320	2.465	
18:3 n-3 c,c,c (ALA).....g	0.453	0.010	6	A	1		0.317	2.445	
18:3 n-6 c,c,c.....g	0.004	0.001	6	A	1		0.003	0.020	
18:3i.....g									
18:4.....g	0.002	0.000	6	A	1		0.002	0.013	
20:2 n-6 c,c.....g	0.006	0.000	6	A	1		0.004	0.031	
20:3 undifferentiated.....g	0.013	0.001	6	AS	1		0.009	0.069	
20:3 n-3.....g	0.001	0.000	6	A	1		0.000	0.004	
20:3 n-6.....g	0.012	0.001	6	A	1		0.009	0.066	
20:4 undifferentiated.....g	0.018	0.001	6	A	1		0.013	0.098	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.005	0.001	6	A	1		0.003	0.027	
21:5.....g									
22:4.....g	0.005	0.000	6	A	1		0.003	0.025	
22:5 n-3 (DPA).....g	0.006	0.000	6	A	1		0.005	0.035	
22:6 n-3 (DHA).....g	0.001	0.000	6	A	1		0.000	0.004	
Fatty acids, total trans.....g	0.357		0	NC	4		0.250	1.930	
Fatty acids, total trans-monoenoic.....g	0.269		0	NC	4		0.188	1.452	
Fatty acids, total trans-polyenoic.....g	0.089		0	NC	4		0.062	0.479	
Cholesterol.....mg	27	2.610	3	A	1		19	145	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.105		0	A	1		0.073	0.567	
Threonine.....g	0.420		0	A	1		0.294	2.269	

NDB No. 21279

**DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust**

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	0.585		0	A	1	0.409	3.157	
Leucine.....g	1.203		0	A	1	0.842	6.495	
Lysine.....g	0.880		0	A	1	0.616	4.753	
Methionine.....g	0.330		0	A	1	0.231	1.783	
Cystine.....g	0.153		0	A	1	0.107	0.827	
Phenylalanine.....g	0.695		0	A	1	0.487	3.753	
Tyrosine.....g	0.505		0	A	1	0.354	2.729	
Valine.....g	0.752		0	A	1	0.527	4.062	
Arginine.....g	0.505		0	A	1	0.354	2.727	
Histidine.....g	0.367		0	A	1	0.257	1.984	
Alanine.....g	0.395		0	A	1	0.277	2.134	
Aspartic acid.....g	0.966		0	A	1	0.676	5.214	
Glutamic acid.....g	3.664		0	A	1	2.565	19.785	
Glycine.....g	0.323		0	A	1	0.226	1.742	
Proline.....g	1.873		0	A	1	1.311	10.113	
Serine.....g	0.828		0	A	1	0.580	4.472	
Hydroxyproline.....g	0.000	0.000	4	A	1	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 = 70g: 1 slice

Measure 2 = 540g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.062		0	NC	4		4.793	38.467	
4:0.....g	0.098	0.008	6	A	1		0.115	0.925	
6:0.....g	0.077	0.005	6	A	1		0.091	0.734	
8:0.....g	0.052	0.003	6	A	1		0.062	0.494	
10:0.....g	0.134	0.006	6	A	1		0.159	1.272	
12:0.....g	0.162	0.008	6	A	1		0.191	1.536	
13:0.....g									
14:0.....g	0.557	0.027	6	A	1		0.657	5.275	
15:0.....g	0.059	0.003	6	A	1		0.069	0.555	
16:0.....g	2.003	0.067	6	A	1		2.364	18.973	
17:0.....g	0.041	0.002	6	A	1		0.049	0.393	
18:0.....g	0.828	0.017	6	A	1		0.977	7.840	
20:0.....g	0.021	0.001	6	A	1		0.025	0.204	
22:0.....g	0.017	0.000	6	A	1		0.020	0.163	
24:0.....g	0.008	0.000	6	A	1		0.009	0.074	
Fatty acids, total monounsaturated.....g	2.434		0	NC	4		2.872	23.053	
14:1.....g	0.045	0.004	6	A	1		0.053	0.429	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.107	0.007	6	AS	1		0.126	1.015	
16:1 c.....g	0.087	0.006	6	A	1		0.102	0.821	
16:1 t.....g	0.020	0.001	6	A	1		0.024	0.194	
17:1.....g	0.014	0.001	6	A	1		0.017	0.136	
18:1 undifferentiated.....g	2.225	0.037	6	AS	1		2.625	21.067	
18:1 c.....g	2.035	0.033	6	A	1		2.402	19.275	
18:1 t.....g	0.189	0.004	6	A	1		0.223	1.793	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.039	0.001	6	A	1		0.046	0.368	
22:1 undifferentiated.....g	0.002	0.000	6	AS	1		0.002	0.016	
22:1 c.....g	0.002	0.000	6	A	1		0.002	0.016	
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.002	0.001	6	A	1		0.003	0.022	
Fatty acids, total polyunsaturated.....g	2.387		0	NC	4		2.816	22.603	
18:2 undifferentiated.....g	2.081	0.032	6	AS	1		2.456	19.712	
18:2 n-6 c,c.....g	1.981	0.034	6	A	1		2.337	18.757	
18:2 CLAs.....g	0.039	0.001	6	A	1		0.046	0.366	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.062	0.003	6	A	1		0.073	0.589	
18:3 undifferentiated.....g	0.265	0.002	6	AS	1		0.313	2.509	
18:3 n-3 c,c,c (ALA).....g	0.262	0.002	6	A	1		0.310	2.486	
18:3 n-6 c,c,c.....g	0.003	0.000	6	A	1		0.003	0.024	
18:3i.....g									
18:4.....g	0.002	0.000	6	A	1		0.002	0.014	
20:2 n-6 c,c.....g	0.004	0.000	6	A	1		0.004	0.033	
20:3 undifferentiated.....g	0.010	0.001	6	AS	1		0.011	0.091	
20:3 n-3.....g	0.001	0.000	6	A	1		0.001	0.005	
20:3 n-6.....g	0.009	0.000	6	A	1		0.011	0.087	
20:4 undifferentiated.....g	0.012	0.001	6	A	1		0.014	0.110	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.001	6	A	1		0.004	0.032	
21:5.....g									
22:4.....g	0.005	0.001	6	A	1		0.006	0.050	
22:5 n-3 (DPA).....g	0.004	0.000	6	A	1		0.005	0.039	
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.272		0	NC	4		0.321	2.576	
Fatty acids, total trans-monoenoic.....g	0.210		0	NC	4		0.248	1.987	
Fatty acids, total trans-polyenoic.....g	0.062		0	NC	4		0.073	0.589	
Cholesterol.....mg	16	1.172	3	A	1		19	154	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.114		0	A	1		0.135	1.080	
Threonine.....g	0.381		0	A	1		0.450	3.608	

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DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust

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	0.514		0	A	1	0.606	4.866	
Leucine.....g	0.935		0	A	1	1.104	8.858	
Lysine.....g	0.635		0	A	1	0.749	6.012	
Methionine.....g	0.281		0	A	1	0.331	2.660	
Cystine.....g	0.165		0	A	1	0.195	1.561	
Phenylalanine.....g	0.651		0	A	1	0.769	6.168	
Tyrosine.....g	0.475		0	A	1	0.560	4.494	
Valine.....g	0.647		0	A	1	0.763	6.124	
Arginine.....g	0.819		0	A	1	0.966	7.751	
Histidine.....g	0.360		0	A	1	0.424	3.405	
Alanine.....g	0.381		0	A	1	0.449	3.607	
Aspartic acid.....g	0.845		0	A	1	0.997	8.001	
Glutamic acid.....g	3.625		0	A	1	4.278	34.332	
Glycine.....g	0.348		0	A	1	0.411	3.296	
Proline.....g	1.446		0	A	1	1.706	13.689	
Serine.....g	0.779		0	A	1	0.920	7.381	
Hydroxyproline.....g	0.000	0.000	4	A	1	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 = 118g: 1 slice

Measure 2 = 947g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.386		0	NC	4		6.623	53.683	
4:0.....g									
6:0.....g									
8:0.....g	0.043	0.003	4	A	1		0.066	0.532	
10:0.....g	0.102	0.008	4	A	1		0.155	1.254	
12:0.....g	0.117	0.009	4	A	1		0.177	1.435	
13:0.....g									
14:0.....g	0.484	0.021	4	A	1		0.730	5.921	
15:0.....g	0.052	0.002	4	A	1		0.078	0.636	
16:0.....g	2.326	0.073	4	A	1		3.513	28.476	
17:0.....g	0.057	0.002	4	A	1		0.086	0.700	
18:0.....g	1.184	0.047	4	A	1		1.789	14.498	
20:0.....g	0.019	0.001	4	A	1		0.029	0.231	
22:0.....g	0.000	0.000	4	A	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	3.627		0	NC	4		5.477	44.397	
14:1.....g	0.046	0.002	4	A	1		0.070	0.565	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.184	0.008	4	A	1		0.278	2.257	
17:1.....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated.....g	3.365	0.099	4	A	1		5.082	41.193	
20:1.....g	0.031	0.002	4	A	1		0.047	0.382	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.425		0	NC	4		2.151	17.440	
18:2 undifferentiated.....g	1.260	0.024	4	A	1		1.903	15.428	
18:3 undifferentiated.....g	0.127		0	AS	1		0.192	1.554	
18:3 n-3 c,c,c (ALA).....g	0.127	0.004	4	A	1		0.192	1.554	
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.017	0.001	4	A	1		0.025	0.204	
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.021	0.001	4	A	1		0.031	0.253	
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	20	1.118	4	A	1		30	246	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.083		0	A	1		0.125	1.011	
Threonine.....g	0.319		0	A	1		0.482	3.909	
Isoleucine.....g	0.435		0	A	1		0.657	5.324	
Leucine.....g	0.856		0	A	1		1.293	10.480	
Lysine.....g	0.531		0	A	1		0.802	6.501	
Methionine.....g	0.227		0	A	1		0.343	2.779	
Cystine.....g	0.137		0	A	1		0.207	1.675	
Phenylalanine.....g	0.524		0	A	1		0.792	6.418	
Tyrosine.....g	0.337		0	A	1		0.508	4.119	
Valine.....g	0.529		0	A	1		0.800	6.481	
Arginine.....g	0.462		0	A	1		0.698	5.657	
Histidine.....g	0.385		0	A	1		0.582	4.715	
Alanine.....g	0.379		0	A	1		0.573	4.643	
Aspartic acid.....g	0.751		0	A	1		1.134	9.193	
Glutamic acid.....g	2.845		0	A	1		4.296	34.827	
Glycine.....g	0.387		0	A	1		0.584	4.733	

NDB No. 21282

DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust

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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	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Proline.....g	1.468		0	A	1		2.216	17.964	
Serine.....g	0.581		0	A	1		0.878	7.114	
Hydroxyproline.....g									

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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 = 151g: 1 slice

Measure 2 = 1224g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.779		0	NC	4		5.401	43.348	
4:0.....g	0.081	0.007	6	A	1		0.092	0.739	
6:0.....g	0.065	0.003	6	A	1		0.073	0.588	
8:0.....g	0.044	0.002	6	A	1		0.050	0.402	
10:0.....g	0.112	0.005	6	A	1		0.127	1.016	
12:0.....g	0.137	0.007	6	A	1		0.154	1.240	
13:0.....g									
14:0.....g	0.532	0.025	6	A	1		0.602	4.828	
15:0.....g	0.057	0.003	6	A	1		0.065	0.521	
16:0.....g	2.499	0.077	6	A	1		2.823	22.663	
17:0.....g	0.062	0.002	6	A	1		0.070	0.565	
18:0.....g	1.144	0.019	6	A	1		1.293	10.379	
20:0.....g	0.021	0.000	6	A	1		0.024	0.195	
22:0.....g	0.014	0.000	6	A	1		0.016	0.128	
24:0.....g	0.007	0.000	6	A	1		0.008	0.060	
Fatty acids, total monounsaturated.....g	3.368		0	NC	4		3.806	30.552	
14:1.....g	0.048	0.003	6	A	1		0.054	0.437	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.175	0.008	6	AS	1		0.198	1.590	
16:1 c.....g	0.152	0.008	6	A	1		0.172	1.383	
16:1 t.....g	0.023	0.001	6	A	1		0.026	0.207	
17:1.....g	0.031	0.001	6	A	1		0.035	0.278	
18:1 undifferentiated.....g	3.056	0.091	6	AS	1		3.453	27.715	
18:1 c.....g	2.819	0.084	6	A	1		3.186	25.571	
18:1 t.....g	0.236	0.008	6	A	1		0.267	2.143	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.051	0.002	6	A	1		0.058	0.467	
22:1 undifferentiated.....g	0.006	0.001	6	AS	1		0.007	0.053	
22:1 c.....g	0.006	0.001	6	A	1		0.007	0.053	
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.001	0.001	6	A	1		0.002	0.012	
Fatty acids, total polyunsaturated.....g	2.106		0	NC	4		2.379	19.098	
18:2 undifferentiated.....g	1.847	0.035	6	AS	1		2.088	16.757	
18:2 n-6 c,c.....g	1.749	0.036	6	A	1		1.977	15.868	
18:2 CLAs.....g	0.044	0.002	6	A	1		0.050	0.401	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.054	0.004	6	A	1		0.061	0.488	
18:3 undifferentiated.....g	0.190	0.006	6	AS	1		0.215	1.725	
18:3 n-3 c,c,c (ALA).....g	0.187	0.006	6	A	1		0.211	1.696	
18:3 n-6 c,c,c.....g	0.003	0.000	6	A	1		0.004	0.029	
18:3i.....g									
18:4.....g	0.001	0.000	6	A	1		0.001	0.009	
20:2 n-6 c,c.....g	0.016	0.001	6	A	1		0.019	0.150	
20:3 undifferentiated.....g	0.012	0.001	6	AS	1		0.013	0.106	
20:3 n-3.....g	0.002	0.000	6	A	1		0.002	0.018	
20:3 n-6.....g	0.010	0.001	6	A	1		0.011	0.088	
20:4 undifferentiated.....g	0.020	0.001	6	A	1		0.022	0.180	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.001	6	A	1		0.004	0.035	
21:5.....g									
22:4.....g	0.008	0.000	6	A	1		0.009	0.076	
22:5 n-3 (DPA).....g	0.005	0.000	6	A	1		0.006	0.048	
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.003	
Fatty acids, total trans.....g	0.313		0	NC	4		0.354	2.839	
Fatty acids, total trans-monoenoic.....g	0.259		0	NC	4		0.293	2.351	
Fatty acids, total trans-polyenoic.....g	0.054		0	NC	4		0.061	0.488	
Cholesterol.....mg	25	2.367	3	A	1		28	223	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.081		0	A	1		0.091	0.733	
Threonine.....g	0.306		0	A	1		0.345	2.771	

NDB No. 21280

**DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust**

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	0.419		0	A	1	0.473	3.801	
Leucine.....g	0.825		0	A	1	0.932	7.480	
Lysine.....g	0.562		0	A	1	0.635	5.100	
Methionine.....g	0.212		0	A	1	0.239	1.921	
Cystine.....g	0.165		0	A	1	0.187	1.499	
Phenylalanine.....g	0.529		0	A	1	0.598	4.798	
Tyrosine.....g	0.301		0	A	1	0.340	2.727	
Valine.....g	0.508		0	A	1	0.574	4.606	
Arginine.....g	0.436		0	A	1	0.493	3.953	
Histidine.....g	0.268		0	A	1	0.303	2.434	
Alanine.....g	0.362		0	A	1	0.409	3.283	
Aspartic acid.....g	0.688		0	A	1	0.777	6.236	
Glutamic acid.....g	3.069		0	A	1	3.468	27.835	
Glycine.....g	0.384		0	A	1	0.434	3.482	
Proline.....g	1.308		0	A	1	1.478	11.862	
Serine.....g	0.575		0	A	1	0.650	5.219	
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 = 113g: 1 slice

Measure 2 = 907g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



**NDB No. 21492**  
**DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust**  
*Domino's Pizza, LLC*

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
<b>Proximates:</b>									
Water.....g	38.53	1.405	6	A	1		30.44	216.94	
Energy.....kcal	328		0	NC	4		259	1849	
Energy.....kJ	1374		0	NC	4		1085	7736	
Protein.....g	13.88	0.257	6	A	1		10.97	78.16	
Total lipid (fat).....g	19.05	0.428	6	A	1		15.05	107.25	
Ash.....g	3.19	0.054	6	A	1		2.52	17.95	
Carbohydrate, by difference.....g	25.35		0	NC	4		20.02	142.69	
Fiber, total dietary.....g	2.6	0.145	3	A	1		2.1	14.8	
Sugars, total.....g	3.65	0.118	3	A	1		2.88	20.54	
Sucrose.....g	0.63	0.033	3	A	1		0.50	3.57	
Glucose (dextrose).....g	0.83	0.033	3	A	1		0.66	4.69	
Fructose.....g	0.97	0.067	3	A	1		0.76	5.44	
Lactose.....g	0.57	0.033	3	A	1		0.45	3.19	
Maltose.....g	0.57	0.067	3	A	1		0.45	3.19	
Galactose.....g	0.08	0.009	3	A	1		0.07	0.46	
Starch.....g	17.97	1.233	3	A	1		14.19	101.15	
<b>Minerals:</b>									
Calcium, Ca.....mg	236	3.688	6	A	1		186	1329	
Iron, Fe.....mg	1.13	0.036	6	A	1		0.89	6.35	
Magnesium, Mg.....mg	25	0.537	6	A	1		19	138	
Phosphorus, P.....mg	263	3.190	6	A	1		208	1479	
Potassium, K.....mg	224	5.500	6	A	1		177	1258	
Sodium, Na.....mg	783	11.129	6	A	1		618	4406	
Zinc, Zn.....mg	1.65	0.030	6	A	1		1.30	9.30	
Copper, Cu.....mg	0.104	0.003	6	A	1		0.082	0.585	
Manganese, Mn.....mg	0.279	0.010	6	A	1		0.221	1.573	
Selenium, Se.....µg	26.0		1	A	1		20.5	146.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2		1	A	1		0.9	6.5	
Thiamin.....mg	0.110		1	A	1		0.087	0.619	
Riboflavin.....mg	0.110		1	A	1		0.087	0.619	
Niacin.....mg	2.070		1	A	1		1.635	11.654	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.080		1	A	1		0.063	0.450	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.81		1	A	1		0.64	4.56	
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:**

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	7.557		0	NC	4	5.970	42.545
4:0.....g	0.125	0.009	6	A	1	0.099	0.707
6:0.....g	0.103	0.004	6	A	1	0.082	0.582
8:0.....g	0.071	0.002	6	A	1	0.056	0.398
10:0.....g	0.178	0.003	6	A	1	0.141	1.002
12:0.....g	0.212	0.004	6	A	1	0.167	1.194
13:0.....g							
14:0.....g	0.839	0.019	6	A	1	0.663	4.726
15:0.....g	0.091	0.002	6	A	1	0.072	0.513
16:0.....g	3.937	0.084	6	A	1	3.110	22.163
17:0.....g	0.107	0.003	6	A	1	0.084	0.601
18:0.....g	1.814	0.027	6	A	1	1.433	10.215
20:0.....g	0.037	0.001	6	A	1	0.029	0.210
22:0.....g	0.026	0.000	6	A	1	0.021	0.148
24:0.....g	0.011	0.000	6	A	1	0.009	0.062
Fatty acids, total monounsaturated.....g	5.941		0	NC	4	4.693	33.449
14:1.....g	0.079	0.003	6	A	1	0.063	0.447
15:1.....g	0.000	0.000	6	A	1	0.000	0.000
16:1 undifferentiated.....g	0.296	0.009	6	AS	1	0.234	1.668
16:1 c.....g	0.259	0.008	6	A	1	0.205	1.461
16:1 t.....g	0.037	0.001	6	A	1	0.029	0.207
17:1.....g	0.055	0.002	6	A	1	0.043	0.308
18:1 undifferentiated.....g	5.402	0.137	6	AS	1	4.268	30.416
18:1 c.....g	5.016	0.129	6	A	1	3.963	28.242
18:1 t.....g	0.386	0.014	6	A	1	0.305	2.174
18:1-11 t (18:1t n-7).....g							
20:1.....g	0.094	0.004	6	A	1	0.074	0.530
22:1 undifferentiated.....g	0.012	0.001	6	AS	1	0.010	0.069
22:1 c.....g	0.012	0.001	6	A	1	0.010	0.069
22:1 t.....g	0.000	0.000	6	A	1	0.000	0.000
24:1 c.....g	0.002	0.000	6	A	1	0.001	0.010
Fatty acids, total polyunsaturated.....g	4.102		0	NC	4	3.240	23.092
18:2 undifferentiated.....g	3.619	0.126	6	AS	1	2.859	20.378
18:2 n-6 c,c,c.....g	3.463	0.126	6	A	1	2.736	19.499
18:2 CLAs.....g	0.073	0.002	6	A	1	0.058	0.413
18:2 t,t.....g							
18:2 i.....g							
18:2 t not further defined.....g	0.083	0.002	6	A	1	0.065	0.465
18:3 undifferentiated.....g	0.367	0.073	6	AS	1	0.290	2.069
18:3 n-3 c,c,c (ALA).....g	0.363	0.073	6	A	1	0.287	2.043
18:3 n-6 c,c,c.....g	0.005	0.000	6	A	1	0.004	0.026
18:3i.....g							
18:4.....g	0.003	0.000	6	A	1	0.002	0.014
20:2 n-6 c,c,c.....g	0.030	0.002	6	A	1	0.024	0.168
20:3 undifferentiated.....g	0.021	0.001	6	AS	1	0.016	0.116
20:3 n-3.....g	0.004	0.000	6	A	1	0.003	0.024
20:3 n-6.....g	0.016	0.000	6	A	1	0.013	0.092
20:4 undifferentiated.....g	0.035	0.001	6	A	1	0.028	0.198
20:4 n-6.....g							
20:5 n-3 (EPA).....g	0.005	0.001	6	A	1	0.004	0.028
21:5.....g							
22:4.....g	0.011	0.001	6	A	1	0.009	0.062
22:5 n-3 (DPA).....g	0.008	0.000	6	A	1	0.007	0.047
22:6 n-3 (DHA).....g	0.001	0.000	6	A	1	0.000	0.003
Fatty acids, total trans.....g	0.506		0	NC	4	0.399	2.847
Fatty acids, total trans-monoenoic.....g	0.423		0	NC	4	0.334	2.381
Fatty acids, total trans-polyenoic.....g	0.083		0	NC	4	0.065	0.465
Cholesterol.....mg	38	0.960	3	A	1	30	214
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.

**NDB No. 21492**

**DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust**

**Common Measures:**

Measure 1 = 79g: 1 slice

Measure 2 = 563g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.856		0	NC	4		5.973	47.781	
4:0.....g	0.086	0.009	6	A	1		0.106	0.848	
6:0.....g	0.067	0.006	6	A	1		0.083	0.661	
8:0.....g	0.046	0.003	6	A	1		0.056	0.449	
10:0.....g	0.118	0.007	6	A	1		0.146	1.166	
12:0.....g	0.145	0.007	6	A	1		0.178	1.425	
13:0.....g									
14:0.....g	0.559	0.022	6	A	1		0.687	5.499	
15:0.....g	0.061	0.002	6	A	1		0.075	0.600	
16:0.....g	2.513	0.061	6	A	1		3.091	24.731	
17:0.....g	0.064	0.002	6	A	1		0.078	0.626	
18:0.....g	1.146	0.023	6	A	1		1.410	11.277	
20:0.....g	0.024	0.000	6	A	1		0.029	0.233	
22:0.....g	0.017	0.000	6	A	1		0.020	0.164	
24:0.....g	0.008	0.000	6	A	1		0.009	0.074	
Fatty acids, total monounsaturated.....g	3.618		0	NC	4		4.450	35.602	
14:1.....g	0.050	0.002	6	A	1		0.062	0.497	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.181	0.007	6	AS	1		0.223	1.786	
16:1 c.....g	0.158	0.007	6	A	1		0.195	1.558	
16:1 t.....g	0.023	0.001	6	A	1		0.028	0.228	
17:1.....g	0.031	0.002	6	A	1		0.038	0.303	
18:1 undifferentiated.....g	3.291	0.076	6	AS	1		4.048	32.382	
18:1 c.....g	3.021	0.068	6	A	1		3.716	29.732	
18:1 t.....g	0.269	0.010	6	A	1		0.331	2.650	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.055	0.002	6	A	1		0.068	0.541	
22:1 undifferentiated.....g	0.007	0.000	6	AS	1		0.008	0.066	
22:1 c.....g	0.007	0.000	6	A	1		0.008	0.066	
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.003	0.001	6	A	1		0.003	0.028	
Fatty acids, total polyunsaturated.....g	2.550		0	NC	4		3.137	25.095	
18:2 undifferentiated.....g	2.226	0.065	6	AS	1		2.738	21.900	
18:2 n-6 c,c.....g	2.115	0.065	6	A	1		2.601	20.808	
18:2 CLAs.....g	0.045	0.001	6	A	1		0.055	0.443	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.066	0.002	6	A	1		0.081	0.649	
18:3 undifferentiated.....g	0.255	0.008	6	AS	1		0.314	2.509	
18:3 n-3 c,c,c (ALA).....g	0.252	0.008	6	A	1		0.310	2.478	
18:3 n-6 c,c,c.....g	0.003	0.000	6	A	1		0.004	0.031	
18:3i.....g									
18:4.....g	0.002	0.000	6	A	1		0.002	0.018	
20:2 n-6 c,c.....g	0.016	0.001	6	A	1		0.020	0.161	
20:3 undifferentiated.....g	0.013	0.000	6	AS	1		0.016	0.131	
20:3 n-3.....g	0.002	0.000	6	A	1		0.003	0.021	
20:3 n-6.....g	0.011	0.000	6	A	1		0.014	0.110	
20:4 undifferentiated.....g	0.020	0.001	6	A	1		0.025	0.202	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.001	6	A	1		0.004	0.031	
21:5.....g									
22:4.....g	0.008	0.000	6	A	1		0.010	0.079	
22:5 n-3 (DPA).....g	0.005	0.000	6	A	1		0.007	0.054	
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.002	
Fatty acids, total trans.....g	0.358		0	NC	4		0.441	3.528	
Fatty acids, total trans-monoenoic.....g	0.292		0	NC	4		0.360	2.878	
Fatty acids, total trans-polyenoic.....g	0.066		0	NC	4		0.081	0.649	
Cholesterol.....mg	24	0.491	3	A	1		30	238	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.113		0	A	1		0.139	1.113	
Threonine.....g	0.359		0	A	1		0.441	3.528	

NDB No. 21281

**DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust**

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	0.465		0	A	1	0.572	4.579	
Leucine.....g	0.958		0	A	1	1.178	9.423	
Lysine.....g	0.657		0	A	1	0.809	6.468	
Methionine.....g	0.246		0	A	1	0.302	2.420	
Cystine.....g	0.186		0	A	1	0.229	1.831	
Phenylalanine.....g	0.599		0	A	1	0.737	5.892	
Tyrosine.....g	0.365		0	A	1	0.449	3.589	
Valine.....g	0.586		0	A	1	0.721	5.766	
Arginine.....g	0.478		0	A	1	0.588	4.706	
Histidine.....g	0.301		0	A	1	0.370	2.959	
Alanine.....g	0.398		0	A	1	0.489	3.916	
Aspartic acid.....g	0.792		0	A	1	0.975	7.798	
Glutamic acid.....g	3.417		0	A	1	4.203	33.627	
Glycine.....g	0.402		0	A	1	0.495	3.958	
Proline.....g	1.570		0	A	1	1.932	15.453	
Serine.....g	0.683		0	A	1	0.840	6.718	
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 = 123g: 1 slice

Measure 2 = 984g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21494

**DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust**

Domino's Pizza, LLC

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
<b>Proximates:</b>									
Water.....g	43.55	0.758	6	A	1		49.65	397.61	
Energy.....kcal	273		0	NC	4		311	2488	
Energy.....kJ	1140		0	NC	4		1300	10408	
Protein.....g	11.08	0.142	6	A	1		12.63	101.19	
Total lipid (fat).....g	11.20	0.357	6	A	1		12.77	102.26	
Ash.....g	2.32	0.073	6	A	1		2.65	21.23	
Carbohydrate, by difference.....g	31.84		0	NC	4		36.30	290.71	
Fiber, total dietary.....g	2.4	0.067	3	A	1		2.7	21.6	
Sugars, total.....g	3.92	0.129	3	A	1		4.46	35.75	
Sucrose.....g	0.40	0.000	3	A	1		0.46	3.65	
Glucose (dextrose).....g	1.07	0.067	3	A	1		1.22	9.74	
Fructose.....g	1.13	0.033	3	A	1		1.29	10.35	
Lactose.....g	0.37	0.033	3	A	1		0.42	3.35	
Maltose.....g	0.87	0.033	3	A	1		0.99	7.91	
Galactose.....g	0.08	0.009	3	A	1		0.09	0.75	
Starch.....g	23.83	1.017	3	A	1		27.17	217.60	
<b>Minerals:</b>									
Calcium, Ca.....mg	137	3.807	6	A	1		156	1252	
Iron, Fe.....mg	2.36	0.077	6	A	1		2.69	21.55	
Magnesium, Mg.....mg	25	0.634	6	A	1		29	231	
Phosphorus, P.....mg	196	6.114	6	A	1		223	1785	
Potassium, K.....mg	183	3.731	6	A	1		208	1666	
Sodium, Na.....mg	594	15.700	6	A	1		677	5425	
Zinc, Zn.....mg	1.24	0.038	6	A	1		1.41	11.32	
Copper, Cu.....mg	0.118	0.003	6	A	1		0.134	1.076	
Manganese, Mn.....mg	0.340	0.013	6	A	1		0.388	3.106	
Selenium, Se.....µg	22.0		1	A	1		25.1	200.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6		1	A	1		0.6	5.1	
Thiamin.....mg	0.330		1	A	1		0.376	3.013	
Riboflavin.....mg	0.160		1	A	1		0.182	1.461	
Niacin.....mg	3.350		1	A	1		3.819	30.585	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.070		1	A	1		0.080	0.639	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.48		1	A	1		0.55	4.38	
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									
<b>Lipids:</b>									

DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust

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
Fatty acids, total saturated.....g	4.607		0	NC	4				
4:0.....g	0.080	0.008	6	A	1	0.092	0.735		
6:0.....g	0.064	0.004	6	A	1	0.073	0.583		
8:0.....g	0.043	0.002	6	A	1	0.049	0.389		
10:0.....g	0.109	0.005	6	A	1	0.124	0.995		
12:0.....g	0.133	0.006	6	A	1	0.151	1.213		
13:0.....g									
14:0.....g	0.491	0.022	6	A	1	0.559	4.480		
15:0.....g	0.049	0.002	6	A	1	0.056	0.450		
16:0.....g	2.460	0.100	6	A	1	2.804	22.457		
17:0.....g	0.044	0.002	6	A	1	0.051	0.405		
18:0.....g	1.088	0.028	6	A	1	1.241	9.935		
20:0.....g	0.023	0.000	6	A	1	0.026	0.207		
22:0.....g	0.014	0.000	6	A	1	0.016	0.126		
24:0.....g	0.007	0.000	6	A	1	0.008	0.064		
Fatty acids, total monounsaturated.....g	3.366		0	NC	4	3.838	30.736		
14:1.....g	0.037	0.003	6	A	1	0.042	0.335		
15:1.....g	0.000	0.000	6	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.159	0.012	6	AS	1	0.182	1.455		
16:1 c.....g	0.142	0.011	6	A	1	0.162	1.299		
16:1 t.....g	0.017	0.001	6	A	1	0.019	0.155		
17:1.....g	0.020	0.001	6	A	1	0.023	0.181		
18:1 undifferentiated.....g	3.092	0.134	6	AS	1	3.525	28.228		
18:1 c.....g	2.951	0.130	6	A	1	3.365	26.947		
18:1 t.....g	0.140	0.005	6	A	1	0.160	1.281		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.056	0.004	6	A	1	0.064	0.510		
22:1 undifferentiated.....g	0.002	0.000	6	AS	1	0.002	0.015		
22:1 c.....g	0.002	0.000	6	A	1	0.002	0.015		
22:1 t.....g	0.000	0.000	6	A	1	0.000	0.000		
24:1 c.....g	0.001	0.000	6	A	1	0.002	0.012		
Fatty acids, total polyunsaturated.....g	2.385		0	NC	4	2.719	21.776		
18:2 undifferentiated.....g	2.100	0.064	6	AS	1	2.394	19.171		
18:2 n-6 c,c.....g	2.008	0.060	6	A	1	2.289	18.335		
18:2 CLAs.....g	0.036	0.001	6	A	1	0.042	0.333		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.055	0.003	6	A	1	0.063	0.504		
18:3 undifferentiated.....g	0.201	0.007	6	AS	1	0.230	1.838		
18:3 n-3 c,c,c (ALA).....g	0.198	0.007	6	A	1	0.226	1.809		
18:3 n-6 c,c,c.....g	0.003	0.000	6	A	1	0.004	0.029		
18:3i.....g									
18:4.....g	0.001	0.000	6	A	1	0.001	0.005		
20:2 n-6 c,c.....g	0.026	0.002	6	A	1	0.030	0.240		
20:3 undifferentiated.....g	0.016	0.001	6	AS	1	0.018	0.143		
20:3 n-3.....g	0.004	0.000	6	A	1	0.005	0.036		
20:3 n-6.....g	0.012	0.001	6	A	1	0.013	0.106		
20:4 undifferentiated.....g	0.022	0.001	6	A	1	0.025	0.201		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	6	A	1	0.003	0.027		
21:5.....g									
22:4.....g	0.009	0.000	6	A	1	0.010	0.081		
22:5 n-3 (DPA).....g	0.006	0.000	6	A	1	0.007	0.055		
22:6 n-3 (DHA).....g	0.001	0.000	6	A	1	0.001	0.005		
Fatty acids, total trans.....g	0.212		0	NC	4	0.242	1.940		
Fatty acids, total trans-monoenoic.....g	0.157		0	NC	4	0.179	1.436		
Fatty acids, total trans-polyenoic.....g	0.055		0	NC	4	0.063	0.504		
Cholesterol.....mg	21	0.371	3	A	1	24	194		
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.



**NDB No. 21494**

**DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust**

**Common Measures:**

Measure 1 = 114g: 1 slice

Measure 2 = 913g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21493

**DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust**

Domino's Pizza, LLC

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
<b>Proximates:</b>									
Water.....g	40.38	1.252	6	A	1		31.50	241.09	
Energy.....kcal	319		0	NC	4		249	1904	
Energy.....kJ	1334		0	NC	4		1041	7964	
Protein.....g	12.77	0.199	6	A	1		9.96	76.22	
Total lipid (fat).....g	18.52	0.588	6	A	1		14.44	110.54	
Ash.....g	3.03	0.084	6	A	1		2.37	18.11	
Carbohydrate, by difference.....g	25.30		0	NC	4		19.73	151.04	
Fiber, total dietary.....g	2.6	0.145	3	A	1		2.0	15.3	
Sugars, total.....g	3.42	0.082	3	A	1		2.66	20.39	
Sucrose.....g	0.57	0.033	3	A	1		0.44	3.38	
Glucose (dextrose).....g	0.77	0.033	3	A	1		0.60	4.58	
Fructose.....g	0.83	0.067	3	A	1		0.65	4.97	
Lactose.....g	0.60	0.153	3	A	1		0.47	3.58	
Maltose.....g	0.57	0.033	3	A	1		0.44	3.38	
Galactose.....g	0.08	0.009	3	A	1		0.06	0.49	
Starch.....g	18.03	0.590	3	A	1		14.07	107.66	
<b>Minerals:</b>									
Calcium, Ca.....mg	234	3.127	6	A	1		182	1395	
Iron, Fe.....mg	1.07	0.042	6	A	1		0.83	6.36	
Magnesium, Mg.....mg	25	0.436	6	A	1		20	152	
Phosphorus, P.....mg	270	4.967	6	A	1		211	1612	
Potassium, K.....mg	231	6.031	6	A	1		180	1377	
Sodium, Na.....mg	725	13.545	6	A	1		566	4328	
Zinc, Zn.....mg	1.48	0.025	6	A	1		1.16	8.85	
Copper, Cu.....mg	0.110	0.005	6	A	1		0.086	0.657	
Manganese, Mn.....mg	0.248	0.008	6	A	1		0.194	1.482	
Selenium, Se.....µg	19.8		1	A	1		15.4	118.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.1		1	A	1		0.9	6.8	
Thiamin.....mg	0.090		1	A	1		0.070	0.537	
Riboflavin.....mg	0.080		1	A	1		0.062	0.478	
Niacin.....mg	1.620		1	A	1		1.264	9.671	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.070		1	A	1		0.055	0.418	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.66		1	A	1		0.51	3.94	
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									
<b>Lipids:</b>									

DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust

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	Code					
Fatty acids, total saturated.....g	7.079		0	NC	4			5.521	42.259	
4:0.....g	0.126	0.007	6	A	1			0.099	0.755	
6:0.....g	0.100	0.005	6	A	1			0.078	0.599	
8:0.....g	0.068	0.003	6	A	1			0.053	0.407	
10:0.....g	0.175	0.007	6	A	1			0.137	1.046	
12:0.....g	0.210	0.008	6	A	1			0.164	1.257	
13:0.....g										
14:0.....g	0.776	0.027	6	A	1			0.606	4.635	
15:0.....g	0.078	0.002	6	A	1			0.061	0.464	
16:0.....g	3.752	0.131	6	A	1			2.927	22.401	
17:0.....g	0.071	0.003	6	A	1			0.056	0.425	
18:0.....g	1.641	0.056	6	A	1			1.280	9.795	
20:0.....g	0.039	0.001	6	A	1			0.031	0.234	
22:0.....g	0.026	0.001	6	A	1			0.020	0.155	
24:0.....g	0.011	0.000	6	A	1			0.008	0.064	
Fatty acids, total monounsaturated.....g	5.602		0	NC	4			4.369	33.443	
14:1.....g	0.059	0.003	6	A	1			0.046	0.350	
15:1.....g	0.000	0.000	6	A	1			0.000	0.000	
16:1 undifferentiated.....g	0.254	0.014	6	AS	1			0.198	1.516	
16:1 c.....g	0.228	0.013	6	A	1			0.178	1.362	
16:1 t.....g	0.026	0.002	6	A	1			0.020	0.154	
17:1.....g	0.033	0.002	6	A	1			0.025	0.195	
18:1 undifferentiated.....g	5.155	0.220	6	AS	1			4.021	30.774	
18:1 c.....g	4.946	0.217	6	A	1			3.858	29.528	
18:1 t.....g	0.209	0.007	6	A	1			0.163	1.247	
18:1-11 t (18:1t n-7).....g										
20:1.....g	0.098	0.005	6	A	1			0.076	0.584	
22:1 undifferentiated.....g	0.003	0.000	6	AS	1			0.002	0.019	
22:1 c.....g	0.003	0.000	6	A	1			0.002	0.019	
22:1 t.....g	0.000	0.000	6	A	1			0.000	0.000	
24:1 c.....g	0.001	0.000	6	A	1			0.001	0.004	
Fatty acids, total polyunsaturated.....g	4.522		0	NC	4			3.527	26.996	
18:2 undifferentiated.....g	3.923	0.158	6	AS	1			3.060	23.418	
18:2 n-6 c,c.....g	3.784	0.155	6	A	1			2.952	22.592	
18:2 CLAs.....g	0.059	0.002	6	A	1			0.046	0.350	
18:2 t,t.....g										
18:2 i.....g										
18:2 t not further defined.....g	0.080	0.003	6	A	1			0.062	0.476	
18:3 undifferentiated.....g	0.464	0.015	6	AS	1			0.362	2.772	
18:3 n-3 c,c,c (ALA).....g	0.459	0.015	6	A	1			0.358	2.743	
18:3 n-6 c,c,c.....g	0.005	0.000	6	A	1			0.004	0.029	
18:3i.....g										
18:4.....g	0.002	0.000	6	A	1			0.001	0.010	
20:2 n-6 c,c.....g	0.043	0.004	6	A	1			0.033	0.255	
20:3 undifferentiated.....g	0.024	0.002	6	AS	1			0.019	0.145	
20:3 n-3.....g	0.007	0.001	6	A	1			0.005	0.041	
20:3 n-6.....g	0.017	0.001	6	A	1			0.014	0.104	
20:4 undifferentiated.....g	0.037	0.003	6	A	1			0.029	0.221	
20:4 n-6.....g										
20:5 n-3 (EPA).....g	0.004	0.000	6	A	1			0.003	0.023	
21:5.....g										
22:4.....g	0.012	0.001	6	A	1			0.010	0.075	
22:5 n-3 (DPA).....g	0.009	0.001	6	A	1			0.007	0.057	
22:6 n-3 (DHA).....g	0.002	0.000	6	A	1			0.001	0.011	
Fatty acids, total trans.....g	0.314		0	NC	4			0.245	1.876	
Fatty acids, total trans-monoenoic.....g	0.235		0	NC	4			0.183	1.401	
Fatty acids, total trans-polyenoic.....g	0.080		0	NC	4			0.062	0.476	
Cholesterol.....mg	35	1.557	3	A	1			28	212	
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.

**NDB No. 21493**

**DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust**

**Common Measures:**

Measure 1 = 78g: 1 slice

Measure 2 = 597g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 21 Fast Foods**

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

NDB No. 21495

**DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust**

Domino's Pizza, LLC

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
<b>Proximates:</b>									
Water.....g	43.12	1.287	6	A	1		55.62	444.96	
Energy.....kcal	277		0	NC	4		357	2860	
Energy.....kJ	1159		0	NC	4		1495	11961	
Protein.....g	11.03	0.184	6	A	1		14.23	113.86	
Total lipid (fat).....g	12.03	0.240	6	A	1		15.52	124.18	
Ash.....g	2.65	0.074	6	A	1		3.42	27.35	
Carbohydrate, by difference.....g	31.17		0	NC	4		40.21	321.64	
Fiber, total dietary.....g	2.6	0.120	3	A	1		3.3	26.5	
Sugars, total.....g	3.82	0.138	3	A	1		4.92	39.38	
Sucrose.....g	0.30	0.000	3	A	1		0.39	3.10	
Glucose (dextrose).....g	0.50	0.000	3	A	1		0.65	5.16	
Fructose.....g	0.83	0.033	3	A	1		1.07	8.60	
Lactose.....g	0.67	0.088	3	A	1		0.86	6.88	
Maltose.....g	1.43	0.033	3	A	1		1.85	14.79	
Galactose.....g	0.08	0.009	3	A	1		0.11	0.85	
Starch.....g	24.73	0.273	3	A	1		31.91	255.25	
<b>Minerals:</b>									
Calcium, Ca.....mg	154	5.141	6	A	1		198	1588	
Iron, Fe.....mg	2.50	0.087	6	A	1		3.23	25.85	
Magnesium, Mg.....mg	24	0.560	6	A	1		32	252	
Phosphorus, P.....mg	207	4.064	6	A	1		266	2131	
Potassium, K.....mg	188	3.221	6	A	1		242	1937	
Sodium, Na.....mg	677	15.167	6	A	1		873	6985	
Zinc, Zn.....mg	1.27	0.025	6	A	1		1.63	13.07	
Copper, Cu.....mg	0.112	0.004	6	A	1		0.145	1.159	
Manganese, Mn.....mg	0.272	0.008	6	A	1		0.351	2.809	
Selenium, Se.....µg	19.5		1	A	1		25.2	201.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		1	A	1		0.5	4.4	
Thiamin.....mg	0.370		1	A	1		0.477	3.818	
Riboflavin.....mg	0.180		1	A	1		0.232	1.858	
Niacin.....mg	3.310		1	A	1		4.270	34.159	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.050		1	A	1		0.065	0.516	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.50		1	A	1		0.65	5.16	
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									
<b>Lipids:</b>									

DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust

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	4.755		0	NC	4		6.134	49.073	
4:0.....g	0.084	0.010	6	A	1		0.109	0.872	
6:0.....g	0.069	0.006	6	A	1		0.089	0.714	
8:0.....g	0.048	0.003	6	A	1		0.061	0.492	
10:0.....g	0.122	0.006	6	A	1		0.157	1.256	
12:0.....g	0.147	0.006	6	A	1		0.190	1.519	
13:0.....g									
14:0.....g	0.535	0.019	6	A	1		0.690	5.523	
15:0.....g	0.054	0.002	6	A	1		0.070	0.559	
16:0.....g	2.494	0.066	6	A	1		3.217	25.736	
17:0.....g	0.047	0.002	6	A	1		0.061	0.490	
18:0.....g	1.102	0.028	6	A	1		1.422	11.376	
20:0.....g	0.025	0.000	6	A	1		0.032	0.258	
22:0.....g	0.016	0.000	6	A	1		0.021	0.169	
24:0.....g	0.008	0.000	6	A	1		0.010	0.079	
Fatty acids, total monounsaturated.....g	3.608		0	NC	4		4.654	37.232	
14:1.....g	0.040	0.002	6	A	1		0.052	0.418	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.169	0.008	6	AS	1		0.218	1.746	
16:1 c.....g	0.150	0.008	6	A	1		0.194	1.551	
16:1 t.....g	0.019	0.001	6	A	1		0.024	0.194	
17:1.....g	0.021	0.001	6	A	1		0.027	0.218	
18:1 undifferentiated.....g	3.312	0.091	6	AS	1		4.273	34.181	
18:1 c.....g	3.133	0.089	6	A	1		4.041	32.331	
18:1 t.....g	0.179	0.004	6	A	1		0.231	1.851	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.061	0.003	6	A	1		0.079	0.631	
22:1 undifferentiated.....g	0.003	0.000	6	AS	1		0.003	0.026	
22:1 c.....g	0.003	0.000	6	A	1		0.003	0.026	
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.001	0.000	6	A	1		0.002	0.012	
Fatty acids, total polyunsaturated.....g	2.711		0	NC	4		3.498	27.982	
18:2 undifferentiated.....g	2.371	0.067	6	AS	1		3.058	24.465	
18:2 n-6 c,c.....g	2.267	0.067	6	A	1		2.924	23.395	
18:2 CLAs.....g	0.040	0.000	6	A	1		0.052	0.416	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.063	0.004	6	A	1		0.082	0.654	
18:3 undifferentiated.....g	0.255	0.007	6	AS	1		0.329	2.635	
18:3 n-3 c,c,c (ALA).....g	0.252	0.007	6	A	1		0.325	2.601	
18:3 n-6 c,c,c.....g	0.003	0.000	6	A	1		0.004	0.034	
18:3i.....g									
18:4.....g	0.001	0.000	6	A	1		0.002	0.014	
20:2 n-6 c,c.....g	0.026	0.001	6	A	1		0.034	0.273	
20:3 undifferentiated.....g	0.016	0.000	6	AS	1		0.020	0.162	
20:3 n-3.....g	0.004	0.000	6	A	1		0.005	0.040	
20:3 n-6.....g	0.012	0.000	6	A	1		0.015	0.122	
20:4 undifferentiated.....g	0.022	0.001	6	A	1		0.029	0.232	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.001	6	A	1		0.004	0.033	
21:5.....g									
22:4.....g	0.008	0.000	6	A	1		0.011	0.088	
22:5 n-3 (DPA).....g	0.006	0.000	6	A	1		0.008	0.060	
22:6 n-3 (DHA).....g	0.001	0.000	6	A	1		0.001	0.007	
Fatty acids, total trans.....g	0.261		0	NC	4		0.337	2.699	
Fatty acids, total trans-monoenoic.....g	0.198		0	NC	4		0.256	2.045	
Fatty acids, total trans-polyenoic.....g	0.063		0	NC	4		0.082	0.654	
Cholesterol.....mg	23	1.946	3	A	1		30	241	
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.

**NDB No. 21495**

**DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust**

**Common Measures:**

Measure 1 = 129g: 1 slice

Measure 2 = 1032g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21299

Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust

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
<b>Proximates:</b>									
Water.....g	43.17	0.696	12	A	1		46.20	368.28	
Energy.....kcal	266		0	NC	4		285	2270	
Energy.....kJ	1113		0	NC	4		1191	9494	
Protein.....g	11.39	0.228	12	A	1		12.19	97.17	
Total lipid (fat).....g	9.69	0.242	12	A	1		10.37	82.67	
Ash.....g	2.41	0.094	12	A	1		2.58	20.56	
Carbohydrate, by difference.....g	33.33		0	NC	4		35.66	284.32	
Fiber, total dietary.....g	2.3	0.089	6	A	1		2.5	19.6	
Sugars, total.....g	3.58	0.209	6	A	1		3.83	30.53	
Sucrose.....g	0.20	0.089	6	A	1		0.21	1.71	
Glucose (dextrose).....g	0.78	0.105	6	A	1		0.84	6.68	
Fructose.....g	1.00	0.052	6	A	1		1.07	8.53	
Lactose.....g	0.42	0.065	6	A	1		0.45	3.55	
Maltose.....g	1.05	0.062	6	A	1		1.12	8.96	
Galactose.....g	0.13	0.023	6	A	1		0.14	1.10	
Starch.....g	26.95	0.850	6	A	1		28.84	229.88	
<b>Minerals:</b>									
Calcium, Ca.....mg	188	8.173	12	A	1		201	1602	
Iron, Fe.....mg	2.48	0.071	12	A	1		2.65	21.15	
Magnesium, Mg.....mg	24	0.381	12	A	1		26	204	
Phosphorus, P.....mg	216	5.694	12	A	1		231	1841	
Potassium, K.....mg	172	5.020	12	A	1		184	1466	
Sodium, Na.....mg	598	24.124	12	A	1		640	5102	
Zinc, Zn.....mg	1.34	0.036	12	A	1		1.44	11.44	
Copper, Cu.....mg	0.105	0.002	12	A	1		0.113	0.897	
Manganese, Mn.....mg	0.360	0.013	12	A	1		0.385	3.073	
Selenium, Se.....µg	19.9		2	A	1		21.3	169.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.4		2	A	1		1.5	12.1	
Thiamin.....mg	0.390		2	A	1		0.417	3.327	
Riboflavin.....mg	0.195		2	A	1		0.209	1.663	
Niacin.....mg	3.825		2	A	1		4.093	32.627	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.080		2	A	1		0.086	0.682	
Folate, total.....µg	93	15.250	8	A	1		99	789	
Folic acid.....µg	52	7.250	8	A	1		56	446	
Folate, food.....µg	40		0	AS	1		43	344	
Folate, DFE.....µg	129		0	NC	4		138	1102	
Choline, total.....mg	16.4	0.230	8	AS	1		17.6	140.1	
Betaine.....mg	27.8	0.585	8	A	1		29.7	237.1	
Vitamin B-12.....µg	0.42		2	A	1		0.45	3.58	
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....µg	69		0	AS	1		74	587	
Retinol.....µg	61	4.199	15	A	1		65	521	
Carotene, beta.....µg	92		2	A	1		99	788	
Carotene, alpha.....µg	0		2	A	1		0	0	
Cryptoxanthin, beta.....µg	0		2	A	1		0	0	
Vitamin A, IU.....IU	358		0	AS	1		383	3050	
Lycopene.....µg	1915		2	A	1		2049	16335	
Lutein + zeaxanthin.....µg	58		2	A	1		62	495	
Vitamin E (alpha-tocopherol).....mg	0.83	0.141	15	A	1		0.89	7.07	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	0.05	0.006	15	A	1		0.05	0.41	
Tocopherol, gamma.....mg	1.19	0.062	15	A	1		1.27	10.13	
Tocopherol, delta.....mg	0.34	0.008	15	A	1		0.37	2.91	
Tocotrienol, alpha.....mg	0.06	0.022	15	A	1		0.06	0.47	
Tocotrienol, beta.....mg	0.00	0.000	15	A	1		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	0.001	15	A	1		0.00	0.02	
Tocotrienol, delta.....mg	0.00	0.000	15	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	NR	4		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0	0.000	15	A	1		0	0	
Vitamin K (phylloquinone).....µg	6.7	0.575	15	A	1		7.1	56.8	
Dihydrophyloquinone.....µg	0.0	0.000	15	A	1		0.0	0.0	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.465		0	NC	4		4.777	38.082	
4:0.....g	0.101	0.005	12	A	1		0.108	0.862	
6:0.....g	0.080	0.003	12	A	1		0.086	0.685	
8:0.....g	0.055	0.002	12	A	1		0.059	0.471	
10:0.....g	0.141	0.005	12	A	1		0.151	1.207	
12:0.....g	0.175	0.006	12	A	1		0.187	1.494	
13:0.....g									
14:0.....g	0.602	0.021	12	A	1		0.644	5.137	
15:0.....g	0.064	0.002	12	A	1		0.068	0.544	
16:0.....g	2.298	0.085	12	A	1		2.459	19.600	
17:0.....g	0.043	0.001	12	A	1		0.046	0.368	
18:0.....g	0.858	0.009	12	A	1		0.918	7.317	
20:0.....g	0.021	0.001	12	A	1		0.023	0.180	
22:0.....g	0.014	0.000	12	A	1		0.015	0.118	
24:0.....g	0.008	0.000	12	A	1		0.009	0.070	
Fatty acids, total monounsaturated.....g	2.608		0	NC	4		2.790	22.243	
14:1.....g	0.048	0.002	12	A	1		0.051	0.409	
15:1.....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.117	0.006	12	AS	1		0.125	0.995	
16:1 c.....g	0.094	0.005	12	A	1		0.101	0.804	
16:1 t.....g	0.022	0.001	12	A	1		0.024	0.191	
17:1.....g	0.015	0.001	12	A	1		0.016	0.124	
18:1 undifferentiated.....g	2.388	0.129	12	AS	1		2.556	20.373	
18:1 c.....g	2.227	0.127	12	A	1		2.383	19.000	
18:1 t.....g	0.161	0.003	12	A	1		0.172	1.373	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.037	0.002	12	A	1		0.040	0.318	
22:1 undifferentiated.....g	0.002	0.000	12	AS	1		0.002	0.014	
22:1 c.....g	0.002	0.000	12	A	1		0.002	0.014	
22:1 t.....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c.....g	0.001	0.000	12	A	1		0.001	0.009	
Fatty acids, total polyunsaturated.....g	1.681		0	NC	4		1.799	14.341	
18:2 undifferentiated.....g	1.463	0.061	12	AS	1		1.566	12.483	
18:2 n-6 c,c.....g	1.367	0.063	12	A	1		1.463	11.661	
18:2 CLAs.....g	0.039	0.001	12	A	1		0.042	0.333	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.057	0.002	12	A	1		0.061	0.489	
18:3 undifferentiated.....g	0.177	0.007	12	AS	1		0.190	1.511	
18:3 n-3 c,c,c (ALA).....g	0.175	0.007	12	A	1		0.187	1.490	
18:3 n-6 c,c,c.....g	0.003	0.000	12	A	1		0.003	0.021	
18:3i.....g									
18:4.....g	0.002	0.000	12	A	1		0.002	0.014	
20:2 n-6 c,c.....g	0.003	0.000	12	A	1		0.004	0.029	
20:3 undifferentiated.....g	0.010	0.000	12	AS	1		0.010	0.082	
20:3 n-3.....g	0.000	0.000	12	A	1		0.000	0.003	
20:3 n-6.....g	0.009	0.000	12	A	1		0.010	0.080	
20:4 undifferentiated.....g	0.012	0.001	12	A	1		0.013	0.100	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.001	12	A	1		0.005	0.036	
21:5.....g									
22:4.....g	0.004	0.000	12	A	1		0.005	0.038	
22:5 n-3 (DPA).....g	0.004	0.000	12	A	1		0.004	0.036	

NDB No. 21299

Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust

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	0.000	12	A	1		0.000	0.004	
Fatty acids, total trans.....g	0.241		0	NC	4		0.257	2.053	
Fatty acids, total trans-monoenoic.....g	0.183		0	NC	4		0.196	1.564	
Fatty acids, total trans-polyenoic.....g	0.057		0	NC	4		0.061	0.489	
Cholesterol.....mg	17	0.889	6	A	1		19	148	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g									
Threonine.....g	0.410		0	A	1		0.439	3.498	
Isoleucine.....g	0.564		0	A	1		0.604	4.811	
Leucine.....g	1.139		0	A	1		1.218	9.712	
Lysine.....g	0.770		0	A	1		0.824	6.570	
Methionine.....g	0.264		0	A	1		0.282	2.250	
Cystine.....g	0.163		0	A	1		0.175	1.392	
Phenylalanine.....g	0.664		0	A	1		0.710	5.663	
Tyrosine.....g	0.522		0	A	1		0.558	4.451	
Valine.....g	0.720		0	A	1		0.771	6.146	
Arginine.....g	0.486		0	A	1		0.520	4.147	
Histidine.....g	0.355		0	A	1		0.380	3.028	
Alanine.....g	0.419		0	A	1		0.448	3.572	
Aspartic acid.....g	0.839		0	A	1		0.898	7.158	
Glutamic acid.....g	3.535		0	A	1		3.783	30.154	
Glycine.....g	0.341		0	A	1		0.364	2.906	
Proline.....g	1.357		0	A	1		1.452	11.573	
Serine.....g	0.700		0	A	1		0.749	5.974	
Hydroxyproline.....g	0.000	0.000	7	A	1		0.000	0.000	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		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 = 107g: 1 slice

Measure 2 = 853g: 1 pizza

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 21511

Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust

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
<b>Proximates:</b>									
Water.....g	43.37	0.461	6	A	1		50.74	406.35	
Energy.....kcal	274		0	NC	4		320	2564	
Energy.....kJ	1145		0	NC	4		1340	10729	
Protein.....g	12.23	0.238	6	A	1		14.31	114.62	
Total lipid (fat).....g	11.63	0.193	6	A	1		13.61	109.00	
Ash.....g	2.76	0.034	6	A	1		3.23	25.91	
Carbohydrate, by difference.....g	30.00		0	NC	4		35.10	281.12	
Fiber, total dietary.....g	1.7	0.209	3	A	1		2.0	15.9	
Sugars, total.....g	2.90	0.058	3	A	1		3.39	27.17	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	0.40	0.000	3	A	1		0.47	3.75	
Fructose.....g	0.67	0.033	3	A	1		0.78	6.25	
Lactose.....g	0.60	0.000	3	A	1		0.70	5.62	
Maltose.....g	1.10	0.000	3	A	1		1.29	10.31	
Galactose.....g	0.13	0.033	3	A	1		0.16	1.25	
Starch.....g	23.70	0.603	3	A	1		27.73	222.07	
<b>Minerals:</b>									
Calcium, Ca.....mg	238	5.275	6	A	1		278	2228	
Iron, Fe.....mg	2.04	0.046	6	A	1		2.39	19.15	
Magnesium, Mg.....mg	22	0.216	6	A	1		25	203	
Phosphorus, P.....mg	249	3.512	6	A	1		291	2333	
Potassium, K.....mg	229	3.683	6	A	1		268	2147	
Sodium, Na.....mg	615	5.669	6	A	1		720	5763	
Zinc, Zn.....mg	1.49	0.022	6	A	1		1.74	13.95	
Copper, Cu.....mg	0.081	0.002	6	A	1		0.095	0.760	
Manganese, Mn.....mg	0.351	0.005	6	A	1		0.411	3.290	
Selenium, Se.....µg	16.0	0.561	3	A	1		18.8	150.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.1		2	A	1		3.7	29.5	
Thiamin.....mg	0.323	0.009	3	A	1		0.378	3.029	
Riboflavin.....mg	0.333	0.009	3	A	1		0.390	3.123	
Niacin.....mg	3.763	0.061	3	A	1		4.403	35.262	
Pantothenic acid.....mg	0.450		2	A	1		0.526	4.216	
Vitamin B-6.....mg	0.119	0.001	3	A	1		0.140	1.118	
Folate, total.....µg	90	3.181	3	A	1		105	844	
Folic acid.....µg	50		0	BFNN	4		58	467	
Folate, food.....µg	40		0	NC	4		47	377	
Folate, DFE.....µg	125		0	NC	4		146	1171	
Choline, total.....mg	15.7		0	BFNN	4		18.3	146.9	
Betaine.....mg									
Vitamin B-12.....µg	0.40	0.040	3	A	1		0.47	3.75	
Vitamin B-12, added.....µg	0.00		0	BFNN	4		0.00	0.00	
Vitamin A, RAE.....µg	117		0	AS	1		137	1095	
Retinol.....µg	110		1	A	1		128	1026	
Carotene, beta.....µg	87		1	A	1		102	814	
Carotene, alpha.....µg	1		1	A	1		2	13	
Cryptoxanthin, beta.....µg	0		1	A	1		0	0	
Vitamin A, IU.....IU	511		0	AS	1		598	4789	
Lycopene.....µg	935		1	A	1		1093	8756	
Lutein + zeaxanthin.....µg	45		1	A	1		53	426	
Vitamin E (alpha-tocopherol).....mg	0.67		2	A	1		0.78	6.27	
Vitamin E, added.....mg	0.00		0	BFNN	4		0.00	0.00	
Tocopherol, beta.....mg	0.06		2	A	1		0.07	0.60	
Tocopherol, gamma.....mg	0.89		2	A	1		1.04	8.30	
Tocopherol, delta.....mg	0.30		2	A	1		0.35	2.79	
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.22		2	A	1		0.26	2.10	

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Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust

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		2	A	1				
Tocotrienol, delta.....mg	0.00		2	A	1	0.00	0.00		
Vitamin D (D2 + D3).....µg	0.0		0	BFNN	4	0.0	0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	BFNN	4	0	0		
Vitamin K (phylloquinone).....µg	8.3		0	BFNN	4	9.8	78.2		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.825		0	NC	4	6.815	54.581		
4:0.....g	0.175	0.005	3	A	1	0.205	1.640		
6:0.....g	0.143	0.002	3	A	1	0.167	1.336		
8:0.....g	0.091	0.001	3	A	1	0.106	0.850		
10:0.....g	0.233	0.002	3	A	1	0.272	2.180		
12:0.....g	0.275	0.002	3	A	1	0.321	2.574		
13:0.....g									
14:0.....g	0.898	0.000	3	A	1	1.051	8.417		
15:0.....g	0.096	0.000	3	A	1	0.113	0.903		
16:0.....g	2.820	0.010	3	A	1	3.299	26.423		
17:0.....g	0.059	0.000	3	A	1	0.069	0.549		
18:0.....g	0.997	0.009	3	A	1	1.166	9.338		
20:0.....g	0.020	0.001	3	A	1	0.023	0.186		
22:0.....g	0.012	0.000	3	A	1	0.014	0.112		
24:0.....g	0.008	0.000	3	A	1	0.009	0.072		
Fatty acids, total monounsaturated.....g	2.771		0	NC	4	3.242	25.965		
14:1.....g	0.092	0.002	3	A	1	0.108	0.865		
15:1.....g	0.000	0.000	3	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.168	0.003	3	AS	1	0.197	1.576		
16:1 c.....g	0.139	0.003	3	A	1	0.162	1.299		
16:1 t.....g	0.030	0.000	3	A	1	0.035	0.277		
17:1.....g	0.019	0.000	3	A	1	0.023	0.180		
18:1 undifferentiated.....g	2.463	0.012	3	AS	1	2.882	23.080		
18:1 c.....g	2.273	0.012	3	A	1	2.659	21.298		
18:1 t.....g	0.190	0.001	3	A	1	0.223	1.783		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.027	0.000	3	A	1	0.032	0.256		
22:1 undifferentiated.....g	0.001	0.001	3	AS	1	0.001	0.006		
22:1 c.....g	0.001	0.001	3	A	1	0.001	0.006		
22:1 t.....g	0.000	0.000	3	A	1	0.000	0.000		
24:1 c.....g	0.000	0.000	3	A	1	0.000	0.000		
Fatty acids, total polyunsaturated.....g	1.547		0	NC	4	1.810	14.499		
18:2 undifferentiated.....g	1.348	0.048	3	AS	1	1.577	12.626		
18:2 n-6 c,c.....g	1.234	0.043	3	A	1	1.443	11.559		
18:2 CLAs.....g	0.042	0.001	3	A	1	0.049	0.396		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.072	0.004	3	A	1	0.084	0.671		
18:3 undifferentiated.....g	0.155	0.008	3	AS	1	0.181	1.452		
18:3 n-3 c,c,c (ALA).....g	0.150	0.008	3	A	1	0.176	1.408		
18:3 n-6 c,c,c.....g	0.004	0.000	3	A	1	0.004	0.034		
18:3i.....g	0.001	0.000	3	A	1	0.001	0.009		
18:4.....g	0.000	0.000	3	A	1	0.000	0.000		
20:2 n-6 c,c.....g	0.003	0.000	3	A	1	0.004	0.028		
20:3 undifferentiated.....g	0.011	0.001	3	AS	1	0.013	0.106		
20:3 n-3.....g	0.000	0.000	3	A	1	0.000	0.000		
20:3 n-6.....g	0.011	0.001	3	A	1	0.013	0.106		
20:4 undifferentiated.....g	0.017	0.000	3	A	1	0.020	0.162		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	3	A	1	0.004	0.028		
21:5.....g									
22:4.....g	0.004	0.000	3	A	1	0.005	0.037		
22:5 n-3 (DPA).....g	0.006	0.001	3	A	1	0.007	0.056		

NDB No. 21511

Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust

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	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.292		0	NC	4		0.342	2.740	
Fatty acids, total trans-monoenoic.....g	0.220		0	NC	4		0.257	2.060	
Fatty acids, total trans-polyenoic.....g	0.073		0	NC	4		0.085	0.681	
Cholesterol.....mg	30	1.662	3	A	1		35	282	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.124		0	A	1		0.145	1.163	
Threonine.....g	0.392		0	A	1		0.458	3.671	
Isoleucine.....g	0.573		0	A	1		0.671	5.373	
Leucine.....g	1.070		0	A	1		1.252	10.030	
Lysine.....g	0.593		0	A	1		0.693	5.552	
Methionine.....g	0.268		0	A	1		0.313	2.507	
Cystine.....g									
Phenylalanine.....g	0.640		0	A	1		0.749	6.000	
Tyrosine.....g	0.401		0	A	1		0.470	3.760	
Valine.....g	0.707		0	A	1		0.827	6.627	
Arginine.....g	0.440		0	A	1		0.514	4.119	
Histidine.....g	0.315		0	A	1		0.369	2.955	
Alanine.....g	0.382		0	A	1		0.447	3.582	
Aspartic acid.....g	0.812		0	A	1		0.950	7.612	
Glutamic acid.....g	3.393		0	A	1		3.969	31.789	
Glycine.....g	0.306		0	A	1		0.358	2.865	
Proline.....g	1.739		0	A	1		2.035	16.298	
Serine.....g	0.583		0	A	1		0.682	5.463	
Hydroxyproline.....g	0.000		1	A	1		0.000	0.000	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFNN	4		0.0	0.0	
Caffeine.....mg	0		0	BFNN	4		0	0	
Theobromine.....mg	0		0	BFNN	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 = 117g: 1 slice 1/8 pizza

Measure 2 = 937g: 1 pizza whole

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 21 Fast Foods**

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

NDB No. 21300

Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust

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
<b>Proximates:</b>									
Water.....g	43.05	0.532	12	A	1		49.51	396.92	
Energy.....kcal	271		0	NC	4		311	2496	
Energy.....kJ	1133		0	NC	4		1303	10446	
Protein.....g	10.81	0.136	12	A	1		12.43	99.64	
Total lipid (fat).....g	10.54	0.276	12	A	1		12.12	97.19	
Ash.....g	2.44	0.047	12	A	1		2.80	22.46	
Carbohydrate, by difference.....g	33.17		0	NC	4		38.14	305.79	
Fiber, total dietary.....g	2.2	0.126	6	A	1		2.6	20.7	
Sugars, total.....g	3.34	0.403	6	A	1		3.84	30.81	
Sucrose.....g	0.20	0.089	6	A	1		0.23	1.84	
Glucose (dextrose).....g	0.50	0.052	6	A	1		0.57	4.61	
Fructose.....g	0.72	0.119	6	A	1		0.82	6.61	
Lactose.....g	0.57	0.080	6	A	1		0.65	5.22	
Maltose.....g	1.25	0.092	6	A	1		1.44	11.52	
Galactose.....g	0.11	0.019	6	A	1		0.12	1.00	
Starch.....g	24.98	0.515	5	A	1		28.73	230.32	
<b>Minerals:</b>									
Calcium, Ca.....mg	179	5.983	12	A	1		205	1647	
Iron, Fe.....mg	2.48	0.066	12	A	1		2.86	22.91	
Magnesium, Mg.....mg	23	0.415	12	A	1		26	209	
Phosphorus, P.....mg	209	4.227	12	A	1		241	1930	
Potassium, K.....mg	169	2.763	12	A	1		195	1560	
Sodium, Na.....mg	597	10.189	12	A	1		687	5507	
Zinc, Zn.....mg	1.27	0.026	12	A	1		1.46	11.69	
Copper, Cu.....mg	0.104	0.003	12	A	1		0.120	0.961	
Manganese, Mn.....mg	0.335	0.019	12	A	1		0.385	3.089	
Selenium, Se.....µg	18.1		2	A	1		20.9	167.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2		2	A	1		1.3	10.6	
Thiamin.....mg	0.365		2	A	1		0.420	3.365	
Riboflavin.....mg	0.200		2	A	1		0.230	1.844	
Niacin.....mg	3.495		2	A	1		4.019	32.224	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.060		2	A	1		0.069	0.553	
Folate, total.....µg	106	6.811	4	A	1		122	980	
Folic acid.....µg	66	3.979	4	A	1		76	609	
Folate, food.....µg	40		0	NC	4		46	371	
Folate, DFE.....µg	152		0	NC	4		175	1406	
Choline, total.....mg	16.6	0.372	7	AS	1		19.0	152.7	
Betaine.....mg									
Vitamin B-12.....µg	0.35		2	A	1		0.40	3.18	
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....µg	69		0	NC	4		80	638	
Retinol.....µg	61		0	BFSN	4		71	567	
Carotene, beta.....µg	93		0	BFSN	4		107	857	
Carotene, alpha.....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	360		0	NC	4		414	3317	
Lycopene.....µg	1927		0	BFSN	4		2216	17765	
Lutein + zeaxanthin.....µg	22		0	NR	4		25	200	
Vitamin E (alpha-tocopherol).....mg	0.82	0.043	11	A	1		0.94	7.52	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	0.06	0.006	11	A	1		0.06	0.52	
Tocopherol, gamma.....mg	2.09	0.440	11	A	1		2.41	19.31	
Tocopherol, delta.....mg	0.62	0.121	11	A	1		0.72	5.74	
Tocotrienol, alpha.....mg	0.04	0.012	11	A	1		0.05	0.41	
Tocotrienol, beta.....mg	0.00	0.000	11	A	1		0.00	0.00	

NDB No. 21300

Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust

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	0.002	11	A	1		0.00	0.02	
Tocotrienol, delta.....mg	0.00	0.000	11	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	NR	4		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone).....µg	10.0	3.540	11	A	1		11.4	91.8	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.226		0	NC	4		4.860	38.963	
4:0.....g	0.102	0.006	12	A	1		0.117	0.937	
6:0.....g	0.081	0.003	12	A	1		0.093	0.744	
8:0.....g	0.054	0.002	12	A	1		0.063	0.502	
10:0.....g	0.139	0.004	12	A	1		0.160	1.279	
12:0.....g	0.168	0.006	12	A	1		0.193	1.547	
13:0.....g									
14:0.....g	0.574	0.020	12	A	1		0.661	5.296	
15:0.....g	0.061	0.002	12	A	1		0.070	0.564	
16:0.....g	2.101	0.051	12	A	1		2.416	19.368	
17:0.....g	0.043	0.001	12	A	1		0.049	0.396	
18:0.....g	0.849	0.016	12	A	1		0.977	7.832	
20:0.....g	0.023	0.001	12	A	1		0.026	0.212	
22:0.....g	0.019	0.001	12	A	1		0.022	0.175	
24:0.....g	0.008	0.000	12	A	1		0.010	0.078	
Fatty acids, total monounsaturated.....g	2.595		0	NC	4		2.984	23.925	
14:1.....g	0.047	0.002	12	A	1		0.054	0.432	
15:1.....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.114	0.005	12	AS	1		0.131	1.051	
16:1 c.....g	0.093	0.004	12	A	1		0.107	0.855	
16:1 t.....g	0.021	0.001	12	A	1		0.024	0.196	
17:1.....g	0.015	0.001	12	A	1		0.017	0.139	
18:1 undifferentiated.....g	2.373	0.062	12	AS	1		2.729	21.877	
18:1 c.....g	2.189	0.060	12	A	1		2.518	20.184	
18:1 t.....g	0.184	0.014	12	A	1		0.211	1.693	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.042	0.002	12	A	1		0.049	0.391	
22:1 undifferentiated.....g	0.002	0.000	12	AS	1		0.002	0.016	
22:1 c.....g	0.002	0.000	12	A	1		0.002	0.016	
22:1 t.....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c.....g	0.002	0.001	12	A	1		0.002	0.018	
Fatty acids, total polyunsaturated.....g	2.752		0	NC	4		3.165	25.378	
18:2 undifferentiated.....g	2.403	0.147	12	AS	1		2.763	22.156	
18:2 n-6 c,c.....g	2.304	0.148	12	A	1		2.649	21.240	
18:2 CLAs.....g	0.039	0.001	12	A	1		0.045	0.360	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.060	0.002	12	A	1		0.069	0.556	
18:3 undifferentiated.....g	0.309	0.020	12	AS	1		0.355	2.847	
18:3 n-3 c,c,c (ALA).....g	0.306	0.020	12	A	1		0.352	2.824	
18:3 n-6 c,c,c.....g	0.003	0.000	12	A	1		0.003	0.024	
18:3i.....g									
18:4.....g	0.001	0.000	12	A	1		0.002	0.013	
20:2 n-6 c,c.....g	0.004	0.000	12	A	1		0.005	0.037	
20:3 undifferentiated.....g	0.010	0.000	12	AS	1		0.011	0.090	
20:3 n-3.....g	0.000	0.000	12	A	1		0.000	0.004	
20:3 n-6.....g	0.009	0.000	12	A	1		0.011	0.086	
20:4 undifferentiated.....g	0.011	0.001	12	A	1		0.013	0.105	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.001	12	A	1		0.004	0.035	
21:5.....g									
22:4.....g	0.005	0.000	12	A	1		0.006	0.048	
22:5 n-3 (DPA).....g	0.004	0.000	12	A	1		0.005	0.038	

NDB No. 21300

Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust

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					
22:6 n-3 (DHA).....g	0.000	0.000	12	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.265		0	NC	4		0.305	2.445	
Fatty acids, total trans-monoenoic.....g	0.205		0	NC	4		0.236	1.889	
Fatty acids, total trans-polyenoic.....g	0.060		0	NC	4		0.069	0.556	
Cholesterol.....mg	17	0.752	6	A	1		20	160	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		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 = 115g: 1 slice

Measure 2 = 922g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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





Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust

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.....									
Vitamin D (D2 + D3).....	0.0		0	Z	7		0.0	0.0	
Vitamin D.....	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....	9.7	2.182	14	A	1	7.3	57.0		
Dihydrophyloquinone.....									
Menaquinone-4.....									
<b>Lipids:</b>									
Fatty acids, total saturated.....	6.224		0	NC	4	4.730	36.722		
4:0.....	0.165	0.006	12	A	1	0.126	0.975		
6:0.....	0.132	0.004	12	A	1	0.100	0.777		
8:0.....	0.088	0.002	12	A	1	0.067	0.521		
10:0.....	0.222	0.007	12	A	1	0.168	1.308		
12:0.....	0.267	0.008	12	A	1	0.203	1.575		
13:0.....									
14:0.....	0.909	0.027	12	A	1	0.691	5.366		
15:0.....	0.097	0.003	12	A	1	0.074	0.572		
16:0.....	3.010	0.067	12	A	1	2.287	17.758		
17:0.....	0.065	0.002	12	A	1	0.049	0.384		
18:0.....	1.202	0.030	12	A	1	0.914	7.093		
20:0.....	0.029	0.001	12	A	1	0.022	0.170		
22:0.....	0.022	0.001	12	A	1	0.017	0.131		
24:0.....	0.010	0.000	12	A	1	0.008	0.060		
Fatty acids, total monounsaturated.....	3.507		0	NC	4	2.665	20.690		
14:1.....	0.075	0.003	12	A	1	0.057	0.441		
15:1.....	0.000	0.000	12	A	1	0.000	0.000		
16:1 undifferentiated.....	0.163	0.006	12	AS	1	0.124	0.963		
16:1 c.....	0.131	0.005	12	A	1	0.100	0.773		
16:1 t.....	0.032	0.001	12	A	1	0.024	0.190		
17:1.....	0.022	0.001	12	A	1	0.017	0.133		
18:1 undifferentiated.....	3.195	0.088	12	AS	1	2.428	18.850		
18:1 c.....	2.959	0.085	12	A	1	2.249	17.456		
18:1 t.....	0.236	0.006	12	A	1	0.180	1.394		
18:1-11 t (18:1t n-7).....									
20:1.....	0.048	0.004	12	A	1	0.037	0.285		
22:1 undifferentiated.....	0.002	0.000	12	AS	1	0.001	0.009		
22:1 c.....	0.002	0.000	12	A	1	0.001	0.009		
22:1 t.....	0.000	0.000	12	A	1	0.000	0.000		
24:1 c.....	0.001	0.000	12	A	1	0.001	0.009		
Fatty acids, total polyunsaturated.....	3.044		0	NC	4	2.314	17.961		
18:2 undifferentiated.....	2.636	0.191	12	AS	1	2.003	15.552		
18:2 n-6 c,c.....	2.491	0.190	12	A	1	1.893	14.695		
18:2 CLAs.....	0.060	0.002	12	A	1	0.045	0.353		
18:2 t,t.....									
18:2 i.....									
18:2 t not further defined.....	0.085	0.002	12	A	1	0.065	0.504		
18:3 undifferentiated.....	0.352	0.033	12	AS	1	0.267	2.074		
18:3 n-3 c,c,c (ALA).....	0.348	0.033	12	A	1	0.264	2.052		
18:3 n-6 c,c,c.....	0.004	0.000	12	A	1	0.003	0.022		
18:3i.....									
18:4.....	0.002	0.000	12	A	1	0.002	0.013		
20:2 n-6 c,c.....	0.005	0.000	12	A	1	0.004	0.030		
20:3 undifferentiated.....	0.014	0.001	12	AS	1	0.010	0.080		
20:3 n-3.....	0.001	0.000	12	A	1	0.001	0.006		
20:3 n-6.....	0.013	0.001	12	A	1	0.010	0.074		
20:4 undifferentiated.....	0.018	0.001	12	A	1	0.014	0.108		
20:4 n-6.....									
20:5 n-3 (EPA).....	0.005	0.001	12	A	1	0.003	0.027		
21:5.....									
22:4.....	0.005	0.000	12	A	1	0.004	0.028		
22:5 n-3 (DPA).....	0.006	0.000	12	A	1	0.005	0.037		
22:6 n-3 (DHA).....	0.001	0.000	12	A	1	0.000	0.003		
Fatty acids, total trans.....	0.354		0	NC	4	0.269	2.088		
Fatty acids, total trans-monoenoic.....	0.268		0	NC	4	0.204	1.584		

NDB No. 21301

Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust

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	0.085		0	NC	4		0.065	0.504	
Cholesterol.....mg	28	1.726	6	A	1		22	167	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		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 = 76g: 1 slice

Measure 2 = 590g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21304

Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust

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
<b>Proximates:</b>									
Water.....g	50.40	0.429	15	A	1		68.54	588.66	
Energy.....kcal	244		0	NC	4		331	2847	
Energy.....kJ	1020		0	NC	4		1387	11911	
Protein.....g	11.02	0.444	15	A	1		14.98	128.67	
Total lipid (fat).....g	10.90	0.246	15	A	1		14.83	127.34	
Ash.....g	2.30	0.093	15	A	1		3.13	26.84	
Carbohydrate, by difference.....g	25.38		0	NC	4		34.52	296.48	
Fiber, total dietary.....g	2.2	0.100	15	A	1		3.0	26.0	
Sugars, total.....g	3.73	0.398	15	A	1		5.07	43.57	
Sucrose.....g	0.08	0.083	15	A	1		0.11	0.97	
Glucose (dextrose).....g	1.07	0.171	15	A	1		1.45	12.46	
Fructose.....g	1.10	0.157	15	A	1		1.50	12.84	
Lactose.....g	0.17	0.054	15	A	1		0.24	2.04	
Maltose.....g	1.21	0.115	15	A	1		1.64	14.11	
Galactose.....g	0.10	0.013	15	A	1		0.13	1.15	
Starch.....g	18.70	0.945	15	A	1		25.43	218.41	
<b>Minerals:</b>									
Calcium, Ca.....mg	120	15.779	15	A	1		164	1407	
Iron, Fe.....mg	1.86	0.208	15	A	1		2.54	21.78	
Magnesium, Mg.....mg	23	0.648	15	A	1		31	264	
Phosphorus, P.....mg	183	9.529	15	A	1		249	2140	
Potassium, K.....mg	184	10.556	15	A	1		250	2150	
Sodium, Na.....mg	589	23.430	15	A	1		801	6881	
Zinc, Zn.....mg	1.24	0.119	15	A	1		1.68	14.47	
Copper, Cu.....mg	0.138	0.009	15	A	1		0.187	1.609	
Manganese, Mn.....mg	0.273	0.006	15	A	1		0.371	3.188	
Selenium, Se.....µg	23.1	2.961	15	A	1		31.4	269.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1	0.143	15	A	1		0.2	1.7	
Thiamin.....mg	0.256	0.049	15	A	1		0.347	2.984	
Riboflavin.....mg	0.266	0.017	15	A	1		0.362	3.111	
Niacin.....mg	3.100	0.253	15	A	1		4.216	36.212	
Pantothenic acid.....mg	0.455	0.053	15	A	1		0.619	5.316	
Vitamin B-6.....mg	0.098	0.002	4	A	1		0.133	1.146	
Folate, total.....µg	62	3.375	8	A	1		84	723	
Folic acid.....µg	36	1.750	8	A	1		49	423	
Folate, food.....µg	26		0	AS	1		35	299	
Folate, DFE.....µg	87		0	NC	4		119	1019	
Choline, total.....mg	21.7		4	AS	1		29.4	252.9	
Betaine.....mg	23.7		4	A	1		32.2	276.6	
Vitamin B-12.....µg	0.68	0.065	15	A	1		0.93	7.97	
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....µg	61		0	NC	4		83	709	
Retinol.....µg	54		0	BFSN	4		73	629	
Carotene, beta.....µg	81		0	BFSN	4		111	951	
Carotene, alpha.....µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFSN	4		0	0	
Vitamin A, IU.....IU	315		0	NC	4		429	3683	
Lycopene.....µg	1689		0	BFSN	4		2297	19727	
Lutein + zeaxanthin.....µg	26		0	NR	4		35	304	
Vitamin E (alpha-tocopherol).....mg	0.86	0.084	15	A	1		1.16	10.00	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	0.04	0.002	15	A	1		0.06	0.52	
Tocopherol, gamma.....mg	0.93	0.076	15	A	1		1.27	10.89	
Tocopherol, delta.....mg	0.27	0.017	15	A	1		0.36	3.10	
Tocotrienol, alpha.....mg	0.06	0.014	15	A	1		0.08	0.72	
Tocotrienol, beta.....mg	0.00	0.000	15	A	1		0.00	0.00	

NDB No. 21304

Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust

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	0.04	0.026	15	A	1		0.06	0.47	
Tocotrienol, delta.....mg	0.00	0.000	15	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	6.2	0.665	15	A	1		8.4	72.1	
Dihydrophyloquinone.....µg	0.0	0.000	15	A	1		0.0	0.0	
Menaquinone-4.....µg	2.0	0.096	4	A	1		2.8	23.9	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.407		0	NC	4		5.994	51.475	
4:0.....g	0.147		0	FLA	4		0.200	1.714	
6:0.....g	0.028		0	FLA	4		0.038	0.330	
8:0.....g	0.039	0.004	15	A	1		0.053	0.456	
10:0.....g	0.093	0.007	15	A	1		0.126	1.082	
12:0.....g	0.107	0.008	15	A	1		0.145	1.248	
13:0.....g	0.000	0.000	4	A	1		0.000	0.000	
14:0.....g	0.447	0.024	15	A	1		0.609	5.227	
15:0.....g	0.045	0.004	15	A	1		0.061	0.521	
16:0.....g	2.330	0.081	15	A	1		3.169	27.215	
17:0.....g	0.050	0.004	15	A	1		0.067	0.578	
18:0.....g	1.100	0.050	15	A	1		1.497	12.853	
20:0.....g	0.019	0.000	15	A	1		0.026	0.228	
22:0.....g	0.002	0.002	15	A	1		0.003	0.023	
24:0.....g	0.000	0.000	8	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	3.787		0	NC	4		5.151	44.237	
14:1.....g	0.038	0.004	15	A	1		0.052	0.443	
15:1.....g	0.000	0.000	15	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.195	0.012	15	A	1		0.265	2.273	
17:1.....g	0.014	0.008	15	A	1		0.019	0.167	
18:1 undifferentiated.....g	3.497	0.090	15	A	1		4.756	40.844	
20:1.....g	0.042	0.004	15	A	1		0.058	0.495	
22:1 undifferentiated.....g	0.001	0.001	8	A	1		0.002	0.014	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.890		0	NC	4		2.570	22.071	
18:2 undifferentiated.....g	1.521	0.092	15	A	1		2.069	17.770	
18:3 undifferentiated.....g	0.157	0.006	8	JA	6		0.214	1.834	
18:3 n-3 c,c,c (ALA).....g	0.138	0.011	7	A	1		0.187	1.609	
18:3 n-6 c,c,c.....g	0.000	0.000	7	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.029	0.001	8	A	1		0.039	0.335	
20:2 n-6 c,c.....g	0.023	0.003	11	A	1		0.031	0.266	
20:3 undifferentiated.....g	0.000	0.000	15	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.022	0.001	15	A	1		0.030	0.256	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	8	A	1		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	
22:6 n-3 (DHA).....g	0.000	0.000	8	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	27	2.031	15	A	1		36	311	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.109		0	A	1		0.148	1.268	
Threonine.....g	0.399		0	A	1		0.543	4.661	
Isoleucine.....g	0.482		0	A	1		0.655	5.627	
Leucine.....g	0.923		0	A	1		1.255	10.775	
Lysine.....g	0.615		0	A	1		0.837	7.187	
Methionine.....g	0.217		0	A	1		0.295	2.531	
Cystine.....g	0.178		0	A	1		0.242	2.080	

NDB No. 21304

Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust

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	0.553		0	A	1		0.752	6.457	
Tyrosine.....g	0.385		0	A	1		0.523	4.492	
Valine.....g	0.579		0	A	1		0.787	6.762	
Arginine.....g	0.508		0	A	1		0.691	5.933	
Histidine.....g	0.334		0	A	1		0.454	3.898	
Alanine.....g	0.449		0	A	1		0.611	5.244	
Aspartic acid.....g	0.864		0	A	1		1.175	10.094	
Glutamic acid.....g	2.930		0	A	1		3.985	34.226	
Glycine.....g	0.423		0	A	1		0.575	4.935	
Proline.....g	1.107		0	A	1		1.505	12.927	
Serine.....g	0.597		0	A	1		0.812	6.972	
Hydroxyproline.....g	0.012	0.012	6	A	1		0.017	0.145	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		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 = 136g: 1 slice

Measure 2 = 1168g: 1 pie

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21302

Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust

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, delta.....									
Vitamin D (D2 + D3).....	0.0		0	NR	4				
Vitamin D.....	0	0.000	15	A	1	0	0		
Vitamin K (phylloquinone).....	6.4	0.721	15	A	1	7.1	57.5		
Dihydrophyloquinone.....									
Menaquinone-4.....									
<b>Lipids:</b>									
Fatty acids, total saturated.....	5.092		0	NC	4	5.652	45.570		
4:0.....	0.086	0.004	12	A	1	0.095	0.766		
6:0.....	0.068	0.002	12	A	1	0.075	0.608		
8:0.....	0.047	0.002	12	A	1	0.052	0.418		
10:0.....	0.118	0.004	12	A	1	0.131	1.052		
12:0.....	0.144	0.005	12	A	1	0.160	1.287		
13:0.....									
14:0.....	0.545	0.016	12	A	1	0.605	4.877		
15:0.....	0.058	0.002	12	A	1	0.064	0.517		
16:0.....	2.748	0.090	12	A	1	3.050	24.595		
17:0.....	0.059	0.002	12	A	1	0.066	0.532		
18:0.....	1.170	0.016	12	A	1	1.298	10.468		
20:0.....	0.026	0.001	12	A	1	0.029	0.230		
22:0.....	0.014	0.000	12	A	1	0.016	0.127		
24:0.....	0.007	0.000	12	A	1	0.008	0.066		
Fatty acids, total monounsaturated.....	3.853		0	NC	4	4.277	34.488		
14:1.....	0.047	0.002	12	A	1	0.052	0.420		
15:1.....	0.000	0.000	12	A	1	0.000	0.000		
16:1 undifferentiated.....	0.186	0.006	12	AS	1	0.207	1.668		
16:1 c.....	0.164	0.006	12	A	1	0.182	1.470		
16:1 t.....	0.022	0.001	12	A	1	0.025	0.198		
17:1.....	0.029	0.001	12	A	1	0.032	0.260		
18:1 undifferentiated.....	3.511	0.149	12	AS	1	3.898	31.427		
18:1 c.....	3.302	0.155	12	A	1	3.665	29.554		
18:1 t.....	0.209	0.009	12	A	1	0.232	1.873		
18:1-11 t (18:1t n-7).....									
20:1.....	0.063	0.004	12	A	1	0.070	0.568		
22:1 undifferentiated.....	0.014	0.003	12	AS	1	0.016	0.126		
22:1 c.....	0.014	0.003	12	A	1	0.016	0.126		
22:1 t.....	0.000	0.000	12	A	1	0.000	0.000		
24:1 c.....	0.002	0.001	12	A	1	0.002	0.019		
Fatty acids, total polyunsaturated.....	2.064		0	NC	4	2.291	18.471		
18:2 undifferentiated.....	1.798	0.033	12	AS	1	1.996	16.091		
18:2 n-6 c,c.....	1.701	0.033	12	A	1	1.888	15.222		
18:2 CLAs.....	0.043	0.001	12	A	1	0.048	0.383		
18:2 t,t.....									
18:2 i.....									
18:2 t not further defined.....	0.054	0.002	12	A	1	0.060	0.486		
18:3 undifferentiated.....	0.188	0.005	12	AS	1	0.209	1.683		
18:3 n-3 c,c,c (ALA).....	0.185	0.005	12	A	1	0.205	1.653		
18:3 n-6 c,c,c.....	0.003	0.000	12	A	1	0.004	0.030		
18:3i.....									
18:4.....	0.001	0.000	12	A	1	0.001	0.012		
20:2 n-6 c,c.....	0.021	0.002	12	A	1	0.023	0.188		
20:3 undifferentiated.....	0.014	0.001	12	AS	1	0.015	0.122		
20:3 n-3.....	0.003	0.000	12	A	1	0.003	0.025		
20:3 n-6.....	0.011	0.001	12	A	1	0.012	0.096		
20:4 undifferentiated.....	0.022	0.001	12	A	1	0.025	0.200		
20:4 n-6.....									
20:5 n-3 (EPA).....	0.004	0.000	12	A	1	0.004	0.033		
21:5.....									
22:4.....	0.008	0.000	12	A	1	0.009	0.076		
22:5 n-3 (DPA).....	0.006	0.000	12	A	1	0.006	0.050		
22:6 n-3 (DHA).....	0.001	0.000	12	A	1	0.001	0.005		
Fatty acids, total trans.....	0.286		0	NC	4	0.317	2.558		
Fatty acids, total trans-monoenoic.....	0.231		0	NC	4	0.257	2.072		



NDB No. 21302

Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust

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	0.054		0	NC	4		0.060	0.486	
Cholesterol.....mg	25	1.469	6	A	1		28	226	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		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 = 111g: 1 slice

Measure 2 = 895g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21303

Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust

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	NR	4		0.0	0.0	
Vitamin D.....IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone).....µg	11.5	5.007	11	A	1	13.6	108.9		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.839		0	NC	4	5.710	45.779		
4:0.....g	0.085	0.006	12	A	1	0.101	0.807		
6:0.....g	0.066	0.003	12	A	1	0.078	0.628		
8:0.....g	0.045	0.002	12	A	1	0.053	0.427		
10:0.....g	0.115	0.004	12	A	1	0.136	1.092		
12:0.....g	0.139	0.004	12	A	1	0.165	1.319		
13:0.....g									
14:0.....g	0.530	0.015	12	A	1	0.625	5.013		
15:0.....g	0.057	0.002	12	A	1	0.067	0.539		
16:0.....g	2.544	0.038	12	A	1	3.001	24.062		
17:0.....g	0.058	0.002	12	A	1	0.069	0.553		
18:0.....g	1.144	0.014	12	A	1	1.350	10.819		
20:0.....g	0.025	0.001	12	A	1	0.030	0.241		
22:0.....g	0.019	0.001	12	A	1	0.022	0.176		
24:0.....g	0.008	0.000	12	A	1	0.010	0.077		
Fatty acids, total monounsaturated.....g	3.731		0	NC	4	4.402	35.294		
14:1.....g	0.046	0.002	12	A	1	0.054	0.432		
15:1.....g	0.000	0.000	12	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.180	0.004	12	AS	1	0.213	1.704		
16:1 c.....g	0.159	0.004	12	A	1	0.187	1.503		
16:1 t.....g	0.021	0.001	12	A	1	0.025	0.202		
17:1.....g	0.028	0.001	12	A	1	0.034	0.270		
18:1 undifferentiated.....g	3.399	0.060	12	AS	1	4.010	32.151		
18:1 c.....g	3.182	0.067	12	A	1	3.754	30.098		
18:1 t.....g	0.217	0.017	12	A	1	0.256	2.053		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.065	0.003	12	A	1	0.076	0.612		
22:1 undifferentiated.....g	0.011	0.002	12	AS	1	0.013	0.102		
22:1 c.....g	0.011	0.002	12	A	1	0.013	0.102		
22:1 t.....g	0.000	0.000	12	A	1	0.000	0.000		
24:1 c.....g	0.002	0.001	12	A	1	0.003	0.024		
Fatty acids, total polyunsaturated.....g	2.980		0	NC	4	3.516	28.190		
18:2 undifferentiated.....g	2.601	0.143	12	AS	1	3.069	24.606		
18:2 n-6 c,c.....g	2.500	0.145	12	A	1	2.950	23.648		
18:2 CLAs.....g	0.042	0.001	12	A	1	0.050	0.399		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.059	0.002	12	A	1	0.070	0.560		
18:3 undifferentiated.....g	0.303	0.019	12	AS	1	0.357	2.862		
18:3 n-3 c,c,c (ALA).....g	0.299	0.019	12	A	1	0.353	2.833		
18:3 n-6 c,c,c.....g	0.003	0.000	12	A	1	0.004	0.029		
18:3i.....g									
18:4.....g	0.002	0.000	12	A	1	0.002	0.015		
20:2 n-6 c,c.....g	0.020	0.001	12	A	1	0.024	0.189		
20:3 undifferentiated.....g	0.014	0.000	12	AS	1	0.016	0.128		
20:3 n-3.....g	0.002	0.000	12	A	1	0.003	0.023		
20:3 n-6.....g	0.011	0.000	12	A	1	0.013	0.106		
20:4 undifferentiated.....g	0.023	0.001	12	A	1	0.027	0.215		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.001	12	A	1	0.004	0.032		
21:5.....g									
22:4.....g	0.008	0.000	12	A	1	0.010	0.080		
22:5 n-3 (DPA).....g	0.005	0.000	12	A	1	0.006	0.051		
22:6 n-3 (DHA).....g	0.000	0.000	12	A	1	0.000	0.003		
Fatty acids, total trans.....g	0.297		0	NC	4	0.351	2.814		
Fatty acids, total trans-monoenoic.....g	0.238		0	NC	4	0.281	2.255		

NDB No. 21303

Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust

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	0.059		0	NC	4		0.070	0.560	
Cholesterol.....mg	24	0.513	6	A	1		28	225	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		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 = 118g: 1 slice

Measure 2 = 946g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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	BFFN	4		0.0	0.0	
Vitamin D.....IU	0		0	NR	4		0	0	
Vitamin K (phylloquinone).....µg	9.5		0	BFFN	4		7.5	56.7	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.115		0	NC	4		5.621	42.479	
4:0.....g	0.110	0.008	12	A	1		0.087	0.659	
6:0.....g	0.091	0.005	12	A	1		0.072	0.545	
8:0.....g	0.063	0.003	12	A	1		0.050	0.376	
10:0.....g	0.162	0.006	12	A	1		0.128	0.967	
12:0.....g	0.196	0.006	12	A	1		0.155	1.168	
13:0.....g									
14:0.....g	0.772	0.024	12	A	1		0.610	4.609	
15:0.....g	0.082	0.003	12	A	1		0.065	0.492	
16:0.....g	3.750	0.088	12	A	1		2.962	22.386	
17:0.....g	0.092	0.005	12	A	1		0.072	0.548	
18:0.....g	1.725	0.036	12	A	1		1.363	10.301	
20:0.....g	0.035	0.001	12	A	1		0.028	0.209	
22:0.....g	0.023	0.001	12	A	1		0.018	0.136	
24:0.....g	0.010	0.000	12	A	1		0.008	0.061	
Fatty acids, total monounsaturated.....g	5.623		0	NC	4		4.442	33.571	
14:1.....g	0.067	0.004	12	A	1		0.053	0.402	
15:1.....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.278	0.008	12	AS	1		0.219	1.658	
16:1 c.....g	0.245	0.007	12	A	1		0.194	1.463	
16:1 t.....g	0.033	0.002	12	A	1		0.026	0.195	
17:1.....g	0.046	0.003	12	A	1		0.036	0.276	
18:1 undifferentiated.....g	5.114	0.129	12	AS	1		4.040	30.532	
18:1 c.....g	4.798	0.112	12	A	1		3.790	28.642	
18:1 t.....g	0.317	0.022	12	A	1		0.250	1.890	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.094	0.002	12	A	1		0.074	0.561	
22:1 undifferentiated.....g	0.021	0.003	12	AS	1		0.017	0.128	
22:1 c.....g	0.021	0.003	12	A	1		0.017	0.128	
22:1 t.....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c.....g	0.003	0.000	12	A	1		0.002	0.015	
Fatty acids, total polyunsaturated.....g	3.617		0	NC	4		2.857	21.594	
18:2 undifferentiated.....g	3.176	0.149	12	AS	1		2.509	18.959	
18:2 n-6 c,c.....g	3.035	0.145	12	A	1		2.398	18.121	
18:2 CLAs.....g	0.064	0.003	12	A	1		0.051	0.384	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.076	0.003	12	A	1		0.060	0.453	
18:3 undifferentiated.....g	0.319	0.038	12	AS	1		0.252	1.905	
18:3 n-3 c,c,c (ALA).....g	0.314	0.038	12	A	1		0.248	1.877	
18:3 n-6 c,c,c.....g	0.005	0.000	12	A	1		0.004	0.029	
18:3i.....g									
18:4.....g	0.002	0.000	12	A	1		0.002	0.012	
20:2 n-6 c,c.....g	0.035	0.002	12	A	1		0.028	0.208	
20:3 undifferentiated.....g	0.022	0.001	12	AS	1		0.017	0.129	
20:3 n-3.....g	0.005	0.000	12	A	1		0.004	0.030	
20:3 n-6.....g	0.017	0.000	12	A	1		0.013	0.099	
20:4 undifferentiated.....g	0.036	0.001	12	A	1		0.028	0.215	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.005	0.000	12	A	1		0.004	0.027	
21:5.....g									
22:4.....g	0.012	0.000	12	A	1		0.009	0.072	
22:5 n-3 (DPA).....g	0.008	0.000	12	A	1		0.007	0.050	
22:6 n-3 (DHA).....g	0.001	0.000	12	A	1		0.001	0.006	
Fatty acids, total trans.....g	0.425		0	NC	4		0.336	2.539	
Fatty acids, total trans-monoenoic.....g	0.349		0	NC	4		0.276	2.085	

NDB No. 21485

Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust

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	0.076		0	NC	4		0.060	0.453	
Cholesterol.....mg	37	0.909	6	A	1		29	223	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFNN	4		0.0	0.0	
Caffeine.....mg	0		0	BFNN	4		0	0	
Theobromine.....mg	0		0	BFNN	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 = 79g: 1 slice

Measure 2 = 597g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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





Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust

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	BFFN	4		0.0	0.0	
Vitamin D.....IU	0		0	NR	4		0	0	
Vitamin K (phylloquinone).....µg	6.7		0	BFFN	4		7.7	62.1	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.033		0	NC	4		5.838	46.906	
4:0.....g	0.081	0.006	12	A	1		0.094	0.756	
6:0.....g	0.065	0.004	12	A	1		0.076	0.608	
8:0.....g	0.044	0.002	12	A	1		0.051	0.407	
10:0.....g	0.111	0.003	12	A	1		0.129	1.033	
12:0.....g	0.135	0.003	12	A	1		0.157	1.259	
13:0.....g									
14:0.....g	0.505	0.013	12	A	1		0.586	4.707	
15:0.....g	0.050	0.001	12	A	1		0.058	0.468	
16:0.....g	2.776	0.110	12	A	1		3.220	25.869	
17:0.....g	0.047	0.001	12	A	1		0.055	0.440	
18:0.....g	1.170	0.031	12	A	1		1.357	10.901	
20:0.....g	0.026	0.001	12	A	1		0.030	0.240	
22:0.....g	0.014	0.000	12	A	1		0.016	0.127	
24:0.....g	0.007	0.000	12	A	1		0.008	0.067	
Fatty acids, total monounsaturated.....g	4.049		0	NC	4		4.697	37.737	
14:1.....g	0.037	0.002	12	A	1		0.043	0.342	
15:1.....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.187	0.011	12	AS	1		0.217	1.744	
16:1 c.....g	0.169	0.011	12	A	1		0.196	1.578	
16:1 t.....g	0.018	0.001	12	A	1		0.021	0.165	
17:1.....g	0.022	0.001	12	A	1		0.026	0.206	
18:1 undifferentiated.....g	3.732	0.213	12	AS	1		4.329	34.781	
18:1 c.....g	3.587	0.211	12	A	1		4.161	33.432	
18:1 t.....g	0.145	0.004	12	A	1		0.168	1.348	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.068	0.004	12	A	1		0.078	0.631	
22:1 undifferentiated.....g	0.002	0.000	12	AS	1		0.002	0.019	
22:1 c.....g	0.002	0.000	12	A	1		0.002	0.019	
22:1 t.....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c.....g	0.002	0.000	12	A	1		0.002	0.016	
Fatty acids, total polyunsaturated.....g	2.352		0	NC	4		2.728	21.918	
18:2 undifferentiated.....g	2.057	0.060	12	AS	1		2.386	19.173	
18:2 n-6 c,c.....g	1.966	0.060	12	A	1		2.280	18.322	
18:2 CLAs.....g	0.037	0.001	12	A	1		0.043	0.348	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.054	0.002	12	A	1		0.063	0.504	
18:3 undifferentiated.....g	0.193	0.006	12	AS	1		0.224	1.798	
18:3 n-3 c,c,c (ALA).....g	0.189	0.006	12	A	1		0.219	1.762	
18:3 n-6 c,c,c.....g	0.004	0.000	12	A	1		0.004	0.036	
18:3i.....g									
18:4.....g	0.001	0.000	12	A	1		0.001	0.008	
20:2 n-6 c,c.....g	0.033	0.003	12	A	1		0.038	0.309	
20:3 undifferentiated.....g	0.019	0.001	12	AS	1		0.022	0.174	
20:3 n-3.....g	0.005	0.000	12	A	1		0.006	0.048	
20:3 n-6.....g	0.013	0.001	12	A	1		0.016	0.126	
20:4 undifferentiated.....g	0.027	0.002	12	A	1		0.032	0.254	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	12	A	1		0.004	0.033	
21:5.....g									
22:4.....g	0.010	0.001	12	A	1		0.012	0.093	
22:5 n-3 (DPA).....g	0.006	0.001	12	A	1		0.007	0.056	
22:6 n-3 (DHA).....g	0.001	0.000	12	A	1		0.001	0.009	
Fatty acids, total trans.....g	0.216		0	NC	4		0.251	2.018	
Fatty acids, total trans-monoenoic.....g	0.162		0	NC	4		0.188	1.514	

NDB No. 21484

Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust

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	0.054		0	NC	4		0.063	0.504	
Cholesterol.....mg	23	1.215	6	A	1		27	219	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFNN	4		0.0	0.0	
Caffeine.....mg	0		0	BFNN	4		0	0	
Theobromine.....mg	0		0	BFNN	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 = 116g: 1 slice

Measure 2 = 932g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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	BFFN	4		0.0	0.0	
Vitamin D.....IU	0		0	NR	4		0	0	
Vitamin K (phylloquinone).....µg	11.8		0	BFFN	4	15.0	120.4		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.805		0	NC	4	6.102	48.865		
4:0.....g	0.079	0.005	12	A	1	0.100	0.801		
6:0.....g	0.063	0.004	12	A	1	0.080	0.638		
8:0.....g	0.043	0.002	12	A	1	0.055	0.441		
10:0.....g	0.110	0.005	12	A	1	0.140	1.123		
12:0.....g	0.132	0.006	12	A	1	0.168	1.345		
13:0.....g									
14:0.....g	0.493	0.017	12	A	1	0.626	5.012		
15:0.....g	0.050	0.002	12	A	1	0.063	0.505		
16:0.....g	2.585	0.050	12	A	1	3.283	26.290		
17:0.....g	0.047	0.001	12	A	1	0.060	0.480		
18:0.....g	1.147	0.025	12	A	1	1.456	11.662		
20:0.....g	0.027	0.001	12	A	1	0.034	0.275		
22:0.....g	0.018	0.001	12	A	1	0.023	0.185		
24:0.....g	0.008	0.000	12	A	1	0.010	0.082		
Fatty acids, total monounsaturated.....g	3.941		0	NC	4	5.005	40.075		
14:1.....g	0.037	0.002	12	A	1	0.047	0.374		
15:1.....g	0.000	0.000	12	A	1	0.000	0.001		
16:1 undifferentiated.....g	0.183	0.007	12	AS	1	0.233	1.864		
16:1 c.....g	0.166	0.007	12	A	1	0.210	1.684		
16:1 t.....g	0.018	0.001	12	A	1	0.022	0.180		
17:1.....g	0.023	0.001	12	A	1	0.029	0.231		
18:1 undifferentiated.....g	3.623	0.115	12	AS	1	4.601	36.845		
18:1 c.....g	3.469	0.120	12	A	1	4.406	35.279		
18:1 t.....g	0.154	0.008	12	A	1	0.196	1.566		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.071	0.003	12	A	1	0.090	0.720		
22:1 undifferentiated.....g	0.003	0.000	12	AS	1	0.003	0.026		
22:1 c.....g	0.003	0.000	12	A	1	0.003	0.026		
22:1 t.....g	0.000	0.000	12	A	1	0.000	0.000		
24:1 c.....g	0.001	0.000	12	A	1	0.002	0.014		
Fatty acids, total polyunsaturated.....g	3.217		0	NC	4	4.086	32.721		
18:2 undifferentiated.....g	2.815	0.163	12	AS	1	3.574	28.624		
18:2 n-6 c,c.....g	2.717	0.164	12	A	1	3.451	27.636		
18:2 CLAs.....g	0.038	0.001	12	A	1	0.048	0.388		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.059	0.003	12	A	1	0.075	0.600		
18:3 undifferentiated.....g	0.304	0.021	12	AS	1	0.386	3.087		
18:3 n-3 c,c,c (ALA).....g	0.300	0.021	12	A	1	0.381	3.050		
18:3 n-6 c,c,c.....g	0.004	0.000	12	A	1	0.005	0.037		
18:3i.....g									
18:4.....g	0.001	0.000	12	A	1	0.001	0.009		
20:2 n-6 c,c.....g	0.032	0.002	12	A	1	0.041	0.329		
20:3 undifferentiated.....g	0.018	0.001	12	AS	1	0.022	0.180		
20:3 n-3.....g	0.005	0.000	12	A	1	0.006	0.050		
20:3 n-6.....g	0.013	0.001	12	A	1	0.016	0.130		
20:4 undifferentiated.....g	0.026	0.001	12	A	1	0.034	0.269		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	12	A	1	0.004	0.035		
21:5.....g									
22:4.....g	0.010	0.001	12	A	1	0.012	0.100		
22:5 n-3 (DPA).....g	0.006	0.000	12	A	1	0.008	0.064		
22:6 n-3 (DHA).....g	0.001	0.000	12	A	1	0.001	0.012		
Fatty acids, total trans.....g	0.231		0	NC	4	0.293	2.346		
Fatty acids, total trans-monoenoic.....g	0.172		0	NC	4	0.218	1.746		

NDB No. 21482

Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust

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	0.059		0	NC	4		0.075	0.600	
Cholesterol.....mg	23	1.313	6	A	1		30	237	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFNN	4		0.0	0.0	
Caffeine.....mg	0		0	BFNN	4		0	0	
Theobromine.....mg	0		0	BFNN	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 = 127g: 1 slice

Measure 2 = 1017g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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	BFFN	4		0.0	0.0	
Vitamin D.....IU	0		0	NR	4		0	0	
Vitamin K (phylloquinone).....µg	9.6		0	BFFN	4		8.4	64.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.888		0	NC	4		6.062	46.153	
4:0.....g	0.123	0.007	12	A	1		0.108	0.825	
6:0.....g	0.097	0.004	12	A	1		0.085	0.650	
8:0.....g	0.065	0.002	12	A	1		0.058	0.438	
10:0.....g	0.166	0.004	12	A	1		0.147	1.116	
12:0.....g	0.198	0.006	12	A	1		0.175	1.329	
13:0.....g									
14:0.....g	0.739	0.020	12	A	1		0.651	4.954	
15:0.....g	0.074	0.002	12	A	1		0.065	0.494	
16:0.....g	3.668	0.086	12	A	1		3.228	24.573	
17:0.....g	0.069	0.002	12	A	1		0.061	0.465	
18:0.....g	1.618	0.035	12	A	1		1.424	10.841	
20:0.....g	0.035	0.001	12	A	1		0.031	0.234	
22:0.....g	0.021	0.001	12	A	1		0.019	0.143	
24:0.....g	0.009	0.000	12	A	1		0.008	0.064	
Fatty acids, total monounsaturated.....g	5.523		0	NC	4		4.860	37.003	
14:1.....g	0.055	0.002	12	A	1		0.048	0.369	
15:1.....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.262	0.010	12	AS	1		0.231	1.757	
16:1 c.....g	0.237	0.010	12	A	1		0.208	1.585	
16:1 t.....g	0.026	0.001	12	A	1		0.023	0.172	
17:1.....g	0.033	0.001	12	A	1		0.029	0.219	
18:1 undifferentiated.....g	5.075	0.146	12	AS	1		4.466	34.003	
18:1 c.....g	4.877	0.141	12	A	1		4.292	32.676	
18:1 t.....g	0.198	0.008	12	A	1		0.174	1.327	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.094	0.003	12	A	1		0.083	0.631	
22:1 undifferentiated.....g	0.003	0.000	12	AS	1		0.002	0.018	
22:1 c.....g	0.003	0.000	12	A	1		0.002	0.018	
22:1 t.....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c.....g	0.001	0.000	12	A	1		0.001	0.006	
Fatty acids, total polyunsaturated.....g	3.926		0	NC	4		3.455	26.304	
18:2 undifferentiated.....g	3.412	0.176	12	AS	1		3.003	22.860	
18:2 n-6 c,c.....g	3.283	0.173	12	A	1		2.889	21.994	
18:2 CLAs.....g	0.055	0.002	12	A	1		0.048	0.366	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.075	0.002	12	A	1		0.066	0.500	
18:3 undifferentiated.....g	0.366	0.031	12	AS	1		0.322	2.452	
18:3 n-3 c,c,c (ALA).....g	0.361	0.031	12	A	1		0.317	2.416	
18:3 n-6 c,c,c.....g	0.005	0.000	12	A	1		0.005	0.035	
18:3i.....g									
18:4.....g	0.001	0.000	12	A	1		0.001	0.009	
20:2 n-6 c,c.....g	0.048	0.003	12	A	1		0.042	0.319	
20:3 undifferentiated.....g	0.026	0.001	12	AS	1		0.023	0.175	
20:3 n-3.....g	0.008	0.000	12	A	1		0.007	0.051	
20:3 n-6.....g	0.018	0.001	12	A	1		0.016	0.124	
20:4 undifferentiated.....g	0.040	0.002	12	A	1		0.036	0.271	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.005	0.002	12	A	1		0.005	0.036	
21:5.....g									
22:4.....g	0.014	0.001	12	A	1		0.012	0.092	
22:5 n-3 (DPA).....g	0.009	0.000	12	A	1		0.008	0.064	
22:6 n-3 (DHA).....g	0.002	0.000	12	A	1		0.002	0.015	
Fatty acids, total trans.....g	0.298		0	NC	4		0.263	1.999	
Fatty acids, total trans-monoenoic.....g	0.224		0	NC	4		0.197	1.499	

NDB No. 21483

Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust

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	0.075		0	NC	4		0.066	0.500	
Cholesterol.....mg	36	1.535	6	A	1		32	243	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFFN	4		0.0	0.0	
Caffeine.....mg	0		0	BFFN	4		0	0	
Theobromine.....mg	0		0	BFFN	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 = 88g: 1 slice

Measure 2 = 670g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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Refuse:18% Cartilage and bone

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
<b>Proximates:</b>									
Water.....g	55.45		0	RKA	1		112.57	78.74	59.33
Energy.....kcal	230		0	NC	4		467	327	246
Energy.....kJ	963		0	NC	4		1955	1367	1030
Protein.....g	23.51		0	RKA	1		47.72	33.38	25.15
Total lipid (fat).....g	12.44		0	RKA	1		25.25	17.66	13.31
Ash.....g	2.58		0	RKA	1		5.23	3.66	2.76
Carbohydrate, by difference.....g	6.03		0	NC	4		12.23	8.56	6.45
Fiber, total dietary.....g	0.1		0	RKI	6		0.2	0.1	0.1
Sugars, total.....g	0.00		0	RKI	6		0.00	0.00	0.00
Sucrose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00		0	RKA	1		0.00	0.00	0.00
Fructose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Lactose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Maltose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Galactose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Starch.....g	6.32		0	RKA	1		12.84	8.98	6.77
<b>Minerals:</b>									
Calcium, Ca.....mg	45		0	RKA	1		91	63	48
Iron, Fe.....mg	0.72		0	RKA	1		1.47	1.03	0.77
Magnesium, Mg.....mg	26		0	RKA	1		54	38	28
Phosphorus, P.....mg	230		0	RKA	1		467	327	246
Potassium, K.....mg	282		0	RKA	1		572	400	302
Sodium, Na.....mg	657		0	RKA	1		1334	933	703
Zinc, Zn.....mg	0.92		0	RKA	1		1.86	1.30	0.98
Copper, Cu.....mg	0.064		0	RKA	1		0.131	0.091	0.069
Manganese, Mn.....mg	0.115		0	RKA	1		0.233	0.163	0.123
Selenium, Se.....µg	29.2		0	RKA	1		59.3	41.5	31.3
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RKI	6		0.0	0.0	0.0
Thiamin.....mg	0.104		0	RKA	1		0.212	0.148	0.112
Riboflavin.....mg	0.228		0	RKA	1		0.463	0.324	0.244
Niacin.....mg	7.869		0	RKA	1		15.974	11.174	8.420
Pantothenic acid.....mg	1.167		0	RKA	1		2.368	1.657	1.248
Vitamin B-6.....mg	0.263		0	RKA	1		0.533	0.373	0.281
Folate, total.....µg	21		0	RKI	6		43	30	23
Folic acid.....µg	10		0	RKI	6		21	15	11
Folate, food.....µg	11		0	RKI	6		22	15	12
Folate, DFE.....µg	28		0	NC	4		57	40	30
Choline, total.....mg	78.9		0	RKI	6		160.2	112.1	84.5
Betaine.....mg	6.3		0	RKA	1		12.9	9.0	6.8
Vitamin B-12.....µg	0.31		0	RKA	1		0.63	0.44	0.33
Vitamin B-12, added.....µg	0.00		0	RKI	6		0.00	0.00	0.00
Vitamin A, RAE.....µg	10		0	NC	4		20	14	10
Retinol.....µg	10		0	RKA	1		20	14	10
Carotene, beta.....µg	0		0	RKI	6		0	0	0
Carotene, alpha.....µg	0		0	RKI	6		0	0	0
Cryptoxanthin, beta.....µg	0		0	RKI	6		0	0	0
Vitamin A, IU.....IU	32		0	NC	4		65	46	35
Lycopene.....µg	0		0	RKI	6		0	0	0
Lutein + zeaxanthin.....µg	0		0	RKI	6		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.48		0	RKA	1		0.97	0.68	0.51
Vitamin E, added.....mg	0.00		0	RKI	6		0.00	0.00	0.00
Tocopherol, beta.....mg	0.01		0	RKA	1		0.02	0.02	0.01
Tocopherol, gamma.....mg	0.51		0	RKA	1		1.03	0.72	0.54
Tocopherol, delta.....mg	0.02		0	RKA	1		0.04	0.03	0.02
Tocotrienol, alpha.....mg	0.00		0	RKA	1		0.01	0.01	0.00
Tocotrienol, beta.....mg	0.09		0	RKA	1		0.18	0.13	0.10

Fast Foods, Fried Chicken, Breast, meat and skin and breading

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					
Tocotrienol, gamma.....mg	0.00		0	RKA	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		0	RKA	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.1		0	RKI	6		0.3	0.2	0.1
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	5		0	RKI	6		11	7	6
Vitamin K (phylloquinone).....µg	0.0		0	RKI	6		0.0	0.0	0.0
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.316		0	RKI	6		6.732	4.709	3.549
4:0.....g	0.005		0	RKA	1		0.010	0.007	0.005
6:0.....g	0.000		0	RKA	1		0.000	0.000	0.000
8:0.....g	0.002		0	RKA	1		0.004	0.003	0.002
10:0.....g	0.015		0	RKA	1		0.031	0.022	0.016
12:0.....g	0.008		0	RKA	1		0.015	0.011	0.008
13:0.....g									
14:0.....g	0.111		0	RKA	1		0.224	0.157	0.118
15:0.....g	0.018		0	RKA	1		0.036	0.025	0.019
16:0.....g	2.180		0	RKA	1		4.425	3.096	2.333
17:0.....g	0.040		0	RKA	1		0.080	0.056	0.042
18:0.....g	0.892		0	RKA	1		1.810	1.266	0.954
20:0.....g	0.026		0	RKA	1		0.052	0.037	0.028
22:0.....g	0.015		0	RKA	1		0.031	0.022	0.017
24:0.....g	0.006		0	RKA	1		0.012	0.009	0.006
Fatty acids, total monounsaturated.....g	6.011		0	RKI	6		12.202	8.536	6.432
14:1.....g	0.032		0	RKA	1		0.064	0.045	0.034
15:1.....g	0.000		0	RKA	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.494		0	RKA	1		1.004	0.702	0.529
17:1.....g	0.024		0	RKA	1		0.049	0.034	0.026
18:1 undifferentiated.....g	5.214		0	RKA	1		10.584	7.404	5.579
20:1.....g	0.099		0	RKA	1		0.200	0.140	0.106
22:1 undifferentiated.....g	0.010		0	RKA	1		0.021	0.014	0.011
24:1 c.....g	0.005		0	RKA	1		0.011	0.008	0.006
Fatty acids, total polyunsaturated.....g	2.066		0	RKI	6		4.195	2.934	2.211
18:2 undifferentiated.....g	1.657		0	RKA	1		3.364	2.353	1.773
18:3 undifferentiated.....g	0.244		0	RKA	1		0.496	0.347	0.261
18:4.....g	0.001		0	RKA	1		0.003	0.002	0.002
20:2 n-6 c,c.....g	0.012		0	RKA	1		0.025	0.017	0.013
20:3 undifferentiated.....g	0.022		0	RKA	1		0.045	0.032	0.024
20:4 undifferentiated.....g	0.052		0	RKA	1		0.105	0.074	0.056
20:5 n-3 (EPA).....g	0.001		0	RKA	1		0.002	0.001	0.001
21:5.....g									
22:4.....g	0.013		0	RKA	1		0.026	0.018	0.014
22:5 n-3 (DPA).....g	0.005		0	RKA	1		0.010	0.007	0.005
22:6 n-3 (DHA).....g	0.003		0	RKA	1		0.006	0.004	0.003
Fatty acids, total trans.....g	0.192		0	RKI	6		0.390	0.273	0.205
Cholesterol.....mg	92		0	RKA	1		187	131	98
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RKI	6		0.0	0.0	0.0
Caffeine.....mg	0		0	RKI	6		0	0	0
Theobromine.....mg	0		0	RKI	6		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 = 203g: 1 breast, with skin

Measure 2 = 142g: 1 breast, without skin

**NDB No.** 21469

**Fast Foods, Fried Chicken, Breast, meat and skin and breading**

Measure 3 = 107g: 1 breast, bone and skin removed

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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NDB No. 21464

Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed

Refuse:48% Skin, subcutaneous fat and breading, 30%; Cartilage and bone, 17%; Handling loss, 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
<b>Proximates:</b>									
Water.....g	65.61	0.372	12	A	1		93.16	70.20	
Energy.....kcal	153		0	NC	4		217	163	
Energy.....kJ	638		0	NC	4		906	683	
Protein.....g	27.93	0.454	12	A	1		39.66	29.89	
Total lipid (fat).....g	4.54	0.216	12	A	1		6.44	4.86	
Ash.....g	2.27	0.069	12	A	1		3.22	2.43	
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary.....g	0.0		0	BFSN	4		0.0	0.0	
Sugars, total.....g	0.00		0	BFSN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	23	2.157	12	A	1		32	24	
Iron, Fe.....mg	0.54	0.017	12	A	1		0.76	0.58	
Magnesium, Mg.....mg	28	0.527	12	A	1		40	30	
Phosphorus, P.....mg	237	6.406	12	A	1		337	254	
Potassium, K.....mg	306	8.331	12	A	1		435	328	
Sodium, Na.....mg	512	23.628	12	A	1		728	548	
Zinc, Zn.....mg	0.97	0.030	12	A	1		1.37	1.03	
Copper, Cu.....mg	0.058	0.004	12	A	1		0.082	0.062	
Manganese, Mn.....mg	0.036	0.002	12	A	1		0.051	0.038	
Selenium, Se.....µg	34.1	3.461	6	A	1		48.5	36.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFSN	4		0.0	0.0	
Thiamin.....mg	0.104	0.005	6	A	1		0.148	0.112	
Riboflavin.....mg	0.232	0.009	6	A	1		0.329	0.248	
Niacin.....mg	9.030	0.279	6	A	1		12.823	9.662	
Pantothenic acid.....mg	1.320	0.149	4	A	1		1.874	1.412	
Vitamin B-6.....mg	0.325	0.026	6	A	1		0.461	0.348	
Folate, total.....µg	12		0	BFSN	4		16	12	
Folic acid.....µg	0		0	BFSN	4		0	0	
Folate, food.....µg	12		0	BFSN	4		16	12	
Folate, DFE.....µg	12		0	NC	4		16	12	
Choline, total.....mg	96.6		2	A	1		137.1	103.3	
Betaine.....mg	9.3		2	A	1		13.3	10.0	
Vitamin B-12.....µg	0.30	0.034	6	A	1		0.42	0.32	
Vitamin B-12, added.....µg	0.00		0		7		0.00	0.00	
Vitamin A, RAE.....µg	4		0	NC	4		6	4	
Retinol.....µg	4		2	A	1		6	4	
Carotene, beta.....µg	0		0	BFFN	4		0	0	
Carotene, alpha.....µg	0		0	BFFN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFFN	4		0	0	
Vitamin A, IU.....IU	14		0	NC	4		20	15	
Lycopene.....µg	0		0	BFFN	4		0	0	
Lutein + zeaxanthin.....µg	0		0	BFFN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.27	0.048	6	A	1		0.38	0.29	
Vitamin E, added.....mg	0.00		0		7		0.00	0.00	
Tocopherol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.13	0.041	6	A	1		0.18	0.13	
Tocopherol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.1		0	BFFN	4		0.2	0.1	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	5		0	BFFN	4		7	5	
Vitamin K (phylloquinone).....µg	0.0		0	BFSN	4		0.0	0.0	

Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed

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
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.180		0	NC	4		1.675	1.262	
4:0.....g	0.007	0.000	9	A	1		0.011	0.008	
6:0.....g	0.000	0.000	9	A	1		0.000	0.000	
8:0.....g	0.000	0.000	9	A	1		0.000	0.000	
10:0.....g	0.017	0.001	9	A	1		0.024	0.018	
12:0.....g	0.004	0.000	9	A	1		0.005	0.004	
13:0.....g									
14:0.....g	0.031	0.006	9	A	1		0.045	0.034	
15:0.....g	0.006	0.001	9	A	1		0.008	0.006	
16:0.....g	0.783	0.042	9	A	1		1.112	0.838	
17:0.....g	0.009	0.003	9	A	1		0.013	0.010	
18:0.....g	0.310	0.028	9	A	1		0.441	0.332	
20:0.....g	0.007	0.001	9	A	1		0.009	0.007	
22:0.....g	0.004	0.001	9	A	1		0.005	0.004	
24:0.....g	0.001	0.000	9	A	1		0.002	0.001	
Fatty acids, total monounsaturated.....g	2.080		0	NC	4		2.954	2.226	
14:1.....g	0.009	0.002	9	A	1		0.013	0.010	
15:1.....g	0.000	0.000	9	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.173	0.010	9	AS	1		0.246	0.185	
16:1 c.....g	0.170	0.010	9	A	1		0.241	0.182	
16:1 t.....g	0.003	0.001	9	A	1		0.004	0.003	
17:1.....g	0.005	0.001	9	A	1		0.008	0.006	
18:1 undifferentiated.....g	1.663	0.105	9	AS	1		2.361	1.779	
18:1 c.....g	1.625	0.109	9	A	1		2.308	1.739	
18:1 t.....g	0.038	0.011	9	A	1		0.053	0.040	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.032	0.004	9	A	1		0.045	0.034	
22:1 undifferentiated.....g	0.003	0.001	9	AS	1		0.004	0.003	
22:1 c.....g	0.003	0.001	9	A	1		0.004	0.003	
22:1 t.....g	0.000	0.000	9	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	9	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.810		0	NC	4		1.150	0.867	
18:2 undifferentiated.....g	0.572	0.053	9	AS	1		0.812	0.612	
18:2 n-6 c,c.....g	0.562	0.054	9	A	1		0.797	0.601	
18:2 CLAs.....g	0.004	0.001	9	A	1		0.006	0.004	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.006	0.001	9	A	1		0.008	0.006	
18:3 undifferentiated.....g	0.065	0.013	9	AS	1		0.092	0.069	
18:3 n-3 c,c,c (ALA).....g	0.061	0.012	9	A	1		0.087	0.066	
18:3 n-6 c,c,c.....g	0.003	0.001	9	A	1		0.004	0.003	
18:3i.....g	0.000	0.000	9	A	1		0.000	0.000	
18:4.....g	0.000	0.000	9	A	1		0.001	0.000	
20:2 n-6 c,c.....g	0.008	0.000	9	A	1		0.011	0.008	
20:3 undifferentiated.....g	0.018	0.001	9	AS	1		0.026	0.020	
20:3 n-3.....g	0.002	0.000	9	A	1		0.002	0.002	
20:3 n-6.....g	0.017	0.001	9	A	1		0.024	0.018	
20:4 undifferentiated.....g	0.047	0.003	9	A	1		0.067	0.051	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	9	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.012	0.001	9	A	1		0.017	0.013	
22:5 n-3 (DPA).....g	0.005	0.000	9	A	1		0.006	0.005	
22:6 n-3 (DHA).....g	0.003	0.000	9	A	1		0.005	0.004	
Fatty acids, total trans.....g	0.046		0	NC	4		0.066	0.050	
Fatty acids, total trans-monoenoic.....g	0.041		0	NC	4		0.058	0.043	
Fatty acids, total trans-polyenoic.....g	0.006		0	NC	4		0.008	0.006	
Cholesterol.....mg	97	4.216	6	A	1		137	103	
Phytosterols.....mg									

**Others:**

NDB No. 21464

Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed

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
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0		7		0	0	
Theobromine.....mg	0		0		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 = 142g: 1 breast without skin

Measure 2 = 107g: 1 breast bone and skin removed

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21470

Fast Foods, Fried Chicken, Drumstick, meat and skin with breading

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, delta.....mg									
Vitamin D (D2 + D3).....µg	0.1		0	RKI	6	0.1	0.1	0.1	
Vitamin D.....IU	5		0	RKI	6	4	3	2	
Vitamin K (phylloquinone).....µg	0.0		0	RKI	6	0.0	0.0	0.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.458		0	RKI	6	3.343	2.496	1.783	
4:0.....g	0.003		0	RKA	1	0.002	0.001	0.001	
6:0.....g	0.001		0	RKA	1	0.001	0.001	0.000	
8:0.....g	0.003		0	RKA	1	0.002	0.002	0.001	
10:0.....g	0.005		0	RKA	1	0.004	0.003	0.002	
12:0.....g	0.009		0	RKA	1	0.007	0.005	0.004	
13:0.....g									
14:0.....g	0.127		0	RKA	1	0.096	0.071	0.051	
15:0.....g	0.018		0	RKA	1	0.014	0.010	0.007	
16:0.....g	3.117		0	RKA	1	2.338	1.745	1.247	
17:0.....g	0.040		0	RKA	1	0.030	0.023	0.016	
18:0.....g	1.080		0	RKA	1	0.810	0.605	0.432	
20:0.....g	0.024		0	RKA	1	0.018	0.014	0.010	
22:0.....g	0.020		0	RKA	1	0.015	0.011	0.008	
24:0.....g	0.009		0	RKA	1	0.007	0.005	0.004	
Fatty acids, total monounsaturated.....g	6.446		0	RKI	6	4.834	3.610	2.578	
14:1.....g	0.036		0	RKA	1	0.027	0.020	0.014	
15:1.....g	0.003		0	RKA	1	0.002	0.001	0.001	
16:1 undifferentiated.....g	0.784		0	RKA	1	0.588	0.439	0.313	
17:1.....g	0.023		0	RKA	1	0.017	0.013	0.009	
18:1 undifferentiated.....g	5.528		0	RKA	1	4.146	3.096	2.211	
20:1.....g	0.062		0	RKA	1	0.047	0.035	0.025	
22:1 undifferentiated.....g	0.004		0	RKA	1	0.003	0.002	0.001	
24:1 c.....g	0.007		0	RKA	1	0.006	0.004	0.003	
Fatty acids, total polyunsaturated.....g	4.408		0	RKI	6	3.306	2.469	1.763	
18:2 undifferentiated.....g	4.052		0	RKA	1	3.039	2.269	1.621	
18:3 undifferentiated.....g	0.205		0	RKA	1	0.154	0.115	0.082	
18:4.....g	0.003		0	RKA	1	0.002	0.002	0.001	
20:2 n-6 c,c.....g	0.015		0	RKA	1	0.012	0.009	0.006	
20:3 undifferentiated.....g	0.028		0	RKA	1	0.021	0.015	0.011	
20:4 undifferentiated.....g	0.070		0	RKA	1	0.052	0.039	0.028	
20:5 n-3 (EPA).....g	0.003		0	RKA	1	0.002	0.001	0.001	
21:5.....g									
22:4.....g	0.022		0	RKA	1	0.016	0.012	0.009	
22:5 n-3 (DPA).....g	0.006		0	RKA	1	0.005	0.003	0.002	
22:6 n-3 (DHA).....g	0.004		0	RKA	1	0.003	0.002	0.001	
Fatty acids, total trans.....g	0.225		0	RKI	6	0.169	0.126	0.090	
Cholesterol.....mg	111		0	RKA	1	83	62	44	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RKI	6	0.0	0.0	0.0	
Caffeine.....mg	0		0	RKI	6	0	0	0	
Theobromine.....mg	0		0	RKI	6	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 = 75g: 1 drumstick, with skin

Measure 2 = 56g: 1 drumstick, without skin

Measure 3 = 40g: 1 drumstick, bone and skin removed



**NDB No. 21470**

**Fast Foods, Fried Chicken, Drumstick, meat and skin with breading**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.004		0	NC	4		0.802	1.122	
4:0.....g	0.002		18	A	1		0.001	0.001	
6:0.....g	0.001		18	A	1		0.000	0.000	
8:0.....g	0.001		18	A	1		0.000	0.001	
10:0.....g	0.003		18	A	1		0.001	0.002	
12:0.....g	0.005		18	A	1		0.002	0.003	
13:0.....g									
14:0.....g	0.046		18	A	1		0.018	0.026	
15:0.....g	0.007		18	A	1		0.003	0.004	
16:0.....g	1.412		18	A	1		0.565	0.791	
17:0.....g	0.012		18	A	1		0.005	0.007	
18:0.....g	0.492		18	A	1		0.197	0.275	
20:0.....g	0.009		18	A	1		0.004	0.005	
22:0.....g	0.008		18	A	1		0.003	0.005	
24:0.....g	0.005		18	A	1		0.002	0.003	
Fatty acids, total monounsaturated.....g	2.933		0	NC	4		1.173	1.642	
14:1.....g	0.015		18	A	1		0.006	0.008	
15:1.....g	0.002		18	A	1		0.001	0.001	
16:1 undifferentiated.....g	0.430		18	AS	1		0.172	0.241	
16:1 c.....g	0.425		18	A	1		0.170	0.238	
16:1 t.....g	0.005		18	A	1		0.002	0.003	
17:1.....g	0.009		18	A	1		0.004	0.005	
18:1 undifferentiated.....g	2.440		18	AS	1		0.976	1.366	
18:1 c.....g	2.389		18	A	1		0.956	1.338	
18:1 t.....g	0.051		18	A	1		0.020	0.028	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.028		18	A	1		0.011	0.016	
22:1 undifferentiated.....g	0.003		18	AS	1		0.001	0.001	
22:1 c.....g	0.002		18	A	1		0.001	0.001	
22:1 t.....g	0.000		18	A	1		0.000	0.000	
24:1 c.....g	0.007		18	A	1		0.003	0.004	
Fatty acids, total polyunsaturated.....g	1.675		0	NC	4		0.670	0.938	
18:2 undifferentiated.....g	1.453		18	AS	1		0.581	0.813	
18:2 n-6 c,c.....g	1.424		18	A	1		0.570	0.798	
18:2 CLAs.....g	0.010		18	A	1		0.004	0.006	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.018		18	A	1		0.007	0.010	
18:3 undifferentiated.....g	0.071		18	AS	1		0.028	0.040	
18:3 n-3 c,c,c (ALA).....g	0.062		18	A	1		0.025	0.035	
18:3 n-6 c,c,c.....g	0.009		18	A	1		0.004	0.005	
18:3i.....g									
18:4.....g	0.002		18	A	1		0.001	0.001	
20:2 n-6 c,c.....g	0.010		18	A	1		0.004	0.006	
20:3 undifferentiated.....g	0.025		18	AS	1		0.010	0.014	
20:3 n-3.....g	0.001		18	A	1		0.000	0.001	
20:3 n-6.....g	0.024		18	A	1		0.010	0.013	
20:4 undifferentiated.....g	0.078		18	A	1		0.031	0.044	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003		18	A	1		0.001	0.001	
21:5.....g									
22:4.....g	0.022		18	A	1		0.009	0.013	
22:5 n-3 (DPA).....g	0.007		18	A	1		0.003	0.004	
22:6 n-3 (DHA).....g	0.004		18	A	1		0.002	0.002	
Fatty acids, total trans.....g	0.074		0	NC	4		0.030	0.041	
Fatty acids, total trans-monoenoic.....g	0.056		0	NC	4		0.022	0.031	
Fatty acids, total trans-polyenoic.....g	0.018		0	NC	4		0.007	0.010	
Cholesterol.....mg	133	4.783	12	A	1		53	74	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0		7		0	0	

NDB No. 21465

Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed

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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			
Theobromine.....mg	0		0		7	0	0	

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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 = 40g: 1 drumstick, bone and skin removed

Measure 2 = 56g: 1 drumstick, drumstick without skin

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21468

Fast Foods, Fried Chicken, Skin and breading from all pieces

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
<b>Proximates:</b>									
Water.....g	33.87	1.337	12	A	1				
Energy.....kcal	398		0	NC	4				
Energy.....kJ	1664		0	NC	4				
Protein.....g	14.11	0.730	12	A	1				
Total lipid (fat).....g	29.22	0.828	12	A	1				
Ash.....g	3.24	0.102	12	A	1				
Carbohydrate, by difference.....g	19.56		0	NC	4				
Fiber, total dietary.....g	0.3		2	A	1				
Sugars, total.....g	0.00		2	A	1				
Sucrose.....g	0.00		2	A	1				
Glucose (dextrose).....g	0.00		2	A	1				
Fructose.....g	0.00		2	A	1				
Lactose.....g	0.00		2	A	1				
Maltose.....g	0.00		2	A	1				
Galactose.....g	0.00		2	A	1				
Starch.....g	19.76	0.735	24	A	1				
<b>Minerals:</b>									
Calcium, Ca.....mg	92	13.204	12	A	1				
Iron, Fe.....mg	1.12	0.075	12	A	1				
Magnesium, Mg.....mg	23	0.642	12	A	1				
Phosphorus, P.....mg	215	5.902	12	A	1				
Potassium, K.....mg	230	7.654	12	A	1				
Sodium, Na.....mg	965	45.944	12	A	1				
Zinc, Zn.....mg	0.81	0.028	12	A	1				
Copper, Cu.....mg	0.078	0.005	12	A	1				
Manganese, Mn.....mg	0.282	0.011	12	A	1				
Selenium, Se.....µg	18.7	0.945	6	A	1				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFFN	4				
Thiamin.....mg	0.104	0.004	3	A	1				
Riboflavin.....mg	0.221	0.013	6	A	1				
Niacin.....mg	5.401	0.371	6	A	1				
Pantothenic acid.....mg	0.841	0.022	4	A	1				
Vitamin B-6.....mg	0.131	0.001	6	A	1				
Folate, total.....µg	41		0	BFNN	4				
Folic acid.....µg	32		0	BFNN	4				
Folate, food.....µg	9		0	BFNN	4				
Folate, DFE.....µg	64		0	NC	4				
Choline, total.....mg	41.5		0	BFFN	4				
Betaine.....mg									
Vitamin B-12.....µg	0.34	0.013	6	A	1				
Vitamin B-12, added.....µg	0.00		0		7				
Vitamin A, RAE.....µg	21		0	NC	4				
Retinol.....µg	21	1.380	4	A	1				
Carotene, beta.....µg	0		0	BFFN	4				
Carotene, alpha.....µg	0		0	BFFN	4				
Cryptoxanthin, beta.....µg	0		0	BFFN	4				
Vitamin A, IU.....IU	71		0	NC	4				
Lycopene.....µg	0		0	BFFN	4				
Lutein + zeaxanthin.....µg	0		0	BFFN	4				
Vitamin E (alpha-tocopherol).....mg	0.92	0.082	6	A	1				
Vitamin E, added.....mg	0.00		0		7				
Tocopherol, beta.....mg	0.04	0.024	6	A	1				
Tocopherol, gamma.....mg	1.32	0.104	6	A	1				
Tocopherol, delta.....mg	0.06	0.027	6	A	1				
Tocotrienol, alpha.....mg	0.01	0.012	6	A	1				
Tocotrienol, beta.....mg	0.28	0.080	6	A	1				

Fast Foods, Fried Chicken, Skin and breading from all pieces

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				
Tocotrienol, delta.....mg	0.00	0.000	6	A	1				
Vitamin D (D2 + D3).....µg	0.2		0	BFZN	4				
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....µg	7		0	BFZN	4				
Vitamin K (phylloquinone).....µg	0.0		0	BFFN	4				
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.857		0	NC	4				
4:0.....g	0.000	0.000	10	A	1				
6:0.....g	0.000	0.000	10	A	1				
8:0.....g	0.007	0.001	10	A	1				
10:0.....g	0.011	0.001	10	A	1				
12:0.....g	0.016	0.001	10	A	1				
13:0.....g									
14:0.....g	0.279	0.029	10	A	1				
15:0.....g	0.043	0.005	10	A	1				
16:0.....g	5.148	0.184	10	A	1				
17:0.....g	0.104	0.015	10	A	1				
18:0.....g	2.127	0.152	10	A	1				
20:0.....g	0.066	0.003	10	A	1				
22:0.....g	0.041	0.003	10	A	1				
24:0.....g	0.016	0.001	10	A	1				
Fatty acids, total monounsaturated.....g	14.364		0	NC	4				
14:1.....g	0.079	0.007	10	A	1				
15:1.....g	0.000	0.000	10	A	1				
16:1 undifferentiated.....g	1.178	0.026	10	AS	1				
16:1 c.....g	1.147	0.024	10	A	1				
16:1 t.....g	0.030	0.004	10	A	1				
17:1.....g	0.064	0.008	10	A	1				
18:1 undifferentiated.....g	12.760	0.315	10	AS	1				
18:1 c.....g	12.357	0.318	10	A	1				
18:1 t.....g	0.403	0.055	10	A	1				
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.242	0.011	10	A	1				
22:1 undifferentiated.....g	0.026	0.004	10	AS	1				
22:1 c.....g	0.026	0.004	10	A	1				
22:1 t.....g	0.000	0.000	10	A	1				
24:1 c.....g	0.017	0.001	10	A	1				
Fatty acids, total polyunsaturated.....g	4.736		0	NC	4				
18:2 undifferentiated.....g	3.963	0.178	10	AS	1				
18:2 n-6 c,c.....g	3.852	0.183	10	A	1				
18:2 CLAs.....g	0.044	0.004	10	A	1				
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.067	0.006	10	A	1				
18:3 undifferentiated.....g	0.626	0.040	10	AS	1				
18:3 n-3 c,c,c (ALA).....g	0.591	0.037	10	A	1				
18:3 n-6 c,c,c.....g	0.034	0.003	10	A	1				
18:3i.....g	0.000	0.000	10	A	1				
18:4.....g	0.004	0.001	10	A	1				
20:2 n-6 c,c.....g	0.021	0.001	10	A	1				
20:3 undifferentiated.....g	0.031	0.001	10	AS	1				
20:3 n-3.....g	0.002	0.000	10	A	1				
20:3 n-6.....g	0.029	0.001	10	A	1				
20:4 undifferentiated.....g	0.062	0.004	10	A	1				
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	10	A	1				
21:5.....g									
22:4.....g	0.015	0.001	10	A	1				
22:5 n-3 (DPA).....g	0.006	0.000	10	A	1				

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Fast Foods, Fried Chicken, Skin and breading from all pieces

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			
22:6 n-3 (DHA).....g	0.003	0.000	10	A	1			
Fatty acids, total trans.....g	0.501		0	NC	4			
Fatty acids, total trans-monoenoic.....g	0.433		0	NC	4			
Fatty acids, total trans-polyenoic.....g	0.068		0	NC	4			
Cholesterol.....mg	82	6.865	6	A	1			
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7			
Caffeine.....mg	0		0		7			
Theobromine.....mg	0		0		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

Fat

Carbohydrate

**Food Group:** 21 Fast Foods

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

NDB No. 21471

Fast Foods, Fried Chicken, Thigh, meat and skin and breading

Refuse:14% Cartilage and bone

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						
<b>Proximates:</b>									
Water.....g	51.37		0	RKA	1		69.87	43.15	33.91
Energy.....kcal	274		0	RKI	6		373	230	181
Energy.....kJ	1147		0	RKI	6		1561	964	757
Protein.....g	19.23		0	RKA	1		26.16	16.15	12.69
Total lipid (fat).....g	18.07		0	RKA	1		24.57	15.17	11.92
Ash.....g	2.64		0	RKA	1		3.60	2.22	1.74
Carbohydrate, by difference.....g	8.68		0	RKI	6		11.81	7.29	5.73
Fiber, total dietary.....g	0.1		0	RKI	6		0.2	0.1	0.1
Sugars, total.....g	0.00		0	RKI	6		0.00	0.00	0.00
Sucrose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00		0	RKA	1		0.00	0.00	0.00
Fructose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Lactose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Maltose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Galactose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Starch.....g	8.64		0	RKA	1		11.74	7.25	5.70
<b>Minerals:</b>									
Calcium, Ca.....mg	54		0	RKA	1		73	45	35
Iron, Fe.....mg	1.00		0	RKA	1		1.36	0.84	0.66
Magnesium, Mg.....mg	22		0	RKA	1		30	18	15
Phosphorus, P.....mg	210		0	RKA	1		285	176	138
Potassium, K.....mg	240		0	RKA	1		327	202	158
Sodium, Na.....mg	747		0	RKA	1		1015	627	493
Zinc, Zn.....mg	1.45		0	RKA	1		1.97	1.21	0.95
Copper, Cu.....mg	0.083		0	RKA	1		0.113	0.070	0.055
Manganese, Mn.....mg	0.149		0	RKA	1		0.203	0.125	0.098
Selenium, Se.....µg	25.2		0	RKA	1		34.3	21.2	16.6
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RKI	6		0.0	0.0	0.0
Thiamin.....mg	0.099		0	RKA	1		0.134	0.083	0.065
Riboflavin.....mg	0.286		0	RKA	1		0.389	0.240	0.189
Niacin.....mg	5.583		0	RKA	1		7.593	4.690	3.685
Pantothenic acid.....mg	1.046		0	RKA	1		1.423	0.879	0.690
Vitamin B-6.....mg	0.170		0	RKA	1		0.231	0.143	0.112
Folate, total.....µg	25		0	RKI	6		34	21	16
Folic acid.....µg	14		0	RKI	6		19	12	9
Folate, food.....µg	11		0	RKI	6		15	9	7
Folate, DFE.....µg	34		0	NC	4		47	29	23
Choline, total.....mg	84.2		0	RKI	6		114.5	70.7	55.6
Betaine.....mg	7.2		0	RKA	1		9.7	6.0	4.7
Vitamin B-12.....µg	0.43		0	RKA	1		0.59	0.36	0.28
Vitamin B-12, added.....µg	0.00		0	RKI	6		0.00	0.00	0.00
Vitamin A, RAE.....µg	16		0	NC	4		22	13	11
Retinol.....µg	16		0	RKI	6		22	13	11
Carotene, beta.....µg	0		0	RKI	6		0	0	0
Carotene, alpha.....µg	0		0	RKI	6		0	0	0
Cryptoxanthin, beta.....µg	0		0	RKI	6		0	0	0
Vitamin A, IU.....IU	54		0	NC	4		73	45	35
Lycopene.....µg	0		0	RKI	6		0	0	0
Lutein + zeaxanthin.....µg	0		0	RKI	6		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.61		0	RKA	1		0.83	0.51	0.40
Vitamin E, added.....mg	0.00		0	RKI	6		0.00	0.00	0.00
Tocopherol, beta.....mg	0.02		0	RKA	1		0.02	0.01	0.01
Tocopherol, gamma.....mg	0.67		0	RKA	1		0.91	0.56	0.44
Tocopherol, delta.....mg	0.03		0	RKA	1		0.04	0.02	0.02
Tocotrienol, alpha.....mg	0.01		0	RKA	1		0.01	0.00	0.00
Tocotrienol, beta.....mg	0.14		0	RKA	1		0.18	0.11	0.09



Fast Foods, Fried Chicken, Thigh, meat and skin and breading

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points			measures of food			
			Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Tocotrienol, gamma.....mg	0.00		0	RKA	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		0	RKA	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.2		0	RKI	6		0.3	0.2	0.1
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	7		0	RKI	6		10	6	5
Vitamin K (phylloquinone).....µg	0.0		0	RKI	6		0.0	0.0	0.0
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.832		0	RKI	6		6.571	4.059	3.189
4:0.....g	0.001		0	RKA	1		0.001	0.000	0.000
6:0.....g	0.000		0	RKA	1		0.000	0.000	0.000
8:0.....g	0.003		0	RKA	1		0.004	0.003	0.002
10:0.....g	0.006		0	RKA	1		0.008	0.005	0.004
12:0.....g	0.009		0	RKA	1		0.013	0.008	0.006
13:0.....g									
14:0.....g	0.152		0	RKA	1		0.207	0.128	0.101
15:0.....g	0.023		0	RKA	1		0.031	0.019	0.015
16:0.....g	3.275		0	RKA	1		4.454	2.751	2.162
17:0.....g	0.052		0	RKA	1		0.071	0.044	0.034
18:0.....g	1.244		0	RKA	1		1.691	1.045	0.821
20:0.....g	0.035		0	RKA	1		0.048	0.029	0.023
22:0.....g	0.022		0	RKA	1		0.030	0.018	0.015
24:0.....g	0.010		0	RKA	1		0.013	0.008	0.006
Fatty acids, total monounsaturated.....g	8.477		0	RKI	6		11.529	7.121	5.595
14:1.....g	0.044		0	RKA	1		0.060	0.037	0.029
15:1.....g	0.000		0	RKA	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.788		0	RKA	1		1.072	0.662	0.520
17:1.....g	0.033		0	RKA	1		0.045	0.028	0.022
18:1 undifferentiated.....g	7.450		0	RKA	1		10.132	6.258	4.917
20:1.....g	0.139		0	RKA	1		0.189	0.117	0.092
22:1 undifferentiated.....g	0.013		0	RKA	1		0.018	0.011	0.009
24:1 c.....g	0.010		0	RKA	1		0.013	0.008	0.007
Fatty acids, total polyunsaturated.....g	2.939		0	RKI	6		3.997	2.468	1.940
18:2 undifferentiated.....g	2.469		0	RKA	1		3.358	2.074	1.630
18:3 undifferentiated.....g	0.329		0	RKA	1		0.447	0.276	0.217
18:4.....g	0.002		0	RKA	1		0.003	0.002	0.001
20:2 n-6 c,c.....g	0.015		0	RKA	1		0.021	0.013	0.010
20:3 undifferentiated.....g	0.027		0	RKA	1		0.036	0.022	0.018
20:4 undifferentiated.....g	0.067		0	RKA	1		0.092	0.057	0.044
20:5 n-3 (EPA).....g	0.002		0	RKA	1		0.003	0.002	0.001
21:5.....g									
22:4.....g	0.016		0	RKA	1		0.022	0.014	0.011
22:5 n-3 (DPA).....g	0.006		0	RKA	1		0.008	0.005	0.004
22:6 n-3 (DHA).....g	0.003		0	RKA	1		0.004	0.003	0.002
Fatty acids, total trans.....g	0.252		0	RKI	6		0.343	0.212	0.167
Cholesterol.....mg	106		0	RKA	1		144	89	70
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RKI	6		0.0	0.0	0.0
Caffeine.....mg	0		0	RKI	6		0	0	0
Theobromine.....mg	0		0	RKI	6		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 = 136g: 1 thigh with skin

Measure 2 = 84g: 1 thigh without skin

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**Fast Foods, Fried Chicken, Thigh, meat and skin and breading**

Measure 3 = 66g: 1 thigh bone and skin removed

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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NDB No. 21466

Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed

Refuse:52% Skin, subcutaneous fat and breading, 38%; Cartilage and bone, 13.6%

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
<b>Proximates:</b>									
Water.....g	64.96	0.268	12	A	1		54.57	42.87	
Energy.....kcal	178		0	NC	4		150	118	
Energy.....kJ	747		0	NC	4		627	493	
Protein.....g	23.21	0.330	12	A	1		19.50	15.32	
Total lipid (fat).....g	9.41	0.253	12	A	1		7.90	6.21	
Ash.....g	2.18	0.097	12	A	1		1.83	1.44	
Carbohydrate, by difference.....g	0.24		0	NC	4		0.20	0.16	
Fiber, total dietary.....g	0.0		0	BFNN	4		0.0	0.0	
Sugars, total.....g	0.00		0	BFNN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	24	2.612	12	A	1		20	16	
Iron, Fe.....mg	0.91	0.020	12	A	1		0.77	0.60	
Magnesium, Mg.....mg	21	0.237	12	A	1		18	14	
Phosphorus, P.....mg	206	4.483	12	A	1		173	136	
Potassium, K.....mg	248	1.700	12	A	1		208	164	
Sodium, Na.....mg	577	32.726	12	A	1		485	381	
Zinc, Zn.....mg	1.94	0.035	12	A	1		1.63	1.28	
Copper, Cu.....mg	0.086	0.003	12	A	1		0.073	0.057	
Manganese, Mn.....mg	0.046	0.004	12	A	1		0.039	0.030	
Selenium, Se.....µg	30.2	3.097	6	A	1		25.4	20.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFNN	4		0.0	0.0	
Thiamin.....mg	0.095	0.003	6	A	1		0.080	0.063	
Riboflavin.....mg	0.337	0.008	6	A	1		0.283	0.222	
Niacin.....mg	5.725	0.228	6	A	1		4.809	3.778	
Pantothenic acid.....mg	1.205	0.045	4	A	1		1.013	0.796	
Vitamin B-6.....mg	0.200	0.009	6	A	1		0.168	0.132	
Folate, total.....µg	12		0	BFNN	4		10	8	
Folic acid.....µg	0		0	BFNN	4		0	0	
Folate, food.....µg	12		0	BFNN	4		10	8	
Folate, DFE.....µg	12		0	NC	4		10	8	
Choline, total.....mg	117.3		1	A	1		98.6	77.4	
Betaine.....mg	12.7		1	A	1		10.7	8.4	
Vitamin B-12.....µg	0.50	0.110	6	A	1		0.42	0.33	
Vitamin B-12, added.....µg	0.00		0		7		0.00	0.00	
Vitamin A, RAE.....µg	12		0	NC	4		10	8	
Retinol.....µg	12		0	BFFN	4		10	8	
Carotene, beta.....µg	0		0	BFFN	4		0	0	
Carotene, alpha.....µg	0		0	BFFN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFFN	4		0	0	
Vitamin A, IU.....IU	40		0	NC	4		33	26	
Lycopene.....µg	0		0	BFFN	4		0	0	
Lutein + zeaxanthin.....µg	0		0	BFFN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.37	0.037	6	A	1		0.31	0.25	
Vitamin E, added.....mg	0.00		0		7		0.00	0.00	
Tocopherol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.17	0.008	6	A	1		0.14	0.11	
Tocopherol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.02	0.012	6	A	1		0.02	0.02	
Tocotrienol, gamma.....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.2		0	BFZN	4		0.2	0.1	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	8		0	BFZN	4		7	5	
Vitamin K (phylloquinone).....µg	0.0		0	BFFN	4		0.0	0.0	

Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed

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
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.484		0	NC	4		2.087	1.639	
4:0.....g	0.001	0.000	12	A	1	0.001	0.001		
6:0.....g	0.000	0.000	12	A	1	0.000	0.000		
8:0.....g	0.001	0.000	12	A	1	0.000	0.000		
10:0.....g	0.002	0.001	12	A	1	0.002	0.002		
12:0.....g	0.004	0.001	12	A	1	0.004	0.003		
13:0.....g									
14:0.....g	0.054	0.001	12	A	1	0.046	0.036		
15:0.....g	0.007	0.000	12	A	1	0.006	0.005		
16:0.....g	1.821	0.044	12	A	1	1.530	1.202		
17:0.....g	0.012	0.001	12	A	1	0.010	0.008		
18:0.....g	0.558	0.011	12	A	1	0.468	0.368		
20:0.....g	0.011	0.001	12	A	1	0.009	0.007		
22:0.....g	0.008	0.001	12	A	1	0.006	0.005		
24:0.....g	0.004	0.001	12	A	1	0.004	0.003		
Fatty acids, total monounsaturated.....g	3.908		0	NC	4	3.283	2.579		
14:1.....g	0.017	0.000	12	A	1	0.014	0.011		
15:1.....g	0.000	0.000	12	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.486	0.013	12	AS	1	0.408	0.321		
16:1 c.....g	0.482	0.013	12	A	1	0.405	0.318		
16:1 t.....g	0.004	0.000	12	A	1	0.003	0.002		
17:1.....g	0.009	0.000	12	A	1	0.008	0.006		
18:1 undifferentiated.....g	3.328	0.089	12	AS	1	2.796	2.197		
18:1 c.....g	3.284	0.089	12	A	1	2.759	2.168		
18:1 t.....g	0.044	0.002	12	A	1	0.037	0.029		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.059	0.002	12	A	1	0.050	0.039		
22:1 undifferentiated.....g	0.004	0.000	12	AS	1	0.003	0.002		
22:1 c.....g	0.004	0.000	12	A	1	0.003	0.002		
22:1 t.....g	0.000	0.000	12	A	1	0.000	0.000		
24:1 c.....g	0.005	0.001	12	A	1	0.004	0.003		
Fatty acids, total polyunsaturated.....g	1.543		0	NC	4	1.296	1.019		
18:2 undifferentiated.....g	1.310	0.036	12	AS	1	1.100	0.864		
18:2 n-6 c,c.....g	1.289	0.036	12	A	1	1.083	0.851		
18:2 CLAs.....g	0.008	0.000	12	A	1	0.007	0.005		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.012	0.000	12	A	1	0.010	0.008		
18:3 undifferentiated.....g	0.098	0.004	12	AS	1	0.082	0.065		
18:3 n-3 c,c,c (ALA).....g	0.094	0.004	12	A	1	0.079	0.062		
18:3 n-6 c,c,c.....g	0.004	0.000	12	A	1	0.003	0.002		
18:3i.....g	0.000	0.000	12	A	1	0.000	0.000		
18:4.....g	0.001	0.000	12	A	1	0.001	0.000		
20:2 n-6 c,c.....g	0.011	0.000	12	A	1	0.009	0.007		
20:3 undifferentiated.....g	0.023	0.001	12	AS	1	0.020	0.015		
20:3 n-3.....g	0.001	0.000	12	A	1	0.001	0.001		
20:3 n-6.....g	0.022	0.001	12	A	1	0.019	0.015		
20:4 undifferentiated.....g	0.071	0.001	12	A	1	0.060	0.047		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	12	A	1	0.002	0.001		
21:5.....g									
22:4.....g	0.017	0.001	12	A	1	0.015	0.011		
22:5 n-3 (DPA).....g	0.006	0.000	12	A	1	0.005	0.004		
22:6 n-3 (DHA).....g	0.004	0.000	12	A	1	0.003	0.002		
Fatty acids, total trans.....g	0.059		0	NC	4	0.050	0.039		
Fatty acids, total trans-monoenoic.....g	0.047		0	NC	4	0.040	0.031		
Fatty acids, total trans-polyenoic.....g	0.012		0	NC	4	0.010	0.008		
Cholesterol.....mg	125	3.290	6	A	1	105	82		
Phytosterols.....mg									

**Others:**

NDB No. 21466

Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed

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
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0		7		0	0	
Theobromine.....mg	0		0		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 = 84g: 1 thigh without skin

Measure 2 = 66g: 1 thigh bone and skin removed

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21472

Fast Foods, Fried Chicken, Wing, meat and skin and breading

Refuse:29% Cartilage and bone

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						
<b>Proximates:</b>									
Water.....g	44.57		0	RKA	1		25.85	16.49	8.91
Energy.....kcal	310		0	RKI	6		180	115	62
Energy.....kJ	1298		0	RKI	6		753	480	260
Protein.....g	21.14		0	RKA	1		12.26	7.82	4.23
Total lipid (fat).....g	20.09		0	RKA	1		11.65	7.43	4.02
Ash.....g	3.00		0	RKA	1		1.74	1.11	0.60
Carbohydrate, by difference.....g	11.19		0	RKI	6		6.49	4.14	2.24
Fiber, total dietary.....g	0.1		0	RKI	6		0.1	0.1	0.0
Sugars, total.....g	0.00		0	RKI	6		0.00	0.00	0.00
Sucrose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00		0	RKA	1		0.00	0.00	0.00
Fructose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Lactose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Maltose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Galactose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Starch.....g	10.28		0	RKA	1		5.96	3.80	2.06
<b>Minerals:</b>									
Calcium, Ca.....mg	67		0	RKA	1		39	25	13
Iron, Fe.....mg	1.04		0	RKA	1		0.60	0.39	0.21
Magnesium, Mg.....mg	24		0	RKA	1		14	9	5
Phosphorus, P.....mg	220		0	RKA	1		127	81	44
Potassium, K.....mg	262		0	RKA	1		152	97	52
Sodium, Na.....mg	867		0	RKA	1		503	321	173
Zinc, Zn.....mg	1.33		0	RKA	1		0.77	0.49	0.27
Copper, Cu.....mg	0.079		0	RKA	1		0.046	0.029	0.016
Manganese, Mn.....mg	0.172		0	RKA	1		0.100	0.064	0.034
Selenium, Se.....µg	28.4		0	RKA	1		16.5	10.5	5.7
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RKI	6		0.0	0.0	0.0
Thiamin.....mg	0.092		0	RKA	1		0.054	0.034	0.018
Riboflavin.....mg	0.243		0	RKA	1		0.141	0.090	0.049
Niacin.....mg	6.452		0	RKA	1		3.742	2.387	1.290
Pantothenic acid.....mg	0.980		0	RKA	1		0.568	0.363	0.196
Vitamin B-6.....mg	0.194		0	RKA	1		0.113	0.072	0.039
Folate, total.....µg	25		0	RKI	6		15	9	5
Folic acid.....µg	17		0	RKI	6		10	6	3
Folate, food.....µg	8		0	RKI	6		5	3	2
Folate, DFE.....µg	37		0	NC	4		21	14	7
Choline, total.....mg	82.2		0	RKI	6		47.7	30.4	16.4
Betaine.....mg	6.7		0	RKA	1		3.9	2.5	1.3
Vitamin B-12.....µg	0.46		0	RKA	1		0.27	0.17	0.09
Vitamin B-12, added.....µg	0.00		0	RKI	6		0.00	0.00	0.00
Vitamin A, RAE.....µg	16		0	NC	4		9	6	3
Retinol.....µg	16		0	RKA	1		9	6	3
Carotene, beta.....µg	0		0	RKI	6		0	0	0
Carotene, alpha.....µg	0		0	RKI	6		0	0	0
Cryptoxanthin, beta.....µg	0		0	RKI	6		0	0	0
Vitamin A, IU.....IU	53		0	NC	4		30	19	11
Lycopene.....µg	0		0	RKI	6		0	0	0
Lutein + zeaxanthin.....µg	0		0	RKI	6		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.74		0	RKA	1		0.43	0.27	0.15
Vitamin E, added.....mg	0.00		0	RKI	6		0.00	0.00	0.00
Tocopherol, beta.....mg	0.02		0	RKA	1		0.01	0.01	0.00
Tocopherol, gamma.....mg	0.87		0	RKA	1		0.50	0.32	0.17
Tocopherol, delta.....mg	0.03		0	RKA	1		0.02	0.01	0.01
Tocotrienol, alpha.....mg	0.01		0	RKA	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.17		0	RKA	1		0.10	0.06	0.03

Fast Foods, Fried Chicken, Wing, meat and skin and breeding

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 Confidence			Measure 1	Measure 2	Measure 3
			Points	Code	Code			
Tocotrienol, gamma.....mg	0.02		0	RKA	1	0.01	0.01	0.00
Tocotrienol, delta.....mg	0.00		0	RKA	1	0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.1		0	RKI	6	0.1	0.0	0.0
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU	5		0	RKI	6	3	2	1
Vitamin K (phylloquinone).....µg	0.0		0	RKI	6	0.0	0.0	0.0
Dihydrophyloquinone.....µg								
Menaquinone-4.....µg								
<b>Lipids:</b>								
Fatty acids, total saturated.....g	5.358		0	RKI	6	3.108	1.982	1.072
4:0.....g	0.000		0	RKA	1	0.000	0.000	0.000
6:0.....g	0.000		0	RKA	1	0.000	0.000	0.000
8:0.....g	0.004		0	RKA	1	0.002	0.001	0.001
10:0.....g	0.006		0	RKA	1	0.004	0.002	0.001
12:0.....g	0.011		0	RKA	1	0.006	0.004	0.002
13:0.....g								
14:0.....g	0.178		0	RKA	1	0.103	0.066	0.036
15:0.....g	0.027		0	RKA	1	0.016	0.010	0.005
16:0.....g	3.558		0	RKA	1	2.064	1.316	0.712
17:0.....g	0.064		0	RKA	1	0.037	0.024	0.013
18:0.....g	1.426		0	RKA	1	0.827	0.528	0.285
20:0.....g	0.044		0	RKA	1	0.026	0.016	0.009
22:0.....g	0.028		0	RKA	1	0.016	0.010	0.006
24:0.....g	0.012		0	RKA	1	0.007	0.005	0.002
Fatty acids, total monounsaturated.....g	9.753		0	RKI	6	5.657	3.608	1.951
14:1.....g	0.051		0	RKA	1	0.029	0.019	0.010
15:1.....g	0.000		0	RKA	1	0.000	0.000	0.000
16:1 undifferentiated.....g	0.832		0	RKA	1	0.482	0.308	0.166
17:1.....g	0.039		0	RKA	1	0.023	0.014	0.008
18:1 undifferentiated.....g	8.635		0	RKA	1	5.008	3.195	1.727
20:1.....g	0.165		0	RKA	1	0.096	0.061	0.033
22:1 undifferentiated.....g	0.017		0	RKA	1	0.010	0.006	0.003
24:1 c.....g	0.014		0	RKA	1	0.008	0.005	0.003
Fatty acids, total polyunsaturated.....g	3.354		0	RKI	6	1.945	1.241	0.671
18:2 undifferentiated.....g	2.782		0	RKA	1	1.614	1.029	0.556
18:3 undifferentiated.....g	0.416		0	RKA	1	0.241	0.154	0.083
18:4.....g	0.002		0	RKA	1	0.001	0.001	0.000
20:2 n-6 c,c.....g	0.018		0	RKA	1	0.010	0.007	0.004
20:3 undifferentiated.....g	0.031		0	RKA	1	0.018	0.011	0.006
20:4 undifferentiated.....g	0.071		0	RKA	1	0.041	0.026	0.014
20:5 n-3 (EPA).....g	0.003		0	RKA	1	0.002	0.001	0.001
21:5.....g								
22:4.....g	0.019		0	RKA	1	0.011	0.007	0.004
22:5 n-3 (DPA).....g	0.007		0	RKA	1	0.004	0.003	0.001
22:6 n-3 (DHA).....g	0.004		0	RKA	1	0.002	0.002	0.001
Fatty acids, total trans.....g	0.312		0	RKI	6	0.181	0.115	0.062
Cholesterol.....mg	114		0	RKA	1	66	42	23
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	RKI	6	0.0	0.0	0.0
Caffeine.....mg	0		0	RKI	6	0	0	0
Theobromine.....mg	0		0	RKI	6	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 = 58g: 1 wing, with skin

Measure 2 = 37g: 1 wing, without skin

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**Fast Foods, Fried Chicken, Wing, meat and skin and breading**

Measure 3 = 20g: 1 wing, bone and skin removed

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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NDB No. 21467

Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed

Refuse:67% Skin, subcutaneous fat and breading, 37%; Cartilage and bone, 29%; Handling loss, 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
<b>Proximates:</b>									
Water.....g	56.16	0.546	12	A	1		20.78	11.23	
Energy.....kcal	215		0	NC	4		80	43	
Energy.....kJ	901		0	NC	4		333	180	
Protein.....g	28.77	0.431	12	A	1		10.64	5.75	
Total lipid (fat).....g	10.20	0.370	12	A	1		3.77	2.04	
Ash.....g	2.74	0.091	12	A	1		1.01	0.55	
Carbohydrate, by difference.....g	2.13		0	NC	4		0.79	0.43	
Fiber, total dietary.....g	0.0		0	BFNN	4		0.0	0.0	
Sugars, total.....g	0.00		0	BFNN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	40	3.973	12	A	1		15	8	
Iron, Fe.....mg	0.96	0.037	12	A	1		0.35	0.19	
Magnesium, Mg.....mg	24	0.338	12	A	1		9	5	
Phosphorus, P.....mg	225	7.720	12	A	1		83	45	
Potassium, K.....mg	296	10.992	12	A	1		110	59	
Sodium, Na.....mg	761	24.744	12	A	1		281	152	
Zinc, Zn.....mg	1.90	0.058	12	A	1		0.70	0.38	
Copper, Cu.....mg	0.080	0.009	12	A	1		0.029	0.016	
Manganese, Mn.....mg	0.053	0.003	12	A	1		0.020	0.011	
Selenium, Se.....µg	38.9	2.663	6	A	1		14.4	7.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFNN	4		0.0	0.0	
Thiamin.....mg	0.080	0.008	6	A	1		0.030	0.016	
Riboflavin.....mg	0.267	0.009	6	A	1		0.099	0.053	
Niacin.....mg	7.590	0.263	6	A	1		2.808	1.518	
Pantothenic acid.....mg	1.130	0.042	4	A	1		0.418	0.226	
Vitamin B-6.....mg	0.264	0.013	6	A	1		0.098	0.053	
Folate, total.....µg	8		0	BFNN	4		3	2	
Folic acid.....µg	0		0	BFNN	4		0	0	
Folate, food.....µg	8		0	BFNN	4		3	2	
Folate, DFE.....µg	8		0	NC	4		3	2	
Choline, total.....mg	126.4		2	A	1		46.8	25.3	
Betaine.....mg	13.9		2	A	1		5.2	2.8	
Vitamin B-12.....µg	0.59	0.078	6	A	1		0.22	0.12	
Vitamin B-12, added.....µg	0.00		0		7		0.00	0.00	
Vitamin A, RAE.....µg	10		0	NC	4		4	2	
Retinol.....µg	10		2	A	1		4	2	
Carotene, beta.....µg	0		0	BFFN	4		0	0	
Carotene, alpha.....µg	0		0	BFFN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFFN	4		0	0	
Vitamin A, IU.....IU	32		0	NC	4		12	6	
Lycopene.....µg	0		0	BFFN	4		0	0	
Lutein + zeaxanthin.....µg	0		0	BFFN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.54	0.056	6	A	1		0.20	0.11	
Vitamin E, added.....mg	0.00		0		7		0.00	0.00	
Tocopherol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.38	0.087	6	A	1		0.14	0.08	
Tocopherol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.05	0.019	6	A	1		0.02	0.01	
Tocotrienol, gamma.....mg	0.03	0.013	6	A	1		0.01	0.01	
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.1		0	BFZN	4		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	3		0	BFZN	4		1	1	
Vitamin K (phylloquinone).....µg	0.0		0	BFFN	4		0.0	0.0	

Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed

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
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.651		0	NC	4		0.981	0.530	
4:0.....g	0.000	0.000	12	A	1		0.000	0.000	
6:0.....g	0.000	0.000	12	A	1		0.000	0.000	
8:0.....g	0.001	0.000	12	A	1		0.000	0.000	
10:0.....g	0.002	0.000	12	A	1		0.001	0.000	
12:0.....g	0.005	0.001	12	A	1		0.002	0.001	
13:0.....g									
14:0.....g	0.069	0.010	12	A	1		0.025	0.014	
15:0.....g	0.010	0.002	12	A	1		0.004	0.002	
16:0.....g	1.835	0.117	12	A	1		0.679	0.367	
17:0.....g	0.021	0.004	12	A	1		0.008	0.004	
18:0.....g	0.667	0.051	12	A	1		0.247	0.133	
20:0.....g	0.021	0.002	12	A	1		0.008	0.004	
22:0.....g	0.014	0.001	12	A	1		0.005	0.003	
24:0.....g	0.008	0.000	12	A	1		0.003	0.002	
Fatty acids, total monounsaturated.....g	4.756		0	NC	4		1.760	0.951	
14:1.....g	0.020	0.003	12	A	1		0.007	0.004	
15:1.....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.457	0.023	12	AS	1		0.169	0.091	
16:1 c.....g	0.450	0.022	12	A	1		0.167	0.090	
16:1 t.....g	0.007	0.001	12	A	1		0.002	0.001	
17:1.....g	0.012	0.003	12	A	1		0.005	0.002	
18:1 undifferentiated.....g	4.167	0.130	12	AS	1		1.542	0.833	
18:1 c.....g	4.085	0.129	12	A	1		1.511	0.817	
18:1 t.....g	0.082	0.018	12	A	1		0.030	0.016	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.082	0.005	12	A	1		0.030	0.016	
22:1 undifferentiated.....g	0.008	0.001	12	AS	1		0.003	0.002	
22:1 c.....g	0.008	0.001	12	A	1		0.003	0.002	
22:1 t.....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c.....g	0.010	0.001	12	A	1		0.004	0.002	
Fatty acids, total polyunsaturated.....g	1.857		0	NC	4		0.687	0.371	
18:2 undifferentiated.....g	1.503	0.042	12	AS	1		0.556	0.301	
18:2 n-6 c,c.....g	1.474	0.040	12	A	1		0.546	0.295	
18:2 CLAs.....g	0.011	0.001	12	A	1		0.004	0.002	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.017	0.002	12	A	1		0.006	0.003	
18:3 undifferentiated.....g	0.188	0.022	12	AS	1		0.070	0.038	
18:3 n-3 c,c,c (ALA).....g	0.178	0.021	12	A	1		0.066	0.036	
18:3 n-6 c,c,c.....g	0.010	0.001	12	A	1		0.004	0.002	
18:3i.....g	0.000	0.000	12	A	1		0.000	0.000	
18:4.....g	0.000	0.000	12	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.014	0.001	12	A	1		0.005	0.003	
20:3 undifferentiated.....g	0.030	0.001	12	AS	1		0.011	0.006	
20:3 n-3.....g	0.001	0.000	12	A	1		0.000	0.000	
20:3 n-6.....g	0.029	0.001	12	A	1		0.011	0.006	
20:4 undifferentiated.....g	0.081	0.002	12	A	1		0.030	0.016	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	12	A	1		0.001	0.001	
21:5.....g									
22:4.....g	0.022	0.001	12	A	1		0.008	0.004	
22:5 n-3 (DPA).....g	0.008	0.000	12	A	1		0.003	0.002	
22:6 n-3 (DHA).....g	0.006	0.000	12	A	1		0.002	0.001	
Fatty acids, total trans.....g	0.106		0	NC	4		0.039	0.021	
Fatty acids, total trans-monoenoic.....g	0.089		0	NC	4		0.033	0.018	
Fatty acids, total trans-polyenoic.....g	0.017		0	NC	4		0.006	0.003	
Cholesterol.....mg	148	4.641	6	A	1		55	30	
Phytosterols.....mg									

**Others:**

NDB No. 21467

Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed

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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	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			
Alcohol, ethyl.....g	0.0		0	7	0.0	0.0	
Caffeine.....mg	0		0	7	0	0	
Theobromine.....mg	0		0	7	0	0	

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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 = 37g: 1 wing without skin

Measure 2 = 20g: 1 wing bone and skin removed

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21005

Fast Foods, biscuit, with egg and sausage

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
<b>Proximates:</b>									
Water.....g	44.48	0.596	4	A	1		72.06		
Energy.....kcal	312		0	NC	4		505		
Energy.....kJ	1305		0	NC	4		2114		
Protein (N x 6.06).....g	11.13	0.185	4	A	1		18.04		
Total lipid (fat).....g	20.77	0.459	4	A	1		33.66		
Ash.....g	2.56	0.024	4	A	1		4.16		
Carbohydrate, by difference.....g	21.05		0	NC	4		34.09		
Fiber, total dietary.....g	0.2	0.000	4	A	1		0.2		
Sugars, total.....g	0.95	0.073	4	A	1		1.54		
Sucrose.....g	0.25	0.118	4	A	1		0.40		
Glucose (dextrose).....g	0.17	0.024	4	A	1		0.28		
Fructose.....g	0.00	0.000	4	A	1		0.00		
Lactose.....g	0.35	0.021	4	A	1		0.56		
Maltose.....g	0.18	0.008	4	A	1		0.30		
Galactose.....g	0.00	0.000	4	A	1		0.00		
Starch.....g	16.33	0.430	4	A	1		26.46		
<b>Minerals:</b>									
Calcium, Ca.....mg	51	2.125	4	A	1		82		
Iron, Fe.....mg	1.90	0.070	4	A	1		3.09		
Magnesium, Mg.....mg	13	0.250	4	A	1		22		
Phosphorus, P.....mg	312	6.062	4	A	1		505		
Potassium, K.....mg	149	4.950	4	A	1		241		
Sodium, Na.....mg	672	22.119	4	A	1		1088		
Zinc, Zn.....mg	0.90	0.006	4	A	1		1.46		
Copper, Cu.....mg	0.244	0.047	4	A	1		0.396		
Manganese, Mn.....mg	0.138	0.005	4	A	1		0.224		
Selenium, Se.....µg	22.6	2.794	4	A	1		36.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0		
Thiamin.....mg	0.282	0.022	4	A	1		0.457		
Riboflavin.....mg	0.263	0.009	4	A	1		0.426		
Niacin.....mg	2.467	0.052	4	A	1		3.997		
Pantothenic acid.....mg	0.939	0.072	4	A	1		1.521		
Vitamin B-6.....mg	0.068	0.002	4	A	1		0.110		
Folate, total.....µg	42	4.385	4	A	1		68		
Folic acid.....µg	34	3.775	4	A	1		54		
Folate, food.....µg	9		0	AS	1		14		
Folate, DFE.....µg	66		0	NC	4		106		
Choline, total.....mg	97.9		0	AS	1		158.5		
Betaine.....mg	7.3		1	A	1		11.9		
Vitamin B-12.....µg	0.75	0.027	4	A	1		1.21		
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....µg	43		0	NC	4		70		
Retinol.....µg	39	3.227	4	A	1		64		
Carotene, beta.....µg	42		0	FLA	4		68		
Carotene, alpha.....µg	0		0	FLA	4		0		
Cryptoxanthin, beta.....µg	2		0	FLA	4		4		
Vitamin A, IU.....IU	203		0	NC	4		328		
Lycopene.....µg	0		0	FLA	4		0		
Lutein + zeaxanthin.....µg	87		0	FLA	4		142		
Vitamin E (alpha-tocopherol).....mg	0.95	0.023	4	A	1		1.55		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg	0.04	0.003	4	A	1		0.06		
Tocopherol, gamma.....mg	3.84	0.240	4	A	1		6.23		
Tocopherol, delta.....mg	1.86	0.108	4	A	1		3.01		
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00		

Fast Foods, biscuit, with egg and sausage

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	4	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.5		0	FLA	4		0.9		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	22		0	FLA	4		35		
Vitamin K (phylloquinone).....µg	4.4	0.880	4	A	1		7.2		
Dihydrophyloquinone.....µg	17.8	1.967	4	A	1		28.8		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.449		0	NC	4		10.448		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.007	0.005	4	A	1		0.012		
10:0.....g	0.010	0.006	4	A	1		0.016		
12:0.....g	0.012	0.007	4	A	1		0.020		
13:0.....g									
14:0.....g	0.177	0.022	4	A	1		0.287		
15:0.....g	0.007	0.005	4	A	1		0.012		
16:0.....g	3.852	0.123	4	A	1		6.241		
17:0.....g	0.035	0.012	4	A	1		0.057		
18:0.....g	2.222	0.073	4	A	1		3.600		
20:0.....g	0.095	0.003	4	A	1		0.154		
22:0.....g	0.020	0.000	4	A	1		0.032		
24:0.....g	0.010	0.010	4	A	1		0.016		
Fatty acids, total monounsaturated.....g	9.985		0	NC	4		16.176		
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	0.352	0.012	4	A	1		0.571		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	9.532	0.241	4	A	1		15.443		
20:1.....g	0.100	0.004	4	A	1		0.162		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.967		0	NC	4		4.806		
18:2 undifferentiated.....g	2.415	0.112	4	A	1		3.912		
18:3 undifferentiated.....g	0.127	0.009	4	A	1		0.207		
18:4.....g	0.037	0.003	4	A	1		0.061		
20:2 n-6 c,c.....g	0.225	0.009	4	A	1		0.364		
20:3 undifferentiated.....g	0.020	0.007	4	A	1		0.032		
20:4 undifferentiated.....g	0.082	0.006	4	A	1		0.134		
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.022	0.003	4	A	1		0.036		
22:6 n-3 (DHA).....g	0.037	0.014	4	A	1		0.061		
Fatty acids, total trans.....g									
Cholesterol.....mg	161	6.981	4	A	1		261		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.135		0	A	1		0.219		
Threonine.....g	0.446		0	A	1		0.722		
Isoleucine.....g	0.435		0	A	1		0.705		
Leucine.....g	0.776		0	A	1		1.257		
Lysine.....g	0.608		0	A	1		0.985		
Methionine.....g	0.220		0	A	1		0.357		
Cystine.....g	0.193		0	A	1		0.312		
Phenylalanine.....g	0.460		0	A	1		0.746		
Tyrosine.....g	0.318		0	A	1		0.515		
Valine.....g	0.533		0	A	1		0.863		
Arginine.....g	0.558		0	A	1		0.904		
Histidine.....g	0.268		0	A	1		0.434		
Alanine.....g	0.508		0	A	1		0.823		

NDB No. 21005

Fast Foods, biscuit, with egg and sausage

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	0.934		0	A	1	1.513		
Glutamic acid.....g	1.914		0	A	1	3.101		
Glycine.....g	0.463		0	A	1	0.750		
Proline.....g	0.628		0	A	1	1.017		
Serine.....g	0.591		0	A	1	0.957		
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0		
Caffeine.....mg	0		0	FLA	4	0		
Theobromine.....mg	0		0	FLA	4	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 item

**Calories Factors: Protein** 4.13

**Fat** 8.8

**Carbohydrate**3.95

**Food Group:** 21 Fast Foods

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

NDB No. 21399

Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise

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
<b>Proximates:</b>									
Water.....g	54.56		2	A	1		193.69		
Energy.....kcal	253		0	NC	4		899		
Energy.....kJ	1059		0	NC	4		3759		
Protein.....g	15.50		2	A	1		55.01		
Total lipid (fat).....g	15.63		2	A	1		55.49		
Ash.....g	1.70		2	A	1		6.03		
Carbohydrate, by difference.....g	12.62		0	NC	4		44.78		
Fiber, total dietary.....g	1.3		2	A	1		4.8		
Sugars, total.....g	3.61		0	NR	4		12.82		
Sucrose.....g	0.61		2	A	1		2.15		
Glucose (dextrose).....g	0.23		2	A	1		0.83		
Fructose.....g	0.94		2	A	1		3.35		
Lactose.....g	0.11		2	A	1		0.40		
Maltose.....g									
Galactose.....g									
Starch.....g	9.35		2	A	1		33.19		
<b>Minerals:</b>									
Calcium, Ca.....mg	68		2	A	1		241		
Iron, Fe.....mg	4.12		2	A	1		14.63		
Magnesium, Mg.....mg	19		2	A	1		68		
Phosphorus, P.....mg	131		2	A	1		465		
Potassium, K.....mg	202		2	A	1		715		
Sodium, Na.....mg	405		2	A	1		1436		
Zinc, Zn.....mg	3.27		2	A	1		11.63		
Copper, Cu.....mg	0.076		2	A	1		0.271		
Manganese, Mn.....mg	0.137		2	A	1		0.485		
Selenium, Se.....µg	18.4		2	A	1		65.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		2	A	1		1.6		
Thiamin.....mg	0.254		2	A	1		0.903		
Riboflavin.....mg	0.230		2	A	1		0.818		
Niacin.....mg	3.260		2	A	1		11.573		
Pantothenic acid.....mg	0.279		2	A	1		0.992		
Vitamin B-6.....mg	0.150		2	A	1		0.534		
Folate, total.....µg	27		1	A	1		96		
Folic acid.....µg	22		1	A	1		78		
Folate, food.....µg	5		0	AS	1		18		
Folate, DFE.....µg	42		0	NC	4		151		
Choline, total.....mg	46.0		0	FLA	4		163.3		
Betaine.....mg									
Vitamin B-12.....µg	1.92		1	A	1		6.82		
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....µg	12		0	NC	4		42		
Retinol.....µg	7		0	FLA	4		26		
Carotene, beta.....µg	49		0	FLA	4		173		
Carotene, alpha.....µg	4		0	FLA	4		14		
Cryptoxanthin, beta.....µg	1		0	FLA	4		5		
Vitamin A, IU.....IU	111		0	NC	4		393		
Lycopene.....µg	77		0	FLA	4		274		
Lutein + zeaxanthin.....µg	42		0	FLA	4		150		
Vitamin E (alpha-tocopherol).....mg	0.06		1	A	1		0.21		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg	0.83		1	A	1		2.95		
Tocopherol, gamma.....mg	0.21		1	A	1		0.75		
Tocopherol, delta.....mg	0.25		1	A	1		0.89		
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		

Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise

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	0.1		0	BFFN	4		0.4		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	4		0	BFFN	4		14		
Vitamin K (phylloquinone).....µg	9.2		2	A	1		32.7		
Dihydrophyloquinone.....µg	0.2		2	A	1		0.5		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.519		0	NC	4		23.144		
4:0.....g	0.060		1	A	1		0.212		
6:0.....g	0.092		1	A	1		0.327		
8:0.....g	0.010		2	A	1		0.035		
10:0.....g	0.073		2	A	1		0.258		
12:0.....g	0.078		2	A	1		0.277		
13:0.....g	0.000		1	A	1		0.000		
14:0.....g	0.557		2	A	1		1.978		
15:0.....g	0.076		2	A	1		0.268		
16:0.....g	3.530		2	A	1		12.532		
17:0.....g	0.161		2	A	1		0.573		
18:0.....g	1.863		2	A	1		6.614		
20:0.....g	0.010		2	A	1		0.035		
22:0.....g	0.000		2	A	1		0.000		
24:0.....g	0.010		2	A	1		0.035		
Fatty acids, total monounsaturated.....g	6.249		0	NC	4		22.185		
14:1.....g	0.128		2	A	1		0.453		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.489		2	A	1		1.735		
17:1.....g	0.057		2	A	1		0.202		
18:1 undifferentiated.....g	5.551		0	AS	1		19.706		
18:1 c.....g	4.931		1	A	1		17.503		
18:1 t.....g	0.620		1	A	1		2.202		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.025		2	A	1		0.089		
22:1 undifferentiated.....g	0.000		2	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.299		0	NC	4		8.161		
18:2 undifferentiated.....g	1.817		2	A	1		6.452		
18:3 undifferentiated.....g	0.392		0	AS	1		1.390		
18:3 n-3 c,c,c (ALA).....g	0.392		1	A	1		1.390		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.070		1	A	1		0.249		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.005		2	A	1		0.018		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.015		2	A	1		0.053		
20:4 n-6.....g									
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		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g	0.620		0	NC	4		2.202		
Cholesterol.....mg	49		2	A	1		173		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		



NDB No. 21399

Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise

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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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			

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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 = 355g: 1 item

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise

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	0.2		0	BFFN	4		0.3		
Vitamin D.....IU	7		0	BFFN	4		11		
Vitamin K (phylloquinone).....µg	4.6		1	A	1		7.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.461		0	NC	4		3.740		
4:0.....g	0.000	0.000	9	A	1		0.000		
6:0.....g	0.000	0.000	9	A	1		0.000		
8:0.....g	0.005	0.000	9	A	1		0.007		
10:0.....g	0.006	0.000	9	A	1		0.010		
12:0.....g	0.003	0.000	9	A	1		0.005		
13:0.....g									
14:0.....g	0.026	0.001	9	A	1		0.040		
15:0.....g	0.004	0.001	9	A	1		0.006		
16:0.....g	1.663	0.031	9	A	1		2.528		
17:0.....g	0.013	0.000	9	A	1		0.019		
18:0.....g	0.651	0.009	9	A	1		0.990		
20:0.....g	0.041	0.001	9	A	1		0.062		
22:0.....g	0.032	0.001	9	A	1		0.049		
24:0.....g	0.015	0.000	9	A	1		0.023		
Fatty acids, total monounsaturated.....g	4.077		0	NC	4		6.197		
14:1.....g	0.005	0.000	9	A	1		0.008		
15:1.....g	0.000	0.000	9	A	1		0.000		
16:1 undifferentiated.....g	0.164	0.009	9	AS	1		0.249		
16:1 c.....g	0.163	0.009	9	A	1		0.248		
16:1 t.....g	0.001	0.000	9	A	1		0.001		
17:1.....g	0.007	0.000	9	A	1		0.011		
18:1 undifferentiated.....g	3.817	0.096	9	AS	1		5.802		
18:1 c.....g	3.788	0.097	9	A	1		5.758		
18:1 t.....g	0.029	0.001	9	A	1		0.044		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.076	0.011	9	A	1		0.116		
22:1 undifferentiated.....g	0.004	0.000	9	AS	1		0.005		
22:1 c.....g	0.004	0.000	9	A	1		0.005		
22:1 t.....g	0.000	0.000	9	A	1		0.000		
24:1 c.....g	0.004	0.003	9	A	1		0.006		
Fatty acids, total polyunsaturated.....g	5.631		0	NC	4		8.560		
18:2 undifferentiated.....g	5.052	0.157	9	AS	1		7.680		
18:2 n-6 c,c.....g	4.991	0.157	9	A	1		7.586		
18:2 CLAs.....g	0.013	0.000	9	A	1		0.020		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.049	0.002	9	A	1		0.074		
18:3 undifferentiated.....g	0.516	0.013	9	AS	1		0.784		
18:3 n-3 c,c,c (ALA).....g	0.497	0.016	9	A	1		0.755		
18:3 n-6 c,c,c.....g	0.019	0.006	9	A	1		0.029		
18:3i.....g									
18:4.....g	0.001	0.000	9	A	1		0.001		
20:2 n-6 c,c.....g	0.009	0.000	9	A	1		0.013		
20:3 undifferentiated.....g	0.010	0.000	9	AS	1		0.016		
20:3 n-3.....g	0.001	0.000	9	A	1		0.001		
20:3 n-6.....g	0.010	0.001	9	A	1		0.015		
20:4 undifferentiated.....g	0.028	0.001	9	A	1		0.042		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	9	A	1		0.000		
21:5.....g									
22:4.....g	0.010	0.001	9	A	1		0.015		
22:5 n-3 (DPA).....g	0.002	0.001	9	A	1		0.003		
22:6 n-3 (DHA).....g	0.003	0.000	9	A	1		0.004		
Fatty acids, total trans.....g	0.078		0	NC	4		0.119		
Fatty acids, total trans-monoenoic.....g	0.030		0	NC	4		0.045		

NDB No. 21230

Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise

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	0.049		0	NC	4		0.074		
Cholesterol.....mg	29		1	A	1		43		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RKI	6		0.0		
Caffeine.....mg	0		0	RKI	6		0		
Theobromine.....mg	0		0	RKI	6		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 sandwich

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group:** 21 Fast Foods

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



Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread

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					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.949		0	RKI	6		2.182		
4:0.....g	0.000		0	RKI	6		0.000		
6:0.....g	0.000		0	RKI	6		0.000		
8:0.....g	0.000		0	RKI	6		0.000		
10:0.....g	0.000		0	RKI	6		0.000		
12:0.....g	0.005		0	RKI	6		0.011		
13:0.....g									
14:0.....g	0.014		0	RKI	6		0.032		
15:0.....g									
16:0.....g	0.631		0	RKI	6		1.451		
17:0.....g									
18:0.....g	0.275		0	RKI	6		0.634		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.339		0	RKI	6		3.080		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.071		0	RKI	6		0.164		
17:1.....g									
18:1 undifferentiated.....g	1.233		0	RKI	6		2.835		
20:1.....g	0.020		0	RKI	6		0.045		
22:1 undifferentiated.....g	0.006		0	RKI	6		0.013		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.839		0	RKI	6		4.229		
18:2 undifferentiated.....g	1.585		0	RKI	6		3.645		
18:3 undifferentiated.....g	0.185		0	RKI	6		0.425		
18:4.....g	0.000		0	RKI	6		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.028		0	RKI	6		0.064		
20:5 n-3 (EPA).....g	0.005		0	RKI	6		0.011		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.005		0	RKI	6		0.011		
22:6 n-3 (DHA).....g	0.009		0	RKI	6		0.021		
Fatty acids, total trans.....g									
Cholesterol.....mg	40		0	RKI	6		92		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RKI	6		0.0		
Caffeine.....mg	0		0	RKI	6		0		
Theobromine.....mg	0		0	RKI	6		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 = 230g: 1 sandwich

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 21 Fast Foods**

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

**NDB No. 21142**  
**Fast food, biscuit**

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
<b>Proximates:</b>									
Water.....g	27.88	0.428	12	A	1		15.33		
Energy.....kcal	370		0	NC	4		203		
Energy.....kJ	1547		0	NC	4		851		
Protein.....g	7.08	0.102	12	A	1		3.89		
Total lipid (fat).....g	18.92	0.364	12	A	1		10.40		
Ash.....g	3.31	0.038	12	A	1		1.82		
Carbohydrate, by difference.....g	42.82		0	NC	4		23.55		
Fiber, total dietary.....g	2.5	0.197	6	A	1		1.4		
Sugars, total.....g	3.88	0.076	6	A	1		2.13		
Sucrose.....g	1.55	0.047	6	A	1		0.85		
Glucose (dextrose).....g	0.00	0.000	6	A	1		0.00		
Fructose.....g	0.00	0.000	6	A	1		0.00		
Lactose.....g	1.81	0.044	6	A	1		1.00		
Maltose.....g	0.52	0.025	6	A	1		0.28		
Galactose.....g	0.00	0.000	6	A	1		0.00		
Starch.....g	37.50	0.266	6	A	1		20.63		
<b>Minerals:</b>									
Calcium, Ca.....mg	70	0.723	12	A	1		38		
Iron, Fe.....mg	2.76	0.029	12	A	1		1.52		
Magnesium, Mg.....mg	15	0.139	12	A	1		8		
Phosphorus, P.....mg	474	3.750	12	A	1		261		
Potassium, K.....mg	131	4.311	12	A	1		72		
Sodium, Na.....mg	979	17.671	12	A	1		539		
Zinc, Zn.....mg	0.50	0.005	12	A	1		0.27		
Copper, Cu.....mg	0.081	0.001	12	A	1		0.045		
Manganese, Mn.....mg	0.388	0.008	12	A	1		0.213		
Selenium, Se.....µg	12.1	1.200	6	A	1		6.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.441	0.008	6	A	1		0.242		
Riboflavin.....mg	0.303	0.009	6	A	1		0.167		
Niacin.....mg	3.713	0.075	6	A	1		2.042		
Pantothenic acid.....mg	0.415	0.014	4	A	1		0.228		
Vitamin B-6.....mg	0.059	0.003	6	A	1		0.032		
Folate, total.....µg	84	2.950	6	A	1		46		
Folic acid.....µg	53		0	BFZN	4		29		
Folate, food.....µg	31		0	NC	4		17		
Folate, DFE.....µg	121		0	NC	4		67		
Choline, total.....mg	0.8		0	FLA	4		0.5		
Betaine.....mg									
Vitamin B-12.....µg	0.00		1	A	1		0.00		
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....µg	18		0	NC	4		10		
Retinol.....µg	18		2	A	1		10		
Carotene, beta.....µg	0		0	FLA	4		0		
Carotene, alpha.....µg	0		0	FLA	4		0		
Cryptoxanthin, beta.....µg	0		0	FLA	4		0		
Vitamin A, IU.....IU	60		0	NC	4		33		
Lycopene.....µg	0		0	FLA	4		0		
Lutein + zeaxanthin.....µg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol).....mg	0.47	0.063	6	A	1		0.26		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg	0.05	0.017	6	A	1		0.03		
Tocopherol, gamma.....mg	1.55	0.428	6	A	1		0.85		
Tocopherol, delta.....mg	0.51	0.148	6	A	1		0.28		
Tocotrienol, alpha.....mg	0.07	0.005	6	A	1		0.04		
Tocotrienol, beta.....mg	0.13	0.033	6	A	1		0.07		

**NDB No. 21142**  
**Fast food, biscuit**

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	0.16	0.006	6	A	1		0.09		
Tocotrienol, delta.....mg	0.02	0.002	6	A	1		0.01		
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	4.5		0	FLA	4		2.5		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b><u>Lipids:</u></b>									
Fatty acids, total saturated.....g	11.803		0	NC	4		6.492		
4:0.....g	0.004	0.000	6	A	1		0.002		
6:0.....g	0.031	0.001	6	A	1		0.017		
8:0.....g	0.367	0.007	6	A	1		0.202		
10:0.....g	0.298	0.006	6	A	1		0.164		
12:0.....g	3.239	0.071	6	A	1		1.782		
13:0.....g									
14:0.....g	1.048	0.022	6	A	1		0.576		
15:0.....g	0.004	0.000	6	A	1		0.002		
16:0.....g	3.760	0.059	6	A	1		2.068		
17:0.....g	0.012	0.000	6	A	1		0.007		
18:0.....g	2.950	0.086	6	A	1		1.623		
20:0.....g	0.055	0.002	6	A	1		0.030		
22:0.....g	0.020	0.002	6	A	1		0.011		
24:0.....g	0.015	0.001	6	A	1		0.008		
Fatty acids, total monounsaturated.....g	2.487		0	NC	4		1.368		
14:1.....g	0.000	0.000	6	A	1		0.000		
15:1.....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated.....g	0.010	0.001	6	AS	1		0.006		
16:1 c.....g	0.010	0.001	6	A	1		0.006		
16:1 t.....g	0.000	0.000	6	A	1		0.000		
17:1.....g	0.003	0.000	6	A	1		0.002		
18:1 undifferentiated.....g	2.458	0.128	6	AS	1		1.352		
18:1 c.....g	2.285	0.094	6	A	1		1.257		
18:1 t.....g	0.173	0.059	6	A	1		0.095		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.016	0.001	6	A	1		0.009		
22:1 undifferentiated.....g	0.000	0.000	6	AS	1		0.000		
22:1 c.....g	0.000	0.000	6	A	1		0.000		
22:1 t.....g	0.000	0.000	6	A	1		0.000		
24:1 c.....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total polyunsaturated.....g	2.199		0	NC	4		1.210		
18:2 undifferentiated.....g	1.989	0.288	6	AS	1		1.094		
18:2 n-6 c,c.....g	1.949	0.294	6	A	1		1.072		
18:2 CLAs.....g	0.006	0.000	6	A	1		0.003		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.035	0.010	6	A	1		0.019		
18:3 undifferentiated.....g	0.205	0.041	6	AS	1		0.113		
18:3 n-3 c,c,c (ALA).....g	0.197	0.039	6	A	1		0.108		
18:3 n-6 c,c,c.....g	0.008	0.002	6	A	1		0.005		
18:3i.....g	0.000	0.000	6	A	1		0.000		
18:4.....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c.....g	0.001	0.000	6	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	6	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	6	A	1		0.000		
20:3 n-6.....g	0.000	0.000	6	A	1		0.000		
20:4 undifferentiated.....g	0.004	0.000	6	A	1		0.002		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	6	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000		



**NDB No. 21142**  
**Fast food, biscuit**

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			
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1	0.000		
Fatty acids, total trans.....g	0.208		0	NC	4	0.114		
Fatty acids, total trans-monoenoic.....g	0.173		0	NC	4	0.095		
Fatty acids, total trans-polyenoic.....g	0.035		0	NC	4	0.019		
Cholesterol.....mg	2		2	A	1	1		
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0		
Caffeine.....mg	0		0	FLA	4	0		
Theobromine.....mg	0		0	FLA	4	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 = 55g: 1 biscuit

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 21 Fast Foods**

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

NDB No. 21411

Fast foods, bagel, with breakfast steak, egg, cheese, and condiments

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
<b>Proximates:</b>									
Water.....g	44.90	0.278	4	A	1		114.05		
Energy.....kcal	282		0	NC	4		717		
Energy.....kJ	1182		0	NC	4		3002		
Protein.....g	15.95	0.719	4	A	1		40.51		
Total lipid (fat).....g	14.07	0.309	4	A	1		35.75		
Ash.....g	2.08	0.069	4	A	1		5.28		
Carbohydrate, by difference.....g	22.99		0	NC	4		58.40		
Fiber, total dietary.....g	0.2	0.000	4	A	1		0.4		
Sugars, total.....g	2.97	0.030	4	A	1		7.54		
Sucrose.....g	0.00	0.000	4	A	1		0.00		
Glucose (dextrose).....g	0.82	0.024	4	A	1		2.09		
Fructose.....g	0.86	0.033	4	A	1		2.17		
Lactose.....g	0.37	0.022	4	A	1		0.94		
Maltose.....g	0.92	0.049	4	A	1		2.33		
Galactose.....g	0.00	0.000	4	A	1		0.00		
Starch.....g	17.58	0.148	4	A	1		44.66		
<b>Minerals:</b>									
Calcium, Ca.....mg	93	6.290	4	A	1		236		
Iron, Fe.....mg	2.06	0.031	4	A	1		5.24		
Magnesium, Mg.....mg	22	0.401	4	A	1		56		
Phosphorus, P.....mg	204	13.375	4	A	1		518		
Potassium, K.....mg	145	4.907	4	A	1		367		
Sodium, Na.....mg	642		1	LC	8		1631		
Zinc, Zn.....mg	2.21	0.172	4	A	1		5.61		
Copper, Cu.....mg	0.337	0.038	4	A	1		0.855		
Manganese, Mn.....mg	0.188	0.011	4	A	1		0.479		
Selenium, Se.....µg	25.1	0.846	4	A	1		63.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0		
Thiamin.....mg	0.236	0.010	4	A	1		0.600		
Riboflavin.....mg	0.255	0.025	4	A	1		0.648		
Niacin.....mg	3.355	0.118	4	A	1		8.522		
Pantothenic acid.....mg	0.765	0.014	4	A	1		1.944		
Vitamin B-6.....mg	0.132	0.010	4	A	1		0.336		
Folate, total.....µg	47	2.582	4	A	1		119		
Folic acid.....µg	38	2.179	4	A	1		95		
Folate, food.....µg	10		0	AS	1		24		
Folate, DFE.....µg	73		0	NC	4		186		
Choline, total.....mg	82.2		0	AS	1		208.9		
Betaine.....mg	10.4		1	A	1		26.4		
Vitamin B-12.....µg	1.27	0.107	4	A	1		3.23		
Vitamin B-12, added.....µg	0.00		0	BFPN	4		0.00		
Vitamin A, RAE.....µg	83		0	NC	4		210		
Retinol.....µg	81	9.894	4	A	1		205		
Carotene, beta.....µg	20		0	BFPN	4		50		
Carotene, alpha.....µg	0		0	BFPN	4		0		
Cryptoxanthin, beta.....µg	4		0	BFPN	4		10		
Vitamin A, IU.....IU	306		0	NC	4		776		
Lycopene.....µg	0		0	BFPN	4		0		
Lutein + zeaxanthin.....µg	151		0	BFPN	4		383		
Vitamin E (alpha-tocopherol).....mg	0.55	0.027	4	A	1		1.41		
Vitamin E, added.....mg	0.00		0	BFPN	4		0.00		
Tocopherol, beta.....mg	0.03	0.003	4	A	1		0.07		
Tocopherol, gamma.....mg	1.14	0.167	4	A	1		2.90		
Tocopherol, delta.....mg	0.46	0.067	4	A	1		1.16		
Tocotrienol, alpha.....mg	0.01	0.007	4	A	1		0.02		
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00		

Fast foods, bagel, with breakfast steak, egg, cheese, and condiments

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
			Points	Deriv Code	Code					
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1		0.00			
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00			
Vitamin D (D2 + D3).....µg	0.4		0	BFFN	4		0.9			
Vitamin D2 (ergocalciferol).....µg										
Vitamin D3 (cholecalciferol).....µg										
Vitamin D.....IU	15		0	BFFN	4		37			
Vitamin K (phylloquinone).....µg	3.4	0.490	4	A	1		8.8			
Dihydrophyloquinone.....µg	0.6	0.389	4	A	1		1.4			
Menaquinone-4.....µg										
<b>Lipids:</b>										
Fatty acids, total saturated.....g	5.419		0	NC	4		13.764			
4:0.....g	0.018		0	BFFN	4		0.046			
6:0.....g	0.011		0	BFFN	4		0.029			
8:0.....g	0.070	0.007	4	A	1		0.178			
10:0.....g	0.082	0.009	4	A	1		0.209			
12:0.....g	0.092	0.009	4	A	1		0.235			
13:0.....g										
14:0.....g	0.512	0.024	4	A	1		1.301			
15:0.....g	0.062	0.003	4	A	1		0.159			
16:0.....g	3.062	0.090	4	A	1		7.779			
17:0.....g	0.092	0.006	4	A	1		0.235			
18:0.....g	1.382	0.033	4	A	1		3.511			
20:0.....g	0.030	0.007	4	A	1		0.076			
22:0.....g	0.002	0.002	4	A	1		0.006			
24:0.....g	0.000	0.000	4	A	1		0.000			
Fatty acids, total monounsaturated.....g	4.997		0	NC	4		12.693			
14:1.....g	0.152	0.013	4	A	1		0.387			
15:1.....g	0.000	0.000	4	A	1		0.000			
16:1 undifferentiated.....g	0.332	0.026	4	A	1		0.844			
17:1.....g	0.000	0.000	4	A	1		0.000			
18:1 undifferentiated.....g	4.480	0.187	4	A	1		11.379			
20:1.....g	0.032	0.003	4	A	1		0.082			
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000			
24:1 c.....g										
Fatty acids, total polyunsaturated.....g	1.849		0	NC	4		4.697			
18:2 undifferentiated.....g	1.500	0.141	4	A	1		3.810			
18:3 undifferentiated.....g	0.145	0.016	4	A	1		0.368			
18:4.....g	0.045	0.015	4	A	1		0.114			
20:2 n-6 c,c.....g	0.030	0.007	4	A	1		0.076			
20:3 undifferentiated.....g	0.025	0.005	4	A	1		0.063			
20:4 undifferentiated.....g	0.057	0.002	4	A	1		0.146			
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000			
21:5.....g										
22:4.....g										
22:5 n-3 (DPA).....g	0.025	0.005	4	A	1		0.063			
22:6 n-3 (DHA).....g	0.022	0.003	4	A	1		0.057			
Fatty acids, total trans.....g										
Cholesterol.....mg	130	3.416	4	A	1		330			
Phytosterols.....mg										
<b>Others:</b>										
Alcohol, ethyl.....g	0.0		0	BFFN	4		0.0			
Caffeine.....mg	0		0	BFFN	4		0			
Theobromine.....mg	0		0	BFFN	4		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 = 254g: 1 item

**NDB No. 21411**

**Fast foods, bagel, with breakfast steak, egg, cheese, and condiments**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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

NDB No. 21410

Fast foods, bagel, with egg, sausage patty, cheese, and condiments

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
<b>Proximates:</b>									
Water.....g	45.17	0.664	3	A	1		98.93		
Energy.....kcal	295		0	NC	4		646		
Energy.....kJ	1235		0	NC	4		2705		
Protein.....g	12.98	0.303	3	A	1		28.43		
Total lipid (fat).....g	16.97	0.219	3	A	1		37.16		
Ash.....g	2.24	0.041	3	A	1		4.90		
Carbohydrate, by difference.....g	22.64		0	NC	4		49.58		
Fiber, total dietary.....g	0.2	0.000	3	A	1		0.3		
Sugars, total.....g	2.87	0.138	3	A	1		6.29		
Sucrose.....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose).....g	0.84	0.022	3	A	1		1.85		
Fructose.....g	0.80	0.070	3	A	1		1.75		
Lactose.....g	0.36	0.040	3	A	1		0.78		
Maltose.....g	0.87	0.035	3	A	1		1.91		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	17.41	0.905	3	A	1		38.13		
<b>Minerals:</b>									
Calcium, Ca.....mg	94	3.067	3	A	1		205		
Iron, Fe.....mg	1.77	0.142	3	A	1		3.87		
Magnesium, Mg.....mg	20	1.033	3	A	1		44		
Phosphorus, P.....mg	185	4.055	3	A	1		404		
Potassium, K.....mg	123	5.487	3	A	1		269		
Sodium, Na.....mg	550	25.340	3	A	1		1204		
Zinc, Zn.....mg	1.05	0.074	3	A	1		2.30		
Copper, Cu.....mg	0.327	0.080	3	A	1		0.716		
Manganese, Mn.....mg	0.179	0.014	3	A	1		0.391		
Selenium, Se.....µg	23.8	1.629	3	A	1		52.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5	0.021	3	A	1		1.2		
Thiamin.....mg	0.305	0.010	3	A	1		0.669		
Riboflavin.....mg	0.218	0.027	3	A	1		0.477		
Niacin.....mg	2.877	0.084	3	A	1		6.300		
Pantothenic acid.....mg	0.896	0.039	3	A	1		1.961		
Vitamin B-6.....mg	0.091	0.006	3	A	1		0.200		
Folate, total.....µg	53	6.173	3	A	1		117		
Folic acid.....µg	39	6.438	3	A	1		85		
Folate, food.....µg	15		0	AS	1		32		
Folate, DFE.....µg	80		0	NC	4		176		
Choline, total.....mg	83.8		0	AS	1		183.5		
Betaine.....mg	8.7		1	A	1		19.1		
Vitamin B-12.....µg	0.96	0.084	3	A	1		2.09		
Vitamin B-12, added.....µg	0.00		0	BFPN	4		0.00		
Vitamin A, RAE.....µg	64		0	AS	1		139		
Retinol.....µg	64	22.958	3	A	1		139		
Carotene, beta.....µg	0		2	A	1		0		
Carotene, alpha.....µg	0	0.000	3	A	1		0		
Cryptoxanthin, beta.....µg	0	0.000	3	A	1		0		
Vitamin A, IU.....IU	212		0	AS	1		464		
Lycopene.....µg	0	0.000	3	A	1		0		
Lutein + zeaxanthin.....µg	119		0	BFPN	4		260		
Vitamin E (alpha-tocopherol).....mg	0.64	0.021	3	A	1		1.40		
Vitamin E, added.....mg	0.00		0	BFPN	4		0.00		
Tocopherol, beta.....mg	0.02	0.000	3	A	1		0.04		
Tocopherol, gamma.....mg	0.87	0.020	3	A	1		1.90		
Tocopherol, delta.....mg	0.29	0.033	3	A	1		0.63		
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		

NDB No. 21410

Fast foods, bagel, with egg, sausage patty, cheese, and condiments

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	0.4		0	BFFN	4		1.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	18		0	BFFN	4		39		
Vitamin K (phylloquinone).....µg	2.8	0.384	3	A	1		6.1		
Dihydrophyloquinone.....µg	0.3	0.153	3	A	1		0.7		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.396		0	NC	4		14.008		
4:0.....g	0.000		0	BFFN	4		0.000		
6:0.....g	0.000		0	BFFN	4		0.000		
8:0.....g	0.077	0.003	3	A	1		0.168		
10:0.....g	0.103	0.003	3	A	1		0.226		
12:0.....g	0.113	0.003	3	A	1		0.248		
13:0.....g									
14:0.....g	0.503	0.023	3	A	1		1.102		
15:0.....g	0.043	0.003	3	A	1		0.095		
16:0.....g	3.757	0.192	3	A	1		8.227		
17:0.....g	0.063	0.003	3	A	1		0.139		
18:0.....g	1.690	0.092	3	A	1		3.701		
20:0.....g	0.047	0.013	3	A	1		0.102		
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	6.026		0	NC	4		13.198		
14:1.....g	0.060	0.000	3	A	1		0.131		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.340	0.021	3	A	1		0.745		
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	5.550	0.313	3	A	1		12.154		
20:1.....g	0.077	0.009	3	A	1		0.168		
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.603		0	NC	4		5.700		
18:2 undifferentiated.....g	2.113	0.119	3	A	1		4.628		
18:3 undifferentiated.....g	0.150	0.012	3	A	1		0.328		
18:4.....g	0.053	0.003	3	A	1		0.117		
20:2 n-6 c,c.....g	0.150	0.055	3	A	1		0.328		
20:3 undifferentiated.....g	0.030	0.006	3	A	1		0.065		
20:4 undifferentiated.....g	0.070	0.000	3	A	1		0.153		
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.020	0.000	3	A	1		0.044		
22:6 n-3 (DHA).....g	0.017	0.003	3	A	1		0.036		
Fatty acids, total trans.....g									
Cholesterol.....mg	133	2.963	3	A	1		291		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFFN	4		0.0		
Caffeine.....mg	0		0	BFFN	4		0		
Theobromine.....mg	0		0	BFFN	4		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 = 219g: 1 item

**NDB No. 21410**

**Fast foods, bagel, with egg, sausage patty, cheese, and condiments**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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

NDB No. 21006

Fast foods, biscuit with egg and steak

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
<b>Proximates:</b>									
Water.....g	52.51		0		1		77.71		
Energy.....kcal	277		0	NC	4		410		
Energy.....kJ	1159		0		4		1715		
Protein (N x 6.19).....g	12.12		1		1		17.94		
Total lipid (fat).....g	19.21		1		1		28.43		
Ash.....g	1.78		0		1		2.63		
Carbohydrate, by difference.....g	14.37		0	NC	4		21.27		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	93		1		1		138		
Iron, Fe.....mg	3.58		1		1		5.30		
Magnesium, Mg.....mg	17		0		4		25		
Phosphorus, P.....mg	152		0		4		225		
Potassium, K.....mg	207		1		1		306		
Sodium, Na.....mg	600		1		1		888		
Zinc, Zn.....mg	1.89		0		4		2.80		
Copper, Cu.....mg	0.072		0		4		0.107		
Manganese, Mn.....mg	0.165		0		4		0.244		
Selenium, Se.....µg	21.2		0	RK	4		31.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		1		1		0.1		
Thiamin.....mg	0.240		1		1		0.355		
Riboflavin.....mg	0.350		1		1		0.518		
Niacin.....mg	2.070		1		1		3.064		
Pantothenic acid.....mg	0.730		0		4		1.080		
Vitamin B-6.....mg	0.120		0		4		0.178		
Folate, total.....µg	38		0	RK	4		56		
Folic acid.....µg	19		0	NC	4		28		
Folate, food.....µg	19		0		4		28		
Folate, DFE.....µg	51		0	NC	4		76		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.95		0		4		1.41		
Vitamin A, RAE.....µg	139		0	NC	4		206		
Retinol.....µg	138		0	NC	4		204		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	476		0		1		704		
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									
<b>Lipids:</b>									



NDB No. 21006

Fast foods, biscuit with egg and steak

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	5.810		0		1		8.599		
Fatty acids, total monounsaturated.....g	7.910		0		1		11.707		
Fatty acids, total polyunsaturated.....g	3.950		1		1		5.846		
Fatty acids, total trans.....g									
Cholesterol.....mg	184		1		1		272		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.155		0		1		0.229		
Threonine.....g	0.505		0		1		0.747		
Isoleucine.....g	0.589		0		1		0.872		
Leucine.....g	0.965		0		1		1.428		
Lysine.....g	0.799		0		1		1.183		
Methionine.....g	0.311		0		1		0.460		
Cystine.....g	0.200		0		1		0.296		
Phenylalanine.....g	0.560		0		1		0.829		
Tyrosine.....g	0.433		0		1		0.641		
Valine.....g	0.662		0		1		0.980		
Arginine.....g	0.685		0		1		1.014		
Histidine.....g	0.339		0		1		0.502		
Alanine.....g	0.629		0		1		0.931		
Aspartic acid.....g	0.999		0		1		1.479		
Glutamic acid.....g	2.148		0		1		3.179		
Glycine.....g	0.503		0		1		0.744		
Proline.....g	0.705		0		1		1.043		
Serine.....g	0.633		0		1		0.937		
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 = 148g: 1 biscuit

**Calories Factors: Protein 4.23**

**Fat 8.82**

**Carbohydrate 3.94**

**Food Group: 21 Fast Foods**

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



Fast foods, biscuit, with crispy chicken fillet

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	0.1		0	FLA	4		0.1		
Vitamin D.....IU	4		0	FLA	4		5		
Vitamin K (phylloquinone).....µg	6.3		0	FLA	4		8.3		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.712		0	NC	4		7.540		
4:0.....g	0.005	0.003	3	A	1		0.007		
6:0.....g	0.002	0.002	3	A	1		0.002		
8:0.....g	0.056	0.002	3	A	1		0.073		
10:0.....g	0.053	0.006	3	A	1		0.070		
12:0.....g	0.658	0.045	3	A	1		0.868		
13:0.....g									
14:0.....g	0.295	0.015	3	A	1		0.389		
15:0.....g	0.008	0.000	3	A	1		0.011		
16:0.....g	3.823	0.030	3	A	1		5.047		
17:0.....g	0.012	0.000	3	A	1		0.016		
18:0.....g	0.702	0.032	3	A	1		0.927		
20:0.....g	0.057	0.003	3	A	1		0.075		
22:0.....g	0.025	0.002	3	A	1		0.033		
24:0.....g	0.017	0.001	3	A	1		0.022		
Fatty acids, total monounsaturated.....g	5.455		0	NC	4		7.201		
14:1.....g	0.001	0.000	3	A	1		0.002		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.043	0.001	3	AS	1		0.056		
16:1 c.....g	0.041	0.001	3	A	1		0.055		
16:1 t.....g	0.001	0.000	3	A	1		0.002		
17:1.....g	0.005	0.001	3	A	1		0.006		
18:1 undifferentiated.....g	5.326	0.266	3	AS	1		7.031		
18:1 c.....g	5.287	0.269	3	A	1		6.979		
18:1 t.....g	0.039	0.010	3	A	1		0.052		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.070	0.006	3	A	1		0.093		
22:1 undifferentiated.....g	0.005	0.001	3	AS	1		0.006		
22:1 c.....g	0.004	0.001	3	A	1		0.006		
22:1 t.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.005	0.000	3	A	1		0.007		
Fatty acids, total polyunsaturated.....g	3.308		0	NC	4		4.366		
18:2 undifferentiated.....g	3.037	0.243	3	AS	1		4.009		
18:2 n-6 c,c.....g	2.999	0.241	3	A	1		3.959		
18:2 CLAs.....g	0.009	0.001	3	A	1		0.012		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.029	0.006	3	A	1		0.038		
18:3 undifferentiated.....g	0.215	0.029	3	AS	1		0.284		
18:3 n-3 c,c,c (ALA).....g	0.201	0.028	3	A	1		0.265		
18:3 n-6 c,c,c.....g	0.015	0.002	3	A	1		0.019		
18:3i.....g	0.000	0.000	3	A	1		0.000		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.007	0.001	3	A	1		0.009		
20:3 undifferentiated.....g	0.005	0.000	3	AS	1		0.006		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.005	0.000	3	A	1		0.006		
20:4 undifferentiated.....g	0.027	0.002	3	A	1		0.035		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.001	3	A	1		0.004		
21:5.....g									
22:4.....g	0.007	0.001	3	A	1		0.010		
22:5 n-3 (DPA).....g	0.003	0.000	3	A	1		0.004		
22:6 n-3 (DHA).....g	0.003	0.001	3	A	1		0.004		
Fatty acids, total trans.....g	0.070		0	NC	4		0.092		
Fatty acids, total trans-monoenoic.....g	0.041		0	NC	4		0.054		

NDB No. 21010

Fast foods, biscuit, with crispy chicken fillet

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
Fatty acids, total trans-polyenoic.....g	0.029		0	NC	4		0.038		
Cholesterol.....mg	24	1.824	3	A	1		32		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

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**Common Measures:**

Measure 1 = 132g: 1 item

**Calories Factors: Protein** 4.08

**Fat** 8.74

**Carbohydrate**3.95

**Food Group:** 21 Fast Foods

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

**NDB No. 21002**  
**Fast foods, biscuit, with egg**

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
<b>Proximates:</b>									
Water.....g	50.06			RA	4		68.08		
Energy.....kcal	274			RA	4		373		
Energy.....kJ	1145			RA	4		1557		
Protein.....g	8.53			RA	4		11.61		
Total lipid (fat).....g	16.23			RA	4		22.08		
Ash.....g	1.77			RA	4		2.40		
Carbohydrate, by difference.....g	23.46			RA	4		31.90		
Fiber, total dietary.....g	0.6			RA	4		0.8		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	60			RA	4		81		
Iron, Fe.....mg	2.13			RA	4		2.90		
Magnesium, Mg.....mg	14			RA	4		19		
Phosphorus, P.....mg	285			RA	4		388		
Potassium, K.....mg	175			RA	4		238		
Sodium, Na.....mg	655			RA	4		891		
Zinc, Zn.....mg	0.73			RA	4		0.99		
Copper, Cu.....mg	0.045			RA	4		0.062		
Manganese, Mn.....mg	0.192			RA	4		0.260		
Selenium, Se.....µg	20.1			RA	4		27.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1			RA	4		0.1		
Thiamin.....mg	0.223			RA	4		0.304		
Riboflavin.....mg	0.358			RA	4		0.487		
Niacin.....mg	1.583			RA	4		2.153		
Pantothenic acid.....mg	0.654			RA	4		0.890		
Vitamin B-6.....mg	0.082			RA	4		0.112		
Folate, total.....µg	42			RA	4		58		
Folic acid.....µg	24			RA	4		33		
Folate, food.....µg	19		0	NC	4		25		
Folate, DFE.....µg	59		0	NC	4		81		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.46			RA	4		0.63		
Vitamin A, RAE.....µg	132		0	NC	4		180		
Retinol.....µg	131		0	NC	4		178		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	456			RA	4		620		
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									
<b>Lipids:</b>									



NDB No. 21002

Fast foods, biscuit, with egg

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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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

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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 = 136g: 1 biscuit

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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





Fast foods, biscuit, with egg and bacon

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			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	5.300		0		4	7.950	
4:0.....g	0.013		0		4	0.020	
6:0.....g	0.008		0		4	0.012	
8:0.....g	0.006		0		4	0.009	
10:0.....g	0.022		0		4	0.033	
12:0.....g	0.022		0		4	0.033	
13:0.....g							
14:0.....g	0.147		0		4	0.221	
15:0.....g							
16:0.....g	3.416		0		4	5.124	
17:0.....g							
18:0.....g	1.647		0		4	2.471	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	8.960		0		4	13.440	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.357		0		4	0.536	
17:1.....g							
18:1 undifferentiated.....g	8.587		0		4	12.881	
20:1.....g	0.011		0		4	0.017	
22:1 undifferentiated.....g	0.001		0		4	0.002	
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	4.980		0		4	7.470	
18:2 undifferentiated.....g	4.551		0		4	6.827	
18:3 undifferentiated.....g	0.341		0		4	0.512	
18:4.....g	0.000		0		4	0.000	
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.069		0		4	0.104	
20:5 n-3 (EPA).....g	0.001		0		4	0.002	
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		4	0.000	
22:6 n-3 (DHA).....g	0.014		0		4	0.021	
Fatty acids, total trans.....g							
Cholesterol.....mg	235		32.533	3		353	
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.144		0		1	0.216	
Threonine.....g	0.453		0		1	0.680	
Isoleucine.....g	0.548		0		1	0.822	
Leucine.....g	0.875		0		1	1.313	
Lysine.....g	0.683		0		1	1.025	
Methionine.....g	0.281		0		1	0.422	
Cystine.....g	0.196		0		1	0.294	
Phenylalanine.....g	0.540		0		1	0.810	
Tyrosine.....g	0.396		0		1	0.594	
Valine.....g	0.635		0		1	0.953	
Arginine.....g	0.624		0		1	0.936	
Histidine.....g	0.287		0		1	0.431	
Alanine.....g	0.559		0		1	0.839	
Aspartic acid.....g	0.890		0		1	1.335	
Glutamic acid.....g	2.036		0		1	3.054	
Glycine.....g	0.513		0		1	0.770	
Proline.....g	0.727		0		1	1.091	
Serine.....g	0.624		0		1	0.936	
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	
Caffeine.....mg	0		0	FLA	4	0	

NDB No. 21003

Fast foods, biscuit, with egg and bacon

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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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0		

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**Common Measures:**

Measure 1 = 150g: 1 biscuit

**Calories Factors: Protein** 4.18

**Fat** 8.8

**Carbohydrate**3.94

**Food Group:** 21 Fast Foods

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	3.080		0		4	5.606	
4:0.....g	0.015		0		4	0.027	
6:0.....g	0.009		0		4	0.016	
8:0.....g	0.007		0		4	0.013	
10:0.....g	0.014		0		4	0.025	
12:0.....g	0.015		0		4	0.027	
13:0.....g							
14:0.....g	0.075		0		4	0.137	
15:0.....g							
16:0.....g	2.043		0		4	3.718	
17:0.....g							
18:0.....g	0.890		0		4	1.620	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	5.710		0		4	10.392	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.168		0		4	0.306	
17:1.....g							
18:1 undifferentiated.....g	5.530		0		4	10.065	
20:1.....g	0.012		0		4	0.022	
22:1 undifferentiated.....g	0.001		0		4	0.002	
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	4.010		0		4	7.298	
18:2 undifferentiated.....g	3.691		0		4	6.718	
18:3 undifferentiated.....g	0.243		0		4	0.442	
18:4.....g	0.000		0		4	0.000	
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.061		0		4	0.111	
20:5 n-3 (EPA).....g	0.002		0		4	0.004	
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		4	0.000	
22:6 n-3 (DHA).....g	0.016		0		4	0.029	
Fatty acids, total trans.....g							
Cholesterol.....mg	156		2		1	284	
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.142		0		1	0.258	
Threonine.....g	0.456		0		1	0.830	
Isoleucine.....g	0.521		0		1	0.948	
Leucine.....g	0.863		0		1	1.571	
Lysine.....g	0.722		0		1	1.314	
Methionine.....g	0.281		0		1	0.511	
Cystine.....g	0.196		0		1	0.357	
Phenylalanine.....g	0.519		0		1	0.945	
Tyrosine.....g	0.383		0		1	0.697	
Valine.....g	0.564		0		1	1.026	
Arginine.....g	0.620		0		1	1.128	
Histidine.....g	0.311		0		1	0.566	
Alanine.....g	0.556		0		1	1.012	
Aspartic acid.....g	0.907		0		1	1.651	
Glutamic acid.....g	1.974		0		1	3.593	
Glycine.....g	0.439		0		1	0.799	
Proline.....g	0.620		0		1	1.128	
Serine.....g	0.575		0		1	1.047	
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	
Caffeine.....mg	0		0	FLA	4	0	

NDB No. 21004

Fast foods, biscuit, with egg and ham

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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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0		

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**Common Measures:**

Measure 1 = 182g: 1 biscuit

**Calories Factors: Protein** 4.15

**Fat** 8.8

**Carbohydrate**3.94

**Food Group:** 21 Fast Foods

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

NDB No. 21007

Fast foods, biscuit, with egg, cheese, and bacon

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
<b>Proximates:</b>									
Water.....g	42.99	0.572	4	A	1		62.34		
Energy.....kcal	301		0	NC	4		436		
Energy.....kJ	1258		0	NC	4		1825		
Protein (N x 6.19).....g	12.01	0.419	4	A	1		17.42		
Total lipid (fat).....g	17.48	0.293	4	A	1		25.34		
Ash.....g	3.08	0.062	4	A	1		4.47		
Carbohydrate, by difference.....g	24.44		0	NC	4		35.44		
Fiber, total dietary.....g	0.2	0.000	4	A	1		0.2		
Sugars, total.....g	1.74	0.145	4	A	1		2.53		
Sucrose.....g	0.50	0.183	4	A	1		0.73		
Glucose (dextrose).....g	0.17	0.023	4	A	1		0.25		
Fructose.....g	0.08	0.007	4	A	1		0.12		
Lactose.....g	0.79	0.023	4	A	1		1.14		
Maltose.....g	0.20	0.015	4	A	1		0.29		
Galactose.....g	0.00	0.000	4	A	1		0.00		
Starch.....g	17.84	0.674	4	A	1		25.87		
<b>Minerals:</b>									
Calcium, Ca.....mg	103	2.319	4	A	1		149		
Iron, Fe.....mg	1.57	0.076	4	A	1		2.28		
Magnesium, Mg.....mg	15	0.844	4	A	1		21		
Phosphorus, P.....mg	363	14.974	4	A	1		526		
Potassium, K.....mg	131	7.450	4	A	1		190		
Sodium, Na.....mg	816	35.214	4	A	1		1183		
Zinc, Zn.....mg	1.09	0.068	4	A	1		1.58		
Copper, Cu.....mg	0.273	0.057	4	A	1		0.396		
Manganese, Mn.....mg	0.136	0.004	4	A	1		0.198		
Selenium, Se.....µg	23.3	2.407	4	A	1		33.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0		
Thiamin.....mg	0.269	0.025	4	A	1		0.390		
Riboflavin.....mg	0.247	0.030	4	A	1		0.358		
Niacin.....mg	2.350	0.137	4	A	1		3.407		
Pantothenic acid.....mg	0.772	0.025	4	A	1		1.119		
Vitamin B-6.....mg	0.113	0.067	4	A	1		0.163		
Folate, total.....µg	48	3.862	4	A	1		69		
Folic acid.....µg	39	2.869	4	A	1		57		
Folate, food.....µg	8		0	AS	1		12		
Folate, DFE.....µg	75		0	NC	4		109		
Choline, total.....mg	126.7		0	AS	1		183.7		
Betaine.....mg	11.3		1	A	1		16.4		
Vitamin B-12.....µg	0.86	0.084	4	A	1		1.24		
Vitamin B-12, added.....µg	0.00		0	BFFN	4		0.00		
Vitamin A, RAE.....µg	77		0	NC	4		112		
Retinol.....µg	75	7.365	4	A	1		109		
Carotene, beta.....µg	23		0	BFFN	4		33		
Carotene, alpha.....µg	0		0	BFFN	4		0		
Cryptoxanthin, beta.....µg	6		0	BFFN	4		9		
Vitamin A, IU.....IU	294		0	NC	4		426		
Lycopene.....µg	0		0	BFFN	4		0		
Lutein + zeaxanthin.....µg	270		0	BFFN	4		391		
Vitamin E (alpha-tocopherol).....mg	1.02	0.016	4	A	1		1.48		
Vitamin E, added.....mg	0.00		0	BFFN	4		0.00		
Tocopherol, beta.....mg	0.04	0.003	4	A	1		0.05		
Tocopherol, gamma.....mg	4.39	0.336	4	A	1		6.36		
Tocopherol, delta.....mg	2.19	0.166	4	A	1		3.18		
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00		

NDB No. 21007

Fast foods, biscuit, with egg, cheese, and bacon

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	4	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.5		0	BFFN	4		0.8		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	21		0	BFFN	4		31		
Vitamin K (phylloquinone).....µg	4.2	0.856	4	A	1		6.0		
Dihydrophyloquinone.....µg	21.7	1.747	4	A	1		31.4		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.893		0	NC	4		8.545		
4:0.....g	0.206		0	BFFN	4		0.299		
6:0.....g	0.070		0	BFFN	4		0.102		
8:0.....g	0.062	0.005	4	A	1		0.091		
10:0.....g	0.072	0.005	4	A	1		0.105		
12:0.....g	0.085	0.006	4	A	1		0.123		
13:0.....g									
14:0.....g	0.347	0.026	4	A	1		0.504		
15:0.....g	0.035	0.003	4	A	1		0.051		
16:0.....g	3.060	0.038	4	A	1		4.437		
17:0.....g	0.037	0.003	4	A	1		0.054		
18:0.....g	1.837	0.025	4	A	1		2.664		
20:0.....g	0.030	0.000	4	A	1		0.043		
22:0.....g	0.022	0.003	4	A	1		0.032		
24:0.....g	0.027	0.009	4	A	1		0.040		
Fatty acids, total monounsaturated.....g	8.035		0	NC	4		11.650		
14:1.....g									
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.212	0.005	4	A	1		0.308		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	7.775	0.157	4	A	1		11.274		
20:1.....g	0.047	0.003	4	A	1		0.069		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.922		0	NC	4		2.787		
18:2 undifferentiated.....g	1.567	0.008	4	A	1		2.273		
18:3 undifferentiated.....g	0.097	0.005	4	A	1		0.141		
18:4.....g	0.042	0.003	4	A	1		0.062		
20:2 n-6 c,c.....g	0.075	0.009	4	A	1		0.109		
20:3 undifferentiated.....g	0.002	0.002	4	A	1		0.004		
20:4 undifferentiated.....g	0.062	0.003	4	A	1		0.091		
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.022	0.003	4	A	1		0.032		
22:6 n-3 (DHA).....g	0.052	0.005	4	A	1		0.076		
Fatty acids, total trans.....g									
Cholesterol.....mg	166	5.907	4	A	1		240		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.163		0	A	1		0.236		
Threonine.....g	0.500		0	A	1		0.725		
Isoleucine.....g	0.515		0	A	1		0.747		
Leucine.....g	0.931		0	A	1		1.350		
Lysine.....g	0.695		0	A	1		1.008		
Methionine.....g	0.295		0	A	1		0.428		
Cystine.....g	0.208		0	A	1		0.301		
Phenylalanine.....g	0.561		0	A	1		0.813		
Tyrosine.....g	0.393		0	A	1		0.570		
Valine.....g	0.636		0	A	1		0.922		
Arginine.....g	0.590		0	A	1		0.856		
Histidine.....g	0.303		0	A	1		0.439		
Alanine.....g	0.528		0	A	1		0.765		

NDB No. 21007

Fast foods, biscuit, with egg, cheese, and bacon

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	1.005		0	A	1		1.457		
Glutamic acid.....g	2.253		0	A	1		3.266		
Glycine.....g	0.431		0	A	1		0.625		
Proline.....g	0.788		0	A	1		1.142		
Serine.....g	0.696		0	A	1		1.009		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFFN	4		0.0		
Caffeine.....mg	0		0	BFFN	4		0		
Theobromine.....mg	0		0	BFFN	4		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 = 145g: 1 item

**Calories Factors: Protein** 4.22

**Fat** 8.8

**Carbohydrate**3.94

**Food Group:** 21 Fast Foods

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





**NDB No. 21008**  
**Fast foods, biscuit, with ham**

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					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.096		0		1		16.356		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.363		1		1		0.588		
10:0.....g	0.346		1		1		0.561		
12:0.....g	2.997		1		1		4.855		
13:0.....g									
14:0.....g	1.280		1		1		2.074		
15:0.....g									
16:0.....g	2.357		1		1		3.818		
17:0.....g									
18:0.....g	2.644		1		1		4.283		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.277		0		1		6.929		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.182		1		1		0.295		
17:1.....g									
18:1 undifferentiated.....g	4.064		1		1		6.584		
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	0.918		0		1		1.487		
18:2 undifferentiated.....g	0.808		1		1		1.309		
18:3 undifferentiated.....g	0.081		1		1		0.131		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.029		1		1		0.047		
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	22	4.737	3		1		36		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.147		0		1		0.238		
Threonine.....g	0.481		0		1		0.779		
Isoleucine.....g	0.513		0		1		0.831		
Leucine.....g	0.937		0		1		1.518		
Lysine.....g	0.818		0		1		1.325		
Methionine.....g	0.289		0		1		0.468		
Cystine.....g	0.196		0		1		0.318		
Phenylalanine.....g	0.547		0		1		0.886		
Tyrosine.....g	0.400		0		1		0.648		
Valine.....g	0.533		0		1		0.863		
Arginine.....g	0.680		0		1		1.102		
Histidine.....g	0.382		0		1		0.619		
Alanine.....g	0.604		0		1		0.978		
Aspartic acid.....g	0.957		0		1		1.550		
Glutamic acid.....g	2.558		0		1		4.144		
Glycine.....g	0.549		0		1		0.889		
Proline.....g	0.794		0		1		1.286		
Serine.....g	0.533		0		1		0.863		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		

**NDB No. 21008**  
**Fast foods, biscuit, with ham**

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	FLA	4		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 biscuit

**Calories Factors: Protein 4.03      Fat 8.67      Carbohydrate 3.95**

**Food Group: 21 Fast Foods**

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

NDB No. 21009

Fast foods, biscuit, with sausage

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
<b>Proximates:</b>									
Water.....g	32.82	0.897	4	A	1		36.43		
Energy.....kcal	371		0	NC	4		412		
Energy.....kJ	1552		0	NC	4		1723		
Protein (N x 5.87).....g	9.67	0.277	4	A	1		10.74		
Total lipid (fat).....g	24.42	0.350	4	A	1		27.11		
Ash.....g	3.10	0.045	4	A	1		3.44		
Carbohydrate, by difference.....g	29.99		0	NC	4		33.28		
Fiber, total dietary.....g	0.4	0.220	4	A	1		0.4		
Sugars, total.....g	1.59	0.202	4	A	1		1.76		
Sucrose.....g	0.42	0.236	4	A	1		0.46		
Glucose (dextrose).....g	0.21	0.022	4	A	1		0.23		
Fructose.....g	0.11	0.012	4	A	1		0.12		
Lactose.....g	0.66	0.021	4	A	1		0.73		
Maltose.....g	0.19	0.006	4	A	1		0.22		
Galactose.....g	0.00	0.000	4	A	1		0.00		
Starch.....g	24.23	0.680	4	A	1		26.90		
<b>Minerals:</b>									
Calcium, Ca.....mg	47	2.806	4	A	1		53		
Iron, Fe.....mg	1.86	0.098	4	A	1		2.06		
Magnesium, Mg.....mg	13	0.178	4	A	1		15		
Phosphorus, P.....mg	341	7.708	4	A	1		378		
Potassium, K.....mg	153	4.768	4	A	1		170		
Sodium, Na.....mg	814	6.519	4	A	1		904		
Zinc, Zn.....mg	0.71	0.013	4	A	1		0.79		
Copper, Cu.....mg	0.255	0.023	4	A	1		0.284		
Manganese, Mn.....mg	0.179	0.010	4	A	1		0.199		
Selenium, Se.....µg	15.0	2.209	4	A	1		16.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0		
Thiamin.....mg	0.385	0.038	4	A	1		0.428		
Riboflavin.....mg	0.217	0.020	4	A	1		0.241		
Niacin.....mg	3.445	0.139	4	A	1		3.824		
Pantothenic acid.....mg	0.467	0.027	4	A	1		0.518		
Vitamin B-6.....mg	0.063	0.006	4	A	1		0.070		
Folate, total.....µg	49	4.732	4	A	1		54		
Folic acid.....µg	38	5.023	4	A	1		42		
Folate, food.....µg	11		0	AS	1		12		
Folate, DFE.....µg	75		0	NC	4		83		
Choline, total.....mg	26.7		0	AS	1		29.7		
Betaine.....mg	9.1		1	A	1		10.1		
Vitamin B-12.....µg	0.60	0.027	4	A	1		0.66		
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....µg	1		0	NC	4		1		
Retinol.....µg	0	0.000	3	A	1		0		
Carotene, beta.....µg	8		0	FLA	4		8		
Carotene, alpha.....µg	0		0	FLA	4		0		
Cryptoxanthin, beta.....µg	0		0	FLA	4		0		
Vitamin A, IU.....IU	13		0	NC	4		14		
Lycopene.....µg	0		0	FLA	4		0		
Lutein + zeaxanthin.....µg	6		0	FLA	4		7		
Vitamin E (alpha-tocopherol).....mg	0.84	0.012	4	A	1		0.93		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg	0.04	0.000	4	A	1		0.04		
Tocopherol, gamma.....mg	4.58	0.163	4	A	1		5.09		
Tocopherol, delta.....mg	2.10	0.332	4	A	1		2.33		
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00		

**NDB No. 21009**  
**Fast foods, biscuit, with sausage**

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	4	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.3		0	FLA	4		0.4		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	14		0	FLA	4		15		
Vitamin K (phylloquinone).....µg	5.5	0.794	4	A	1		6.1		
Dihydrophyloquinone.....µg	28.9	3.195	4	A	1		32.1		
Menaquinone-4.....µg									
<b><u>Lipids:</u></b>									
Fatty acids, total saturated.....g	7.427		0	NC	4		8.244		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.001		0	FLA	4		0.001		
8:0.....g	0.000	0.000	4	A	1		0.000		
10:0.....g	0.012	0.003	4	A	1		0.014		
12:0.....g	0.012	0.003	4	A	1		0.014		
13:0.....g									
14:0.....g	0.202	0.014	4	A	1		0.225		
15:0.....g	0.002	0.002	4	A	1		0.003		
16:0.....g	4.277	0.149	4	A	1		4.748		
17:0.....g	0.057	0.002	4	A	1		0.064		
18:0.....g	2.705	0.077	4	A	1		3.002		
20:0.....g	0.132	0.003	4	A	1		0.147		
22:0.....g	0.025	0.003	4	A	1		0.028		
24:0.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated.....g	12.157		0	NC	4		13.495		
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	0.380	0.019	4	A	1		0.422		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	11.650	0.240	4	A	1		12.931		
20:1.....g	0.127	0.005	4	A	1		0.141		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.107		0	NC	4		3.449		
18:2 undifferentiated.....g	2.620	0.109	4	A	1		2.908		
18:3 undifferentiated.....g	0.140	0.006	4	A	1		0.155		
18:4.....g	0.030	0.004	4	A	1		0.033		
20:2 n-6 c,c.....g	0.282	0.016	4	A	1		0.314		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.035	0.003	4	A	1		0.039		
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	28	0.901	4	A	1		32		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.105		0	A	1		0.117		
Threonine.....g	0.353		0	A	1		0.392		
Isoleucine.....g	0.358		0	A	1		0.397		
Leucine.....g	0.661		0	A	1		0.734		
Lysine.....g	0.521		0	A	1		0.578		
Methionine.....g	0.162		0	A	1		0.180		
Cystine.....g	0.153		0	A	1		0.170		
Phenylalanine.....g									
Tyrosine.....g	0.246		0	A	1		0.273		
Valine.....g	0.416		0	A	1		0.461		
Arginine.....g									
Histidine.....g	0.250		0	A	1		0.278		
Alanine.....g	0.434		0	A	1		0.481		

NDB No. 21009

Fast foods, biscuit, with sausage

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									
Glutamic acid.....g	2.029		0	A	1		2.252		
Glycine.....g	0.491		0	A	1		0.545		
Proline.....g									
Serine.....g	0.411		0	A	1		0.456		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0			7	0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		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 = 111g: 1 item

**Calories Factors: Protein** 4.01

**Fat** 8.75

**Carbohydrate**3.95

**Food Group:** 21 Fast Foods

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



Fast foods, breadstick, soft, prepared with garlic and parmesan cheese

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	FLA	4		0.0		
Vitamin D.....IU	2		0	FLA	4		1		
Vitamin K (phylloquinone).....µg	18.3		0	FLA	4		7.9		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.966		0	NC	4		1.275		
4:0.....g	0.038	0.020	3	A	1		0.016		
6:0.....g	0.028	0.016	3	A	1		0.012		
8:0.....g	0.016	0.007	3	A	1		0.007		
10:0.....g	0.042	0.023	3	A	1		0.018		
12:0.....g	0.061	0.026	3	A	1		0.026		
13:0.....g									
14:0.....g	0.221	0.087	3	A	1		0.095		
15:0.....g	0.025	0.008	3	A	1		0.011		
16:0.....g	1.777	0.139	3	A	1		0.764		
17:0.....g	0.023	0.004	3	A	1		0.010		
18:0.....g	0.666	0.028	3	A	1		0.286		
20:0.....g	0.032	0.004	3	A	1		0.014		
22:0.....g	0.022	0.012	3	A	1		0.009		
24:0.....g	0.014	0.002	3	A	1		0.006		
Fatty acids, total monounsaturated.....g	2.778		0	NC	4		1.195		
14:1.....g	0.021	0.007	3	A	1		0.009		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.067	0.013	3	AS	1		0.029		
16:1 c.....g	0.060	0.011	3	A	1		0.026		
16:1 t.....g	0.007	0.002	3	A	1		0.003		
17:1.....g	0.009	0.001	3	A	1		0.004		
18:1 undifferentiated.....g	2.626	0.182	3	AS	1		1.129		
18:1 c.....g	2.572	0.200	3	A	1		1.106		
18:1 t.....g	0.054	0.020	3	A	1		0.023		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.053	0.006	3	A	1		0.023		
22:1 undifferentiated.....g	0.002	0.001	3	AS	1		0.001		
22:1 c.....g	0.000	0.000	3	A	1		0.000		
22:1 t.....g	0.002	0.001	3	A	1		0.001		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	6.160		0	NC	4		2.649		
18:2 undifferentiated.....g	5.410	0.875	3	AS	1		2.326		
18:2 n-6 c,c.....g	5.362	0.877	3	A	1		2.306		
18:2 CLAs.....g	0.018	0.003	3	A	1		0.008		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.030	0.001	3	A	1		0.013		
18:3 undifferentiated.....g	0.724	0.121	3	AS	1		0.311		
18:3 n-3 c,c,c (ALA).....g	0.696	0.117	3	A	1		0.299		
18:3 n-6 c,c,c.....g	0.028	0.004	3	A	1		0.012		
18:3i.....g	0.000	0.000	3	A	1		0.000		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.004	0.000	3	A	1		0.002		
20:3 undifferentiated.....g	0.003	0.002	3	AS	1		0.001		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.003	0.002	3	A	1		0.001		
20:4 undifferentiated.....g	0.010	0.000	3	A	1		0.004		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.000	3	A	1		0.002		
21:5.....g									
22:4.....g	0.002	0.001	3	A	1		0.001		
22:5 n-3 (DPA).....g	0.002	0.001	3	A	1		0.001		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.093		0	NC	4		0.040		
Fatty acids, total trans-monoenoic.....g	0.063		0	NC	4		0.027		



NDB No. 21520

Fast foods, breadstick, soft, prepared with garlic and parmesan cheese

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	0.030		0	NC	4		0.013		
Cholesterol.....mg	7		1	A	1		3		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		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 = 43g: 1 breadstick

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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



NDB No. 21519

Fast foods, breakfast burrito, with egg, cheese, and sausage

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.....									
Vitamin D (D2 + D3).....	0.8		0	FLA	4		0.8		
Vitamin D.....	31		0	FLA	4		33		
Vitamin K (phylloquinone).....	4.4		0	FLA	4		4.8		
Dihydrophyloquinone.....									
Menaquinone-4.....									
<b>Lipids:</b>									
Fatty acids, total saturated.....	6.404		0	NC	4		6.980		
4:0.....	0.083	0.005	3	A	1		0.091		
6:0.....	0.065	0.005	3	A	1		0.071		
8:0.....	0.066	0.004	3	A	1		0.072		
10:0.....	0.120	0.007	3	A	1		0.131		
12:0.....	0.121	0.009	3	A	1		0.132		
13:0.....									
14:0.....	0.441	0.027	3	A	1		0.481		
15:0.....	0.045	0.003	3	A	1		0.049		
16:0.....	3.333	0.149	3	A	1		3.633		
17:0.....	0.045	0.002	3	A	1		0.049		
18:0.....	2.030	0.090	3	A	1		2.212		
20:0.....	0.029	0.001	3	A	1		0.032		
22:0.....	0.018	0.000	3	A	1		0.019		
24:0.....	0.007	0.000	3	A	1		0.008		
Fatty acids, total monounsaturated.....	5.073		0	NC	4		5.530		
14:1.....	0.038	0.002	3	A	1		0.041		
15:1.....	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....	0.250	0.014	3	AS	1		0.272		
16:1 c.....	0.237	0.012	3	A	1		0.259		
16:1 t.....	0.013	0.001	3	A	1		0.014		
17:1.....	0.021	0.001	3	A	1		0.022		
18:1 undifferentiated.....	4.678	0.216	3	AS	1		5.099		
18:1 c.....	4.536	0.216	3	A	1		4.945		
18:1 t.....	0.142	0.002	3	A	1		0.154		
18:1-11 t (18:1t n-7).....									
20:1.....	0.082	0.005	3	A	1		0.089		
22:1 undifferentiated.....	0.004	0.001	3	AS	1		0.004		
22:1 c.....	0.004	0.001	3	A	1		0.004		
22:1 t.....	0.000	0.000	3	A	1		0.000		
24:1 c.....	0.001	0.000	3	A	1		0.001		
Fatty acids, total polyunsaturated.....	3.366		0	NC	4		3.669		
18:2 undifferentiated.....	2.929	0.103	3	AS	1		3.192		
18:2 n-6 c,c.....	2.853	0.099	3	A	1		3.109		
18:2 CLAs.....	0.031	0.002	3	A	1		0.034		
18:2 t,t.....									
18:2 i.....									
18:2 t not further defined.....	0.045	0.004	3	A	1		0.049		
18:3 undifferentiated.....	0.245	0.010	3	AS	1		0.267		
18:3 n-3 c,c,c (ALA).....	0.230	0.011	3	A	1		0.251		
18:3 n-6 c,c,c.....	0.014	0.001	3	A	1		0.015		
18:3i.....	0.001	0.000	3	A	1		0.001		
18:4.....	0.001	0.000	3	A	1		0.001		
20:2 n-6 c,c.....	0.040	0.005	3	A	1		0.044		
20:3 undifferentiated.....	0.022	0.001	3	AS	1		0.024		
20:3 n-3.....	0.006	0.001	3	A	1		0.006		
20:3 n-6.....	0.017	0.000	3	A	1		0.018		
20:4 undifferentiated.....	0.085	0.002	3	A	1		0.093		
20:4 n-6.....									
20:5 n-3 (EPA).....	0.004	0.000	3	A	1		0.004		
21:5.....									
22:4.....	0.012	0.001	3	A	1		0.013		
22:5 n-3 (DPA).....	0.007	0.001	3	A	1		0.008		
22:6 n-3 (DHA).....	0.019	0.000	3	A	1		0.020		
Fatty acids, total trans.....	0.201		0	NC	4		0.219		
Fatty acids, total trans-monoenoic.....	0.155		0	NC	4		0.168		

NDB No. 21519

Fast foods, breakfast burrito, with egg, cheese, and sausage

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			
Fatty acids, total trans-polyenoic.....g	0.046		0	NC	4	0.050		
Cholesterol.....mg	137	4.228	4	A	1	150		
Phytosterols.....mg								
<b><u>Amino Acids:</u></b>								
Tryptophan.....g	0.126		0	A	1	0.137		
Threonine.....g	0.408		0	A	1	0.445		
Isoleucine.....g	0.461		0	A	1	0.502		
Leucine.....g	0.901		0	A	1	0.982		
Lysine.....g	0.785		0	A	1	0.856		
Methionine.....g	0.262		0	A	1	0.285		
Cystine.....g	0.209		0	A	1	0.228		
Phenylalanine.....g	0.576		0	A	1	0.628		
Tyrosine.....g	0.398		0	A	1	0.434		
Valine.....g	0.524		0	A	1	0.571		
Arginine.....g	0.586		0	A	1	0.639		
Histidine.....g	0.272		0	A	1	0.297		
Alanine.....g	0.471		0	A	1	0.514		
Aspartic acid.....g	0.817		0	A	1	0.890		
Glutamic acid.....g	2.356		0	A	1	2.568		
Glycine.....g	0.408		0	A	1	0.445		
Proline.....g	1.016		0	A	1	1.107		
Serine.....g	0.681		0	A	1	0.742		
Hydroxyproline.....g	0.040		1	A	1	0.043		
<b><u>Others:</u></b>								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0		
Caffeine.....mg	0		0	FLA	4	0		
Theobromine.....mg	0		0	FLA	4	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 = 109g: 1 burrito

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 21 Fast Foods**

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



**NDB No. 21060**  
**Fast foods, burrito, with beans**

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	0.230		1		1		0.499		
15:0.....g									
16:0.....g	1.965		1		1		4.264		
17:0.....g									
18:0.....g	0.980		1		1		2.127		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.184		0		1		4.739		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	2.184		1		1		4.739		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.551		0		1		1.196		
18:2 undifferentiated.....g	0.439		1		1		0.953		
18:3 undifferentiated.....g	0.112		1		1		0.243		
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	2		1		1		4		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.079		0		1		0.171		
Threonine.....g	0.244		0		1		0.529		
Isoleucine.....g	0.270		0		1		0.586		
Leucine.....g	0.504		0		1		1.094		
Lysine.....g	0.343		0		1		0.744		
Methionine.....g	0.107		0		1		0.232		
Cystine.....g	0.098		0		1		0.213		
Phenylalanine.....g	0.351		0		1		0.762		
Tyrosine.....g	0.192		0		1		0.417		
Valine.....g	0.319		0		1		0.692		
Arginine.....g	0.359		0		1		0.779		
Histidine.....g	0.172		0		1		0.373		
Alanine.....g	0.255		0		1		0.553		
Aspartic acid.....g	0.610		0		1		1.324		
Glutamic acid.....g	1.469		0		1		3.188		
Glycine.....g	0.251		0		1		0.545		
Proline.....g	0.463		0		1		1.005		
Serine.....g	0.351		0		1		0.762		
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 = 217g: 2 pieces

**NDB No. 21060**

**Fast foods, burrito, with beans**

**Calories Factors: Protein 3.68**

**Fat 8.37**

**Carbohydrate 3.96**

**Food Group: 21 Fast Foods**

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





NDB No. 21063

Fast foods, burrito, with beans and beef

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.905		0	FLC	4		7.000		
4:0.....g	0.059		0	FLC	4		0.142		
6:0.....g	0.030		0	FLC	4		0.072		
8:0.....g	0.016		0	FLC	4		0.038		
10:0.....g	0.034		0	FLC	4		0.081		
12:0.....g	0.033		0	FLC	4		0.079		
13:0.....g									
14:0.....g	0.289		0	FLC	4		0.697		
15:0.....g									
16:0.....g	1.534		0	FLC	4		3.696		
17:0.....g									
18:0.....g	0.786		0	FLC	4		1.894		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.257		0	FLC	4		7.850		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.211		0	FLC	4		0.509		
17:1.....g									
18:1 undifferentiated.....g	2.864		0	FLC	4		6.902		
20:1.....g	0.016		0	FLC	4		0.039		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.577		0	FLC	4		1.392		
18:2 undifferentiated.....g	0.468		0	FLC	4		1.127		
18:3 undifferentiated.....g	0.083		0	FLC	4		0.199		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.011		0	FLC	4		0.026		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	26		0	FLC	4		63		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		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 = 241g: 1 item

Calories Factors: Protein 4.02

Fat 8.73

Carbohydrate 3.97

Food Group: 21 Fast Foods

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



Fast foods, burrito, with beans and cheese

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	0.1		0	FLA	4		0.1		
Vitamin D.....IU	2		0	FLA	4		4		
Vitamin K (phylloquinone).....µg	3.2		0	FLA	4		6.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.309		0	NC	4		4.272		
4:0.....g	0.033	0.005	6	A	1		0.061		
6:0.....g	0.024	0.004	6	A	1		0.044		
8:0.....g	0.016	0.002	6	A	1		0.029		
10:0.....g	0.037	0.005	6	A	1		0.069		
12:0.....g	0.044	0.007	6	A	1		0.082		
13:0.....g									
14:0.....g	0.154	0.024	6	A	1		0.285		
15:0.....g	0.018	0.003	6	A	1		0.034		
16:0.....g	0.980	0.064	6	A	1		1.814		
17:0.....g	0.016	0.001	6	A	1		0.030		
18:0.....g	0.941	0.033	6	A	1		1.741		
20:0.....g	0.018	0.000	6	A	1		0.034		
22:0.....g	0.016	0.000	6	A	1		0.030		
24:0.....g	0.009	0.000	6	A	1		0.017		
Fatty acids, total monounsaturated.....g	1.258		0	NC	4		2.327		
14:1.....g	0.011	0.002	6	A	1		0.020		
15:1.....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated.....g	0.030	0.004	6	AS	1		0.056		
16:1 c.....g	0.025	0.003	6	A	1		0.046		
16:1 t.....g	0.006	0.001	6	A	1		0.010		
17:1.....g	0.006	0.001	6	A	1		0.010		
18:1 undifferentiated.....g	1.174	0.054	6	AS	1		2.173		
18:1 c.....g	1.109	0.048	6	A	1		2.052		
18:1 t.....g	0.065	0.006	6	A	1		0.121		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.034	0.001	6	A	1		0.064		
22:1 undifferentiated.....g	0.001	0.000	6	AS	1		0.002		
22:1 c.....g	0.001	0.000	6	A	1		0.002		
22:1 t.....g	0.000	0.000	6	A	1		0.000		
24:1 c.....g	0.001	0.000	6	A	1		0.002		
Fatty acids, total polyunsaturated.....g	2.229		0	NC	4		4.124		
18:2 undifferentiated.....g	1.873	0.026	6	AS	1		3.465		
18:2 n-6 c,c.....g	1.826	0.027	6	A	1		3.378		
18:2 CLAs.....g	0.012	0.001	6	A	1		0.022		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.035	0.002	6	A	1		0.065		
18:3 undifferentiated.....g	0.336	0.003	6	AS	1		0.621		
18:3 n-3 c,c,c (ALA).....g	0.335	0.004	6	A	1		0.620		
18:3 n-6 c,c,c.....g	0.001	0.000	6	A	1		0.002		
18:3i.....g									
18:4.....g	0.000	0.000	6	A	1		0.001		
20:2 n-6 c,c.....g	0.002	0.000	6	A	1		0.004		
20:3 undifferentiated.....g	0.003	0.000	6	AS	1		0.005		
20:3 n-3.....g	0.000	0.000	6	A	1		0.000		
20:3 n-6.....g	0.003	0.000	6	A	1		0.005		
20:4 undifferentiated.....g	0.005	0.001	6	A	1		0.009		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.002	6	A	1		0.008		
21:5.....g									
22:4.....g	0.003	0.000	6	A	1		0.006		
22:5 n-3 (DPA).....g	0.002	0.000	6	A	1		0.003		
22:6 n-3 (DHA).....g	0.001	0.000	6	A	1		0.001		
Fatty acids, total trans.....g	0.106		0	NC	4		0.196		
Fatty acids, total trans-monoenoic.....g	0.071		0	NC	4		0.131		

NDB No. 21061

Fast foods, burrito, with beans and cheese

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	0.035		0	NC	4		0.065		
Cholesterol.....mg	5	0.929	3	A	1		10		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		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 each burrito

Calories Factors: Protein 3.76

Fat 8.71

Carbohydrate 3.98

Food Group: 21 Fast Foods

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

NDB No. 21064

Fast foods, burrito, with beans, cheese, and beef

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
<b>Proximates:</b>									
Water.....g	60.90	0.238	6	A	1		146.77		
Energy.....kcal	180		0	NC	4		434		
Energy.....kJ	753		0	NC	4		1815		
Protein (N x 6.17).....g	7.03	0.192	6	A	1		16.95		
Total lipid (fat).....g	6.80	0.132	6	A	1		16.39		
Ash.....g	1.89	0.013	6	A	1		4.57		
Carbohydrate, by difference.....g	23.37		0	NC	4		56.33		
Fiber, total dietary.....g	3.7	0.202	3	A	1		9.0		
Sugars, total.....g	2.10	0.058	3	A	1		5.06		
Sucrose.....g	0.17	0.033	3	A	1		0.40		
Glucose (dextrose).....g	0.50	0.000	3	A	1		1.21		
Fructose.....g	0.60	0.000	3	A	1		1.45		
Lactose.....g	0.33	0.033	3	A	1		0.80		
Maltose.....g	0.50	0.000	3	A	1		1.21		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	14.50	0.231	3	A	1		34.94		
<b>Minerals:</b>									
Calcium, Ca.....mg	90	1.883	6	A	1		218		
Iron, Fe.....mg	1.82	0.025	6	A	1		4.39		
Magnesium, Mg.....mg	23	0.445	6	A	1		55		
Phosphorus, P.....mg	131	1.765	6	A	1		315		
Potassium, K.....mg	204	3.170	6	A	1		490		
Sodium, Na.....mg	451	6.960	6	A	1		1086		
Zinc, Zn.....mg	0.88	0.023	6	A	1		2.13		
Copper, Cu.....mg	0.106	0.002	6	A	1		0.256		
Manganese, Mn.....mg	0.298	0.003	6	A	1		0.718		
Selenium, Se.....µg	10.7	1.419	3	A	1		25.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.3		0	FLA	4		3.0		
Thiamin.....mg	0.213	0.015	3	A	1		0.514		
Riboflavin.....mg	0.223	0.007	3	A	1		0.538		
Niacin.....mg	2.090	0.104	3	A	1		5.037		
Pantothenic acid.....mg	0.345		2	A	1		0.831		
Vitamin B-6.....mg	0.097	0.003	3	A	1		0.234		
Folate, total.....µg	45	3.673	3	A	1		109		
Folic acid.....µg	31		0	FLA	4		75		
Folate, food.....µg	14		0	NC	4		34		
Folate, DFE.....µg	67		0	NC	4		162		
Choline, total.....mg	27.9		0	AS	1		67.2		
Betaine.....mg									
Vitamin B-12.....µg	0.27	0.020	3	A	1		0.65		
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....µg	52		0	AS	1		125		
Retinol.....µg	45		1	A	1		109		
Carotene, beta.....µg	63		1	A	1		152		
Carotene, alpha.....µg	2		1	A	1		6		
Cryptoxanthin, beta.....µg	22		1	A	1		54		
Vitamin A, IU.....IU	277		0	AS	1		667		
Lycopene.....µg	160		1	A	1		385		
Lutein + zeaxanthin.....µg	77		1	A	1		185		
Vitamin E (alpha-tocopherol).....mg	0.28		2	A	1		0.67		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg	0.03		2	A	1		0.06		
Tocopherol, gamma.....mg	0.78		2	A	1		1.89		
Tocopherol, delta.....mg	0.38		2	A	1		0.92		
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00		
Tocotrienol, beta.....mg	0.03		2	A	1		0.08		

Fast foods, burrito, with beans, cheese, and beef

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		
Tocotrienol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.1		0	FLA	4		0.2		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	3		0	FLA	4		7		
Vitamin K (phylloquinone).....µg	6.1		0	FLA	4		14.8		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.733		0	NC	4		6.587		
4:0.....g	0.036	0.002	3	A	1		0.087		
6:0.....g	0.027	0.001	3	A	1		0.065		
8:0.....g	0.017	0.001	3	A	1		0.042		
10:0.....g	0.047	0.001	3	A	1		0.114		
12:0.....g	0.052	0.002	3	A	1		0.124		
13:0.....g									
14:0.....g	0.221	0.005	3	A	1		0.533		
15:0.....g	0.028	0.001	3	A	1		0.067		
16:0.....g	1.271	0.042	3	A	1		3.063		
17:0.....g	0.035	0.003	3	A	1		0.085		
18:0.....g	0.965	0.043	3	A	1		2.325		
20:0.....g	0.016	0.000	3	A	1		0.038		
22:0.....g	0.012	0.001	3	A	1		0.029		
24:0.....g	0.007	0.000	3	A	1		0.016		
Fatty acids, total monounsaturated.....g	1.803		0	NC	4		4.345		
14:1.....g	0.032	0.001	3	A	1		0.076		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.084	0.006	3	AS	1		0.202		
16:1 c.....g	0.077	0.003	3	A	1		0.185		
16:1 t.....g	0.007	0.003	3	A	1		0.018		
17:1.....g	0.019	0.002	3	A	1		0.046		
18:1 undifferentiated.....g	1.651	0.059	3	AS	1		3.978		
18:1 c.....g	1.532	0.051	3	A	1		3.692		
18:1 t.....g	0.119	0.009	3	A	1		0.286		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.018	0.001	3	A	1		0.043		
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	1.575		0	NC	4		3.795		
18:2 undifferentiated.....g	1.345	0.049	3	AS	1		3.242		
18:2 n-6 c,c.....g	1.305	0.049	3	A	1		3.145		
18:2 CLAs.....g	0.016	0.001	3	A	1		0.038		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.025	0.000	3	A	1		0.059		
18:3 undifferentiated.....g	0.209	0.008	3	AS	1		0.504		
18:3 n-3 c,c,c (ALA).....g	0.202	0.008	3	A	1		0.488		
18:3 n-6 c,c,c.....g	0.007	0.000	3	A	1		0.016		
18:3i.....g	0.000	0.000	3	A	1		0.000		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.002	0.001	3	A	1		0.005		
20:3 undifferentiated.....g	0.004	0.000	3	AS	1		0.009		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.004	0.000	3	A	1		0.009		
20:4 undifferentiated.....g	0.009	0.000	3	A	1		0.022		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	3	A	1		0.004		
21:5.....g									
22:4.....g	0.002	0.000	3	A	1		0.004		
22:5 n-3 (DPA).....g	0.002	0.000	3	A	1		0.006		

NDB No. 21064

Fast foods, burrito, with beans, cheese, and beef

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
			Points	Deriv Code	Code					
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000			
Fatty acids, total trans.....g	0.151		0	NC	4		0.363			
Fatty acids, total trans-monoenoic.....g	0.126		0	NC	4		0.303			
Fatty acids, total trans-polyenoic.....g	0.025		0	NC	4		0.059			
Cholesterol.....mg	12	0.520	3	A	1		29			
Phytosterols.....mg										
<b>Amino Acids:</b>										
Tryptophan.....g	0.063		0	A	1		0.151			
Threonine.....g	0.188		0	A	1		0.453			
Isoleucine.....g	0.268		0	A	1		0.647			
Leucine.....g	0.474		0	A	1		1.142			
Lysine.....g	0.295		0	A	1		0.711			
Methionine.....g	0.107		0	A	1		0.258			
Cystine.....g										
Phenylalanine.....g	0.295		0	A	1		0.711			
Tyrosine.....g	0.152		0	A	1		0.367			
Valine.....g	0.322		0	A	1		0.776			
Arginine.....g	0.322		0	A	1		0.776			
Histidine.....g	0.161		0	A	1		0.388			
Alanine.....g	0.286		0	A	1		0.690			
Aspartic acid.....g	0.501		0	A	1		1.207			
Glutamic acid.....g	1.476		0	A	1		3.557			
Glycine.....g	0.322		0	A	1		0.776			
Proline.....g	0.662		0	A	1		1.595			
Serine.....g	0.295		0	A	1		0.711			
Hydroxyproline.....g	0.090		1	A	1		0.217			
<b>Others:</b>										
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0			
Caffeine.....mg	0		0	FLA	4		0			
Theobromine.....mg	0		0	FLA	4		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 = 241g: 1 burrito

**Calories Factors: Protein** 3.96

**Fat** 8.72

**Carbohydrate**3.97

**Food Group:** 21 Fast Foods

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





Fast foods, cheeseburger, double, regular patty and bun, with condiments

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	0.2		0	RKI	6		0.3		
Vitamin D.....IU	7		0	RKI	6		11		
Vitamin K (phylloquinone).....µg	4.7		0	RKI	6		7.3		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.960		0	NC	4		10.789		
4:0.....g	0.082	0.016	9	A	1		0.127		
6:0.....g	0.070	0.016	9	A	1		0.108		
8:0.....g	0.049	0.011	9	A	1		0.076		
10:0.....g	0.121	0.025	9	A	1		0.188		
12:0.....g	0.138	0.029	9	A	1		0.215		
13:0.....g									
14:0.....g	0.714	0.056	9	A	1		1.106		
15:0.....g	0.095	0.003	9	A	1		0.147		
16:0.....g	3.556	0.048	9	A	1		5.511		
17:0.....g	0.153	0.014	9	A	1		0.237		
18:0.....g	1.940	0.060	9	A	1		3.007		
20:0.....g	0.023	0.002	9	A	1		0.035		
22:0.....g	0.010	0.001	9	A	1		0.016		
24:0.....g	0.006	0.000	9	A	1		0.010		
Fatty acids, total monounsaturated.....g	6.001		0	NC	4		9.302		
14:1.....g	0.129	0.004	9	A	1		0.200		
15:1.....g	0.000	0.000	9	A	1		0.000		
16:1 undifferentiated.....g	0.410	0.039	9	AS	1		0.636		
16:1 c.....g	0.360	0.038	9	A	1		0.558		
16:1 t.....g	0.051	0.001	9	A	1		0.078		
17:1.....g	0.096	0.017	9	A	1		0.149		
18:1 undifferentiated.....g	5.304	0.517	9	AS	1		8.221		
18:1 c.....g	4.735	0.426	9	A	1		7.339		
18:1 t.....g	0.569	0.093	9	A	1		0.882		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.050	0.006	9	A	1		0.077		
22:1 undifferentiated.....g	0.009	0.006	9	AS	1		0.015		
22:1 c.....g	0.009	0.006	9	A	1		0.015		
22:1 t.....g	0.000	0.000	9	A	1		0.000		
24:1 c.....g	0.003	0.001	18	A	1		0.004		
Fatty acids, total polyunsaturated.....g	1.314		0	NC	4		2.036		
18:2 undifferentiated.....g	1.115	0.042	9	AS	1		1.728		
18:2 n-6 c,c.....g	0.931	0.045	9	A	1		1.443		
18:2 CLAs.....g	0.083	0.004	9	A	1		0.128		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.101	0.001	9	A	1		0.157		
18:3 undifferentiated.....g	0.116	0.009	9	AS	1		0.179		
18:3 n-3 c,c,c (ALA).....g	0.112	0.009	9	A	1		0.174		
18:3 n-6 c,c,c.....g	0.004	0.001	15	A	1		0.006		
18:3i.....g									
18:4.....g	0.001	0.000	12	A	1		0.002		
20:2 n-6 c,c.....g	0.005	0.000	9	A	1		0.008		
20:3 undifferentiated.....g	0.021	0.001	9	AS	1		0.032		
20:3 n-3.....g	0.002	0.000	15	A	1		0.004		
20:3 n-6.....g	0.018	0.001	9	A	1		0.028		
20:4 undifferentiated.....g	0.031	0.003	9	A	1		0.049		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.001	12	A	1		0.007		
21:5.....g									
22:4.....g	0.007	0.001	9	A	1		0.011		
22:5 n-3 (DPA).....g	0.011	0.001	9	A	1		0.017		
22:6 n-3 (DHA).....g	0.000	0.000	9	A	1		0.000		
Fatty acids, total trans.....g	0.721		0	NC	4		1.118		
Fatty acids, total trans-monoenoic.....g	0.620		0	NC	4		0.960		

NDB No. 21094

Fast foods, cheeseburger, double, regular patty and bun, with condiments

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
Fatty acids, total trans-polyenoic.....g	0.101		0	NC	4		0.157		
Cholesterol.....mg	50		0	RKI	6		78		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RKI	6		0.0		
Caffeine.....mg	0		0	RKI	6		0		
Theobromine.....mg	0		0	RKI	6		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 = 155g: 1 sandwich

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21100

Fast foods, cheeseburger; double, large patty, with condiments and vegetables

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
<b>Proximates:</b>									
Water.....g	51.09	0.933	13		1		131.81		
Energy.....kcal	273		0		1		704		
Energy.....kJ	1142		0		1		2947		
Protein (N x 6.2).....g	14.72	0.381	15		1		37.98		
Total lipid (fat).....g	16.92	0.319	15		1		43.65		
Ash.....g	1.90	0.073	13		1		4.90		
Carbohydrate, by difference.....g	15.37		0	NC	4		39.65		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	93	9.043	14		1		240		
Iron, Fe.....mg	2.29	0.122	14		1		5.91		
Magnesium, Mg.....mg	20	0.575	12		1		52		
Phosphorus, P.....mg	153	6.382	13		1		395		
Potassium, K.....mg	231	6.472	14		1		596		
Sodium, Na.....mg	445	19.057	15		1		1148		
Zinc, Zn.....mg	2.59	0.100	13		1		6.68		
Copper, Cu.....mg	0.080	0.004	12		1		0.206		
Manganese, Mn.....mg	0.123		1		4		0.317		
Selenium, Se.....µg	11.2		0	RK	4		28.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		2		1		1.0		
Thiamin.....mg	0.140	0.008	14		1		0.361		
Riboflavin.....mg	0.190	0.010	14		1		0.490		
Niacin.....mg	2.810	0.123	14		1		7.250		
Pantothenic acid.....mg	0.330		1		4		0.851		
Vitamin B-6.....mg	0.160		1		4		0.413		
Folate, total.....µg	29		0	RK	4		75		
Folic acid.....µg	10		0	NC	4		26		
Folate, food.....µg	19		0		4		49		
Folate, DFE.....µg	36		0	NC	4		93		
Choline, total.....mg	39.3		0	AS	1		101.4		
Betaine.....mg	29.5		3	A	1		76.2		
Vitamin B-12.....µg	1.32		1		4		3.41		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	135		1		1		348		
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									
<b>Lipids:</b>									

NDB No. 21100

**Fast foods, cheeseburger; double, large patty, with condiments and vegetables**

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	6.850		1		1	17.673		
Fatty acids, total monounsaturated.....g	6.726		1		1	17.353		
Fatty acids, total polyunsaturated.....g	1.821		1		1	4.698		
Fatty acids, total trans.....g								
Cholesterol.....mg	55	4.028	3		1	142		
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.183		0		1	0.472		
Threonine.....g	0.568		0		1	1.465		
Isoleucine.....g	0.627		0		1	1.618		
Leucine.....g	1.159		0		1	2.990		
Lysine.....g	1.126		0		1	2.905		
Methionine.....g	0.328		0		1	0.846		
Cystine.....g	0.152		0		1	0.392		
Phenylalanine.....g	0.601		0		1	1.551		
Tyrosine.....g	0.482		0		1	1.244		
Valine.....g	0.731		0		1	1.886		
Arginine.....g	0.881		0		1	2.273		
Histidine.....g	0.458		0		1	1.182		
Alanine.....g	0.815		0		1	2.103		
Aspartic acid.....g	1.211		0		1	3.124		
Glutamic acid.....g	2.764		0		1	7.131		
Glycine.....g	0.900		0		1	2.322		
Proline.....g	0.950		0		1	2.451		
Serine.....g	0.539		0		1	1.391		
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 = 258g: 1 sandwich

**Calories Factors: Protein 4.2**

**Fat 8.92**

**Carbohydrate 3.95**

**Food Group: 21 Fast Foods**

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

NDB No. 21396

Fast foods, cheeseburger; double, large patty; w with condiments

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
<b>Proximates:</b>									
Water.....g	50.34		0	RKI	6		140.96		
Energy.....kcal	272		0	NC	4		760		
Energy.....kJ	1136		0	NC	4		3181		
Protein.....g	16.96		0	RKI	6		47.49		
Total lipid (fat).....g	16.22		0	RKI	6		45.41		
Ash.....g	2.05		0	RKI	6		5.73		
Carbohydrate, by difference.....g	14.43		0	RKI	6		40.41		
Fiber, total dietary.....g	1.0		0	RKI	6		2.7		
Sugars, total.....g	3.49		0	RKI	6		9.79		
Sucrose.....g	0.14		0	RKI	6		0.38		
Glucose (dextrose).....g	1.17		0	RKI	6		3.28		
Fructose.....g	1.35		0	RKI	6		3.78		
Lactose.....g	0.39		0	RKI	6		1.10		
Maltose.....g	0.45		0	RKI	6		1.25		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	106		0	RKI	6		297		
Iron, Fe.....mg	2.18		0	RKI	6		6.11		
Magnesium, Mg.....mg	21		0	RKI	6		60		
Phosphorus, P.....mg	165		0	RKI	6		463		
Potassium, K.....mg	242		0	RKI	6		678		
Sodium, Na.....mg	480		0	RKA	1		1345		
Zinc, Zn.....mg	3.33		0	RKI	6		9.31		
Copper, Cu.....mg	0.091		0	RKI	6		0.254		
Manganese, Mn.....mg	0.133		0	RKI	6		0.373		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6		0	RKA	1		1.6		
Thiamin.....mg	0.127		0	RKI	6		0.355		
Riboflavin.....mg	0.303		0	RKI	6		0.848		
Niacin.....mg	4.213		0	RKI	6		11.797		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	45		0	RKA	1		126		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.68		0	RKI	6		4.72		
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	200		0	RKA	1		559		
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									
<b>Lipids:</b>									

NDB No. 21396

Fast foods, cheeseburger; double, large patty; with condiments

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			
Fatty acids, total saturated.....g	6.473		0	RKI 6	18.125		
Fatty acids, total monounsaturated.....g	5.855		0	RKI 6	16.394		
Fatty acids, total polyunsaturated.....g	0.480		0	RKI 6	1.345		
Fatty acids, total trans.....g	1.005		0	RKI 6	2.815		
Cholesterol.....mg	57		0	RKI 6	161		
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 = 280g: 1 item

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21093

Fast foods, cheeseburger; double, regular patty, with condiments and vegetables (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
<b>Proximates:</b>									
Water.....g	51.20		1		1		84.99		
Energy.....kcal	251		0	NC	4		416		
Energy.....kJ	1049		0	NC	4		1742		
Protein (N x 6.2).....g	12.80		1		1		21.25		
Total lipid (fat).....g	12.70		1		1		21.08		
Ash.....g	2.10		1		1		3.49		
Carbohydrate, by difference.....g	21.20		0	NC	4		35.19		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	103		1		1		171		
Iron, Fe.....mg	2.06		1		1		3.42		
Magnesium, Mg.....mg	18		1		1		30		
Phosphorus, P.....mg	146		1		1		242		
Potassium, K.....mg	202		1		1		335		
Sodium, Na.....mg	633		1		1		1051		
Zinc, Zn.....mg	2.10		1		1		3.49		
Copper, Cu.....mg	0.090		1		1		0.149		
Manganese, Mn.....mg	0.180		1		1		0.299		
Selenium, Se.....µg	14.2		0	RK	4		23.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		1		1		1.7		
Thiamin.....mg	0.210		1		1		0.349		
Riboflavin.....mg	0.170		1		1		0.282		
Niacin.....mg	4.850		1		1		8.051		
Pantothenic acid.....mg	0.260		1		1		0.432		
Vitamin B-6.....mg	0.110		1		1		0.183		
Folate, total.....µg	37		0	RK	4		61		
Folic acid.....µg	23		0	NC	4		38		
Folate, food.....µg	14		1		1		23		
Folate, DFE.....µg	53		0	NC	4		88		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.16		1		1		1.93		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	240		1		1		398		
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									
<b>Lipids:</b>									

NDB No. 21093

Fast foods, cheeseburger; double, regular patty, with condiments and vegetables (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
Fatty acids, total saturated.....g	5.251		1		1		8.717		
Fatty acids, total monounsaturated.....g	4.704		1		1		7.809		
Fatty acids, total polyunsaturated.....g	1.601		1		1		2.658		
Fatty acids, total trans.....g									
Cholesterol.....mg	36		1		1		60		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.161		0		1		0.267		
Threonine.....g	0.483		0		1		0.802		
Isoleucine.....g	0.549		0		1		0.911		
Leucine.....g	1.013		0		1		1.682		
Lysine.....g	0.989		0		1		1.642		
Methionine.....g	0.287		0		1		0.476		
Cystine.....g	0.128		0		1		0.212		
Phenylalanine.....g	0.539		0		1		0.895		
Tyrosine.....g	0.444		0		1		0.737		
Valine.....g	0.648		0		1		1.076		
Arginine.....g	0.731		0		1		1.213		
Histidine.....g	0.407		0		1		0.676		
Alanine.....g	0.658		0		1		1.092		
Aspartic acid.....g	1.018		0		1		1.690		
Glutamic acid.....g	2.475		0		1		4.109		
Glycine.....g	0.710		0		1		1.179		
Proline.....g	0.883		0		1		1.466		
Serine.....g	0.487		0		1		0.808		
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 sandwich

**Footnotes:**

1 Condiments include ketchup, mustard, pickles and onions

Calories Factors: Protein 4.2

Fat 8.92

Carbohydrate 3.95

Food Group: 21 Fast Foods

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



NDB No. 21400

Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce

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
<b>Proximates:</b>									
Water.....g	50.54		1	A	1		110.68		
Energy.....kcal	261		0	NC	4		571		
Energy.....kJ	1091		0	NC	4		2390		
Protein (N x 6.25).....g	11.94		1	A	1		26.15		
Total lipid (fat).....g	14.10		1	A	1		30.88		
Ash.....g	1.89		1	A	1		4.14		
Carbohydrate, by difference.....g	21.53		0	NC	4		47.15		
Fiber, total dietary.....g	1.4		1	A	1		3.1		
Sugars, total.....g	3.26		0	NR	4		7.14		
Sucrose.....g	0.32		1	A	1		0.70		
Glucose (dextrose).....g	1.10		1	A	1		2.41		
Fructose.....g	1.30		1	A	1		2.85		
Lactose.....g	0.29		1	A	1		0.63		
Maltose.....g	0.25		1	A	1		0.55		
Galactose.....g									
Starch.....g	14.10		1	A	1		30.88		
<b>Minerals:</b>									
Calcium, Ca.....mg	127		1	A	1		278		
Iron, Fe.....mg	1.40		1	A	1		3.07		
Magnesium, Mg.....mg	25		1	A	1		55		
Phosphorus, P.....mg	136		1	A	1		298		
Potassium, K.....mg	182		1	A	1		399		
Sodium, Na.....mg	485		1	A	1		1062		
Zinc, Zn.....mg	2.16		1	A	1		4.73		
Copper, Cu.....mg	0.131		1	A	1		0.287		
Manganese, Mn.....mg	0.212		1	A	1		0.464		
Selenium, Se.....µg	25.9		1	A	1		56.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		1	A	1		0.7		
Thiamin.....mg	0.184		1	A	1		0.403		
Riboflavin.....mg	0.201		1	A	1		0.440		
Niacin.....mg	3.630		1	A	1		7.950		
Pantothenic acid.....mg	0.441		1	A	1		0.966		
Vitamin B-6.....mg	0.170		1	A	1		0.372		
Folate, total.....µg	27		1	A	1		59		
Folic acid.....µg	18		1	A	1		39		
Folate, food.....µg	9		1	AS	1		20		
Folate, DFE.....µg	40		0	NC	4		87		
Choline, total.....mg	31.5		0	FLA	4		68.9		
Betaine.....mg									
Vitamin B-12.....µg	1.27		1	A	1		2.78		
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....µg	27		0	FLA	4		59		
Retinol.....µg	22		0	FLA	4		48		
Carotene, beta.....µg	59		0	FLA	4		128		
Carotene, alpha.....µg	1		0	FLA	4		3		
Cryptoxanthin, beta.....µg	2		0	FLA	4		5		
Vitamin A, IU.....IU	174		0	NC	4		381		
Lycopene.....µg	0		0	FLA	4		0		
Lutein + zeaxanthin.....µg	50		0	FLA	4		109		
Vitamin E (alpha-tocopherol).....mg	0.06		1	A	1		0.13		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	1.00		1	A	1		2.19		
Tocopherol, delta.....mg	0.87		1	A	1		1.91		
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		

Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce

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	0.1		0	FLA	4		0.2		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	5		0	FLA	4		10		
Vitamin K (phylloquinone).....µg	16.4		1	A	1		35.9		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.045		0	NC	4		11.049		
4:0.....g	0.086		0	FLA	4		0.188		
6:0.....g	0.029		0	FLA	4		0.064		
8:0.....g	0.020		1	A	1		0.043		
10:0.....g	0.049		1	A	1		0.108		
12:0.....g	0.059		1	A	1		0.129		
13:0.....g									
14:0.....g	0.404		1	A	1		0.885		
15:0.....g	0.049		1	A	1		0.108		
16:0.....g	2.781		1	A	1		6.090		
17:0.....g	0.089		1	A	1		0.194		
18:0.....g	1.430		1	A	1		3.131		
20:0.....g	0.029		1	A	1		0.065		
22:0.....g	0.020		1	A	1		0.043		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	5.088		0	NC	4		11.143		
14:1.....g	0.069		1	A	1		0.151		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.286		1	A	1		0.626		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	4.664		1	A	1		10.215		
20:1.....g	0.049		1	A	1		0.108		
22:1 undifferentiated.....g	0.020		1	A	1		0.043		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.826		0	NC	4		8.379		
18:2 undifferentiated.....g	3.303		1	A	1		7.234		
18:3 undifferentiated.....g	0.454		1	A	1		0.993		
18:4.....g	0.049		1	A	1		0.108		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.020		1	A	1		0.043		
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	36		1	A	1		78		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.110		0	A	1		0.241		
Threonine.....g	0.390		0	A	1		0.854		
Isoleucine.....g	0.440		0	A	1		0.963		
Leucine.....g	0.810		0	A	1		1.774		
Lysine.....g	0.670		0	A	1		1.467		
Methionine.....g	0.240		0	A	1		0.525		
Cystine.....g	0.150		0	A	1		0.328		
Phenylalanine.....g	0.450		0	A	1		0.985		
Tyrosine.....g	0.240		0	A	1		0.525		
Valine.....g	0.520		0	A	1		1.139		
Arginine.....g	0.580		0	A	1		1.270		
Histidine.....g	0.290		0	A	1		0.635		
Alanine.....g	0.610		0	A	1		1.336		

NDB No. 21400

Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce

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	0.740		0	A	1	1.621		
Glutamic acid.....g	2.350		0	A	1	5.146		
Glycine.....g	0.700		0	A	1	1.533		
Proline.....g	0.860		0	A	1	1.883		
Serine.....g	0.440		0	A	1	0.963		
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0		
Caffeine.....mg	0		0	FLA	4	0		
Theobromine.....mg	0		0	FLA	4	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 = 219g: 1 item

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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

NDB No. 21092

Fast foods, cheeseburger; double, regular patty; plain

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
<b>Proximates:</b>									
Water.....g	42.17		0	RA	4		62.83		
Energy.....kcal	308		0	RA	4		460		
Energy.....kJ	1290		0	RA	4		1923		
Protein (N x 6.2).....g	17.16		0	RA	4		25.57		
Total lipid (fat).....g	17.40		0	RA	4		25.92		
Ash.....g	2.52		0	RA	4		3.75		
Carbohydrate, by difference.....g	20.80		0	RA	4		30.99		
Fiber, total dietary.....g	0.7		0	RA	4		1.0		
Sugars, total.....g	4.02		0	RA	4		6.00		
Sucrose.....g	0.18		0	RA	4		0.27		
Glucose (dextrose).....g	0.94		0	RA	4		1.41		
Fructose.....g	1.64		0	RA	4		2.45		
Lactose.....g	0.76		0	RA	4		1.14		
Maltose.....g	0.49		0	RA	4		0.73		
Galactose.....g	0.00		0	RA	4		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	180		0	RA	4		268		
Iron, Fe.....mg	2.37		0	RA	4		3.54		
Magnesium, Mg.....mg	21		0	RA	4		31		
Phosphorus, P.....mg	183		0	RA	4		273		
Potassium, K.....mg	216		0	RA	4		322		
Sodium, Na.....mg	621		0	RA	4		925		
Zinc, Zn.....mg	2.75		0	RA	4		4.09		
Copper, Cu.....mg	0.081		0	RA	4		0.120		
Manganese, Mn.....mg	0.181		0	RA	4		0.269		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RA	4		0.0		
Thiamin.....mg	0.185		0	RA	4		0.276		
Riboflavin.....mg	0.282		0	RA	4		0.420		
Niacin.....mg	4.382		0	RA	4		6.530		
Pantothenic acid.....mg	0.342		0	RA	4		0.510		
Vitamin B-6.....mg	0.187		0	RA	4		0.278		
Folate, total.....µg	50		0	RA	4		74		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.38		0	RA	4		2.05		
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									
<b>Lipids:</b>									

NDB No. 21092

Fast foods, cheeseburger; double, regular patty; plain

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	7.080		0	RA	4		10.550		
Fatty acids, total monounsaturated.....g	5.794		0	RA	4		8.632		
Fatty acids, total polyunsaturated.....g	0.562		0	RA	4		0.838		
Fatty acids, total trans.....g	0.963		0	RA	4		1.435		
Cholesterol.....mg	55		0	RA	4		82		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.227		0		1		0.338		
Threonine.....g	0.676		0		1		1.007		
Isoleucine.....g	0.769		0		1		1.146		
Leucine.....g	1.428		0		1		2.128		
Lysine.....g	1.393		0		1		2.076		
Methionine.....g	0.406		0		1		0.605		
Cystine.....g	0.178		0		1		0.265		
Phenylalanine.....g	0.754		0		1		1.123		
Tyrosine.....g	0.627		0		1		0.934		
Valine.....g	0.910		0		1		1.356		
Arginine.....g	1.028		0		1		1.532		
Histidine.....g	0.573		0		1		0.854		
Alanine.....g	0.924		0		1		1.377		
Aspartic acid.....g	1.405		0		1		2.093		
Glutamic acid.....g	3.405		0		1		5.073		
Glycine.....g	1.002		0		1		1.493		
Proline.....g	1.252		0		1		1.865		
Serine.....g	0.682		0		1		1.016		
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 = 149g: 1 item

**Calories Factors: Protein 4.2**

**Fat 8.92**

**Carbohydrate 3.95**

**Food Group: 21 Fast Foods**

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



Fast foods, cheeseburger; double, regular patty; with condiments

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	0.2		0	RKI	6		0.3		
Vitamin D.....IU	7		0	RKI	6		11		
Vitamin K (phylloquinone).....µg	4.7		0	RKI	6		7.3		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.960		0	NC	4		10.789		
4:0.....g	0.082	0.002	9	A	1		0.127		
6:0.....g	0.070	0.002	9	A	1		0.108		
8:0.....g	0.049	0.001	9	A	1		0.076		
10:0.....g	0.121	0.002	9	A	1		0.188		
12:0.....g	0.138	0.003	9	A	1		0.215		
13:0.....g									
14:0.....g	0.714	0.006	9	A	1		1.106		
15:0.....g	0.095	0.001	9	A	1		0.147		
16:0.....g	3.556	0.034	9	A	1		5.511		
17:0.....g	0.153	0.005	9	A	1		0.237		
18:0.....g	1.940	0.024	9	A	1		3.007		
20:0.....g	0.023	0.000	9	A	1		0.035		
22:0.....g	0.010	0.000	9	A	1		0.016		
24:0.....g	0.006	0.000	9	A	1		0.010		
Fatty acids, total monounsaturated.....g	6.001		0	NC	4		9.302		
14:1.....g	0.129	0.002	9	A	1		0.200		
15:1.....g	0.000	0.000	9	A	1		0.000		
16:1 undifferentiated.....g	0.410	0.009	9	AS	1		0.636		
16:1 c.....g	0.360	0.009	9	A	1		0.558		
16:1 t.....g	0.051	0.000	9	A	1		0.078		
17:1.....g	0.096	0.004	9	A	1		0.149		
18:1 undifferentiated.....g	5.304	0.058	9	AS	1		8.221		
18:1 c.....g	4.735	0.063	9	A	1		7.339		
18:1 t.....g	0.569	0.033	9	A	1		0.882		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.050	0.001	9	A	1		0.077		
22:1 undifferentiated.....g	0.009	0.001	9	AS	1		0.015		
22:1 c.....g	0.009	0.001	9	A	1		0.015		
22:1 t.....g	0.000	0.000	9	A	1		0.000		
24:1 c.....g	0.003	0.002	9	A	1		0.004		
Fatty acids, total polyunsaturated.....g	1.314		0	NC	4		2.036		
18:2 undifferentiated.....g	1.115	0.009	9	AS	1		1.728		
18:2 n-6 c,c.....g	0.931	0.007	9	A	1		1.443		
18:2 CLAs.....g	0.083	0.001	9	A	1		0.128		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.101	0.002	9	A	1		0.157		
18:3 undifferentiated.....g	0.116	0.002	9	AS	1		0.179		
18:3 n-3 c,c,c (ALA).....g	0.112	0.002	9	A	1		0.174		
18:3 n-6 c,c,c.....g	0.004	0.001	9	A	1		0.006		
18:3i.....g									
18:4.....g	0.001	0.000	9	A	1		0.002		
20:2 n-6 c,c.....g	0.005	0.000	9	A	1		0.008		
20:3 undifferentiated.....g	0.021	0.000	9	AS	1		0.032		
20:3 n-3.....g	0.002	0.000	9	A	1		0.004		
20:3 n-6.....g	0.018	0.000	9	A	1		0.028		
20:4 undifferentiated.....g	0.031	0.001	9	A	1		0.049		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.005	0.000	9	A	1		0.007		
21:5.....g									
22:4.....g	0.007	0.000	9	A	1		0.011		
22:5 n-3 (DPA).....g	0.011	0.000	9	A	1		0.017		
22:6 n-3 (DHA).....g	0.000	0.000	9	A	1		0.000		
Fatty acids, total trans.....g	0.721		0	NC	4		1.118		
Fatty acids, total trans-monoenoic.....g	0.620		0	NC	4		0.960		

NDB No. 21395

Fast foods, cheeseburger; double, regular patty; with condiments

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	0.101		0	NC	4		0.157		
Cholesterol.....mg	50		0	RKI	6		78		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RKI	6		0.0		
Caffeine.....mg	0		0	RKI	6		0		
Theobromine.....mg	0		0	RKI	6		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 = 155g: 1 sandwich

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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



NDB No. 21095

Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables

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
<b>Proximates:</b>									
Water.....g	46.56	0.469	13		1		106.16		
Energy.....kcal	285		0	NC	4		649		
Energy.....kJ	1192		0	NC	4		2717		
Protein (N x 6.2).....g	13.04	0.252	10		1		29.73		
Total lipid (fat).....g	15.47	0.395	10		1		35.27		
Ash.....g	1.63	0.099	8		1		3.72		
Carbohydrate, by difference.....g	23.30		0	NC	4		53.12		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	74	7.980	8		1		169		
Iron, Fe.....mg	2.07	0.176	8		1		4.72		
Magnesium, Mg.....mg	16	1.579	8		1		36		
Phosphorus, P.....mg	153	11.545	7		1		349		
Potassium, K.....mg	171	16.193	6		1		390		
Sodium, Na.....mg	404	46.710	8		1		921		
Zinc, Zn.....mg	1.81	0.194	8		1		4.13		
Copper, Cu.....mg	0.071	0.007	6		1		0.162		
Manganese, Mn.....mg	0.120	0.018	5		1		0.274		
Selenium, Se.....µg	17.3		0	RK	4		39.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2	0.075	5		1		2.7		
Thiamin.....mg	0.250	0.022	7		1		0.570		
Riboflavin.....mg	0.190	0.005	7		1		0.433		
Niacin.....mg	3.660	0.149	7		1		8.345		
Pantothenic acid.....mg	0.280	0.094	4		1		0.638		
Vitamin B-6.....mg	0.120	0.007	7		1		0.274		
Folate, total.....µg	40		0	RK	4		91		
Folic acid.....µg	25		0	NC	4		57		
Folate, food.....µg	15	1.795	9		1		34		
Folate, DFE.....µg	58		0	NC	4		131		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.91	0.040	5		1		2.07		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	163	31.822	5		1		372		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.87		0		1		1.98		
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									
<b>Lipids:</b>									

Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables

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	5.600		0		1		12.768
4:0.....g							
6:0.....g	0.102		5		1		0.233
8:0.....g	0.028		5		1		0.064
10:0.....g	0.040		5		1		0.091
12:0.....g	0.060		5		1		0.137
13:0.....g							
14:0.....g	0.447		5		1		1.019
15:0.....g							
16:0.....g	3.034		5		1		6.918
17:0.....g							
18:0.....g	1.641		5		1		3.741
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	5.543		0		1		12.638
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.457		5		1		1.042
17:1.....g							
18:1 undifferentiated.....g	4.931		5		1		11.243
20:1.....g	0.043		5		1		0.098
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	2.792		0		1		6.366
18:2 undifferentiated.....g	2.465		5		1		5.620
18:3 undifferentiated.....g	0.285		5		1		0.650
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.043		5		1		0.098
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	41	0.402	4		1		93
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.164		0		1		0.374
Threonine.....g	0.482		0		1		1.099
Isoleucine.....g	0.558		0		1		1.272
Leucine.....g	1.023		0		1		2.332
Lysine.....g	0.949		0		1		2.164
Methionine.....g	0.286		0		1		0.652
Cystine.....g	0.139		0		1		0.317
Phenylalanine.....g	0.558		0		1		1.272
Tyrosine.....g	0.440		0		1		1.003
Valine.....g	0.661		0		1		1.507
Arginine.....g	0.728		0		1		1.660
Histidine.....g	0.402		0		1		0.917
Alanine.....g	0.652		0		1		1.487
Aspartic acid.....g	0.989		0		1		2.255
Glutamic acid.....g	2.615		0		1		5.962
Glycine.....g	0.705		0		1		1.607
Proline.....g	0.949		0		1		2.164
Serine.....g	0.511		0		1		1.165
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. 21095**

**Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables**

**Common Measures:**

Measure 1 = 228g: 1 sandwich

**Calories Factors: Protein 4.2**

**Fat 8.92**

**Carbohydrate 3.95**

**Food Group: 21 Fast Foods**

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

NDB No. 21096

Fast foods, cheeseburger; single, large patty; plain

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
<b>Proximates:</b>									
Water.....g	40.67	0.262	6	A	1		74.03		
Energy.....kcal	310		0	NC	4		564		
Energy.....kJ	1298		0	NC	4		2362		
Protein (N x 6.2).....g	17.29	0.173	6	A	1		31.47		
Total lipid (fat).....g	15.97	0.251	6	A	1		29.06		
Ash.....g	2.00	0.023	6	A	1		3.64		
Carbohydrate, by difference.....g	24.07		0	NC	4		43.80		
Fiber, total dietary.....g	1.7		1	A	1		3.1		
Sugars, total.....g	4.67	0.052	3	A	1		8.51		
Sucrose.....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose).....g	1.65	0.017	3	A	1		3.00		
Fructose.....g	1.76	0.017	3	A	1		3.20		
Lactose.....g	0.76	0.040	3	A	1		1.38		
Maltose.....g	0.50	0.107	3	A	1		0.92		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	18.25		2	A	1		33.21		
<b>Minerals:</b>									
Calcium, Ca.....mg	114	4.185	6	A	1		207		
Iron, Fe.....mg	2.57	0.111	6	A	1		4.69		
Magnesium, Mg.....mg	24	0.482	6	A	1		43		
Phosphorus, P.....mg	163	1.014	6	A	1		296		
Potassium, K.....mg	210	5.475	6	A	1		382		
Sodium, Na.....mg	481	6.848	6	A	1		876		
Zinc, Zn.....mg	2.79	0.065	6	A	1		5.08		
Copper, Cu.....mg	0.097	0.004	6	A	1		0.177		
Manganese, Mn.....mg	0.259	0.004	6	A	1		0.472		
Selenium, Se.....µg	19.6	1.856	3	A	1		35.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RA	4		0.0		
Thiamin.....mg	0.260	0.040	3	A	1		0.473		
Riboflavin.....mg	0.353	0.020	3	A	1		0.643		
Niacin.....mg	4.597	0.231	3	A	1		8.366		
Pantothenic acid.....mg	0.575		2	A	1		1.046		
Vitamin B-6.....mg	0.224	0.008	3	A	1		0.408		
Folate, total.....µg	62	4.729	3	A	1		112		
Folic acid.....µg	30		0	BFFN	4		55		
Folate, food.....µg	31		0	NC	4		57		
Folate, DFE.....µg	83		0	NC	4		151		
Choline, total.....mg	31.3		0	BFFN	4		57.0		
Betaine.....mg									
Vitamin B-12.....µg	1.00	0.154	3	A	1		1.82		
Vitamin B-12, added.....µg	0.00		0	BFFN	4		0.00		
Vitamin A, RAE.....µg	58		0	AS	1		105		
Retinol.....µg	53		1	A	1		96		
Carotene, beta.....µg	58		1	A	1		105		
Carotene, alpha.....µg	0		1	A	1		1		
Cryptoxanthin, beta.....µg	2		1	A	1		4		
Vitamin A, IU.....IU	275		0	AS	1		500		
Lycopene.....µg	0		1	A	1		0		
Lutein + zeaxanthin.....µg	30		1	A	1		55		
Vitamin E (alpha-tocopherol).....mg	0.52		2	A	1		0.94		
Vitamin E, added.....mg	0.00		0	BFFN	4		0.00		
Tocopherol, beta.....mg	0.09		2	A	1		0.16		
Tocopherol, gamma.....mg	0.67		2	A	1		1.21		
Tocopherol, delta.....mg	0.17		2	A	1		0.31		
Tocotrienol, alpha.....mg	0.03		2	A	1		0.06		
Tocotrienol, beta.....mg	0.33		2	A	1		0.61		

NDB No. 21096

Fast foods, cheeseburger; single, large patty; plain

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		
Tocotrienol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.1		0	BFFN	4		0.1		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	2		0	BFFN	4		4		
Vitamin K (phylloquinone).....µg	4.6		0	BFFN	4		8.3		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.873		0	NC	4		12.509		
4:0.....g	0.081	0.012	3	A	1		0.147		
6:0.....g	0.060	0.007	3	A	1		0.109		
8:0.....g	0.043	0.003	3	A	1		0.078		
10:0.....g	0.111	0.004	3	A	1		0.202		
12:0.....g	0.130	0.003	3	A	1		0.236		
13:0.....g									
14:0.....g	0.685	0.006	3	A	1		1.247		
15:0.....g	0.090	0.004	3	A	1		0.163		
16:0.....g	3.554	0.054	3	A	1		6.469		
17:0.....g	0.138	0.016	3	A	1		0.251		
18:0.....g	1.939	0.078	3	A	1		3.529		
20:0.....g	0.024	0.001	3	A	1		0.044		
22:0.....g	0.012	0.001	3	A	1		0.022		
24:0.....g	0.007	0.001	3	A	1		0.013		
Fatty acids, total monounsaturated.....g	5.769		0	NC	4		10.499		
14:1.....g	0.123	0.004	3	A	1		0.223		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.400	0.009	3	AS	1		0.727		
16:1 c.....g	0.351	0.010	3	A	1		0.639		
16:1 t.....g	0.048	0.002	3	A	1		0.088		
17:1.....g	0.081	0.007	3	A	1		0.147		
18:1 undifferentiated.....g	5.119	0.099	3	AS	1		9.317		
18:1 c.....g	4.631	0.090	3	A	1		8.429		
18:1 t.....g	0.488	0.046	3	A	1		0.888		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.046	0.002	3	A	1		0.084		
22:1 undifferentiated.....g	0.000	0.000	3	AS	1		0.001		
22:1 c.....g	0.000	0.000	3	A	1		0.001		
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	1.502		0	NC	4		2.733		
18:2 undifferentiated.....g	1.302	0.026	3	AS	1		2.369		
18:2 n-6 c,c.....g	1.140	0.029	3	A	1		2.075		
18:2 CLAs.....g	0.074	0.003	3	A	1		0.135		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.088	0.009	3	A	1		0.160		
18:3 undifferentiated.....g	0.124	0.003	3	AS	1		0.225		
18:3 n-3 c,c,c (ALA).....g	0.117	0.003	3	A	1		0.212		
18:3 n-6 c,c,c.....g	0.005	0.001	3	A	1		0.009		
18:3i.....g	0.002	0.000	3	A	1		0.004		
18:4.....g	0.000	0.000	3	A	1		0.001		
20:2 n-6 c,c.....g	0.005	0.000	3	A	1		0.008		
20:3 undifferentiated.....g	0.016	0.001	3	AS	1		0.030		
20:3 n-3.....g	0.001	0.001	3	A	1		0.001		
20:3 n-6.....g	0.016	0.001	3	A	1		0.029		
20:4 undifferentiated.....g	0.029	0.001	3	A	1		0.053		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.006	0.000	3	A	1		0.011		
21:5.....g									
22:4.....g	0.005	0.001	3	A	1		0.010		
22:5 n-3 (DPA).....g	0.013	0.000	3	A	1		0.023		

NDB No. 21096

Fast foods, cheeseburger; single, large patty; plain

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	0.001	0.001	3	A	1		0.002		
Fatty acids, total trans.....g	0.626		0	NC	4		1.140		
Fatty acids, total trans-monoenoic.....g	0.536		0	NC	4		0.976		
Fatty acids, total trans-polyenoic.....g	0.090		0	NC	4		0.164		
Cholesterol.....mg	51	2.751	3	A	1		93		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.159		0	RA	4		0.288		
Threonine.....g	0.585		0	RA	4		1.064		
Isoleucine.....g	0.773		0	RA	4		1.407		
Leucine.....g	1.348		0	RA	4		2.454		
Lysine.....g	0.981		0	RA	4		1.786		
Methionine.....g	0.386		0	RA	4		0.703		
Cystine.....g									
Phenylalanine.....g	0.763		0	RA	4		1.389		
Tyrosine.....g	0.486		0	RA	4		0.884		
Valine.....g	0.882		0	RA	4		1.605		
Arginine.....g	0.922		0	RA	4		1.678		
Histidine.....g	0.486		0	RA	4		0.884		
Alanine.....g	0.892		0	RA	4		1.623		
Aspartic acid.....g	1.328		0	RA	4		2.417		
Glutamic acid.....g	3.796		0	RA	4		6.909		
Glycine.....g	0.912		0	RA	4		1.660		
Proline.....g	1.824		0	RA	4		3.320		
Serine.....g	0.724		0	RA	4		1.317		
Hydroxyproline.....g	0.270		1	A	1		0.491		
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFFN	4		0.0		
Caffeine.....mg	0		0	BFFN	4		0		
Theobromine.....mg	0		0	BFFN	4		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 sandwich

**Calories Factors: Protein 4.2**

**Fat 8.92**

**Carbohydrate 3.95**

**Food Group: 21 Fast Foods**

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

NDB No. 21398

Fast foods, cheeseburger; single, large patty; with condiments

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
<b>Proximates:</b>									
Water.....g	48.36		1	A	1		96.24		
Energy.....kcal	269		0	NC	4		536		
Energy.....kJ	1127		0	NC	4		2242		
Protein.....g	15.21		1	A	1		30.27		
Total lipid (fat).....g	14.40		1	A	1		28.66		
Ash.....g	2.31		1	A	1		4.60		
Carbohydrate, by difference.....g	19.72		0	NC	4		39.24		
Fiber, total dietary.....g	1.2		1	A	1		2.4		
Sugars, total.....g	3.60		0	NR	4		7.16		
Sucrose.....g	0.15		1	A	1		0.30		
Glucose (dextrose).....g	0.93		1	A	1		1.85		
Fructose.....g	1.29		1	A	1		2.57		
Lactose.....g	0.47		1	A	1		0.94		
Maltose.....g	0.76		1	A	1		1.51		
Galactose.....g									
Starch.....g	13.00		1	A	1		25.87		
<b>Minerals:</b>									
Calcium, Ca.....mg	179		1	A	1		356		
Iron, Fe.....mg	1.02		1	A	1		2.03		
Magnesium, Mg.....mg	26		1	A	1		52		
Phosphorus, P.....mg	183		1	A	1		364		
Potassium, K.....mg	223		1	A	1		444		
Sodium, Na.....mg	591		1	A	1		1176		
Zinc, Zn.....mg	2.83		1	A	1		5.63		
Copper, Cu.....mg	0.075		1	A	1		0.148		
Manganese, Mn.....mg	0.163		1	A	1		0.324		
Selenium, Se.....µg	24.7		1	A	1		49.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		1	A	1		0.7		
Thiamin.....mg	0.119		1	A	1		0.237		
Riboflavin.....mg	0.260		1	A	1		0.517		
Niacin.....mg	4.050		1	A	1		8.060		
Pantothenic acid.....mg	0.590		1	A	1		1.174		
Vitamin B-6.....mg	0.093		1	A	1		0.185		
Folate, total.....µg	16		1	A	1		32		
Folic acid.....µg	12		1	A	1		24		
Folate, food.....µg	4		1	AS	1		8		
Folate, DFE.....µg	24		0	NC	4		49		
Choline, total.....mg	37.7		0	FLA	4		75.0		
Betaine.....mg									
Vitamin B-12.....µg	1.75		1	A	1		3.48		
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....µg	51		0	FLA	4		101		
Retinol.....µg	47		0	FLA	4		93		
Carotene, beta.....µg	47		0	FLA	4		93		
Carotene, alpha.....µg	1		0	FLA	4		2		
Cryptoxanthin, beta.....µg	2		0	FLA	4		4		
Vitamin A, IU.....IU	237		0	NC	4		472		
Lycopene.....µg	810		0	FLA	4		1613		
Lutein + zeaxanthin.....µg	17		0	FLA	4		34		
Vitamin E (alpha-tocopherol).....mg	0.20		1	A	1		0.40		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg	2.76		1	A	1		5.49		
Tocopherol, gamma.....mg	0.32		1	A	1		0.64		
Tocopherol, delta.....mg	0.06		1	A	1		0.12		
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		

NDB No. 21398

Fast foods, cheeseburger; single, large patty; with condiments

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			
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	0.1		0	BFFN	4	0.2		
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU	3		0	BFFN	4	7		
Vitamin K (phylloquinone).....µg	4.4		1	A	1	8.8		
Dihydrophyloquinone.....µg	0.0		1	A	1	0.0		
Menaquinone-4.....µg								
<b>Lipids:</b>								
Fatty acids, total saturated.....g	7.033		0	NC	4	13.995		
4:0.....g	0.194		0	FLA	4	0.386		
6:0.....g	0.066		0	FLA	4	0.132		
8:0.....g	0.049		1	A	1	0.098		
10:0.....g	0.108		1	A	1	0.214		
12:0.....g	0.127		1	A	1	0.253		
13:0.....g								
14:0.....g	0.725		1	A	1	1.443		
15:0.....g	0.088		1	A	1	0.176		
16:0.....g	3.627		1	A	1	7.217		
17:0.....g	0.137		1	A	1	0.273		
18:0.....g	1.892		1	A	1	3.764		
20:0.....g	0.020		1	A	1	0.039		
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	5.959		0	NC	4	11.859		
14:1.....g	0.108		1	A	1	0.214		
15:1.....g	0.000		1	A	1	0.000		
16:1 undifferentiated.....g	0.461		1	A	1	0.917		
17:1.....g	0.000		1	A	1	0.000		
18:1 undifferentiated.....g	5.342		1	A	1	10.630		
20:1.....g	0.049		1	A	1	0.098		
22:1 undifferentiated.....g	0.000		1	A	1	0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.264		0	NC	4	2.515		
18:2 undifferentiated.....g	1.009		1	A	1	2.009		
18:3 undifferentiated.....g	0.127		1	A	1	0.253		
18:4.....g	0.078		1	A	1	0.156		
20:2 n-6 c,c.....g	0.000		1	A	1	0.000		
20:3 undifferentiated.....g	0.020		1	A	1	0.039		
20:4 undifferentiated.....g	0.029		1	A	1	0.058		
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	48		1	A	1	95		
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0		
Caffeine.....mg	0		0	FLA	4	0		
Theobromine.....mg	0		0	FLA	4	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 = 199g: 1 item



**NDB No. 21398**

**Fast foods, cheeseburger; single, large patty; with condiments**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21097

Fast foods, cheeseburger; single, large patty; with condiments and bacon

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
<b>Proximates:</b>									
Water.....g	46.85		0	RA	4		98.86		
Energy.....kcal	282		0	RA	4		595		
Energy.....kJ	1180		0	RA	4		2489		
Protein (N x 6.2).....g	15.78		0	RA	4		33.30		
Total lipid (fat).....g	15.86		0	RA	4		33.46		
Ash.....g	2.62		0	RA	4		5.53		
Carbohydrate, by difference.....g	18.89		0	RA	4		39.85		
Fiber, total dietary.....g	1.3		0	RA	4		2.7		
Sugars, total.....g	4.63		0	RA	4		9.76		
Sucrose.....g	0.18		0	RA	4		0.38		
Glucose (dextrose).....g	1.55		0	RA	4		3.27		
Fructose.....g	1.79		0	RA	4		3.77		
Lactose.....g	0.52		0	RA	4		1.10		
Maltose.....g	0.59		0	RA	4		1.25		
Galactose.....g	0.00		0	RA	4		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	137		0	RA	4		288		
Iron, Fe.....mg	2.07		0	RA	4		4.36		
Magnesium, Mg.....mg	23		0	RA	4		48		
Phosphorus, P.....mg	181		0	RA	4		381		
Potassium, K.....mg	238		0	RA	4		501		
Sodium, Na.....mg	674		0	RA	4		1421		
Zinc, Zn.....mg	2.67		0	RA	4		5.63		
Copper, Cu.....mg	0.102		0	RA	4		0.215		
Manganese, Mn.....mg	0.166		0	RA	4		0.349		
Selenium, Se.....µg	3.4		0	RA	4		7.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		0	RA	4		1.6		
Thiamin.....mg	0.174		0	RA	4		0.368		
Riboflavin.....mg	0.348		0	RA	4		0.735		
Niacin.....mg	4.233		0	RA	4		8.931		
Pantothenic acid.....mg	0.354		0	RA	4		0.746		
Vitamin B-6.....mg	0.242		0	RA	4		0.511		
Folate, total.....µg	49		0	RA	4		103		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.25		0	RA	4		2.65		
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									
<b>Lipids:</b>									

NDB No. 21097

Fast foods, cheeseburger; single, large patty; with condiments and bacon

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	6.126		0	RA	4		12.925		
Fatty acids, total monounsaturated.....g	5.427		0	RA	4		11.452		
Fatty acids, total polyunsaturated.....g	0.672		0	RA	4		1.419		
Fatty acids, total trans.....g	0.772		0	RA	4		1.628		
Cholesterol.....mg	50		0	RA	4		106		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.199		0		1		0.420		
Threonine.....g	0.617		0		1		1.302		
Isoleucine.....g	0.696		0		1		1.469		
Leucine.....g	1.271		0		1		2.682		
Lysine.....g	1.239		0		1		2.614		
Methionine.....g	0.365		0		1		0.770		
Cystine.....g	0.169		0		1		0.357		
Phenylalanine.....g	0.683		0		1		1.441		
Tyrosine.....g	0.551		0		1		1.163		
Valine.....g	0.826		0		1		1.743		
Arginine.....g	0.948		0		1		2.000		
Histidine.....g	0.508		0		1		1.072		
Alanine.....g	0.852		0		1		1.798		
Aspartic acid.....g	1.292		0		1		2.726		
Glutamic acid.....g	3.034		0		1		6.402		
Glycine.....g	0.956		0		1		2.017		
Proline.....g	1.112		0		1		2.346		
Serine.....g	0.630		0		1		1.329		
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 = 211g: 1 item

**Calories Factors: Protein 4.2**

**Fat 8.92**

**Carbohydrate 3.95**

**Food Group: 21 Fast Foods**

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

NDB No. 21098

Fast foods, cheeseburger; single, large patty; with condiments and vegetables

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
<b>Proximates:</b>									
Water.....g	59.55		0	RKI	6		138.75		
Energy.....kcal	206		0	RKI	6		481		
Energy.....kJ	864		0	RKI	6		2013		
Protein (N x 6.2).....g	11.59		0	RKI	6		27.00		
Total lipid (fat).....g	10.36		0	RKI	6		24.15		
Ash.....g	1.68		0	RKI	6		3.92		
Carbohydrate, by difference.....g	16.81		0	RKI	6		39.18		
Fiber, total dietary.....g	1.4		0	RKI	6		3.2		
Sugars, total.....g	4.00		0	RKI	6		9.31		
Sucrose.....g	0.17		0	RKI	6		0.40		
Glucose (dextrose).....g	1.39		0	RKI	6		3.24		
Fructose.....g	1.72		0	RKI	6		4.02		
Lactose.....g	0.26		0	RKI	6		0.61		
Maltose.....g	0.47		0	RKI	6		1.10		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	95		0	RKI	6		222		
Iron, Fe.....mg	1.86		0	RKI	6		4.33		
Magnesium, Mg.....mg	19		0	RKI	6		45		
Phosphorus, P.....mg	119		0	RKI	6		277		
Potassium, K.....mg	210		0	RKI	6		489		
Sodium, Na.....mg	385		0	RKA	1		897		
Zinc, Zn.....mg	2.17		0	RKI	6		5.06		
Copper, Cu.....mg	0.090		0	RKI	6		0.210		
Manganese, Mn.....mg	0.182		0	RKI	6		0.424		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.9		0	RKA	1		4.4		
Thiamin.....mg	0.145		0	RKI	6		0.337		
Riboflavin.....mg	0.281		0	RKI	6		0.655		
Niacin.....mg	3.327		0	RKI	6		7.751		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	47		0	RKA	1		110		
Folate, DFE.....µg									
Choline, total.....mg	29.0		0	AS	1		67.6		
Betaine.....mg	11.5		1	A	1		26.8		
Vitamin B-12.....µg	1.01		0	RKI	6		2.36		
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	258		0	RKA	1		600		
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									
<b>Lipids:</b>									

NDB No. 21098

Fast foods, cheeseburger; single, large patty; with condiments and vegetables

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 saturated.....g	3.893		0	RKI	6		9.071		
Fatty acids, total monounsaturated.....g	3.518		0	RKI	6		8.198		
Fatty acids, total polyunsaturated.....g	0.298		0	RKI	6		0.693		
Fatty acids, total trans.....g	0.604		0	RKI	6		1.408		
Cholesterol.....mg	34		0	RKI	6		80		
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 = 233g: 1 sandwich

**Calories Factors: Protein** 4.2

**Fat** 8.92

**Carbohydrate**3.95

**Food Group:** 21 Fast Foods

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

NDB No. 21099

Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham

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
<b>Proximates:</b>									
Water.....g	50.05		1		1		127.13		
Energy.....kcal	286		0	NC	4		726		
Energy.....kJ	1196		0	NC	4		3038		
Protein (N x 6.2).....g	15.55		2		1		39.50		
Total lipid (fat).....g	18.97		2		1		48.18		
Ash.....g	2.42		1		4		6.15		
Carbohydrate, by difference.....g	13.01		0	NC	4		33.05		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	119		1		4		302		
Iron, Fe.....mg	1.98		1		4		5.03		
Magnesium, Mg.....mg	20		1		4		51		
Phosphorus, P.....mg	209		1		4		531		
Potassium, K.....mg	212		1		4		538		
Sodium, Na.....mg	674		2		1		1712		
Zinc, Zn.....mg	2.61		1		4		6.63		
Copper, Cu.....mg	0.097		1		4		0.246		
Manganese, Mn.....mg	0.147		1		4		0.373		
Selenium, Se.....µg	12.8		0	RK	4		32.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.9		1		4		7.4		
Thiamin.....mg	0.210		1		4		0.533		
Riboflavin.....mg	0.220		1		4		0.559		
Niacin.....mg	3.610		1		4		9.169		
Pantothenic acid.....mg	0.410		1		4		1.041		
Vitamin B-6.....mg	0.150		1		4		0.381		
Folate, total.....µg	31		0	RK	4		79		
Folic acid.....µg	11		0	NC	4		28		
Folate, food.....µg	20		0		4		51		
Folate, DFE.....µg	39		0	NC	4		98		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.13		1		4		2.87		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	199		1		4		505		
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									
<b>Lipids:</b>									

NDB No. 21099

Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham

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	8.317		1		1	21.125	
Fatty acids, total monounsaturated.....g	7.429		1		1	18.870	
Fatty acids, total polyunsaturated.....g	1.516		1		1	3.851	
Fatty acids, total trans.....g							
Cholesterol.....mg	48		2		1	122	
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.196		0		1	0.498	
Threonine.....g	0.597		0		1	1.516	
Isoleucine.....g	0.670		0		1	1.702	
Leucine.....g	1.232		0		1	3.129	
Lysine.....g	1.197		0		1	3.040	
Methionine.....g	0.354		0		1	0.899	
Cystine.....g	0.171		0		1	0.434	
Phenylalanine.....g	0.662		0		1	1.681	
Tyrosine.....g	0.532		0		1	1.351	
Valine.....g	0.773		0		1	1.963	
Arginine.....g	0.901		0		1	2.289	
Histidine.....g	0.499		0		1	1.267	
Alanine.....g	0.810		0		1	2.057	
Aspartic acid.....g	1.244		0		1	3.160	
Glutamic acid.....g	2.975		0		1	7.557	
Glycine.....g	0.850		0		1	2.159	
Proline.....g	1.046		0		1	2.657	
Serine.....g	0.657		0		1	1.669	
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 = 254g: 1 sandwich

**Calories Factors: Protein 4.2**

**Fat 8.92**

**Carbohydrate 3.95**

**Food Group: 21 Fast Foods**

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

NDB No. 21397

Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise

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
<b>Proximates:</b>									
Water.....g	50.92	0.833	6	A	1		109.47		
Energy.....kcal	268		0	NC	4		576		
Energy.....kJ	1121		0	NC	4		2410		
Protein.....g	13.69	0.449	6	A	1		29.43		
Total lipid (fat).....g	15.80	0.582	6	A	1		33.98		
Ash.....g	1.86	0.063	6	A	1		4.00		
Carbohydrate, by difference.....g	17.73		0	NC	4		38.12		
Fiber, total dietary.....g	1.1	0.015	3	A	1		2.3		
Sugars, total.....g	4.50	0.058	3	A	1		9.67		
Sucrose.....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose).....g	1.63	0.033	3	A	1		3.51		
Fructose.....g	2.10	0.000	3	A	1		4.51		
Lactose.....g	0.37	0.088	3	A	1		0.79		
Maltose.....g	0.40	0.058	3	A	1		0.86		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	12.63	0.644	3	A	1		27.16		
<b>Minerals:</b>									
Calcium, Ca.....mg	73	5.487	6	A	1		158		
Iron, Fe.....mg	2.30	0.161	6	A	1		4.95		
Magnesium, Mg.....mg	18	0.277	6	A	1		38		
Phosphorus, P.....mg	125	4.799	6	A	1		268		
Potassium, K.....mg	208	3.853	6	A	1		448		
Sodium, Na.....mg	473	23.898	6	A	1		1018		
Zinc, Zn.....mg	2.26	0.058	6	A	1		4.86		
Copper, Cu.....mg	0.081	0.002	6	A	1		0.174		
Manganese, Mn.....mg	0.186	0.005	6	A	1		0.399		
Selenium, Se.....µg	16.5	1.378	3	A	1		35.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.1	0.196	3	A	1		2.4		
Thiamin.....mg	0.177	0.012	3	A	1		0.380		
Riboflavin.....mg	0.257	0.009	3	A	1		0.552		
Niacin.....mg	3.143	0.154	3	A	1		6.758		
Pantothenic acid.....mg	0.755		2	A	1		1.623		
Vitamin B-6.....mg	0.186	0.003	3	A	1		0.400		
Folate, total.....µg	51		1	JA	6		110		
Folic acid.....µg	30		1	A	1		65		
Folate, food.....µg	21		0	NC	4		45		
Folate, DFE.....µg	72		0	NC	4		155		
Choline, total.....mg	36.8		0	AS	1		79.1		
Betaine.....mg	17.2		1	A	1		37.0		
Vitamin B-12.....µg	0.93	0.032	3	A	1		1.99		
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....µg	50		0	AS	1		107		
Retinol.....µg	44	4.234	3	A	1		96		
Carotene, beta.....µg	64		1	A	1		137		
Carotene, alpha.....µg	0		1	A	1		0		
Cryptoxanthin, beta.....µg	2		1	A	1		4		
Vitamin A, IU.....IU	256		0	AS	1		550		
Lycopene.....µg	208		1	A	1		447		
Lutein + zeaxanthin.....µg	41		1	A	1		88		
Vitamin E (alpha-tocopherol).....mg	0.57	0.017	3	A	1		1.23		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg	0.07	0.006	3	A	1		0.15		
Tocopherol, gamma.....mg	1.81	0.304	3	A	1		3.88		
Tocopherol, delta.....mg	0.76	0.128	3	A	1		1.63		
Tocotrienol, alpha.....mg	0.02	0.003	3	A	1		0.04		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		



Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise

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	0.01	0.000	3	A	1		0.02		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.1		0	BFFN	4		0.2		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	3		0	BFFN	4		7		
Vitamin K (phylloquinone).....µg	14.2		2	A	1		30.5		
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.746		0	NC	4		12.354		
4:0.....g	0.077	0.007	3	A	1		0.166		
6:0.....g	0.060	0.005	3	A	1		0.128		
8:0.....g	0.043	0.004	3	A	1		0.092		
10:0.....g	0.100	0.007	3	A	1		0.216		
12:0.....g	0.112	0.008	3	A	1		0.240		
13:0.....g									
14:0.....g	0.565	0.022	3	A	1		1.215		
15:0.....g	0.075	0.003	3	A	1		0.161		
16:0.....g	3.017	0.047	3	A	1		6.486		
17:0.....g	0.122	0.008	3	A	1		0.262		
18:0.....g	1.527	0.041	3	A	1		3.284		
20:0.....g	0.023	0.001	3	A	1		0.049		
22:0.....g	0.015	0.001	3	A	1		0.032		
24:0.....g	0.008	0.001	3	A	1		0.017		
Fatty acids, total monounsaturated.....g	5.352		0	NC	4		11.506		
14:1.....g	0.101	0.003	3	A	1		0.218		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.335	0.005	3	AS	1		0.719		
16:1 c.....g	0.295	0.005	3	A	1		0.635		
16:1 t.....g	0.039	0.001	3	A	1		0.084		
17:1.....g	0.083	0.006	3	A	1		0.178		
18:1 undifferentiated.....g	4.776	0.151	3	AS	1		10.267		
18:1 c.....g	4.264	0.121	3	A	1		9.167		
18:1 t.....g	0.512	0.043	3	A	1		1.101		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.049	0.003	3	A	1		0.105		
22:1 undifferentiated.....g	0.007	0.003	3	AS	1		0.015		
22:1 c.....g	0.007	0.003	3	A	1		0.015		
22:1 t.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.001	0.001	3	A	1		0.003		
Fatty acids, total polyunsaturated.....g	2.366		0	NC	4		5.086		
18:2 undifferentiated.....g	2.045	0.186	3	AS	1		4.397		
18:2 n-6 c,c.....g	1.901	0.185	3	A	1		4.088		
18:2 CLAs.....g	0.067	0.005	3	A	1		0.144		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.077	0.005	3	A	1		0.165		
18:3 undifferentiated.....g	0.252	0.024	3	AS	1		0.541		
18:3 n-3 c,c,c (ALA).....g	0.240	0.023	3	A	1		0.515		
18:3 n-6 c,c,c.....g	0.012	0.003	3	A	1		0.026		
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.005	0.000	3	A	1		0.011		
20:3 undifferentiated.....g	0.018	0.001	3	AS	1		0.038		
20:3 n-3.....g	0.003	0.001	3	A	1		0.006		
20:3 n-6.....g	0.015	0.001	3	A	1		0.032		
20:4 undifferentiated.....g	0.029	0.001	3	A	1		0.063		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	3	A	1		0.006		
21:5.....g									
22:4.....g	0.007	0.000	3	A	1		0.014		
22:5 n-3 (DPA).....g	0.007	0.001	3	A	1		0.015		

NDB No. 21397

Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise

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	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.628		0	NC	4		1.351		
Fatty acids, total trans-monoenoic.....g	0.551		0	NC	4		1.185		
Fatty acids, total trans-polyenoic.....g	0.077		0	NC	4		0.165		
Cholesterol.....mg	51	1.486	3	A	1		109		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		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 = 215g: 1 sandwich

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21090

Fast foods, cheeseburger; single, regular patty, with condiments

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
<b>Proximates:</b>									
Water.....g	45.78		3	A	1		58.14		
Energy.....kcal	270		0	NC	4		342		
Energy.....kJ	1128		0	NC	4		1433		
Protein (N x 6.11).....g	13.49		3	A	1		17.13		
Total lipid (fat).....g	12.90		3	A	1		16.39		
Ash.....g	2.38		3	A	1		3.02		
Carbohydrate, by difference.....g	25.46		0	NC	4		32.33		
Fiber, total dietary.....g	1.9		3	A	1		2.4		
Sugars, total.....g	5.24		0	NR	4		6.65		
Sucrose.....g	0.61		3	A	1		0.78		
Glucose (dextrose).....g	1.78		3	A	1		2.26		
Fructose.....g	1.98		3	A	1		2.51		
Lactose.....g	0.24		3	A	1		0.31		
Maltose.....g	0.48		3	A	1		0.60		
Galactose.....g	0.15		1	A	1		0.19		
Starch.....g	18.17		3	A	1		23.07		
<b>Minerals:</b>									
Calcium, Ca.....mg	123		3	A	1		156		
Iron, Fe.....mg	2.25		3	A	1		2.86		
Magnesium, Mg.....mg	23		3	A	1		30		
Phosphorus, P.....mg	142		3	A	1		181		
Potassium, K.....mg	184		3	A	1		234		
Sodium, Na.....mg	628		3	A	1		797		
Zinc, Zn.....mg	2.21		3	A	1		2.81		
Copper, Cu.....mg	0.098		3	A	1		0.124		
Manganese, Mn.....mg	0.254		3	A	1		0.323		
Selenium, Se.....µg	22.7		3	A	1		28.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		3	A	1		0.5		
Thiamin.....mg	0.320		3	A	1		0.406		
Riboflavin.....mg	0.190		3	A	1		0.241		
Niacin.....mg	3.510		3	A	1		4.458		
Pantothenic acid.....mg	0.417		3	A	1		0.530		
Vitamin B-6.....mg	0.374		3	A	1		0.475		
Folate, total.....µg	26		1	A	1		33		
Folic acid.....µg	19		1	A	1		24		
Folate, food.....µg	7		0	AS	1		9		
Folate, DFE.....µg	39		0	NC	4		50		
Choline, total.....mg	33.4		0	FLA	4		42.4		
Betaine.....mg									
Vitamin B-12.....µg	1.31		2	A	1		1.66		
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....µg	55		0	NC	4		70		
Retinol.....µg	50		0	FLA	4		64		
Carotene, beta.....µg	55		0	FLA	4		69		
Carotene, alpha.....µg	1		0	FLA	4		1		
Cryptoxanthin, beta.....µg	2		0	FLA	4		3		
Vitamin A, IU.....IU	261		0	NC	4		332		
Lycopene.....µg	1003		0	FLA	4		1273		
Lutein + zeaxanthin.....µg	22		0	FLA	4		28		
Vitamin E (alpha-tocopherol).....mg	0.09		2	A	1		0.11		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		2	A	1		0.00		
Tocopherol, gamma.....mg	0.34		2	A	1		0.43		
Tocopherol, delta.....mg	0.10		2	A	1		0.12		
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg	0.00		2	A	1		0.00		



NDB No. 21090

Fast foods, cheeseburger; single, regular patty, with condiments

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					
Cholesterol.....mg	39		3	A	1		49		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		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 = 127g: 1 item

**Calories Factors: Protein 4.12**

**Fat 8.8**

**Carbohydrate 3.95**

**Food Group: 21 Fast Foods**

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



Fast foods, cheeseburger; single, regular patty, with condiments and vegetables

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	0.1		0	FLA	4		0.1		
Vitamin D.....IU	2		0	FLA	4		2		
Vitamin K (phylloquinone).....µg	4.2		1	A	1		4.8		
Dihydrophylloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.181		0	NC	4		5.958		
4:0.....g	0.104		1	A	1		0.120		
6:0.....g	0.065		1	A	1		0.074		
8:0.....g	0.045		1	A	1		0.052		
10:0.....g	0.083		1	A	1		0.095		
12:0.....g	0.096		1	A	1		0.110		
13:0.....g									
14:0.....g	0.477		1	A	1		0.549		
15:0.....g	0.062		1	A	1		0.071		
16:0.....g	2.658		1	A	1		3.057		
17:0.....g	0.113		1	A	1		0.130		
18:0.....g	1.443		1	A	1		1.660		
20:0.....g	0.022		1	A	1		0.025		
22:0.....g	0.004		1	A	1		0.005		
24:0.....g	0.009		1	A	1		0.011		
Fatty acids, total monounsaturated.....g	4.398		0	NC	4		5.058		
14:1.....g	0.082		1	A	1		0.094		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.377		0	AS	1		0.433		
16:1 c.....g	0.342		1	A	1		0.393		
16:1 t.....g	0.035		1	A	1		0.040		
17:1.....g	0.036		1	A	1		0.041		
18:1 undifferentiated.....g	3.862		0	AS	1		4.441		
18:1 c.....g	3.476		1	A	1		3.998		
18:1 t.....g	0.386		1	A	1		0.443		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.032		1	A	1		0.036		
22:1 undifferentiated.....g	0.010		1	A	1		0.011		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.181		0	NC	4		1.358		
18:2 undifferentiated.....g	1.009		0	AS	1		1.161		
18:2 n-6 c,c.....g	0.963		1	A	1		1.108		
18:2 CLAs.....g									
18:2 t.....g									
18:2 i.....g	0.046		1	A	1		0.053		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.122		0	AS	1		0.141		
18:3 n-3 c,c,c (ALA).....g	0.122		1	A	1		0.141		
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.030		1	A	1		0.034		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.020		0	AS	1		0.023		
20:4 n-6.....g	0.020		1	A	1		0.023		
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	0.466		0	NC	4		0.536		
Fatty acids, total trans-monoenoic.....g	0.420		0	NC	4		0.483		
Fatty acids, total trans-polyenoic.....g	0.046		0	NC	4		0.053		
Cholesterol.....mg	36		1	A	1		41		

NDB No. 21091

Fast foods, cheeseburger; single, regular patty, with condiments and vegetables

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					
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		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 = 115g: 1 sandwich

Calories Factors: Protein 4.12

Fat 8.8

Carbohydrate 3.95

Food Group: 21 Fast Foods

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



NDB No. 21089

Fast foods, cheeseburger; single, regular patty; plain

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
<b>Proximates:</b>									
Water.....g	38.63	0.407	6	A	1		35.15		
Energy.....kcal	308		0	NC	4		281		
Energy.....kJ	1290		0	NC	4		1174		
Protein (N x 6.11).....g	16.51	0.129	6	A	1		15.02		
Total lipid (fat).....g	14.72	0.210	6	A	1		13.40		
Ash.....g	2.11	0.026	6	A	1		1.92		
Carbohydrate, by difference.....g	28.03		0	NC	4		25.51		
Fiber, total dietary.....g	2.0		1	A	1		1.8		
Sugars, total.....g	4.88	0.166	3	A	1		4.45		
Sucrose.....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose).....g	1.76	0.017	3	A	1		1.60		
Fructose.....g	1.94	0.006	3	A	1		1.77		
Lactose.....g	0.72	0.032	3	A	1		0.66		
Maltose.....g	0.46	0.180	3	A	1		0.42		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	19.87	0.745	3	A	1		18.08		
<b>Minerals:</b>									
Calcium, Ca.....mg	119	5.358	6	A	1		109		
Iron, Fe.....mg	2.71	0.118	6	A	1		2.47		
Magnesium, Mg.....mg	26	0.572	6	A	1		24		
Phosphorus, P.....mg	161	1.701	6	A	1		147		
Potassium, K.....mg	196	3.429	6	A	1		179		
Sodium, Na.....mg	515	4.442	6	A	1		469		
Zinc, Zn.....mg	2.49	0.050	6	A	1		2.26		
Copper, Cu.....mg	0.111	0.003	6	A	1		0.101		
Manganese, Mn.....mg	0.316	0.010	6	A	1		0.287		
Selenium, Se.....µg	19.6	0.546	3	A	1		17.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RA	4		0.0		
Thiamin.....mg	0.293	0.019	3	A	1		0.267		
Riboflavin.....mg	0.363	0.013	3	A	1		0.331		
Niacin.....mg	5.217	0.113	3	A	1		4.747		
Pantothenic acid.....mg	0.545		2	A	1		0.496		
Vitamin B-6.....mg	0.228	0.012	3	A	1		0.207		
Folate, total.....µg	70	3.923	3	A	1		63		
Folic acid.....µg	28		0	BFZN	4		25		
Folate, food.....µg	42		0	NC	4		38		
Folate, DFE.....µg	89		0	NC	4		81		
Choline, total.....mg	28.9		0	AS	1		26.3		
Betaine.....mg									
Vitamin B-12.....µg	0.76	0.045	3	A	1		0.69		
Vitamin B-12, added.....µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE.....µg	50		0	AS	1		46		
Retinol.....µg	45		1	A	1		41		
Carotene, beta.....µg	61		1	A	1		55		
Carotene, alpha.....µg	0		1	A	1		0		
Cryptoxanthin, beta.....µg	2		1	A	1		1		
Vitamin A, IU.....IU	254		0	AS	1		231		
Lycopene.....µg	0		1	A	1		0		
Lutein + zeaxanthin.....µg	37		1	A	1		33		
Vitamin E (alpha-tocopherol).....mg	0.52		2	A	1		0.47		
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta.....mg	0.08		2	A	1		0.08		
Tocopherol, gamma.....mg	0.90		2	A	1		0.82		
Tocopherol, delta.....mg	0.22		2	A	1		0.20		
Tocotrienol, alpha.....mg	0.04		2	A	1		0.04		
Tocotrienol, beta.....mg	0.50		2	A	1		0.45		

Fast foods, cheeseburger; single, regular patty; plain

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		
Tocotrienol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.1		0	BFZN	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	2		0	BFZN	4		2		
Vitamin K (phylloquinone).....µg	4.2		0	BFZN	4		3.8		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.473		0	NC	4		5.890		
4:0.....g	0.076	0.003	3	A	1		0.069		
6:0.....g	0.059	0.002	3	A	1		0.054		
8:0.....g	0.042	0.001	3	A	1		0.038		
10:0.....g	0.108	0.004	3	A	1		0.099		
12:0.....g	0.126	0.006	3	A	1		0.115		
13:0.....g									
14:0.....g	0.648	0.031	3	A	1		0.589		
15:0.....g	0.086	0.005	3	A	1		0.078		
16:0.....g	3.331	0.141	3	A	1		3.031		
17:0.....g	0.129	0.011	3	A	1		0.118		
18:0.....g	1.825	0.107	3	A	1		1.661		
20:0.....g	0.024	0.000	3	A	1		0.022		
22:0.....g	0.012	0.001	3	A	1		0.011		
24:0.....g	0.007	0.000	3	A	1		0.006		
Fatty acids, total monounsaturated.....g	5.413		0	NC	4		4.926		
14:1.....g	0.111	0.008	3	A	1		0.101		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.360	0.024	3	AS	1		0.327		
16:1 c.....g	0.316	0.022	3	A	1		0.288		
16:1 t.....g	0.043	0.002	3	A	1		0.039		
17:1.....g	0.075	0.007	3	A	1		0.068		
18:1 undifferentiated.....g	4.826	0.188	3	AS	1		4.391		
18:1 c.....g	4.376	0.192	3	A	1		3.982		
18:1 t.....g	0.450	0.020	3	A	1		0.409		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.041	0.003	3	A	1		0.037		
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	1.658		0	NC	4		1.509		
18:2 undifferentiated.....g	1.462	0.031	3	AS	1		1.330		
18:2 n-6 c,c.....g	1.322	0.043	3	A	1		1.203		
18:2 CLAs.....g	0.064	0.007	3	A	1		0.058		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.076	0.006	3	A	1		0.069		
18:3 undifferentiated.....g	0.131	0.004	3	AS	1		0.119		
18:3 n-3 c,c,c (ALA).....g	0.125	0.004	3	A	1		0.114		
18:3 n-6 c,c,c.....g	0.005	0.001	3	A	1		0.004		
18:3i.....g	0.001	0.001	3	A	1		0.001		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.004	0.000	3	A	1		0.004		
20:3 undifferentiated.....g	0.015	0.001	3	AS	1		0.014		
20:3 n-3.....g	0.001	0.001	3	A	1		0.001		
20:3 n-6.....g	0.015	0.001	3	A	1		0.013		
20:4 undifferentiated.....g	0.025	0.001	3	A	1		0.023		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.005	0.001	3	A	1		0.005		
21:5.....g									
22:4.....g	0.005	0.000	3	A	1		0.004		
22:5 n-3 (DPA).....g	0.010	0.002	3	A	1		0.009		

NDB No. 21089

Fast foods, cheeseburger; single, regular patty; plain

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	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.570		0	NC	4		0.519		
Fatty acids, total trans-monoenoic.....g	0.493		0	NC	4		0.449		
Fatty acids, total trans-polyenoic.....g	0.077		0	NC	4		0.070		
Cholesterol.....mg	43	0.643	3	A	1		39		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.155		0	A	1		0.141		
Threonine.....g	0.571		0	A	1		0.519		
Isoleucine.....g	0.755		0	A	1		0.687		
Leucine.....g	1.316		0	A	1		1.198		
Lysine.....g	0.784		0	A	1		0.713		
Methionine.....g	0.377		0	A	1		0.343		
Cystine.....g									
Phenylalanine.....g	0.755		0	A	1		0.687		
Tyrosine.....g	0.464		0	A	1		0.423		
Valine.....g	0.881		0	A	1		0.801		
Arginine.....g	0.890		0	A	1		0.810		
Histidine.....g	0.445		0	A	1		0.405		
Alanine.....g	0.871		0	A	1		0.792		
Aspartic acid.....g	1.229		0	A	1		1.118		
Glutamic acid.....g	3.987		0	A	1		3.628		
Glycine.....g	0.909		0	A	1		0.828		
Proline.....g	1.945		0	A	1		1.770		
Serine.....g	0.716		0	A	1		0.652		
Hydroxyproline.....g	0.290		1	A	1		0.264		
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		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 sandwich

**Calories Factors: Protein 4.12**

**Fat 8.8**

**Carbohydrate 3.95**

**Food Group: 21 Fast Foods**

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

NDB No. 21101

Fast foods, cheeseburger; triple, regular patty; plain

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
<b>Proximates:</b>									
Water.....g	43.93		0	RA	4		109.39		
Energy.....kcal	310		0	RA	4		772		
Energy.....kJ	1297		0	RA	4		3229		
Protein (N x 6.2).....g	18.20		0	RA	4		45.32		
Total lipid (fat).....g	19.17		0	RA	4		47.73		
Ash.....g	2.58		0	RA	4		6.44		
Carbohydrate, by difference.....g	16.16		0	RA	4		40.24		
Fiber, total dietary.....g	0.5		0	RA	4		1.3		
Sugars, total.....g	3.29		0	RA	4		8.18		
Sucrose.....g	0.14		0	RA	4		0.34		
Glucose (dextrose).....g	0.71		0	RA	4		1.78		
Fructose.....g	1.24		0	RA	4		3.09		
Lactose.....g	0.83		0	RA	4		2.06		
Maltose.....g	0.37		0	RA	4		0.92		
Galactose.....g	0.00		0	RA	4		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	174		0	RA	4		433		
Iron, Fe.....mg	2.23		0	RA	4		5.56		
Magnesium, Mg.....mg	21		0	RA	4		51		
Phosphorus, P.....mg	196		0	RA	4		488		
Potassium, K.....mg	230		0	RA	4		572		
Sodium, Na.....mg	637		0	RA	4		1585		
Zinc, Zn.....mg	3.02		0	RA	4		7.53		
Copper, Cu.....mg	0.078		0	RA	4		0.193		
Manganese, Mn.....mg	0.145		0	RA	4		0.360		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RA	4		0.0		
Thiamin.....mg	0.148		0	RA	4		0.367		
Riboflavin.....mg	0.273		0	RA	4		0.679		
Niacin.....mg	4.263		0	RA	4		10.614		
Pantothenic acid.....mg	0.387		0	RA	4		0.964		
Vitamin B-6.....mg	0.211		0	RA	4		0.526		
Folate, total.....µg	41		0	RA	4		103		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.56		0	RA	4		3.88		
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									
<b>Lipids:</b>									

NDB No. 21101

Fast foods, cheeseburger; triple, regular patty; plain

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	8.015		0	RA	4		19.958		
Fatty acids, total monounsaturated.....g	6.559		0	RA	4		16.331		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g									
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.637		0	RA	4		1.585		
18:2 undifferentiated.....g									
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	1.091		0	RA	4		2.716		
Cholesterol.....mg	63		0	RA	4		156		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.229		0		1		0.570		
Threonine.....g	0.732		0		1		1.823		
Isoleucine.....g	0.791		0		1		1.970		
Leucine.....g	1.469		0		1		3.658		
Lysine.....g	1.454		0		1		3.620		
Methionine.....g	0.419		0		1		1.043		
Cystine.....g	0.187		0		1		0.466		
Phenylalanine.....g	0.744		0		1		1.853		
Tyrosine.....g	0.601		0		1		1.496		
Valine.....g	0.916		0		1		2.281		
Arginine.....g	1.148		0		1		2.859		
Histidine.....g	0.580		0		1		1.444		
Alanine.....g	1.077		0		1		2.682		
Aspartic acid.....g	1.556		0		1		3.874		
Glutamic acid.....g	3.290		0		1		8.192		
Glycine.....g	1.202		0		1		2.993		
Proline.....g	1.133		0		1		2.821		
Serine.....g	0.753		0		1		1.875		
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 = 249g: 1 item

**Calories Factors: Protein 4.2**

**Fat 8.92**

**Carbohydrate 3.95**

**Food Group: 21 Fast Foods**

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



Fast foods, chicken fillet sandwich, plain with pickles

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	0.1		0	FLA	4		0.2		
Vitamin D.....IU	5		0	FLA	4		10		
Vitamin K (phylloquinone).....µg	8.5		0	FLA	4		15.8		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.123		0	NC	4		3.971		
4:0.....g	0.000	0.000	3	A	1		0.000		
6:0.....g	0.000	0.000	3	A	1		0.000		
8:0.....g	0.011	0.002	3	A	1		0.020		
10:0.....g	0.003	0.003	3	A	1		0.005		
12:0.....g	0.165	0.030	3	A	1		0.308		
13:0.....g									
14:0.....g	0.062	0.010	3	A	1		0.116		
15:0.....g	0.004	0.001	3	A	1		0.007		
16:0.....g	1.122	0.009	3	A	1		2.099		
17:0.....g	0.008	0.000	3	A	1		0.015		
18:0.....g	0.374	0.004	3	A	1		0.699		
20:0.....g	0.086	0.004	3	A	1		0.160		
22:0.....g	0.190	0.007	3	A	1		0.355		
24:0.....g	0.100	0.003	3	A	1		0.187		
Fatty acids, total monounsaturated.....g	4.481		0	NC	4		8.379		
14:1.....g	0.002	0.001	3	A	1		0.003		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.057	0.004	3	AS	1		0.107		
16:1 c.....g	0.057	0.004	3	A	1		0.107		
16:1 t.....g	0.000	0.000	3	A	1		0.000		
17:1.....g	0.005	0.000	3	A	1		0.010		
18:1 undifferentiated.....g	4.295	0.057	3	AS	1		8.031		
18:1 c.....g	4.284	0.057	3	A	1		8.010		
18:1 t.....g	0.011	0.000	3	A	1		0.021		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.108	0.001	3	A	1		0.201		
22:1 undifferentiated.....g	0.013	0.001	3	AS	1		0.024		
22:1 c.....g	0.013	0.001	3	A	1		0.024		
22:1 t.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.002	0.000	3	A	1		0.003		
Fatty acids, total polyunsaturated.....g	3.177		0	NC	4		5.940		
18:2 undifferentiated.....g	2.909	0.032	3	AS	1		5.440		
18:2 n-6 c,c.....g	2.884	0.032	3	A	1		5.393		
18:2 CLAs.....g	0.006	0.001	3	A	1		0.012		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.019	0.001	3	A	1		0.035		
18:3 undifferentiated.....g	0.206	0.014	3	AS	1		0.386		
18:3 n-3 c,c,c (ALA).....g	0.197	0.013	3	A	1		0.368		
18:3 n-6 c,c,c.....g	0.009	0.001	3	A	1		0.017		
18:3i.....g	0.000	0.000	3	A	1		0.000		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.006	0.000	3	A	1		0.012		
20:3 undifferentiated.....g	0.008	0.000	3	AS	1		0.015		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.008	0.000	3	A	1		0.015		
20:4 undifferentiated.....g	0.030	0.002	3	A	1		0.055		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	3	A	1		0.006		
21:5.....g									
22:4.....g	0.008	0.001	3	A	1		0.014		
22:5 n-3 (DPA).....g	0.003	0.000	3	A	1		0.006		
22:6 n-3 (DHA).....g	0.003	0.000	3	A	1		0.006		
Fatty acids, total trans.....g	0.030		0	NC	4		0.056		
Fatty acids, total trans-monoenoic.....g	0.011		0	NC	4		0.021		

NDB No. 21102

Fast foods, chicken fillet sandwich, plain with pickles

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	0.019		0	NC	4		0.035		
Cholesterol.....mg	35	1.174	3	A	1		65		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		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 = 187g: 1 sandwich

**Calories Factors: Protein** 4.18

**Fat** 8.88

**Carbohydrate**3.95

**Food Group:** 21 Fast Foods

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



**NDB No. 21401**  
**Fast foods, chicken tenders**

chicken strips  
 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
<b>Proximates:</b>									
Water.....g	46.64	0.630	10	A	1		13.99	85.82	
Energy.....kcal	271		0	NC	4		81	500	
Energy.....kJ	1136		0	NC	4		341	2090	
Protein.....g	19.22	0.373	10	A	1		5.77	35.37	
Total lipid (fat).....g	13.95	0.267	10	A	1		4.19	25.68	
Ash.....g	2.92	0.058	10	A	1		0.88	5.38	
Carbohydrate, by difference.....g	17.25		0	NC	4		5.18	31.75	
Fiber, total dietary.....g	1.2	0.115	4	A	1		0.4	2.2	
Sugars, total.....g	0.40	0.000	3	A	1		0.12	0.73	
Sucrose.....g	0.40	0.000	3	A	1		0.12	0.73	
Glucose (dextrose).....g	0.00	0.000	3	A	1		0.00	0.00	
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	0.00	0.000	3	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	17.03	0.809	6	A	1		5.11	31.33	
<b>Minerals:</b>									
Calcium, Ca.....mg	17	0.593	10	A	1		5	31	
Iron, Fe.....mg	0.73	0.016	9	A	1		0.22	1.35	
Magnesium, Mg.....mg	28	0.469	10	A	1		8	52	
Phosphorus, P.....mg	282	5.061	10	A	1		85	519	
Potassium, K.....mg	373	6.409	10	A	1		112	686	
Sodium, Na.....mg	769	17.798	10	A	1		231	1414	
Zinc, Zn.....mg	0.71	0.014	10	A	1		0.21	1.30	
Copper, Cu.....mg	0.069	0.003	10	A	1		0.021	0.126	
Manganese, Mn.....mg	0.228	0.005	10	A	1		0.068	0.419	
Selenium, Se.....µg	17.5	0.370	6	A	1		5.3	32.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.1		2	A	1		0.3	1.9	
Thiamin.....mg	0.110	0.001	6	A	1		0.033	0.203	
Riboflavin.....mg	0.179	0.003	6	A	1		0.054	0.330	
Niacin.....mg	8.217	0.257	6	A	1		2.465	15.119	
Pantothenic acid.....mg	1.244	0.048	4	A	1		0.373	2.289	
Vitamin B-6.....mg	0.426	0.009	6	A	1		0.128	0.783	
Folate, total.....µg	19	0.504	6	A	1		6	35	
Folic acid.....µg	6		0	BFPN	4		2	11	
Folate, food.....µg	13		0	NC	4		4	24	
Folate, DFE.....µg	23		0	NC	4		7	42	
Choline, total.....mg	43.7	1.303	3	AS	1		13.1	80.5	
Betaine.....mg									
Vitamin B-12.....µg	0.16	0.012	6	A	1		0.05	0.30	
Vitamin B-12, added.....µg	0.00		0	BFPN	4		0.00	0.00	
Vitamin A, RAE.....µg	3		1	AS	1		1	5	
Retinol.....µg	2		1	A	1		1	4	
Carotene, beta.....µg	2		1	A	1		1	4	
Carotene, alpha.....µg	0		1	A	1		0	0	
Cryptoxanthin, beta.....µg	0		1	A	1		0	0	
Vitamin A, IU.....IU	11		1	AS	1		3	21	
Lycopene.....µg	0		1	A	1		0	0	
Lutein + zeaxanthin.....µg	83		1	A	1		25	153	
Vitamin E (alpha-tocopherol).....mg	3.17	0.296	6	A	1		0.95	5.84	
Vitamin E, added.....mg	0.00		0	BFPN	4		0.00	0.00	
Tocopherol, beta.....mg	0.13	0.006	6	A	1		0.04	0.24	
Tocopherol, gamma.....mg	5.61	0.534	6	A	1		1.68	10.32	
Tocopherol, delta.....mg	0.51	0.017	6	A	1		0.15	0.94	
Tocotrienol, alpha.....mg	0.14	0.016	6	A	1		0.04	0.25	
Tocotrienol, beta.....mg	0.16	0.019	6	A	1		0.05	0.29	

**NDB No. 21401**  
**Fast foods, chicken tenders**

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	0.05	0.004	6	A	1		0.02	0.09	
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.2		0	AS	1		0.1	0.3	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.2		0	BFFN	4		0.1	0.3	
Vitamin D.....µg	7		0	BFFN	4		2	14	
Vitamin K (phylloquinone).....µg	8.0		0	BFFN	4		2.4	14.7	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b><u>Lipids:</u></b>									
Fatty acids, total saturated.....g	2.493		0	NC	4		0.748	4.588	
4:0.....g	0.000	0.000	6	A	1		0.000	0.000	
6:0.....g	0.000	0.000	6	A	1		0.000	0.000	
8:0.....g	0.004	0.000	6	A	1		0.001	0.007	
10:0.....g	0.000	0.000	6	A	1		0.000	0.000	
12:0.....g	0.001	0.000	6	A	1		0.000	0.003	
13:0.....g									
14:0.....g	0.026	0.004	6	A	1		0.008	0.048	
15:0.....g	0.003	0.000	6	A	1		0.001	0.006	
16:0.....g	1.771	0.088	6	A	1		0.531	3.258	
17:0.....g	0.011	0.000	6	A	1		0.003	0.020	
18:0.....g	0.414	0.022	6	A	1		0.124	0.762	
20:0.....g	0.076	0.002	6	A	1		0.023	0.140	
22:0.....g	0.115	0.004	6	A	1		0.035	0.212	
24:0.....g	0.072	0.002	6	A	1		0.022	0.133	
Fatty acids, total monounsaturated.....g	4.830		0	NC	4		1.449	8.887	
14:1.....g	0.001	0.000	6	A	1		0.000	0.001	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.049	0.002	6	AS	1		0.015	0.090	
16:1 c.....g	0.049	0.002	6	A	1		0.015	0.090	
16:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
17:1.....g	0.006	0.000	6	A	1		0.002	0.012	
18:1 undifferentiated.....g	4.656	0.198	6	AS	1		1.397	8.568	
18:1 c.....g	4.641	0.196	6	A	1		1.392	8.540	
18:1 t.....g	0.015	0.002	6	A	1		0.004	0.027	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.106	0.006	6	A	1		0.032	0.196	
22:1 undifferentiated.....g	0.009	0.000	6	AS	1		0.003	0.016	
22:1 c.....g	0.009	0.000	6	A	1		0.003	0.016	
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.003	0.001	6	A	1		0.001	0.005	
Fatty acids, total polyunsaturated.....g	5.783		0	NC	4		1.735	10.641	
18:2 undifferentiated.....g	5.485	0.192	6	AS	1		1.646	10.093	
18:2 n-6 c,c.....g	5.439	0.191	6	A	1		1.632	10.008	
18:2 CLAs.....g	0.009	0.000	6	A	1		0.003	0.016	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.037	0.001	6	A	1		0.011	0.068	
18:3 undifferentiated.....g	0.226	0.025	6	AS	1		0.068	0.415	
18:3 n-3 c,c,c (ALA).....g	0.211	0.023	6	A	1		0.063	0.388	
18:3 n-6 c,c,c.....g	0.015	0.002	6	A	1		0.004	0.027	
18:3i.....g	0.000	0.000	6	A	1		0.000	0.000	
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.007	0.000	6	A	1		0.002	0.014	
20:3 undifferentiated.....g	0.008	0.000	6	AS	1		0.002	0.015	
20:3 n-3.....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6.....g	0.008	0.000	6	A	1		0.002	0.015	
20:4 undifferentiated.....g	0.040	0.002	6	A	1		0.012	0.074	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.011	0.000	6	A	1		0.003	0.020	
22:5 n-3 (DPA).....g	0.003	0.000	6	A	1		0.001	0.006	

**NDB No. 21401**  
**Fast foods, chicken tenders**

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
22:6 n-3 (DHA).....g	0.002	0.000	6	A	1		0.001	0.004	
Fatty acids, total trans.....g	0.052		0	NC	4		0.016	0.096	
Fatty acids, total trans-monoenoic.....g	0.015		0	NC	4		0.004	0.027	
Fatty acids, total trans-polyenoic.....g	0.037		0	NC	4		0.011	0.068	
Cholesterol.....mg	48	1.442	6	A	1		14	88	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.222		0	A	1		0.067	0.408	
Threonine.....g	0.803		0	A	1		0.241	1.477	
Isoleucine.....g	0.845		0	A	1		0.254	1.555	
Leucine.....g	1.553		0	A	1		0.466	2.857	
Lysine.....g	1.616		0	A	1		0.485	2.973	
Methionine.....g	0.518		0	A	1		0.155	0.952	
Cystine.....g	0.285		0	A	1		0.086	0.525	
Phenylalanine.....g	1.437		0	A	1		0.431	2.643	
Tyrosine.....g	0.539		0	A	1		0.162	0.991	
Valine.....g	0.908		0	A	1		0.273	1.671	
Arginine.....g	1.215		0	A	1		0.364	2.235	
Histidine.....g	0.655		0	A	1		0.196	1.205	
Alanine.....g	1.014		0	A	1		0.304	1.866	
Aspartic acid.....g	1.616		0	A	1		0.485	2.973	
Glutamic acid.....g	3.190		0	A	1		0.957	5.869	
Glycine.....g	0.845		0	A	1		0.254	1.555	
Proline.....g	1.595		0	A	1		0.478	2.935	
Serine.....g	0.792		0	A	1		0.238	1.458	
Hydroxyproline.....g	0.040		1	A	1		0.012	0.073	
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	BFPN	4		0.0	0.0	
Caffeine.....mg	0		0	BFPN	4		0	0	
Theobromine.....mg	0		0	BFPN	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 = 30g: 1 strip  
 Measure 2 = 184g: 1 serving

**Calories Factors: Protein                      Fat                      Carbohydrate**

**Food Group: 21 Fast Foods**  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 21229

Fast foods, chicken, breaded and fried, boneless pieces, plain

nuggets

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
<b>Proximates:</b>									
Water.....g	46.53	0.360	12	A	1		44.67	29.78	74.45
Energy.....kcal	307		0	NC	4		294	196	491
Energy.....kJ	1283		0	NC	4		1232	821	2053
Protein (N x 6.25).....g	15.92	0.240	12	A	1		15.29	10.19	25.48
Total lipid (fat).....g	20.36	0.446	12	A	1		19.54	13.03	32.57
Ash.....g	2.25	0.066	12	A	1		2.16	1.44	3.61
Carbohydrate, by difference.....g	14.93		0	NC	4		14.33	9.56	23.89
Fiber, total dietary.....g	0.9	0.026	4	A	1		0.9	0.6	1.5
Sugars, total.....g	0.08	0.007	6	A	1		0.08	0.05	0.13
Sucrose.....g	0.07	0.007	6	A	1		0.06	0.04	0.11
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	0.02	0.002	6	A	1		0.02	0.01	0.03
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11	0.342	12	A	1		10	7	17
Iron, Fe.....mg	0.83	0.029	12	A	1		0.80	0.53	1.33
Magnesium, Mg.....mg	24	0.299	12	A	1		23	15	38
Phosphorus, P.....mg	272	5.711	12	A	1		261	174	435
Potassium, K.....mg	251	4.943	12	A	1		241	161	402
Sodium, Na.....mg	594	21.578	12	A	1		570	380	951
Zinc, Zn.....mg	0.59	0.006	12	A	1		0.57	0.38	0.95
Copper, Cu.....mg	0.051	0.002	12	A	1		0.049	0.033	0.082
Manganese, Mn.....mg	0.150	0.003	12	A	1		0.144	0.096	0.239
Selenium, Se.....µg	17.2	1.673	4	A	1		16.5	11.0	27.5
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6	0.048	4	A	1		0.6	0.4	0.9
Thiamin.....mg	0.092	0.006	4	A	1		0.089	0.059	0.148
Riboflavin.....mg	0.204	0.009	4	A	1		0.196	0.131	0.327
Niacin.....mg	5.985	0.112	4	A	1		5.746	3.830	9.576
Pantothenic acid.....mg	1.182	0.075	4	A	1		1.135	0.756	1.891
Vitamin B-6.....mg	0.148	0.005	4	A	1		0.142	0.095	0.237
Folate, total.....µg	11	1.000	4	A	1		11	7	18
Folic acid.....µg	5	0.479	4	A	1		5	3	8
Folate, food.....µg	6	0.629	4	AS	1		6	4	9
Folate, DFE.....µg	15		0	NC	4		14	9	23
Choline, total.....mg	40.7		0	AS	1		39.1	26.0	65.1
Betaine.....mg	15.6	0.836	5	A	1		15.0	10.0	24.9
Vitamin B-12.....µg	0.33	0.000	4	A	1		0.32	0.21	0.53
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	5		0	BFZN	4		4	3	7
Retinol.....µg	5		0	BFZN	4		4	3	7
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	16		0	BFZN	4		15	10	25
Lycopene.....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin.....µg	2		0	BFZN	4		2	1	3
Vitamin E (alpha-tocopherol).....mg	1.12	0.184	4	A	1		1.08	0.72	1.79
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.05	0.020	4	A	1		0.05	0.04	0.09
Tocopherol, gamma.....mg	3.56	1.187	4	A	1		3.42	2.28	5.70
Tocopherol, delta.....mg	1.22	0.325	4	A	1		1.18	0.78	1.96
Tocotrienol, alpha.....mg	0.01	0.007	4	A	1		0.01	0.00	0.01
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00

Fast foods, chicken, breaded and fried, boneless pieces, plain

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	4	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.2		0	AS	1		0.2	0.1	0.3
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.2		0	BFFN	4		0.2	0.1	0.3
Vitamin D.....µg	7		0	BFFN	4		7	5	12
Vitamin K (phyloquinone).....µg	7.0	2.711	4	A	1		6.8	4.5	11.3
Dihydrophyloquinone.....µg	10.5	2.905	4	A	1		10.1	6.8	16.9
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.566		0	NC	4		3.424	2.282	5.706
4:0.....g	0.001	0.000	6	A	1		0.001	0.000	0.001
6:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0.....g	0.012	0.001	6	A	1		0.012	0.008	0.019
10:0.....g	0.008	0.000	6	A	1		0.007	0.005	0.012
12:0.....g	0.005	0.001	6	A	1		0.005	0.003	0.008
13:0.....g									
14:0.....g	0.042	0.003	6	A	1		0.040	0.027	0.067
15:0.....g	0.007	0.000	6	A	1		0.006	0.004	0.010
16:0.....g	2.325	0.134	6	A	1		2.232	1.488	3.720
17:0.....g	0.017	0.001	6	A	1		0.016	0.011	0.027
18:0.....g	1.015	0.041	6	A	1		0.974	0.649	1.624
20:0.....g	0.071	0.002	6	A	1		0.068	0.045	0.113
22:0.....g	0.041	0.002	6	A	1		0.040	0.026	0.066
24:0.....g	0.024	0.001	6	A	1		0.023	0.015	0.038
Fatty acids, total monounsaturated.....g	7.735		0	NC	4		7.426	4.950	12.376
14:1.....g	0.010	0.001	6	A	1		0.010	0.006	0.016
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.296	0.024	6	AS	1		0.284	0.190	0.474
16:1 c.....g	0.294	0.023	6	A	1		0.283	0.188	0.471
16:1 t.....g	0.002	0.000	6	A	1		0.002	0.001	0.003
17:1.....g	0.011	0.000	6	A	1		0.010	0.007	0.017
18:1 undifferentiated.....g	7.269	0.343	6	AS	1		6.978	4.652	11.630
18:1 c.....g	7.219	0.341	6	A	1		6.930	4.620	11.550
18:1 t.....g	0.050	0.003	6	A	1		0.048	0.032	0.080
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.133	0.006	6	A	1		0.127	0.085	0.212
22:1 undifferentiated.....g	0.004	0.001	6	AS	1		0.004	0.003	0.006
22:1 c.....g	0.004	0.001	6	A	1		0.004	0.003	0.006
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:1 c.....g	0.013	0.006	6	A	1		0.013	0.008	0.021
Fatty acids, total polyunsaturated.....g	6.511		0	NC	4		6.251	4.167	10.418
18:2 undifferentiated.....g	5.986	0.253	6	AS	1		5.746	3.831	9.577
18:2 n-6 c,c.....g	5.893	0.252	6	A	1		5.657	3.771	9.428
18:2 CLAs.....g	0.022	0.001	6	A	1		0.021	0.014	0.035
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.072	0.002	6	A	1		0.069	0.046	0.114
18:3 undifferentiated.....g	0.419	0.012	6	AS	1		0.402	0.268	0.670
18:3 n-3 c,c,c (ALA).....g	0.390	0.013	6	A	1		0.374	0.250	0.624
18:3 n-6 c,c,c.....g	0.029	0.002	6	A	1		0.027	0.018	0.046
18:3i.....g									
18:4.....g	0.001	0.000	6	A	1		0.001	0.001	0.002
20:2 n-6 c,c.....g	0.014	0.001	6	A	1		0.014	0.009	0.023
20:3 undifferentiated.....g	0.016	0.001	6	AS	1		0.016	0.010	0.026
20:3 n-3.....g	0.001	0.001	6	A	1		0.001	0.001	0.002
20:3 n-6.....g	0.015	0.001	6	A	1		0.014	0.010	0.024
20:4 undifferentiated.....g	0.051	0.001	6	A	1		0.049	0.032	0.081
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	6	A	1		0.001	0.001	0.001
21:5.....g									
22:4.....g	0.016	0.001	6	A	1		0.015	0.010	0.025
22:5 n-3 (DPA).....g	0.005	0.000	6	A	1		0.004	0.003	0.007

NDB No. 21229

Fast foods, chicken, breaded and fried, boneless pieces, plain

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			
22:6 n-3 (DHA).....g	0.003	0.000	6	A	1	0.003	0.002	0.005
Fatty acids, total trans.....g	0.123		0	NC	4	0.119	0.079	0.198
Fatty acids, total trans-monoenoic.....g	0.052		0	NC	4	0.050	0.033	0.083
Fatty acids, total trans-polyenoic.....g	0.072		0	NC	4	0.069	0.046	0.114
Cholesterol.....mg	55	1.819	4	A	1	53	35	88
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	BFZN	4	0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4	0	0	0
Theobromine.....mg	0		0	BFZN	4	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 = 96g: 6 pieces

Measure 2 = 64g: 4 pieces

Measure 3 = 160g: 10 pieces

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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



**NDB No. 21127**  
**Fast foods, coleslaw**

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	70.9		1	A	1	135.4	82.2		
Dihydrophyloquinone.....µg	0.0		1	A	1	0.0	0.0		
Menquinone-4.....µg	0.0		1	A	1	0.0	0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.599		0	NC	4	3.054	1.855		
4:0.....g	0.002	0.002	8	A	1	0.004	0.003		
6:0.....g	0.005	0.006	8	A	1	0.010	0.006		
8:0.....g	0.004	0.005	8	A	1	0.008	0.005		
10:0.....g	0.007	0.007	8	A	1	0.013	0.008		
12:0.....g	0.001	0.001	8	A	1	0.002	0.001		
13:0.....g									
14:0.....g	0.005	0.000	8	A	1	0.009	0.006		
15:0.....g	0.002	0.002	8	A	1	0.004	0.003		
16:0.....g	1.037	0.249	8	A	1	1.980	1.203		
17:0.....g	0.016	0.010	8	A	1	0.031	0.019		
18:0.....g	0.438	0.119	8	A	1	0.837	0.508		
20:0.....g	0.032	0.012	8	A	1	0.061	0.037		
22:0.....g	0.034	0.011	8	A	1	0.064	0.039		
24:0.....g	0.016	0.009	8	A	1	0.030	0.018		
Fatty acids, total monounsaturated.....g	2.671		0	NC	4	5.102	3.098		
14:1.....g	0.000	0.000	8	A	1	0.000	0.000		
15:1.....g	0.000	0.000	8	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.018	0.011	8	AS	1	0.034	0.021		
16:1 c.....g	0.018	0.011	8	A	1	0.034	0.021		
16:1 t.....g	0.000	0.000	8	A	1	0.001	0.000		
17:1.....g	0.008	0.005	8	A	1	0.015	0.009		
18:1 undifferentiated.....g	2.232	0.511	8	AS	1	4.264	2.589		
18:1 c.....g	2.227	0.512	8	A	1	4.254	2.584		
18:1 t.....g	0.005	0.002	8	A	1	0.010	0.006		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.400	0.407	8	A	1	0.765	0.465		
22:1 undifferentiated.....g	0.008	0.002	8	AS	1	0.016	0.010		
22:1 c.....g	0.006	0.000	8	A	1	0.011	0.007		
22:1 t.....g	0.003	0.003	8	A	1	0.005	0.003		
24:1 c.....g	0.004	0.002	8	A	1	0.008	0.005		
Fatty acids, total polyunsaturated.....g	5.348		0	NC	4	10.214	6.203		
18:2 undifferentiated.....g	5.021	1.152	8	AS	1	9.590	5.824		
18:2 n-6 c,c.....g	4.979	1.131	8	A	1	9.510	5.776		
18:2 CLAs.....g	0.013	0.013	8	A	1	0.024	0.015		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.029	0.008	8	A	1	0.056	0.034		
18:3 undifferentiated.....g	0.302	0.258	8	AS	1	0.578	0.351		
18:3 n-3 c,c,c (ALA).....g	0.279	0.263	8	A	1	0.532	0.323		
18:3 n-6 c,c,c.....g	0.024	0.006	8	A	1	0.045	0.027		
18:3i.....g									
18:4.....g	0.003	0.004	8	A	1	0.006	0.004		
20:2 n-6 c,c.....g	0.002	0.001	8	A	1	0.004	0.003		
20:3 undifferentiated.....g	0.007	0.007	8	AS	1	0.013	0.008		
20:3 n-3.....g	0.001	0.001	8	A	1	0.002	0.001		
20:3 n-6.....g	0.006	0.006	8	A	1	0.011	0.006		
20:4 undifferentiated.....g	0.004	0.004	8	A	1	0.007	0.004		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.006	0.006	8	A	1	0.011	0.007		
21:5.....g									
22:4.....g	0.001	0.001	8	A	1	0.002	0.001		
22:5 n-3 (DPA).....g	0.000	0.001	8	A	1	0.001	0.001		
22:6 n-3 (DHA).....g	0.001	0.001	8	A	1	0.001	0.001		
Fatty acids, total trans.....g	0.037		0	NC	4	0.071	0.043		
Fatty acids, total trans-monoenoic.....g	0.008		0	NC	4	0.015	0.009		



**NDB No. 21127**  
**Fast foods, coleslaw**

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	0.029		0	NC	4	0.056	0.034	
Cholesterol.....mg	4	2.425	8	A	1	8	5	
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 = 191g: 1 cup

Measure 2 = 116g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21517

Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce

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	0.1		0	FLA	4		0.1		
Vitamin D.....IU	4		0	FLA	4		5		
Vitamin K (phylloquinone).....µg	23.6		0	FLA	4		31.4		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.837		0	NC	4		5.104		
4:0.....g	0.035	0.018	3	A	1		0.047		
6:0.....g	0.037	0.005	3	A	1		0.049		
8:0.....g	0.030	0.003	3	A	1		0.040		
10:0.....g	0.066	0.007	3	A	1		0.088		
12:0.....g	0.074	0.007	3	A	1		0.099		
13:0.....g									
14:0.....g	0.241	0.018	3	A	1		0.320		
15:0.....g	0.026	0.002	3	A	1		0.035		
16:0.....g	1.833	0.059	3	A	1		2.438		
17:0.....g	0.024	0.001	3	A	1		0.031		
18:0.....g	1.373	0.038	3	A	1		1.826		
20:0.....g	0.050	0.003	3	A	1		0.066		
22:0.....g	0.033	0.002	3	A	1		0.043		
24:0.....g	0.016	0.000	3	A	1		0.022		
Fatty acids, total monounsaturated.....g	4.407		0	NC	4		5.861		
14:1.....g	0.023	0.002	3	A	1		0.030		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.071	0.003	3	AS	1		0.095		
16:1 c.....g	0.064	0.002	3	A	1		0.086		
16:1 t.....g	0.007	0.001	3	A	1		0.009		
17:1.....g	0.011	0.001	3	A	1		0.014		
18:1 undifferentiated.....g	4.215	0.131	3	AS	1		5.605		
18:1 c.....g	4.120	0.133	3	A	1		5.479		
18:1 t.....g	0.095	0.009	3	A	1		0.126		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.078	0.003	3	A	1		0.104		
22:1 undifferentiated.....g	0.005	0.001	3	AS	1		0.007		
22:1 c.....g	0.003	0.002	3	A	1		0.004		
22:1 t.....g	0.002	0.000	3	A	1		0.003		
24:1 c.....g	0.004	0.000	3	A	1		0.005		
Fatty acids, total polyunsaturated.....g	4.926		0	NC	4		6.551		
18:2 undifferentiated.....g	4.380	0.148	3	AS	1		5.826		
18:2 n-6 c,c.....g	4.321	0.146	3	A	1		5.747		
18:2 CLAs.....g	0.019	0.001	3	A	1		0.026		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.040	0.004	3	A	1		0.053		
18:3 undifferentiated.....g	0.485	0.024	3	AS	1		0.645		
18:3 n-3 c,c,c (ALA).....g	0.458	0.025	3	A	1		0.609		
18:3 n-6 c,c,c.....g	0.028	0.001	3	A	1		0.037		
18:3i.....g	0.000	0.000	3	A	1		0.000		
18:4.....g	0.001	0.001	3	A	1		0.001		
20:2 n-6 c,c.....g	0.007	0.000	3	A	1		0.009		
20:3 undifferentiated.....g	0.007	0.000	3	AS	1		0.009		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.007	0.000	3	A	1		0.009		
20:4 undifferentiated.....g	0.028	0.002	3	A	1		0.037		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.000	3	A	1		0.006		
21:5.....g									
22:4.....g	0.007	0.001	3	A	1		0.009		
22:5 n-3 (DPA).....g	0.004	0.000	3	A	1		0.005		
22:6 n-3 (DHA).....g	0.003	0.001	3	A	1		0.004		
Fatty acids, total trans.....g	0.144		0	NC	4		0.192		
Fatty acids, total trans-monoenoic.....g	0.104		0	NC	4		0.139		

NDB No. 21517

Fast foods, crispy chicken in tortilla, w with lettuce, cheese, and ranch sauce

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	0.040		0	NC	4		0.053		
Cholesterol.....mg	29	1.269	3	A	1		38		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		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 = 133g: 1 item

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.372		0	NC	4		9.138		
4:0.....g	0.085		0	RKI	6		0.231		
6:0.....g	0.038		0	RKI	6		0.102		
8:0.....g	0.022		0	RKI	6		0.061		
10:0.....g	0.049		0	RKI	6		0.132		
12:0.....g	0.040		0	RKI	6		0.109		
13:0.....g									
14:0.....g	0.280		0	RKI	6		0.760		
15:0.....g									
16:0.....g	1.915		0	RKI	6		5.188		
17:0.....g									
18:0.....g	0.943		0	RKI	6		2.555		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.500		0	NC	4		12.194		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.210		0	RKI	6		0.568		
17:1.....g									
18:1 undifferentiated.....g	4.216		0	RKI	6		11.425		
20:1.....g	0.063		0	RKI	6		0.171		
22:1 undifferentiated.....g	0.011		0	RKI	6		0.030		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.207		0	NC	4		8.692		
18:2 undifferentiated.....g	2.884		0	RKI	6		7.816		
18:3 undifferentiated.....g	0.287		0	RKI	6		0.778		
18:4.....g	0.000		0	RKI	6		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.036		0	RKI	6		0.098		
20:5 n-3 (EPA).....g	0.000		0	RKI	6		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RKI	6		0.000		
22:6 n-3 (DHA).....g	0.000		0	RKI	6		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	38		0	RKI	6		104		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RKI	6		0.0		
Caffeine.....mg	0		0	RKI	6		0		
Theobromine.....mg	0		0	RKI	6		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 = 271g: 1 sandwich

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 21011

Fast foods, croissant, with egg and cheese

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
<b>Proximates:</b>									
Water.....g	45.47		1		4		57.75		
Energy.....kcal	304		0	NC	4		386		
Energy.....kJ	1270		0	NC	4		1613		
Protein (N x 6.12).....g	10.07		2		1		12.79		
Total lipid (fat).....g	19.45		2		1		24.70		
Ash.....g	2.56		1		4		3.25		
Carbohydrate, by difference.....g	22.45		0	NC	4		28.51		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	192		1		4		244		
Iron, Fe.....mg	1.73		1		4		2.20		
Magnesium, Mg.....mg	17		1		4		22		
Phosphorus, P.....mg	274		1		4		348		
Potassium, K.....mg	137		1		1		174		
Sodium, Na.....mg	434		2		1		551		
Zinc, Zn.....mg	1.38		1		4		1.75		
Copper, Cu.....mg	0.072		1		4		0.091		
Manganese, Mn.....mg	0.178		1		4		0.226		
Selenium, Se.....µg	19.3		0	RK	4		24.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		1		4		0.1		
Thiamin.....mg	0.150		1		4		0.191		
Riboflavin.....mg	0.300		1		4		0.381		
Niacin.....mg	1.190		1		4		1.511		
Pantothenic acid.....mg	0.830		1		4		1.054		
Vitamin B-6.....mg	0.080		1		4		0.102		
Folate, total.....µg	37		0	RK	4		47		
Folic acid.....µg	8		0	NC	4		10		
Folate, food.....µg	29		0		4		37		
Folate, DFE.....µg	43		0	NC	4		54		
Choline, total.....mg	92.2		0	AS	1		117.1		
Betaine.....mg	10.0		1	A	1		12.7		
Vitamin B-12.....µg	0.61		1		4		0.77		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	788		1		4		1001		
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									
<b>Lipids:</b>									

NDB No. 21011

Fast foods, croissant, with egg and cheese

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			
Fatty acids, total saturated.....g	11.075		1		1	14.065		
Fatty acids, total monounsaturated.....g	5.938		1		1	7.541		
Fatty acids, total polyunsaturated.....g	1.076		1		1	1.367		
Fatty acids, total trans.....g								
Cholesterol.....mg	170		2		1	216		
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.145		0		1	0.184		
Threonine.....g	0.375		0		1	0.476		
Isoleucine.....g	0.499		0		1	0.634		
Leucine.....g	0.846		0		1	1.074		
Lysine.....g	0.734		0		1	0.932		
Methionine.....g	0.262		0		1	0.333		
Cystine.....g	0.148		0		1	0.188		
Phenylalanine.....g	0.522		0		1	0.663		
Tyrosine.....g	0.454		0		1	0.577		
Valine.....g	0.601		0		1	0.763		
Arginine.....g	0.481		0		1	0.611		
Histidine.....g	0.311		0		1	0.395		
Alanine.....g	0.375		0		1	0.476		
Aspartic acid.....g	0.704		0		1	0.894		
Glutamic acid.....g	2.065		0		1	2.623		
Glycine.....g	0.260		0		1	0.330		
Proline.....g	0.841		0		1	1.068		
Serine.....g	0.573		0		1	0.728		
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 = 127g: 1 croissant

**Calories Factors: Protein 4.22**

**Fat 8.82**

**Carbohydrate 3.99**

**Food Group: 21 Fast Foods**

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





NDB No. 21012

Fast foods, croissant, with egg, cheese, and bacon

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.031		0	FLC	4		9.000		
4:0.....g	0.233		0	FLC	4		0.298		
6:0.....g	0.149		0	FLC	4		0.190		
8:0.....g	0.091		0	FLC	4		0.116		
10:0.....g	0.207		0	FLC	4		0.265		
12:0.....g	0.229		0	FLC	4		0.293		
13:0.....g									
14:0.....g	0.849		0	FLC	4		1.087		
15:0.....g									
16:0.....g	3.517		0	FLC	4		4.502		
17:0.....g									
18:0.....g	1.549		0	FLC	4		1.983		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.753		0	FLC	4		7.364		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.324		0	FLC	4		0.415		
17:1.....g									
18:1 undifferentiated.....g	5.232		0	FLC	4		6.698		
20:1.....g	0.058		0	FLC	4		0.074		
22:1 undifferentiated.....g	0.001		0	FLC	4		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.989		0	FLC	4		2.546		
18:2 undifferentiated.....g	1.653		0	FLC	4		2.116		
18:3 undifferentiated.....g	0.179		0	FLC	4		0.229		
18:4.....g	0.001		0	FLC	4		0.001		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.076		0	FLC	4		0.097		
20:5 n-3 (EPA).....g	0.003		0	FLC	4		0.003		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.006		0	FLC	4		0.008		
22:6 n-3 (DHA).....g	0.019		0	FLC	4		0.024		
Fatty acids, total trans.....g									
Cholesterol.....mg	167	27.940	3		1		214		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		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 item

**Calories Factors: Protein** 4.22

**Fat** 8.83

**Carbohydrate**3.99

**Food Group:** 21 Fast Foods

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



NDB No. 21013

Fast foods, croissant, with egg, cheese, and ham

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.161		0	FLC	4		8.000		
4:0.....g	0.191		0	FLC	4		0.296		
6:0.....g	0.123		0	FLC	4		0.190		
8:0.....g	0.075		0	FLC	4		0.116		
10:0.....g	0.172		0	FLC	4		0.266		
12:0.....g	0.190		0	FLC	4		0.295		
13:0.....g									
14:0.....g	0.683		0	FLC	4		1.059		
15:0.....g									
16:0.....g	2.486		0	FLC	4		3.854		
17:0.....g									
18:0.....g	1.082		0	FLC	4		1.677		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.738		0	FLC	4		7.344		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.283		0	FLC	4		0.438		
17:1.....g									
18:1 undifferentiated.....g	4.284		0	FLC	4		6.640		
20:1.....g	0.042		0	FLC	4		0.065		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.485		0	FLC	4		2.302		
18:2 undifferentiated.....g	1.212		0	FLC	4		1.879		
18:3 undifferentiated.....g	0.158		0	FLC	4		0.245		
18:4.....g	0.001		0	FLC	4		0.002		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.066		0	FLC	4		0.103		
20:5 n-3 (EPA).....g	0.002		0	FLC	4		0.004		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.004		0	FLC	4		0.006		
22:6 n-3 (DHA).....g	0.015		0	FLC	4		0.024		
Fatty acids, total trans.....g									
Cholesterol.....mg	140	21.684	3		1		217		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		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 = 155g: 1 item

**Calories Factors: Protein** 4.23

**Fat** 8.88

**Carbohydrate**3.99

**Food Group:** 21 Fast Foods

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

NDB No. 21014

Fast foods, croissant, with egg, cheese, and sausage

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
<b>Proximates:</b>									
Water.....g	48.10	0.873	6	A	1		82.26		
Energy.....kcal	308		0	NC	4		527		
Energy.....kJ	1289		0	NC	4		2204		
Protein (N x 6.15).....g	12.09	0.199	6	A	1		20.68		
Total lipid (fat).....g	21.78	0.401	6	A	1		37.24		
Ash.....g	2.12	0.018	6	A	1		3.63		
Carbohydrate, by difference.....g	15.90		0	NC	4		27.19		
Fiber, total dietary.....g	1.8		1	A	1		3.1		
Sugars, total.....g	3.12	0.137	3	A	1		5.34		
Sucrose.....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose).....g	0.95	0.073	3	A	1		1.62		
Fructose.....g	0.90	0.060	3	A	1		1.54		
Lactose.....g	0.64	0.017	3	A	1		1.10		
Maltose.....g	0.63	0.015	3	A	1		1.08		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	12.83	0.696	3	A	1		21.94		
<b>Minerals:</b>									
Calcium, Ca.....mg	90	2.614	6	A	1		153		
Iron, Fe.....mg	1.65	0.055	6	A	1		2.81		
Magnesium, Mg.....mg	17	0.233	6	A	1		29		
Phosphorus, P.....mg	138	2.501	6	A	1		236		
Potassium, K.....mg	158	2.979	6	A	1		270		
Sodium, Na.....mg	577	7.941	6	A	1		987		
Zinc, Zn.....mg	1.14	0.020	6	A	1		1.94		
Copper, Cu.....mg	0.070	0.001	6	A	1		0.119		
Manganese, Mn.....mg	0.184	0.011	6	A	1		0.314		
Selenium, Se.....µg	24.8	1.313	3	A	1		42.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		1		4		0.2		
Thiamin.....mg	0.237	0.009	3	A	1		0.405		
Riboflavin.....mg	0.370	0.015	3	A	1		0.633		
Niacin.....mg	2.754	0.153	3	A	1		4.710		
Pantothenic acid.....mg	0.750		2	A	1		1.282		
Vitamin B-6.....mg	0.159	0.009	3	A	1		0.271		
Folate, total.....µg	50	1.272	3	A	1		86		
Folic acid.....µg	34		0	BFFN	4		57		
Folate, food.....µg	17		0	NC	4		29		
Folate, DFE.....µg	74		0	NC	4		126		
Choline, total.....mg	84.0		0	AS	1		143.7		
Betaine.....mg									
Vitamin B-12.....µg	0.51	0.037	3	A	1		0.87		
Vitamin B-12, added.....µg	0.00		0	BFFN	4		0.00		
Vitamin A, RAE.....µg	173		0	NC	4		296		
Retinol.....µg	170		1	A	1		291		
Carotene, beta.....µg	29		0	BFFN	4		49		
Carotene, alpha.....µg	0		0	BFFN	4		0		
Cryptoxanthin, beta.....µg	8		0	BFFN	4		13		
Vitamin A, IU.....IU	622		0	NC	4		1063		
Lycopene.....µg	0		0	BFFN	4		0		
Lutein + zeaxanthin.....µg	336		0	BFFN	4		575		
Vitamin E (alpha-tocopherol).....mg	1.54		2	A	1		2.63		
Vitamin E, added.....mg	0.00		0	BFFN	4		0.00		
Tocopherol, beta.....mg	0.06		2	A	1		0.10		
Tocopherol, gamma.....mg	1.32		2	A	1		2.25		
Tocopherol, delta.....mg	0.21		2	A	1		0.36		
Tocotrienol, alpha.....mg	0.44		2	A	1		0.76		
Tocotrienol, beta.....mg	0.20		2	A	1		0.35		

Fast foods, croissant, with egg, cheese, and sausage

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	0.57		2	A	1		0.97		
Tocotrienol, delta.....mg	0.16		2	A	1		0.28		
Vitamin D (D2 + D3).....µg	0.7		0	BFFN	4		1.1		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	27		0	BFFN	4		45		
Vitamin K (phylloquinone).....µg	1.8		0	BFFN	4		3.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.342		0	NC	4		14.265		
4:0.....g	0.047	0.003	3	A	1		0.080		
6:0.....g	0.035	0.002	3	A	1		0.059		
8:0.....g	0.028	0.002	3	A	1		0.047		
10:0.....g	0.067	0.003	3	A	1		0.115		
12:0.....g	0.084	0.004	3	A	1		0.143		
13:0.....g									
14:0.....g	0.385	0.004	3	A	1		0.659		
15:0.....g	0.033	0.001	3	A	1		0.056		
16:0.....g	5.758	0.117	3	A	1		9.847		
17:0.....g	0.057	0.001	3	A	1		0.097		
18:0.....g	1.773	0.024	3	A	1		3.032		
20:0.....g	0.049	0.001	3	A	1		0.084		
22:0.....g	0.016	0.001	3	A	1		0.028		
24:0.....g	0.011	0.000	3	A	1		0.019		
Fatty acids, total monounsaturated.....g	7.838		0	NC	4		13.403		
14:1.....g	0.023	0.001	3	A	1		0.039		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.270	0.005	3	AS	1		0.461		
16:1 c.....g	0.259	0.004	3	A	1		0.443		
16:1 t.....g	0.011	0.001	3	A	1		0.018		
17:1.....g	0.032	0.001	3	A	1		0.055		
18:1 undifferentiated.....g	7.403	0.064	3	AS	1		12.658		
18:1 c.....g	7.303	0.069	3	A	1		12.488		
18:1 t.....g	0.100	0.004	3	A	1		0.170		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.108	0.001	3	A	1		0.185		
22:1 undifferentiated.....g	0.003	0.001	3	AS	1		0.005		
22:1 c.....g	0.003	0.001	3	A	1		0.005		
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	4.212		0	NC	4		7.202		
18:2 undifferentiated.....g	3.797	0.153	3	AS	1		6.493		
18:2 n-6 c,c.....g	3.734	0.154	3	A	1		6.386		
18:2 CLAs.....g	0.023	0.001	3	A	1		0.040		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.039	0.001	3	A	1		0.067		
18:3 undifferentiated.....g	0.192	0.003	3	AS	1		0.328		
18:3 n-3 c,c,c (ALA).....g	0.183	0.002	3	A	1		0.312		
18:3 n-6 c,c,c.....g	0.009	0.001	3	A	1		0.016		
18:3i.....g	0.000	0.000	3	A	1		0.000		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.068	0.004	3	A	1		0.116		
20:3 undifferentiated.....g	0.021	0.003	3	AS	1		0.036		
20:3 n-3.....g	0.004	0.004	3	A	1		0.006		
20:3 n-6.....g	0.018	0.000	3	A	1		0.030		
20:4 undifferentiated.....g	0.093	0.003	3	A	1		0.158		
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	0.017	0.001	3	A	1		0.029		
22:5 n-3 (DPA).....g	0.008	0.000	3	A	1		0.014		

NDB No. 21014

Fast foods, croissant, with egg, cheese, and sausage

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	0.014	0.001	3	A	1		0.025		
Fatty acids, total trans.....g	0.150		0	NC	4		0.256		
Fatty acids, total trans-monoenoic.....g	0.110		0	NC	4		0.188		
Fatty acids, total trans-polyenoic.....g	0.039		0	NC	4		0.067		
Cholesterol.....mg	123	7.378	3	A	1		211		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.106		0	A	1		0.182		
Threonine.....g	0.455		0	A	1		0.777		
Isoleucine.....g	0.551		0	A	1		0.943		
Leucine.....g	0.929		0	A	1		1.588		
Lysine.....g	0.609		0	A	1		1.042		
Methionine.....g	0.290		0	A	1		0.496		
Cystine.....g									
Phenylalanine.....g	0.542		0	A	1		0.926		
Tyrosine.....g	0.339		0	A	1		0.579		
Valine.....g	0.658		0	A	1		1.125		
Arginine.....g	0.619		0	A	1		1.059		
Histidine.....g	0.329		0	A	1		0.562		
Alanine.....g	0.590		0	A	1		1.009		
Aspartic acid.....g	0.977		0	A	1		1.671		
Glutamic acid.....g	2.399		0	A	1		4.103		
Glycine.....g	0.503		0	A	1		0.860		
Proline.....g	1.093		0	A	1		1.869		
Serine.....g	0.561		0	A	1		0.959		
Hydroxyproline.....g	0.100		1	A	1		0.171		
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFFN	4		0.0		
Caffeine.....mg	0		0	BFFN	4		0		
Theobromine.....mg	0		0	BFFN	4		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 = 171g: 1 sandwich

**Calories Factors: Protein 4.22**

**Fat 8.89**

**Carbohydrate 3.99**

**Food Group: 21 Fast Foods**

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





**NDB No. 21018**  
**Fast foods, egg, scrambled**

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			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	6.153		0		1		5.907
4:0.....g	0.000		0		1		0.000
6:0.....g	0.158		1		1		0.152
8:0.....g	0.048		1		1		0.046
10:0.....g	0.104		1		1		0.100
12:0.....g	0.134		1		1		0.129
13:0.....g							
14:0.....g	0.085		1		1		0.082
15:0.....g							
16:0.....g	3.909		1		1		3.753
17:0.....g							
18:0.....g	1.522		1		1		1.461
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	5.889		0		1		5.653
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.515		1		1		0.494
17:1.....g							
18:1 undifferentiated.....g	5.374		1		1		5.159
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	1.969		0		1		1.890
18:2 undifferentiated.....g	1.649		1		1		1.583
18:3 undifferentiated.....g	0.118		1		1		0.113
18:4.....g	0.000		0		1		0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.202		1		1		0.194
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	426	26.645	7		1		409
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.212		0		1		0.204
Threonine.....g	0.657		0		1		0.631
Isoleucine.....g	0.836		0		1		0.803
Leucine.....g	1.185		0		1		1.138
Lysine.....g	0.913		0		1		0.876
Methionine.....g	0.427		0		1		0.410
Cystine.....g	0.307		0		1		0.295
Phenylalanine.....g	0.750		0		1		0.720
Tyrosine.....g	0.562		0		1		0.540
Valine.....g	0.960		0		1		0.922
Arginine.....g	0.836		0		1		0.803
Histidine.....g	0.325		0		1		0.312
Alanine.....g	0.763		0		1		0.732
Aspartic acid.....g	1.311		0		1		1.259
Glutamic acid.....g	1.773		0		1		1.702
Glycine.....g	0.438		0		1		0.420
Proline.....g	0.577		0		1		0.554
Serine.....g	1.002		0		1		0.962
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7		0.0
Caffeine.....mg	0		0	FLA	4		0

**NDB No. 21018**  
**Fast foods, egg, scrambled**

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	FLA	4		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 = 96g: 2 eggs

**Calories Factors: Protein 4.35      Fat 8.92      Carbohydrate 3.8**

**Food Group:** 21 Fast Foods  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 21020

Fast foods, english muffin, with cheese and sausage

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
<b>Proximates:</b>									
Water.....g	37.93	0.563	4	A	1		40.96		
Energy.....kcal	338		0	NC	4		365		
Energy.....kJ	1415		0	NC	4		1528		
Protein (N x 6.13).....g	13.28	0.023	4	A	1		14.34		
Total lipid (fat).....g	20.67	0.335	4	A	1		22.33		
Ash.....g	2.83	0.025	4	A	1		3.06		
Carbohydrate, by difference.....g	25.28		0	NC	4		27.31		
Fiber, total dietary.....g	0.5	0.353	3	A	1		0.5		
Sugars, total.....g	1.98	0.050	4	A	1		2.14		
Sucrose.....g	0.07	0.000	4	A	1		0.08		
Glucose (dextrose).....g	0.43	0.030	4	A	1		0.47		
Fructose.....g	0.27	0.047	4	A	1		0.29		
Lactose.....g	0.43	0.053	4	A	1		0.46		
Maltose.....g	0.77	0.050	4	A	1		0.83		
Galactose.....g	0.00	0.000	4	A	1		0.00		
Starch.....g	20.12	0.538	4	A	1		21.73		
<b>Minerals:</b>									
Calcium, Ca.....mg	210	11.694	4	A	1		226		
Iron, Fe.....mg	3.14	0.847	4	A	1		3.39		
Magnesium, Mg.....mg	21	0.790	4	A	1		23		
Phosphorus, P.....mg	168	8.261	4	A	1		181		
Potassium, K.....mg	179	9.247	4	A	1		193		
Sodium, Na.....mg	668	10.973	4	A	1		721		
Zinc, Zn.....mg	1.19	0.031	4	A	1		1.28		
Copper, Cu.....mg	0.252	0.031	4	A	1		0.272		
Manganese, Mn.....mg	0.284	0.031	4	A	1		0.307		
Selenium, Se.....µg	25.3	1.450	4	A	1		27.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0		
Thiamin.....mg	0.481	0.052	4	A	1		0.520		
Riboflavin.....mg	0.197	0.029	4	A	1		0.212		
Niacin.....mg	4.217	0.256	4	A	1		4.555		
Pantothenic acid.....mg	0.696	0.046	4	A	1		0.752		
Vitamin B-6.....mg	0.086	0.003	4	A	1		0.093		
Folate, total.....µg	51	3.497	4	A	1		55		
Folic acid.....µg	34	1.683	4	A	1		37		
Folate, food.....µg	17		0	AS	1		18		
Folate, DFE.....µg	75		0	NC	4		81		
Choline, total.....mg	29.8		0	AS	1		32.2		
Betaine.....mg	19.1		1	A	1		20.6		
Vitamin B-12.....µg	0.79	0.027	4	A	1		0.86		
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....µg	56		0	NC	4		61		
Retinol.....µg	55	11.413	3	A	1		59		
Carotene, beta.....µg	22		0	FLA	4		24		
Carotene, alpha.....µg	0		0	FLA	4		0		
Cryptoxanthin, beta.....µg	0		0	FLA	4		0		
Vitamin A, IU.....IU	219		0	NC	4		236		
Lycopene.....µg	0		0	FLA	4		0		
Lutein + zeaxanthin.....µg	22		0	FLA	4		24		
Vitamin E (alpha-tocopherol).....mg	0.58	0.102	4	A	1		0.63		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg	0.02	0.001	4	A	1		0.02		
Tocopherol, gamma.....mg	0.43	0.070	4	A	1		0.47		
Tocopherol, delta.....mg	0.10	0.037	4	A	1		0.11		
Tocotrienol, alpha.....mg	0.01	0.015	4	A	1		0.02		
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00		

Fast foods, english muffin, with cheese and sausage

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	4	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.4		0	FLA	4		0.5		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	17		0	FLA	4		18		
Vitamin K (phylloquinone).....µg	2.2	0.190	4	A	1		2.3		
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1		0.0		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.152		0	NC	4		8.804		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.085	0.006	4	A	1		0.092		
10:0.....g	0.107	0.005	4	A	1		0.116		
12:0.....g	0.120	0.004	4	A	1		0.129		
13:0.....g									
14:0.....g	0.587	0.020	4	A	1		0.634		
15:0.....g	0.047	0.003	4	A	1		0.051		
16:0.....g	4.687	0.043	4	A	1		5.062		
17:0.....g	0.075	0.003	4	A	1		0.081		
18:0.....g	2.350	0.045	4	A	1		2.538		
20:0.....g	0.080	0.000	4	A	1		0.086		
22:0.....g	0.000	0.000	4	A	1		0.000		
24:0.....g	0.012	0.005	4	A	1		0.013		
Fatty acids, total monounsaturated.....g	7.905		0	NC	4		8.537		
14:1.....g	0.060	0.004	4	A	1		0.065		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.452	0.003	4	A	1		0.489		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	7.272	0.038	4	A	1		7.854		
20:1.....g	0.120	0.004	4	A	1		0.129		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.115		0	NC	4		3.364		
18:2 undifferentiated.....g	2.465	0.081	4	A	1		2.662		
18:3 undifferentiated.....g	0.157	0.005	4	A	1		0.170		
18:4.....g	0.052	0.002	4	A	1		0.057		
20:2 n-6 c,c.....g	0.305	0.019	4	A	1		0.329		
20:3 undifferentiated.....g	0.047	0.003	4	A	1		0.051		
20:4 undifferentiated.....g	0.052	0.002	4	A	1		0.057		
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.035	0.012	4	A	1		0.038		
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	43	1.123	4	A	1		47		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.145		0	A	1		0.157		
Threonine.....g	0.477		0	A	1		0.516		
Isoleucine.....g	0.497		0	A	1		0.537		
Leucine.....g	0.930		0	A	1		1.004		
Lysine.....g	0.688		0	A	1		0.743		
Methionine.....g	0.235		0	A	1		0.254		
Cystine.....g	0.185		0	A	1		0.200		
Phenylalanine.....g	0.545		0	A	1		0.589		
Tyrosine.....g	0.363		0	A	1		0.392		
Valine.....g	0.592		0	A	1		0.640		
Arginine.....g	0.585		0	A	1		0.632		
Histidine.....g	0.338		0	A	1		0.365		
Alanine.....g	0.547		0	A	1		0.591		

NDB No. 21020

Fast foods, english muffin, with cheese and sausage

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	0.943		0	A	1		1.018		
Glutamic acid.....g	2.900		0	A	1		3.132		
Glycine.....g	0.600		0	A	1		0.648		
Proline.....g	1.033		0	A	1		1.115		
Serine.....g	0.590		0	A	1		0.637		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0			7	0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		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 = 108g: 1 item

**Calories Factors: Protein** 4.12

**Fat** 8.89

**Carbohydrate**3.94

**Food Group:** 21 Fast Foods

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



Fast foods, english muffin, with egg, cheese, and canadian bacon

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	0.6		0	RKI	6		0.8		
Vitamin D.....IU	26		0	RKI	6		33		
Vitamin K (phylloquinone).....µg	0.8	0.290	4	A	1		1.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.592		0	NC	4		4.526		
4:0.....g	0.063	0.003	3	A	1		0.079		
6:0.....g	0.054	0.004	3	A	1		0.068		
8:0.....g	0.080	0.009	3	A	1		0.100		
10:0.....g	0.107	0.005	3	A	1		0.135		
12:0.....g	0.098	0.003	3	A	1		0.124		
13:0.....g									
14:0.....g	0.329	0.008	3	A	1		0.414		
15:0.....g	0.037	0.001	3	A	1		0.047		
16:0.....g	2.007	0.020	3	A	1		2.529		
17:0.....g	0.031	0.001	3	A	1		0.039		
18:0.....g	0.760	0.010	3	A	1		0.958		
20:0.....g	0.012	0.001	3	A	1		0.015		
22:0.....g	0.008	0.001	3	A	1		0.010		
24:0.....g	0.005	0.001	3	A	1		0.006		
Fatty acids, total monounsaturated.....g	2.721		0	NC	4		3.429		
14:1.....g	0.033	0.001	3	A	1		0.042		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.153	0.007	3	AS	1		0.193		
16:1 c.....g	0.140	0.007	3	A	1		0.177		
16:1 t.....g	0.013	0.001	3	A	1		0.016		
17:1.....g	0.012	0.001	3	A	1		0.015		
18:1 undifferentiated.....g	2.490	0.051	3	AS	1		3.137		
18:1 c.....g	2.427	0.077	3	A	1		3.058		
18:1 t.....g	0.063	0.031	3	A	1		0.080		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.031	0.002	3	A	1		0.039		
22:1 undifferentiated.....g	0.001	0.001	3	AS	1		0.002		
22:1 c.....g	0.001	0.001	3	A	1		0.002		
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	1.735		0	NC	4		2.186		
18:2 undifferentiated.....g	1.471	0.103	3	AS	1		1.854		
18:2 n-6 c,c.....g	1.416	0.105	3	A	1		1.784		
18:2 CLAs.....g	0.022	0.002	3	A	1		0.028		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.033	0.003	3	A	1		0.041		
18:3 undifferentiated.....g	0.115	0.011	3	AS	1		0.145		
18:3 n-3 c,c,c (ALA).....g	0.114	0.011	3	A	1		0.144		
18:3 n-6 c,c,c.....g	0.001	0.001	3	A	1		0.002		
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.010	0.000	3	A	1		0.012		
20:3 undifferentiated.....g	0.015	0.000	3	AS	1		0.018		
20:3 n-3.....g	0.002	0.001	3	A	1		0.003		
20:3 n-6.....g	0.012	0.000	3	A	1		0.016		
20:4 undifferentiated.....g	0.088	0.003	3	A	1		0.111		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	3	A	1		0.002		
21:5.....g									
22:4.....g	0.008	0.001	3	A	1		0.010		
22:5 n-3 (DPA).....g	0.006	0.000	3	A	1		0.007		
22:6 n-3 (DHA).....g	0.021	0.000	3	A	1		0.026		
Fatty acids, total trans.....g	0.109		0	NC	4		0.138		
Fatty acids, total trans-monoenoic.....g	0.076		0	NC	4		0.096		

NDB No. 21021

Fast foods, english muffin, with egg, cheese, and canadian bacon

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	0.033		0	NC	4		0.041		
Cholesterol.....mg	168	2.858	4	A	1		212		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RKI	6		0.0		
Caffeine.....mg	0		0	RKI	6		0		
Theobromine.....mg	0		0	RKI	6		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 sandwich

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21022

Fast foods, english muffin, with egg, cheese, and sausage

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
<b>Proximates:</b>									
Water.....g	48.82	0.423	4	A	1		80.55		
Energy.....kcal	286		0	NC	4		472		
Energy.....kJ	1196		0	NC	4		1973		
Protein (N x 6.17).....g	13.38	0.278	4	A	1		22.08		
Total lipid (fat).....g	18.10	0.235	4	A	1		29.86		
Ash.....g	2.26	0.026	4	A	1		3.74		
Carbohydrate, by difference.....g	17.44		0	NC	4		28.77		
Fiber, total dietary.....g	0.2	0.000	4	A	1		0.2		
Sugars, total.....g	1.49	0.047	4	A	1		2.46		
Sucrose.....g	0.07	0.000	4	A	1		0.12		
Glucose (dextrose).....g	0.38	0.025	4	A	1		0.63		
Fructose.....g	0.19	0.033	4	A	1		0.32		
Lactose.....g	0.31	0.032	4	A	1		0.50		
Maltose.....g	0.53	0.029	4	A	1		0.88		
Galactose.....g	0.00	0.000	4	A	1		0.00		
Starch.....g	13.49	0.431	4	A	1		22.26		
<b>Minerals:</b>									
Calcium, Ca.....mg	168	8.888	3	A	1		277		
Iron, Fe.....mg	2.63	0.421	4	A	1		4.34		
Magnesium, Mg.....mg	17	0.427	4	A	1		29		
Phosphorus, P.....mg	180	6.169	4	A	1		297		
Potassium, K.....mg	147	5.822	4	A	1		243		
Sodium, Na.....mg	548		0	LC	8		904		
Zinc, Zn.....mg	1.00	0.078	4	A	1		1.64		
Copper, Cu.....mg	0.211	0.037	4	A	1		0.349		
Manganese, Mn.....mg	0.192	0.019	4	A	1		0.317		
Selenium, Se.....µg	29.2	2.524	4	A	1		48.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0		
Thiamin.....mg	0.390	0.063	4	A	1		0.644		
Riboflavin.....mg	0.270	0.021	4	A	1		0.445		
Niacin.....mg	3.192	0.141	4	A	1		5.268		
Pantothenic acid.....mg	1.080	0.006	4	A	1		1.782		
Vitamin B-6.....mg	0.073	0.003	4	A	1		0.121		
Folate, total.....µg	57	3.674	4	A	1		94		
Folic acid.....µg	41	3.250	4	A	1		67		
Folate, food.....µg	16		0	AS	1		27		
Folate, DFE.....µg	86		0	NC	4		141		
Choline, total.....mg	103.3		0	AS	1		170.4		
Betaine.....mg	10.0		1	A	1		16.5		
Vitamin B-12.....µg	0.95	0.027	4	A	1		1.57		
Vitamin B-12, added.....µg	0.00		0	BFFN	4		0.00		
Vitamin A, RAE.....µg	70		0	NC	4		115		
Retinol.....µg	68	6.238	4	A	1		111		
Carotene, beta.....µg	24		0	BFFN	4		39		
Carotene, alpha.....µg	0		0	BFFN	4		0		
Cryptoxanthin, beta.....µg	7		0	BFFN	4		11		
Vitamin A, IU.....IU	270		0	NC	4		446		
Lycopene.....µg	0		0	BFFN	4		0		
Lutein + zeaxanthin.....µg	280		0	BFFN	4		461		
Vitamin E (alpha-tocopherol).....mg	0.94	0.241	4	A	1		1.55		
Vitamin E, added.....mg	0.00		0	BFFN	4		0.00		
Tocopherol, beta.....mg	0.02	0.001	4	A	1		0.03		
Tocopherol, gamma.....mg	0.52	0.039	4	A	1		0.87		
Tocopherol, delta.....mg	0.14	0.032	4	A	1		0.24		
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00		

Fast foods, english muffin, with egg, cheese, and sausage

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	4	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.6		0	BFFN	4		0.9		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	22		0	BFFN	4		36		
Vitamin K (phylloquinone).....µg	1.5	0.092	4	A	1		2.4		
Dihydrophyloquinone.....µg	0.2	0.094	4	A	1		0.3		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.928		0	NC	4		11.432		
4:0.....g	0.214		0	BFFN	4		0.353		
6:0.....g	0.073		0	BFFN	4		0.120		
8:0.....g	0.060	0.004	4	A	1		0.099		
10:0.....g	0.077	0.002	4	A	1		0.128		
12:0.....g	0.087	0.003	4	A	1		0.144		
13:0.....g									
14:0.....g	0.420	0.011	4	A	1		0.693		
15:0.....g	0.037	0.003	4	A	1		0.062		
16:0.....g	3.985	0.068	4	A	1		6.575		
17:0.....g	0.060	0.000	4	A	1		0.099		
18:0.....g	1.895	0.017	4	A	1		3.127		
20:0.....g	0.020	0.000	4	A	1		0.033		
22:0.....g	0.000	0.000	4	A	1		0.000		
24:0.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated.....g	6.765		0	NC	4		11.162		
14:1.....g	0.042	0.003	4	A	1		0.070		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.402	0.011	4	A	1		0.664		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	6.220	0.170	4	A	1		10.263		
20:1.....g	0.100	0.004	4	A	1		0.165		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.772		0	NC	4		4.574		
18:2 undifferentiated.....g	2.132	0.093	4	A	1		3.518		
18:3 undifferentiated.....g	0.120	0.004	4	A	1		0.198		
18:4.....g	0.045	0.005	4	A	1		0.074		
20:2 n-6 c,c.....g	0.245	0.012	4	A	1		0.404		
20:3 undifferentiated.....g	0.022	0.003	4	A	1		0.037		
20:4 undifferentiated.....g	0.080	0.004	4	A	1		0.132		
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.052	0.006	4	A	1		0.087		
22:6 n-3 (DHA).....g	0.070	0.004	4	A	1		0.115		
Fatty acids, total trans.....g									
Cholesterol.....mg	163		6.690	4	A	1	268		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.163		0	A	1		0.268		
Threonine.....g	0.523		0	A	1		0.862		
Isoleucine.....g	0.540		0	A	1		0.892		
Leucine.....g	0.978		0	A	1		1.614		
Lysine.....g	0.750		0	A	1		1.238		
Methionine.....g	0.287		0	A	1		0.474		
Cystine.....g	0.198		0	A	1		0.326		
Phenylalanine.....g	0.588		0	A	1		0.970		
Tyrosine.....g	0.405		0	A	1		0.669		
Valine.....g	0.653		0	A	1		1.077		
Arginine.....g	0.653		0	A	1		1.077		
Histidine.....g	0.330		0	A	1		0.545		
Alanine.....g	0.598		0	A	1		0.986		

NDB No. 21022

Fast foods, english muffin, with egg, cheese, and sausage

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	1.063		0	A	1	1.754		
Glutamic acid.....g	2.497		0	A	1	4.119		
Glycine.....g	0.540		0	A	1	0.891		
Proline.....g	0.898		0	A	1	1.482		
Serine.....g	0.703		0	A	1	1.160		
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	BFFN	4	0.0		
Caffeine.....mg	0		0	BFFN	4	0		
Theobromine.....mg	0		0	BFFN	4	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 item

**Calories Factors: Protein** 4.19

**Fat** 8.9

**Carbohydrate**3.94

**Food Group:** 21 Fast Foods

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



Fast foods, fish sandwich, with tartar sauce

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.....									
Vitamin D (D2 + D3).....	0.2		0	FLA	4		0.5		
Vitamin D.....	9		0	FLA	4		19		
Vitamin K (phylloquinone).....	13.6		0	FLA	4		29.9		
Dihydrophyloquinone.....									
Menaquinone-4.....									
<b>Lipids:</b>									
Fatty acids, total saturated.....	1.949		0	NC	4		4.288		
4:0.....	0.001	0.001	3	A	1		0.001		
6:0.....	0.000	0.000	3	A	1		0.000		
8:0.....	0.002	0.001	3	A	1		0.005		
10:0.....	0.004	0.000	3	A	1		0.008		
12:0.....	0.001	0.000	3	A	1		0.003		
13:0.....									
14:0.....	0.022	0.001	3	A	1		0.049		
15:0.....	0.003	0.000	3	A	1		0.007		
16:0.....	1.435	0.102	3	A	1		3.157		
17:0.....	0.012	0.001	3	A	1		0.026		
18:0.....	0.389	0.045	3	A	1		0.856		
20:0.....	0.037	0.003	3	A	1		0.081		
22:0.....	0.029	0.005	3	A	1		0.064		
24:0.....	0.015	0.001	3	A	1		0.033		
Fatty acids, total monounsaturated.....	2.595		0	NC	4		5.708		
14:1.....	0.000	0.000	3	A	1		0.000		
15:1.....	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....	0.028	0.002	3	AS	1		0.062		
16:1 c.....	0.028	0.002	3	A	1		0.061		
16:1 t.....	0.000	0.000	3	A	1		0.001		
17:1.....	0.006	0.001	3	A	1		0.013		
18:1 undifferentiated.....	2.498	0.232	3	AS	1		5.496		
18:1 c.....	2.471	0.229	3	A	1		5.436		
18:1 t.....	0.027	0.003	3	A	1		0.060		
18:1-11 t (18:1t n-7).....									
20:1.....	0.055	0.008	3	A	1		0.120		
22:1 undifferentiated.....	0.004	0.001	3	AS	1		0.010		
22:1 c.....	0.004	0.001	3	A	1		0.010		
22:1 t.....	0.000	0.000	3	A	1		0.000		
24:1 c.....	0.003	0.002	3	A	1		0.007		
Fatty acids, total polyunsaturated.....	6.257		0	NC	4		13.765		
18:2 undifferentiated.....	5.627	0.490	3	AS	1		12.379		
18:2 n-6 c,c.....	5.561	0.476	3	A	1		12.234		
18:2 CLAs.....	0.013	0.004	3	A	1		0.029		
18:2 t,t.....									
18:2 i.....									
18:2 t not further defined.....	0.053	0.012	3	A	1		0.116		
18:3 undifferentiated.....	0.512	0.094	3	AS	1		1.126		
18:3 n-3 c,c,c (ALA).....	0.489	0.083	3	A	1		1.076		
18:3 n-6 c,c,c.....	0.023	0.011	3	A	1		0.050		
18:3i.....									
18:4.....	0.002	0.001	3	A	1		0.004		
20:2 n-6 c,c.....	0.005	0.001	3	A	1		0.011		
20:3 undifferentiated.....	0.003	0.001	3	AS	1		0.007		
20:3 n-3.....	0.001	0.001	3	A	1		0.002		
20:3 n-6.....	0.002	0.000	3	A	1		0.005		
20:4 undifferentiated.....	0.008	0.001	3	A	1		0.017		
20:4 n-6.....									
20:5 n-3 (EPA).....	0.029	0.001	3	A	1		0.064		
21:5.....									
22:4.....	0.004	0.000	3	A	1		0.008		
22:5 n-3 (DPA).....	0.003	0.000	3	A	1		0.007		
22:6 n-3 (DHA).....	0.064	0.004	3	A	1		0.142		
Fatty acids, total trans.....	0.080		0	NC	4		0.177		
Fatty acids, total trans-monoenoic.....	0.028		0	NC	4		0.061		

NDB No. 21105

Fast foods, fish sandwich, with tartar sauce

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	0.053		0	NC	4		0.116		
Cholesterol.....mg	35	4.291	8		1		77		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		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 = 220g: 1 sandwich

**Calories Factors: Protein** 4.11

**Fat** 8.79

**Carbohydrate**3.93

**Food Group:** 21 Fast Foods

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



Fast foods, fish sandwich, with tartar sauce and cheese

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.....m9									
Tocotrienol, delta.....m9									
Vitamin D (D2 + D3).....µg	0.9		0	RKI	6		1.2		
Vitamin D.....µg	37		0	RKI	6		50		
Vitamin K (phylloquinone).....µg	7.9		0	RKI	6		10.5		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.833		0	NC	4		3.796		
4:0.....g	0.025	0.005	3	A	1		0.034		
6:0.....g	0.024	0.001	3	A	1		0.032		
8:0.....g	0.020	0.001	3	A	1		0.027		
10:0.....g	0.045	0.003	3	A	1		0.060		
12:0.....g	0.048	0.002	3	A	1		0.064		
13:0.....g									
14:0.....g	0.164	0.006	3	A	1		0.220		
15:0.....g	0.019	0.001	3	A	1		0.026		
16:0.....g	1.613	0.005	3	A	1		2.162		
17:0.....g	0.021	0.000	3	A	1		0.028		
18:0.....g	0.750	0.010	3	A	1		1.005		
20:0.....g	0.048	0.001	3	A	1		0.064		
22:0.....g	0.038	0.000	3	A	1		0.050		
24:0.....g	0.017	0.000	3	A	1		0.023		
Fatty acids, total monounsaturated.....g	4.005		0	NC	4		5.367		
14:1.....g	0.015	0.001	3	A	1		0.020		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.049	0.001	3	AS	1		0.066		
16:1 c.....g	0.044	0.001	3	A	1		0.059		
16:1 t.....g	0.006	0.001	3	A	1		0.008		
17:1.....g	0.009	0.000	3	A	1		0.012		
18:1 undifferentiated.....g	3.849	0.033	3	AS	1		5.158		
18:1 c.....g	3.788	0.031	3	A	1		5.076		
18:1 t.....g	0.061	0.005	3	A	1		0.082		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.070	0.001	3	A	1		0.094		
22:1 undifferentiated.....g	0.007	0.000	3	AS	1		0.010		
22:1 c.....g	0.007	0.000	3	A	1		0.010		
22:1 t.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.005	0.005	3	A	1		0.007		
Fatty acids, total polyunsaturated.....g	5.952		0	NC	4		7.976		
18:2 undifferentiated.....g	5.187	0.121	3	AS	1		6.951		
18:2 n-6 c,c.....g	5.106	0.127	3	A	1		6.842		
18:2 CLAs.....g	0.020	0.002	3	A	1		0.027		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.061	0.005	3	A	1		0.082		
18:3 undifferentiated.....g	0.639	0.017	3	AS	1		0.856		
18:3 n-3 c,c,c (ALA).....g	0.614	0.025	3	A	1		0.823		
18:3 n-6 c,c,c.....g	0.024	0.012	3	A	1		0.033		
18:3i.....g									
18:4.....g	0.002	0.001	3	A	1		0.003		
20:2 n-6 c,c.....g	0.007	0.001	3	A	1		0.009		
20:3 undifferentiated.....g	0.006	0.001	3	AS	1		0.008		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.006	0.001	3	A	1		0.008		
20:4 undifferentiated.....g	0.011	0.001	3	A	1		0.015		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.030	0.000	3	A	1		0.040		
21:5.....g									
22:4.....g	0.005	0.001	3	A	1		0.007		
22:5 n-3 (DPA).....g	0.005	0.000	3	A	1		0.006		
22:6 n-3 (DHA).....g	0.061	0.002	3	A	1		0.081		
Fatty acids, total trans.....g	0.128		0	NC	4		0.171		



NDB No. 21106

Fast foods, fish sandwich, with tartar sauce and cheese

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	0.067		0	NC	4	0.089		
Fatty acids, total trans-polyenoic.....g	0.061		0	NC	4	0.082		
Cholesterol.....mg	37	3.179	11		1	50		
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	RKI	6	0.0		
Caffeine.....mg	0		0	RKI	6	0		
Theobromine.....mg	0		0	RKI	6	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 sandwich

**Calories Factors: Protein** 4.12

**Fat** 8.81

**Carbohydrate**3.93

**Food Group:** 21 Fast Foods

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

NDB No. 21024

Fast foods, french toast sticks

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
<b>Proximates:</b>									
Water.....g	33.57	0.770	4	A	1		21.82	36.59	
Energy.....kcal	340		0	NC	4		221	370	
Energy.....kJ	1422		0	NC	4		924	1550	
Protein (N x 5.73).....g	6.00	0.185	4	A	1		3.90	6.54	
Total lipid (fat).....g	17.74	1.082	4	A	1		11.53	19.34	
Ash.....g	1.47	0.123	4	A	1		0.96	1.60	
Carbohydrate, by difference.....g	41.21		0	NC	4		26.79	44.92	
Fiber, total dietary.....g	1.4	0.103	4	A	1		0.9	1.5	
Sugars, total.....g	9.89	0.434	4	A	1		6.43	10.79	
Sucrose.....g	7.14	0.392	4	A	1		4.64	7.78	
Glucose (dextrose).....g	1.03	0.033	4	A	1		0.67	1.12	
Fructose.....g	0.75	0.027	4	A	1		0.49	0.82	
Lactose.....g	0.15	0.009	4	A	1		0.10	0.17	
Maltose.....g	0.82	0.100	4	A	1		0.53	0.89	
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Starch.....g	26.60	0.816	4	A	1		17.29	28.99	
<b>Minerals:</b>									
Calcium, Ca.....mg	53	3.762	4	A	1		34	57	
Iron, Fe.....mg	1.92	0.101	4	A	1		1.25	2.10	
Magnesium, Mg.....mg	19	1.007	4	A	1		12	21	
Phosphorus, P.....mg	87	6.786	4	A	1		56	94	
Potassium, K.....mg	111	3.136	4	A	1		72	121	
Sodium, Na.....mg	400		0	LC	8		260	436	
Zinc, Zn.....mg	0.51	0.031	4	A	1		0.33	0.56	
Copper, Cu.....mg	0.085	0.004	4	A	1		0.055	0.092	
Manganese, Mn.....mg	0.390	0.023	4	A	1		0.254	0.425	
Selenium, Se.....µg	12.2	0.735	4	A	1		7.9	13.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin.....mg	0.284	0.009	4	A	1		0.185	0.310	
Riboflavin.....mg	0.175	0.010	4	A	1		0.114	0.191	
Niacin.....mg	2.575	0.112	4	A	1		1.674	2.807	
Pantothenic acid.....mg	0.336	0.012	4	A	1		0.219	0.366	
Vitamin B-6.....mg	0.053	0.005	4	A	1		0.034	0.057	
Folate, total.....µg	183		0	FLA	4		119	200	
Folic acid.....µg	41		0	FLA	4		27	45	
Folate, food.....µg	142		0	FLA	4		92	155	
Folate, DFE.....µg	212		0	NC	4		138	231	
Choline, total.....mg	13.9		0	AS	1		9.0	15.2	
Betaine.....mg	20.0		1	A	1		13.0	21.8	
Vitamin B-12.....µg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....µg	0		0	FLA	4		0	0	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	3		0	FLA	4		2	3	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLA	4		0	0	
Vitamin A, IU.....IU	5		0	NC	4		3	5	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	4		0	FLA	4		3	4	
Vitamin E (alpha-tocopherol).....mg	0.88	0.055	4	A	1		0.57	0.96	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	0.07	0.005	4	A	1		0.04	0.07	
Tocopherol, gamma.....mg	5.29	0.635	4	A	1		3.44	5.77	
Tocopherol, delta.....mg	3.50	0.260	4	A	1		2.27	3.81	
Tocotrienol, alpha.....mg	0.03	0.017	4	A	1		0.02	0.03	
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	

Fast foods, french toast sticks

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
			Points	Deriv Code	Code					
Tocotrienol, gamma.....mg	0.00	0.004	4	A	1		0.00	0.00		
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00		
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0		
Vitamin D2 (ergocalciferol).....µg										
Vitamin D3 (cholecalciferol).....µg										
Vitamin D.....IU	0		0	Z	7		0	0		
Vitamin K (phylloquinone).....µg	14.5	0.338	4	A	1		9.5	15.9		
Dihydrophyloquinone.....µg	27.7	1.851	4	A	1		18.0	30.2		
Menaquinone-4.....µg										
<b>Lipids:</b>										
Fatty acids, total saturated.....g	3.989		0	NC	4		2.593	4.348		
4:0.....g	0.000		0	FLA	4		0.000	0.000		
6:0.....g	0.000		0	FLA	4		0.000	0.000		
8:0.....g	0.000	0.000	4	A	1		0.000	0.000		
10:0.....g	0.000	0.000	4	A	1		0.000	0.000		
12:0.....g	0.000	0.000	4	A	1		0.000	0.000		
13:0.....g										
14:0.....g	0.007	0.007	4	A	1		0.004	0.007		
15:0.....g	0.000	0.000	4	A	1		0.000	0.000		
16:0.....g	1.961	0.122	4	A	1		1.275	2.138		
17:0.....g	0.012	0.007	4	A	1		0.008	0.013		
18:0.....g	1.892	0.129	4	A	1		1.230	2.063		
20:0.....g	0.058	0.004	4	A	1		0.038	0.063		
22:0.....g	0.059	0.005	4	A	1		0.038	0.064		
24:0.....g										
Fatty acids, total monounsaturated.....g	9.502		0	NC	4		6.177	10.358		
14:1.....g	0.000	0.000	4	A	1		0.000	0.000		
15:1.....g	0.000	0.000	4	A	1		0.000	0.000		
16:1 undifferentiated.....g	0.031	0.002	4	A	1		0.020	0.034		
17:1.....g	0.000	0.000	4	A	1		0.000	0.000		
18:1 undifferentiated.....g	9.406	0.806	4	A	1		6.114	10.253		
20:1.....g	0.065	0.008	4	A	1		0.042	0.071		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000		
24:1 c.....g										
Fatty acids, total polyunsaturated.....g	2.566		0	NC	4		1.668	2.797		
18:2 undifferentiated.....g	2.421	0.154	4	A	1		1.574	2.639		
18:3 undifferentiated.....g	0.145		0	AS	1		0.094	0.158		
18:3 n-3 c,c,c (ALA).....g	0.145	0.029	4	A	1		0.094	0.158		
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000	0.000		
18:3i.....g										
18:4.....g	0.000		0	FLA	4		0.000	0.000		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000		
20:3 n-3.....g										
20:3 n-6.....g										
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000		
20:4 n-6.....g										
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000		
21:5.....g										
22:4.....g										
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000		
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000		
Fatty acids, total trans.....g										
Cholesterol.....mg	0	0.000	4	A	1		0	0		
Phytosterols.....mg										
<b>Others:</b>										
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0		
Caffeine.....mg	0		0	FLA	4		0	0		
Theobromine.....mg	0		0	FLA	4		0	0		

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**NDB No. 21024**

**Fast foods, french toast sticks**

**Common Measures:**

Measure 1 = 65g: 3 pieces

Measure 2 = 109g: 5 pieces

**Calories Factors: Protein 3.61**

**Fat 8.83**

**Carbohydrate 3.92**

**Food Group: 21 Fast Foods**

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

NDB No. 21023

Fast foods, french toast with butter

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
<b>Proximates:</b>									
Water.....g	50.72	2.130	5		1		68.47		
Energy.....kcal	264		0	NC	4		356		
Energy.....kJ	1105		0		4		1491		
Protein (N x 6.02).....g	7.66	0.092	4		1		10.34		
Total lipid (fat).....g	13.90		1		1		18.77		
Ash.....g	1.02		2		1		1.38		
Carbohydrate, by difference.....g	26.70		0	NC	4		36.05		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	54		2		1		73		
Iron, Fe.....mg	1.40		2		1		1.89		
Magnesium, Mg.....mg	12		2		1		16		
Phosphorus, P.....mg	108		2		1		146		
Potassium, K.....mg	131		1		1		177		
Sodium, Na.....mg	380		2		1		513		
Zinc, Zn.....mg	0.44		2		1		0.59		
Copper, Cu.....mg	0.048		2		1		0.065		
Manganese, Mn.....mg	0.155		2		1		0.209		
Selenium, Se.....µg	15.5		0	BFZN	4		20.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		1		4		0.1		
Thiamin.....mg	0.430		1		1		0.581		
Riboflavin.....mg	0.370		1		1		0.500		
Niacin.....mg	2.900		1		1		3.915		
Pantothenic acid.....mg	0.400	0.060	3		1		0.540		
Vitamin B-6.....mg	0.040	0.013	3		1		0.054		
Folate, total.....µg	54		0	BFZN	4		73		
Folic acid.....µg	32		0	NC	4		43		
Folate, food.....µg	22	9.018	3		1		30		
Folate, DFE.....µg	76		0	NC	4		103		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.27		1		1		0.36		
Vitamin A, RAE.....µg	101		0	NC	4		136		
Retinol.....µg	100		0	NC	4		135		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	350		1		1		473		
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									
<b>Lipids:</b>									

NDB No. 21023

Fast foods, french toast with butter

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	5.740		1		4	7.749		
Fatty acids, total monounsaturated.....g	5.240		1		4	7.074		
Fatty acids, total polyunsaturated.....g	1.810		1		4	2.444		
Fatty acids, total trans.....g								
Cholesterol.....mg	86		1		1	116		
Phytosterols.....mg								
<b><u>Amino Acids:</u></b>								
Tryptophan.....g	0.106		0		1	0.143		
Threonine.....g	0.300		0		1	0.405		
Isoleucine.....g	0.394		0		1	0.532		
Leucine.....g	0.605		0		1	0.817		
Lysine.....g	0.375		0		1	0.506		
Methionine.....g	0.182		0		1	0.246		
Cystine.....g	0.148		0		1	0.200		
Phenylalanine.....g	0.397		0		1	0.536		
Tyrosine.....g	0.256		0		1	0.346		
Valine.....g	0.463		0		1	0.625		
Arginine.....g	0.384		0		1	0.518		
Histidine.....g	0.174		0		1	0.235		
Alanine.....g	0.346		0		1	0.467		
Aspartic acid.....g	0.571		0		1	0.771		
Glutamic acid.....g	1.659		0		1	2.240		
Glycine.....g	0.265		0		1	0.358		
Proline.....g	0.572		0		1	0.772		
Serine.....g	0.472		0		1	0.637		
Hydroxyproline.....g								

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**Common Measures:**

Measure 1 = 135g: 2 slices

**Calories Factors: Protein 4.18**

**Fat 8.85**

**Carbohydrate 4.07**

**Food Group: 21 Fast Foods**

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



NDB No. 21307

Fast foods, griddle cake sandwich, egg, cheese, and bacon

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	0.3		0	NR	4		0.6		
Vitamin D.....IU	13		0	FLA	4		23		
Vitamin K (phylloquinone).....µg	2.0		0	FLA	4		3.5		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.121		0	NC	4		7.170		
4:0.....g	0.088		0	FLA	4		0.153		
6:0.....g	0.034		0	FLA	4		0.059		
8:0.....g	0.053		0	FLA	4		0.093		
10:0.....g	0.070		0	FLA	4		0.122		
12:0.....g	0.194		0	FLA	4		0.337		
13:0.....g									
14:0.....g	0.381		0	FLA	4		0.663		
15:0.....g									
16:0.....g	2.230		0	FLA	4		3.881		
17:0.....g									
18:0.....g	1.071		0	FLA	4		1.863		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.635		0	NC	4		8.065		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.315		0	FLA	4		0.547		
17:1.....g									
18:1 undifferentiated.....g	4.280		0	FLA	4		7.448		
20:1.....g	0.040		0	FLA	4		0.069		
22:1 undifferentiated.....g	0.001		0	FLA	4		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.331		0	NC	4		2.317		
18:2 undifferentiated.....g	1.130		0	FLA	4		1.965		
18:3 undifferentiated.....g	0.128		0	FLA	4		0.224		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.061		0	FLA	4		0.106		
20:5 n-3 (EPA).....g	0.001		0	FLA	4		0.002		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA).....g	0.012		0	FLA	4		0.020		
Fatty acids, total trans.....g	0.903		0	RKI	6		1.571		
Cholesterol.....mg	147		0	RKA	1		255		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		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 item 6.1 oz

Calories Factors: Protein

Fat

Carbohydrate



**NDB No. 21307**

**Fast foods, griddle cake sandwich, egg, cheese, and bacon**

**Food Group:** 21 Fast Foods

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



NDB No. 21305

Fast foods, griddle cake sandwich, egg, cheese, and sausage

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	0.5		0	FLA	4		1.0		
Vitamin D.....IU	19		0	FLA	4		39		
Vitamin K (phylloquinone).....µg	1.8		0	FLA	4		3.7		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.649		0	RKI	6		11.242		
4:0.....g	0.101		0	FLA	4		0.202		
6:0.....g	0.038		0	FLA	4		0.077		
8:0.....g	0.058		0	FLA	4		0.116		
10:0.....g	0.078		0	FLA	4		0.156		
12:0.....g	0.201		0	FLA	4		0.400		
13:0.....g									
14:0.....g	0.463		0	FLA	4		0.922		
15:0.....g									
16:0.....g	3.103		0	FLA	4		6.175		
17:0.....g									
18:0.....g	1.498		0	FLA	4		2.982		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.718		0	RKI	6		13.369		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.444		0	FLA	4		0.884		
17:1.....g									
18:1 undifferentiated.....g	6.119		0	FLA	4		12.177		
20:1.....g	0.105		0	FLA	4		0.208		
22:1 undifferentiated.....g	0.001		0	FLA	4		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.260		0	RKI	6		4.497		
18:2 undifferentiated.....g	1.980		0	FLA	4		3.941		
18:3 undifferentiated.....g	0.101		0	FLA	4		0.201		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.072		0	FLA	4		0.143		
20:5 n-3 (EPA).....g	0.001		0	FLA	4		0.002		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA).....g	0.010		0	FLA	4		0.021		
Fatty acids, total trans.....g	0.822		0	RKI	6		1.636		
Cholesterol.....mg	132		0	RKA	1		262		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		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 = 199g: 1 item

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 21305**

**Fast foods, griddle cake sandwich, egg, cheese, and sausage**

**Food Group:** 21 Fast Foods

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



NDB No. 21306

Fast foods, griddle cake sandwich, sausage

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	0.2		0	FLA	4		0.3		
Vitamin D.....IU	9		0	FLA	4		12		
Vitamin K (phylloquinone).....µg	1.0		0	FLA	4		1.3		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.363		0	NC	4		7.239		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.002		0	FLA	4		0.003		
10:0.....g	0.000		0	FLA	4		0.000		
12:0.....g	0.089		0	FLA	4		0.120		
13:0.....g									
14:0.....g	0.206		0	FLA	4		0.278		
15:0.....g									
16:0.....g	3.259		0	FLA	4		4.400		
17:0.....g									
18:0.....g	1.806		0	FLA	4		2.438		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.531		0	NC	4		10.167		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.445		0	FLA	4		0.601		
17:1.....g									
18:1 undifferentiated.....g	6.904		0	FLA	4		9.320		
20:1.....g	0.183		0	FLA	4		0.247		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.414		0	NC	4		3.259		
18:2 undifferentiated.....g	2.300		0	FLA	4		3.104		
18:3 undifferentiated.....g	0.056		0	FLA	4		0.075		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.059		0	FLA	4		0.079		
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g	0.956		0	RKI	6		1.291		
Cholesterol.....mg	24		0	RKA	1		32		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		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 = 135g: 1 item

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 21306**

**Fast foods, griddle cake sandwich, sausage**

**Food Group:** 21 Fast Foods

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





NDB No. 21518

Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce

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	FLA	4		0.0		
Vitamin D.....IU	2		0	FLA	4		2		
Vitamin K (phylloquinone).....µg	17.7		0	FLA	4		21.8		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.363		0	NC	4		4.137		
4:0.....g	0.057	0.006	3	A	1		0.070		
6:0.....g	0.045	0.005	3	A	1		0.055		
8:0.....g	0.029	0.004	3	A	1		0.036		
10:0.....g	0.073	0.007	3	A	1		0.090		
12:0.....g	0.083	0.010	3	A	1		0.102		
13:0.....g									
14:0.....g	0.251	0.027	3	A	1		0.308		
15:0.....g	0.028	0.003	3	A	1		0.034		
16:0.....g	1.552	0.118	3	A	1		1.909		
17:0.....g	0.022	0.002	3	A	1		0.027		
18:0.....g	1.166	0.072	3	A	1		1.434		
20:0.....g	0.026	0.002	3	A	1		0.032		
22:0.....g	0.023	0.002	3	A	1		0.028		
24:0.....g	0.009	0.001	3	A	1		0.011		
Fatty acids, total monounsaturated.....g	2.313		0	NC	4		2.845		
14:1.....g	0.025	0.003	3	A	1		0.030		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.078	0.007	3	AS	1		0.096		
16:1 c.....g	0.071	0.006	3	A	1		0.087		
16:1 t.....g	0.007	0.001	3	A	1		0.009		
17:1.....g	0.008	0.001	3	A	1		0.010		
18:1 undifferentiated.....g	2.157	0.143	3	AS	1		2.653		
18:1 c.....g	2.072	0.142	3	A	1		2.548		
18:1 t.....g	0.085	0.001	3	A	1		0.105		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.040	0.003	3	A	1		0.049		
22:1 undifferentiated.....g	0.005	0.000	3	AS	1		0.006		
22:1 c.....g	0.003	0.000	3	A	1		0.003		
22:1 t.....g	0.002	0.000	3	A	1		0.002		
24:1 c.....g	0.001	0.000	3	A	1		0.001		
Fatty acids, total polyunsaturated.....g	3.415		0	NC	4		4.200		
18:2 undifferentiated.....g	2.963	0.252	3	AS	1		3.644		
18:2 n-6 c,c.....g	2.911	0.248	3	A	1		3.580		
18:2 CLAs.....g	0.017	0.001	3	A	1		0.020		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.035	0.005	3	A	1		0.043		
18:3 undifferentiated.....g	0.383	0.039	3	AS	1		0.471		
18:3 n-3 c,c,c (ALA).....g	0.364	0.038	3	A	1		0.448		
18:3 n-6 c,c,c.....g	0.019	0.001	3	A	1		0.024		
18:3i.....g	0.000	0.000	3	A	1		0.000		
18:4.....g	0.001	0.000	3	A	1		0.001		
20:2 n-6 c,c.....g	0.005	0.001	3	A	1		0.006		
20:3 undifferentiated.....g	0.009	0.001	3	AS	1		0.011		
20:3 n-3.....g	0.001	0.000	3	A	1		0.001		
20:3 n-6.....g	0.009	0.001	3	A	1		0.011		
20:4 undifferentiated.....g	0.034	0.004	3	A	1		0.042		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.000	3	A	1		0.005		
21:5.....g									
22:4.....g	0.009	0.001	3	A	1		0.011		
22:5 n-3 (DPA).....g	0.004	0.000	3	A	1		0.005		
22:6 n-3 (DHA).....g	0.003	0.000	3	A	1		0.003		
Fatty acids, total trans.....g	0.130		0	NC	4		0.160		
Fatty acids, total trans-monoenoic.....g	0.095		0	NC	4		0.116		

NDB No. 21518

Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce

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 trans-polyenoic.....g	0.035		0	NC	4	0.043		
Cholesterol.....mg	41	4.599	3	A	1	51		
Phytosterols.....mg								
<b><u>Amino Acids:</u></b>								
Tryptophan.....g	0.134		0	A	1	0.164		
Threonine.....g	0.477		0	A	1	0.587		
Isoleucine.....g	0.553		0	A	1	0.680		
Leucine.....g	1.040		0	A	1	1.279		
Lysine.....g	0.992		0	A	1	1.220		
Methionine.....g	0.343		0	A	1	0.422		
Cystine.....g	0.172		0	A	1	0.211		
Phenylalanine.....g	0.839		0	A	1	1.032		
Tyrosine.....g	0.448		0	A	1	0.551		
Valine.....g	0.582		0	A	1	0.716		
Arginine.....g	0.734		0	A	1	0.903		
Histidine.....g	0.410		0	A	1	0.504		
Alanine.....g	0.591		0	A	1	0.727		
Aspartic acid.....g	0.992		0	A	1	1.220		
Glutamic acid.....g	2.614		0	A	1	3.215		
Glycine.....g	0.486		0	A	1	0.598		
Proline.....g	0.982		0	A	1	1.208		
Serine.....g	0.620		0	A	1	0.762		
Hydroxyproline.....g	0.040		1	A	1	0.049		
<b><u>Others:</u></b>								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0		
Caffeine.....mg	0		0	FLA	4	0		
Theobromine.....mg	0		0	FLA	4	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 = 123g: 1 item

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 21 Fast Foods**

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



NDB No. 21461

Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.109		0	NC	4		8.333		
4:0.....g	0.086		0	RKI	6		0.231		
6:0.....g	0.038		0	RKI	6		0.102		
8:0.....g	0.023		0	RKI	6		0.061		
10:0.....g	0.049		0	RKI	6		0.132		
12:0.....g	0.044		0	RKI	6		0.119		
13:0.....g									
14:0.....g	0.288		0	RKI	6		0.773		
15:0.....g									
16:0.....g	1.764		0	RKI	6		4.728		
17:0.....g									
18:0.....g	0.816		0	RKI	6		2.187		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.949		0	NC	4		7.905		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.210		0	RKI	6		0.563		
17:1.....g									
18:1 undifferentiated.....g	2.702		0	RKI	6		7.242		
20:1.....g	0.037		0	RKI	6		0.099		
22:1 undifferentiated.....g	0.000		0	RKI	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.880		0	NC	4		5.040		
18:2 undifferentiated.....g	1.623		0	RKI	6		4.350		
18:3 undifferentiated.....g	0.211		0	RKI	6		0.565		
18:4.....g	0.000		0	RKI	6		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.032		0	RKI	6		0.086		
20:5 n-3 (EPA).....g	0.004		0	RKI	6		0.010		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.004		0	RKI	6		0.010		
22:6 n-3 (DHA).....g	0.007		0	RKI	6		0.019		
Fatty acids, total trans.....g	0.071		0	RKI	6		0.190		
Cholesterol.....mg	46		0	RKI	6		122		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RKI	6		0.0		
Caffeine.....mg	0		0	RKI	6		0		
Theobromine.....mg	0		0	RKI	6		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 = 268g: 1 sandwich

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 21202

Fast foods, hamburger, large, single patty, with condiments

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
<b>Proximates:</b>									
Water.....g	48.81		1	A	1		83.47		
Energy.....kcal	256		0	NC	4		437		
Energy.....kJ	1070		0	NC	4		1829		
Protein.....g	15.68		1	A	1		26.81		
Total lipid (fat).....g	11.60		1	A	1		19.84		
Ash.....g	1.77		1	A	1		3.03		
Carbohydrate, by difference.....g	22.14		0	NC	4		37.86		
Fiber, total dietary.....g	1.1		1	A	1		1.9		
Sugars, total.....g	3.67		0	NR	4		6.28		
Sucrose.....g	0.15		1	A	1		0.25		
Glucose (dextrose).....g	1.14		1	A	1		1.95		
Fructose.....g	1.86		1	A	1		3.18		
Lactose.....g	0.15		1	A	1		0.25		
Maltose.....g	0.37		1	A	1		0.63		
Galactose.....g									
Starch.....g	14.90		1	A	1		25.48		
<b>Minerals:</b>									
Calcium, Ca.....mg	87		1	A	1		148		
Iron, Fe.....mg	1.73		1	A	1		2.96		
Magnesium, Mg.....mg	24		1	A	1		41		
Phosphorus, P.....mg	121		1	A	1		207		
Potassium, K.....mg	225		1	A	1		385		
Sodium, Na.....mg	374		1	A	1		640		
Zinc, Zn.....mg	3.04		1	A	1		5.20		
Copper, Cu.....mg	0.101		1	A	1		0.173		
Manganese, Mn.....mg	0.193		1	A	1		0.330		
Selenium, Se.....µg	24.8		1	A	1		42.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		1	A	1		0.6		
Thiamin.....mg	0.160		1	A	1		0.273		
Riboflavin.....mg	0.201		1	A	1		0.344		
Niacin.....mg	4.650		1	A	1		7.952		
Pantothenic acid.....mg	0.394		1	A	1		0.674		
Vitamin B-6.....mg	0.148		1	A	1		0.253		
Folate, total.....µg	22		1	A	1		38		
Folic acid.....µg	13		1	A	1		22		
Folate, food.....µg	9		1	AS	1		15		
Folate, DFE.....µg	31		0	NC	4		53		
Choline, total.....mg	33.3		0	AS	1		57.0		
Betaine.....mg	21.8		3	A	1		37.3		
Vitamin B-12.....µg	1.66		1	A	1		2.84		
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....µg	2		0	FLA	4		4		
Retinol.....µg	0		0	FLA	4		0		
Carotene, beta.....µg	26		0	FLA	4		44		
Carotene, alpha.....µg	1		0	FLA	4		1		
Cryptoxanthin, beta.....µg	2		0	FLA	4		3		
Vitamin A, IU.....IU	45		0	NC	4		77		
Lycopene.....µg	668		0	FLA	4		1143		
Lutein + zeaxanthin.....µg	21		0	FLA	4		36		
Vitamin E (alpha-tocopherol).....mg	0.06		1	A	1		0.10		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg	1.12		1	A	1		1.92		
Tocopherol, gamma.....mg	0.13		1	A	1		0.22		
Tocopherol, delta.....mg	0.02		1	A	1		0.03		
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		

Fast foods, hamburger, large, single patty, with condiments

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			
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	0.1		0	FLA	4	0.2		
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU	4		0	FLA	4	6		
Vitamin K (phylloquinone).....µg	5.0		1	A	1	8.6		
Dihydrophyloquinone.....µg	0.0		1	A	1	0.0		
Menaquinone-4.....µg								
<b>Lipids:</b>								
Fatty acids, total saturated.....g	4.785		0	NC	4	8.183		
4:0.....g	0.000		0	FLA	4	0.000		
6:0.....g	0.000		0	FLA	4	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	0.352		1	A	1	0.602		
15:0.....g	0.048		1	A	1	0.081		
16:0.....g	2.740		1	A	1	4.685		
17:0.....g	0.114		1	A	1	0.195		
18:0.....g	1.513		1	A	1	2.587		
20:0.....g	0.019		1	A	1	0.032		
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	5.404		0	NC	4	9.240		
14:1.....g	0.095		1	A	1	0.163		
15:1.....g	0.000		1	A	1	0.000		
16:1 undifferentiated.....g	0.438		1	A	1	0.748		
17:1.....g	0.000		1	A	1	0.000		
18:1 undifferentiated.....g	4.833		1	A	1	8.264		
20:1.....g	0.038		1	A	1	0.065		
22:1 undifferentiated.....g	0.000		1	A	1	0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.179		0	NC	4	2.017		
18:2 undifferentiated.....g	0.999		1	A	1	1.708		
18:3 undifferentiated.....g	0.105		1	A	1	0.179		
18:4.....g	0.057		1	A	1	0.097		
20:2 n-6 c,c.....g	0.000		1	A	1	0.000		
20:3 undifferentiated.....g	0.000		1	A	1	0.000		
20:4 undifferentiated.....g	0.019		1	A	1	0.032		
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	40		1	A	1	69		
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0		
Caffeine.....mg	0		0	FLA	4	0		
Theobromine.....mg	0		0	FLA	4	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 = 171g: 1 item

**NDB No. 21202**

**Fast foods, hamburger, large, single patty, with condiments**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21115

Fast foods, hamburger, large, triple patty, with condiments

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
<b>Proximates:</b>									
Water.....g	52.37		2		1		135.64		
Energy.....kcal	267		0		1		692		
Energy.....kJ	1117				1		2893		
Protein (N x 6.2).....g	19.30	1.138	3		1		49.99		
Total lipid (fat).....g	16.01	0.884	3		1		41.47		
Ash.....g	1.28		2		1		3.32		
Carbohydrate, by difference.....g	11.04		0	NC	4		28.59		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	25		2		1		65		
Iron, Fe.....mg	3.21		2		1		8.31		
Magnesium, Mg.....mg	21		1		1		54		
Phosphorus, P.....mg	152		2		1		394		
Potassium, K.....mg	303		2		1		785		
Sodium, Na.....mg	275	31.971	3		1		712		
Zinc, Zn.....mg	4.15		2		1		10.75		
Copper, Cu.....mg	0.076		1		1		0.197		
Manganese, Mn.....mg	0.090		1		1		0.233		
Selenium, Se.....µg	21.5		0	RK	4		55.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		1		1		1.3		
Thiamin.....mg	0.120		2		1		0.311		
Riboflavin.....mg	0.210		2		1		0.544		
Niacin.....mg	4.230		2		1		10.956		
Pantothenic acid.....mg	0.260		1		1		0.673		
Vitamin B-6.....mg	0.240		1		1		0.622		
Folate, total.....µg	29		0	RK	4		75		
Folic acid.....µg	17		0	NC	4		44		
Folate, food.....µg	12		1		1		31		
Folate, DFE.....µg	41		0	NC	4		106		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.90		1		1		4.92		
Vitamin A, RAE.....µg	3		0	NC	4		8		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	61		1		1		158		
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									
<b>Lipids:</b>									



NDB No. 21115

Fast foods, hamburger, large, triple patty, with condiments

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	6.147		1		1		15.921		
Fatty acids, total monounsaturated.....g	7.040		1		1		18.234		
Fatty acids, total polyunsaturated.....g	1.059		1		1		2.743		
Fatty acids, total trans.....g									
Cholesterol.....mg	55	5.100	3		1		142		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.237		0		1		0.614		
Threonine.....g	0.778		0		1		2.015		
Isoleucine.....g	0.822		0		1		2.129		
Leucine.....g	1.522		0		1		3.942		
Lysine.....g	1.482		0		1		3.838		
Methionine.....g	0.433		0		1		1.121		
Cystine.....g	0.202		0		1		0.523		
Phenylalanine.....g	0.756		0		1		1.958		
Tyrosine.....g	0.585		0		1		1.515		
Valine.....g	0.937		0		1		2.427		
Arginine.....g	1.242		0		1		3.217		
Histidine.....g	0.588		0		1		1.523		
Alanine.....g	1.192		0		1		3.087		
Aspartic acid.....g	1.672		0		1		4.330		
Glutamic acid.....g	3.384		0		1		8.765		
Glycine.....g	1.351		0		1		3.499		
Proline.....g	1.108		0		1		2.870		
Serine.....g	0.775		0		1		2.007		
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 = 259g: 1 sandwich

**Calories Factors: Protein 4.2**

**Fat 8.92**

**Carbohydrate 3.95**

**Food Group: 21 Fast Foods**

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

NDB No. 21114

Fast foods, hamburger; double, large patty; with condiments and vegetables

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
<b>Proximates:</b>									
Water.....g	53.74	0.980	10		1		121.45		
Energy.....kcal	239		0		1		540		
Energy.....kJ	1000		0		1		2260		
Protein (N x 6.2).....g	15.17	0.768	10		1		34.28		
Total lipid (fat).....g	11.75	1.554	10		1		26.56		
Ash.....g	1.52	0.080	10		1		3.44		
Carbohydrate, by difference.....g	17.82		0	NC	4		40.27		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	45	5.859	10		1		102		
Iron, Fe.....mg	2.59	0.220	10		1		5.85		
Magnesium, Mg.....mg	22	1.104	9		1		50		
Phosphorus, P.....mg	139	6.750	10		1		314		
Potassium, K.....mg	252	9.099	10		1		570		
Sodium, Na.....mg	350	17.140	10		1		791		
Zinc, Zn.....mg	2.51	0.221	10		1		5.67		
Copper, Cu.....mg	0.097	0.006	9		1		0.219		
Manganese, Mn.....mg	0.110		1		1		0.249		
Selenium, Se.....µg	11.3		0	RK	4		25.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		1		1		1.1		
Thiamin.....mg	0.160	0.015	10		1		0.362		
Riboflavin.....mg	0.170	0.009	10		1		0.384		
Niacin.....mg	3.350	0.247	10		1		7.571		
Pantothenic acid.....mg	0.240		1		1		0.542		
Vitamin B-6.....mg	0.240		1		1		0.542		
Folate, total.....µg	34		0	RK	4		77		
Folic acid.....µg	22		0	NC	4		50		
Folate, food.....µg	12		1		1		27		
Folate, DFE.....µg	49		0	NC	4		112		
Choline, total.....mg	40.5		0	AS	1		91.6		
Betaine.....mg	46.4		2	A	1		104.9		
Vitamin B-12.....µg	1.80		1		1		4.07		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	45		1		1		102		
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									
<b>Lipids:</b>									

NDB No. 21114

**Fast foods, hamburger; double, large patty; with condiments and vegetables**

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	4.654		1		1		10.518		
Fatty acids, total monounsaturated.....g	4.570		1		1		10.328		
Fatty acids, total polyunsaturated.....g	1.237		1		1		2.796		
Fatty acids, total trans.....g									
Cholesterol.....mg	54		2		1		122		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.183		0		1		0.414		
Threonine.....g	0.599		0		1		1.354		
Isoleucine.....g	0.638		0		1		1.442		
Leucine.....g	1.172		0		1		2.649		
Lysine.....g	1.108		0		1		2.504		
Methionine.....g	0.330		0		1		0.746		
Cystine.....g	0.164		0		1		0.371		
Phenylalanine.....g	0.599		0		1		1.354		
Tyrosine.....g	0.448		0		1		1.012		
Valine.....g	0.729		0		1		1.648		
Arginine.....g	0.944		0		1		2.133		
Histidine.....g	0.450		0		1		1.017		
Alanine.....g	0.903		0		1		2.041		
Aspartic acid.....g	1.289		0		1		2.913		
Glutamic acid.....g	2.803		0		1		6.335		
Glycine.....g	1.020		0		1		2.305		
Proline.....g	0.898		0		1		2.029		
Serine.....g	0.612		0		1		1.383		
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 = 226g: 1 sandwich

**Calories Factors: Protein 4.2**

**Fat 8.92**

**Carbohydrate 3.95**

**Food Group: 21 Fast Foods**

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



Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise

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	0.1		0	FLA	4		0.4		
Vitamin D.....IU	4		0	FLA	4		15		
Vitamin K (phylloquinone).....µg	14.1		1	A	1		52.7		
Dihydrophylloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.773		0	NC	4		21.593		
4:0.....g	0.005		1	A	1		0.019		
6:0.....g	0.005		1	A	1		0.019		
8:0.....g	0.013		1	A	1		0.048		
10:0.....g	0.013		1	A	1		0.049		
12:0.....g	0.061		1	A	1		0.230		
13:0.....g									
14:0.....g	0.372		1	A	1		1.390		
15:0.....g	0.055		1	A	1		0.205		
16:0.....g	3.249		1	A	1		12.149		
17:0.....g	0.146		1	A	1		0.546		
18:0.....g	1.795		1	A	1		6.714		
20:0.....g	0.028		1	A	1		0.106		
22:0.....g	0.020		1	A	1		0.073		
24:0.....g	0.012		1	A	1		0.045		
Fatty acids, total monounsaturated.....g	6.117		0	NC	4		22.879		
14:1.....g	0.096		1	A	1		0.358		
15:1.....g									
16:1 undifferentiated.....g	0.461		0	AS	1		1.726		
16:1 c.....g	0.430		1	A	1		1.609		
16:1 t.....g	0.031		1	A	1		0.116		
17:1.....g	0.095		1	A	1		0.356		
18:1 undifferentiated.....g	5.442		0	AS	1		20.355		
18:1 c.....g	5.128		1	A	1		19.178		
18:1 t.....g	0.315		1	A	1		1.177		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.023		1	A	1		0.084		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.016		0	NC	4		11.281		
18:2 undifferentiated.....g	2.662		0	AS	1		9.956		
18:2 n-6 c,c.....g	2.606		1	A	1		9.745		
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g	0.057		1	A	1		0.212		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.315		0	AS	1		1.176		
18:3 n-3 c,c,c (ALA).....g	0.315		1	A	1		1.176		
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.006		1	A	1		0.021		
20:3 undifferentiated.....g	0.009		1	A	1		0.033		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.025		1	A	1		0.095		
20:4 n-6.....g									
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	0.402		0	NC	4		1.505		
Fatty acids, total trans-monoenoic.....g	0.346		0	NC	4		1.293		
Fatty acids, total trans-polyenoic.....g	0.057		0	NC	4		0.212		
Cholesterol.....mg	46		1	A	1		172		

NDB No. 21389

Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise

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					
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		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 = 374g: 1 item

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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

NDB No. 21111

Fast foods, hamburger; double, regular patty; with condiments

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
<b>Proximates:</b>									
Water.....g	50.51	0.866	8		1		108.60		
Energy.....kcal	268		0		1		576		
Energy.....kJ	1121		0		1		2411		
Protein (N x 6.2).....g	14.80	0.578	8		1		31.82		
Total lipid (fat).....g	15.10	0.381	8		1		32.47		
Ash.....g	1.57	0.054	8		1		3.38		
Carbohydrate, by difference.....g	18.02		0	NC	4		38.74		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	43	8.076	8		1		92		
Iron, Fe.....mg	2.58	0.165	8		1		5.55		
Magnesium, Mg.....mg	21	0.711	8		1		45		
Phosphorus, P.....mg	132	5.744	8		1		284		
Potassium, K.....mg	245	7.994	8		1		527		
Sodium, Na.....mg	345	12.797	8		1		742		
Zinc, Zn.....mg	2.70	0.133	8		1		5.81		
Copper, Cu.....mg	0.090	0.005	8		1		0.194		
Manganese, Mn.....mg	0.151		1		4		0.325		
Selenium, Se.....µg	20.9		0	RK	4		44.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		1		4		1.1		
Thiamin.....mg	0.160	0.009	8		1		0.344		
Riboflavin.....mg	0.190	0.010	8		1		0.409		
Niacin.....mg	3.130	0.150	8		1		6.730		
Pantothenic acid.....mg	0.360		1		4		0.774		
Vitamin B-6.....mg	0.170		1		4		0.366		
Folate, total.....µg	39		0	RK	4		84		
Folic acid.....µg	18		0	NC	4		39		
Folate, food.....µg	21		0		4		45		
Folate, DFE.....µg	52		0	NC	4		111		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.55		1		4		3.33		
Vitamin A, RAE.....µg									
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	25		1		4		54		
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									
<b>Lipids:</b>									

NDB No. 21111

Fast foods, hamburger; double, regular patty; with condiments

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	5.582		1		1		12.001		
Fatty acids, total monounsaturated.....g	6.571		1		1		14.128		
Fatty acids, total polyunsaturated.....g	1.286		1		1		2.765		
Fatty acids, total trans.....g									
Cholesterol.....mg	48		1		4		103		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.179		0		1		0.385		
Threonine.....g	0.580		0		1		1.247		
Isoleucine.....g	0.623		0		1		1.339		
Leucine.....g	1.143		0		1		2.457		
Lysine.....g	1.062		0		1		2.283		
Methionine.....g	0.320		0		1		0.688		
Cystine.....g	0.162		0		1		0.348		
Phenylalanine.....g	0.589		0		1		1.266		
Tyrosine.....g	0.437		0		1		0.940		
Valine.....g	0.714		0		1		1.535		
Arginine.....g	0.914		0		1		1.965		
Histidine.....g	0.437		0		1		0.940		
Alanine.....g	0.873		0		1		1.877		
Aspartic acid.....g	1.231		0		1		2.647		
Glutamic acid.....g	2.759		0		1		5.932		
Glycine.....g	0.988		0		1		2.124		
Proline.....g	0.904		0		1		1.944		
Serine.....g	0.601		0		1		1.292		
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 = 215g: 1 item

**Calories Factors: Protein 4.2**

**Fat 8.92**

**Carbohydrate 3.95**

**Food Group: 21 Fast Foods**

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



NDB No. 21110

Fast foods, hamburger; double, regular, patty; plain

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
<b>Proximates:</b>									
Water.....g	42.67		0	RA	4		51.20		
Energy.....kcal	295		0	NC	4		354		
Energy.....kJ	1234		0	NC	4		1481		
Protein (N x 6.2).....g	17.08		0	RA	4		20.49		
Total lipid (fat).....g	14.36		0	RA	4		17.23		
Ash.....g	1.80		0	RA	4		2.16		
Carbohydrate, by difference.....g	24.10		0	NC	4		28.92		
Fiber, total dietary.....g	0.9		0	RA	4		1.0		
Sugars, total.....g	4.15		0	RA	4		4.98		
Sucrose.....g	0.22		0	RA	4		0.27		
Glucose (dextrose).....g	1.16		0	RA	4		1.40		
Fructose.....g	2.03		0	RA	4		2.43		
Lactose.....g	0.13		0	RA	4		0.16		
Maltose.....g	0.60		0	RA	4		0.72		
Galactose.....g	0.00		0	RA	4		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	102		0	RA	4		122		
Iron, Fe.....mg	2.88		0	RA	4		3.45		
Magnesium, Mg.....mg	20		0	RA	4		24		
Phosphorus, P.....mg	136		0	RA	4		163		
Potassium, K.....mg	226		0	RA	4		271		
Sodium, Na.....mg	414		0	RA	4		497		
Zinc, Zn.....mg	2.87		0	RA	4		3.44		
Copper, Cu.....mg	0.091		0	RA	4		0.109		
Manganese, Mn.....mg	0.217		0	RA	4		0.261		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RA	4		0.0		
Thiamin.....mg	0.217		0	RA	4		0.261		
Riboflavin.....mg	0.250		0	RA	4		0.300		
Niacin.....mg	5.365		0	RA	4		6.438		
Pantothenic acid.....mg	0.310		0	RA	4		0.372		
Vitamin B-6.....mg	0.203		0	RA	4		0.244		
Folate, total.....µg	56		0	RA	4		67		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.44		0	RA	4		1.73		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Vitamin A, IU.....IU	0		0	AS	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									
<b>Lipids:</b>									

NDB No. 21110

Fast foods, hamburger; double, regular, patty; plain

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	5.096		0	RA	4		6.115		
Fatty acids, total monounsaturated.....g	5.495		0	RA	4		6.594		
Fatty acids, total polyunsaturated.....g	0.380		0	RA	4		0.456		
Fatty acids, total trans.....g	0.814		0	RA	4		0.977		
Cholesterol.....mg	47		0	RA	4		57		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.206		0		1		0.247		
Threonine.....g	0.666		0		1		0.799		
Isoleucine.....g	0.716		0		1		0.859		
Leucine.....g	1.319		0		1		1.583		
Lysine.....g	1.226		0		1		1.471		
Methionine.....g	0.370		0		1		0.444		
Cystine.....g	0.186		0		1		0.223		
Phenylalanine.....g	0.677		0		1		0.812		
Tyrosine.....g	0.502		0		1		0.602		
Valine.....g	0.823		0		1		0.988		
Arginine.....g	1.053		0		1		1.264		
Histidine.....g	0.505		0		1		0.606		
Alanine.....g	1.006		0		1		1.207		
Aspartic acid.....g	1.415		0		1		1.698		
Glutamic acid.....g	3.156		0		1		3.787		
Glycine.....g	1.141		0		1		1.369		
Proline.....g	1.039		0		1		1.247		
Serine.....g	0.694		0		1		0.833		
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 = 120g: 1 item

**Calories Factors: Protein 4.2**

**Fat 8.92**

**Carbohydrate 3.95**

**Food Group: 21 Fast Foods**

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

NDB No. 21112

Fast foods, hamburger; single, large patty; plain

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
<b>Proximates:</b>									
Water.....g	42.10	1.069	3		1		57.68		
Energy.....kcal	311		0		1		426		
Energy.....kJ	1301		0		1		1783		
Protein (N x 6.2).....g	16.51		1		1		22.62		
Total lipid (fat).....g	16.73	1.026	4		1		22.92		
Ash.....g	1.50		1		1		2.06		
Carbohydrate, by difference.....g	23.16		0	NC	4		31.73		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	54		0		4		74		
Iron, Fe.....mg	2.61		0		4		3.58		
Magnesium, Mg.....mg	20		0		4		27		
Phosphorus, P.....mg	128		0		4		175		
Potassium, K.....mg	195		0		4		267		
Sodium, Na.....mg	346		1		1		474		
Zinc, Zn.....mg	3.00		0		4		4.11		
Copper, Cu.....mg	0.095		0		4		0.130		
Manganese, Mn.....mg	0.178		0		4		0.244		
Selenium, Se.....µg	19.8	1.150	18	A	1		27.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.210		0		4		0.288		
Riboflavin.....mg	0.210		0		4		0.288		
Niacin.....mg	4.560		0		4		6.247		
Pantothenic acid.....mg	0.390		0		4		0.534		
Vitamin B-6.....mg	0.170		0		4		0.233		
Folate, total.....µg	44		0	RK	4		60		
Folic acid.....µg	21		0	NC	4		29		
Folate, food.....µg	23		0		4		32		
Folate, DFE.....µg	59		0	NC	4		80		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.50		0		4		2.06		
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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 21112

Fast foods, hamburger; single, large patty; plain

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	6.120		0		1		8.384		
Fatty acids, total monounsaturated.....g	7.210		0		1		9.878		
Fatty acids, total polyunsaturated.....g	1.560		0		1		2.137		
Fatty acids, total trans.....g									
Cholesterol.....mg	52	2.694	5		1		71		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.200		0		1		0.274		
Threonine.....g	0.639		0		1		0.875		
Isoleucine.....g	0.692		0		1		0.948		
Leucine.....g	1.270		0		1		1.740		
Lysine.....g	1.153		0		1		1.580		
Methionine.....g	0.354		0		1		0.485		
Cystine.....g	0.186		0		1		0.255		
Phenylalanine.....g	0.663		0		1		0.908		
Tyrosine.....g	0.482		0		1		0.660		
Valine.....g	0.799		0		1		1.095		
Arginine.....g	1.004		0		1		1.375		
Histidine.....g	0.482		0		1		0.660		
Alanine.....g	0.956		0		1		1.310		
Aspartic acid.....g	1.347		0		1		1.845		
Glutamic acid.....g	3.150		0		1		4.316		
Glycine.....g	1.081		0		1		1.481		
Proline.....g	1.041		0		1		1.426		
Serine.....g	0.679		0		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 = 137g: 1 sandwich

**Calories Factors: Protein 4.2**

**Fat 8.95**

**Carbohydrate 3.95**

**Food Group: 21 Fast Foods**

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

NDB No. 21113

Fast foods, hamburger; single, large patty; with condiments and vegetables

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
<b>Proximates:</b>									
Water.....g	55.70	0.771	33				121.43		
Energy.....kcal	235		0				512		
Energy.....kJ	983		0				2143		
Protein (N x 6.2).....g	11.85	0.601	26				25.83		
Total lipid (fat).....g	12.55	0.390	26				27.36		
Ash.....g	1.56	0.039	22				3.40		
Carbohydrate, by difference.....g	18.35		0	NC	4		40.00		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	44	2.355	28				96		
Iron, Fe.....mg	2.26	0.105	29				4.93		
Magnesium, Mg.....mg	20	0.753	27				44		
Phosphorus, P.....mg	107	3.401	27				233		
Potassium, K.....mg	220	4.541	27				480		
Sodium, Na.....mg	378	13.038	30				824		
Zinc, Zn.....mg	2.24	0.136	28				4.88		
Copper, Cu.....mg	0.091	0.003	21				0.198		
Manganese, Mn.....mg	0.160	0.008	16				0.349		
Selenium, Se.....µg	15.4	0.692	28	A			33.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2	0.366	10				2.6		
Thiamin.....mg	0.190	0.012	19				0.414		
Riboflavin.....mg	0.170	0.009	18				0.371		
Niacin.....mg	3.340	0.228	19				7.281		
Pantothenic acid.....mg	0.330	0.040	6				0.719		
Vitamin B-6.....mg	0.150	0.008	12				0.327		
Folate, total.....µg	38		0	RK	4		83		
Folic acid.....µg	21		0	NC	4		46		
Folate, food.....µg	17	1.013	19				37		
Folate, DFE.....µg	53		0	NC	4		115		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.09	0.076	12				2.38		
Vitamin A, RAE.....µg									
Retinol.....µg	4		0	NC	4		9		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	143	17.771	12				312		
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									
<b>Lipids:</b>									

Fast foods, hamburger; single, large patty; with condiments and vegetables

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	4.780		0		1	10.420	
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g	0.020		5		1	0.044	
12:0.....g	0.010		5		1	0.022	
13:0.....g							
14:0.....g	0.300		5		1	0.654	
15:0.....g							
16:0.....g	2.760		5		1	6.017	
17:0.....g							
18:0.....g	1.440		5		1	3.139	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	5.240		0		1	11.423	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.430		5		1	0.937	
17:1.....g							
18:1 undifferentiated.....g	4.650		5		1	10.137	
20:1.....g	0.040		5		1	0.087	
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.010		0		1	2.202	
18:2 undifferentiated.....g	0.880		5		1	1.918	
18:3 undifferentiated.....g	0.110		5		1	0.240	
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.020		5		1	0.044	
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	40	2.788	8		1	87	
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.141		0		1	0.307	
Threonine.....g	0.455		0		1	0.992	
Isoleucine.....g	0.491		0		1	1.070	
Leucine.....g	0.896		0		1	1.953	
Lysine.....g	0.814		0		1	1.775	
Methionine.....g	0.248		0		1	0.541	
Cystine.....g	0.134		0		1	0.292	
Phenylalanine.....g	0.472		0		1	1.029	
Tyrosine.....g	0.340		0		1	0.741	
Valine.....g	0.566		0		1	1.234	
Arginine.....g	0.709		0		1	1.546	
Histidine.....g	0.340		0		1	0.741	
Alanine.....g	0.676		0		1	1.474	
Aspartic acid.....g	0.982		0		1	2.141	
Glutamic acid.....g	2.317		0		1	5.051	
Glycine.....g	0.760		0		1	1.657	
Proline.....g	0.732		0		1	1.596	
Serine.....g	0.481		0		1	1.049	
Hydroxyproline.....g							

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**NDB No. 21113**

**Fast foods, hamburger; single, large patty; with condiments and vegetables**

**Common Measures:**

Measure 1 = 218g: 1 sandwich

**Calories Factors: Protein 4.2**

**Fat 8.95**

**Carbohydrate 3.95**

**Food Group: 21 Fast Foods**

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

NDB No. 21390

Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise

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
<b>Proximates:</b>									
Water.....g	57.52	0.577	8	JO	11		142.06		
Energy.....kcal	226		0	NC	4		558		
Energy.....kJ	946		0	NC	4		2336		
Protein.....g	11.34	0.646	8	JO	11		28.01		
Total lipid (fat).....g	12.37	0.919	8	JO	11		30.56		
Ash.....g	1.45	0.050	8	JO	11		3.57		
Carbohydrate, by difference.....g	17.33		0	NC	4		42.80		
Fiber, total dietary.....g	1.5	0.167	7	JO	11		3.7		
Sugars, total.....g	4.00	0.216	4	JO	11		9.89		
Sucrose.....g	0.65	0.532	8	JO	11		1.59		
Glucose (dextrose).....g	0.83	0.419	8	JO	11		2.05		
Fructose.....g	1.59	0.134	8	JO	11		3.92		
Lactose.....g	0.02	0.017	8	JO	11		0.04		
Maltose.....g	0.45	0.130	8	JO	11		1.12		
Galactose.....g	0.06	0.056	4	JO	11		0.14		
Starch.....g	12.53	1.004	7	A	1		30.95		
<b>Minerals:</b>									
Calcium, Ca.....mg	46	9.594	7	JO	11		115		
Iron, Fe.....mg	2.99	0.730	7	JO	11		7.39		
Magnesium, Mg.....mg	18	0.173	7	JO	11		45		
Phosphorus, P.....mg	97	3.888	7	JO	11		239		
Potassium, K.....mg	188	9.448	7	JO	11		465		
Sodium, Na.....mg	342	26.727	7	JO	11		844		
Zinc, Zn.....mg	2.46	0.222	7	JO	11		6.07		
Copper, Cu.....mg	0.081	0.037	7	JO	11		0.200		
Manganese, Mn.....mg	0.183	0.002	7	JO	11		0.453		
Selenium, Se.....µg	18.2	0.013	8	A	1		45.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.9	0.521	8	JA	6		2.1		
Thiamin.....mg	0.211	0.038	8	JO	11		0.522		
Riboflavin.....mg	0.213	0.025	8	JO	11		0.527		
Niacin.....mg	3.141	0.137	8	JO	11		7.758		
Pantothenic acid.....mg	0.254	0.082	8	A	1		0.628		
Vitamin B-6.....mg	0.103	0.011	8	A	1		0.253		
Folate, total.....µg	64	0.412	4	JA	6		158		
Folic acid.....µg	33	3.189	4	A	1		82		
Folate, food.....µg	31		0	JA	6		76		
Folate, DFE.....µg	87		0	NC	4		214		
Choline, total.....mg	32.9		0	FLA	4		81.3		
Betaine.....mg									
Vitamin B-12.....µg	1.21	0.239	4	JO	11		3.00		
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....µg	9		0	NC	4		23		
Retinol.....µg	0		0	FLA	4		0		
Carotene, beta.....µg	103		0	FLA	4		254		
Carotene, alpha.....µg	15		0	FLA	4		38		
Cryptoxanthin, beta.....µg	2		0	FLA	4		5		
Vitamin A, IU.....IU	186		0	NC	4		460		
Lycopene.....µg	1068		0	FLA	4		2639		
Lutein + zeaxanthin.....µg	45		0	FLA	4		110		
Vitamin E (alpha-tocopherol).....mg	0.15		1	A	1		0.37		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg	1.95		1	A	1		4.82		
Tocopherol, gamma.....mg	0.45		1	A	1		1.11		
Tocopherol, delta.....mg	0.39		1	A	1		0.96		
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		





NDB No. 21390

Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise

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			
Cholesterol.....mg	33	1.570	8	JO	11	81		
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.100		0	A	1	0.247		
Threonine.....g	0.415		0	A	1	1.026		
Isoleucine.....g	0.400		0	A	1	0.988		
Leucine.....g	0.797		0	A	1	1.969		
Lysine.....g								
Methionine.....g	0.224		0	A	1	0.554		
Cystine.....g	0.120		0	A	1	0.295		
Phenylalanine.....g	0.464		0	A	1	1.146		
Tyrosine.....g	0.262		0	A	1	0.647		
Valine.....g	0.468		0	A	1	1.157		
Arginine.....g	0.621		0	A	1	1.533		
Histidine.....g	0.277		0	A	1	0.684		
Alanine.....g	0.601		0	A	1	1.485		
Aspartic acid.....g	0.872		0	A	1	2.153		
Glutamic acid.....g	2.250		0	A	1	5.557		
Glycine.....g	0.784		0	A	1	1.936		
Proline.....g	0.887		0	A	1	2.191		
Serine.....g	0.478		0	A	1	1.181		
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0		
Caffeine.....mg	0		0	FLA	4	0		
Theobromine.....mg	0		0	FLA	4	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 = 247g: 1 item

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce

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			
Vitamin D2 (ergocalciferol).....µg							
Vitamin D3 (cholecalciferol).....µg							
Vitamin D.....IU							
Vitamin K (phylloquinone).....µg	23.4		1	A	1		48.0
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0
Menaquinone-4.....µg							
<b>Lipids:</b>							
Fatty acids, total saturated.....g	4.240		0	NC	4		8.691
4:0.....g							
6:0.....g							
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	0.240		1	A	1		0.492
15:0.....g	0.040		1	A	1		0.082
16:0.....g	2.490		1	A	1		5.105
17:0.....g	0.090		1	A	1		0.185
18:0.....g	1.320		1	A	1		2.706
20:0.....g	0.030		1	A	1		0.061
22:0.....g	0.030		1	A	1		0.061
24:0.....g	0.000		1	A	1		0.000
Fatty acids, total monounsaturated.....g	4.780		0	NC	4		9.799
14:1.....g	0.060		1	A	1		0.123
15:1.....g	0.000		1	A	1		0.000
16:1 undifferentiated.....g							
17:1.....g	0.000		1	A	1		0.000
18:1 undifferentiated.....g	4.650		1	A	1		9.533
20:1.....g	0.050		1	A	1		0.103
22:1 undifferentiated.....g	0.020		1	A	1		0.041
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	4.100		0	NC	4		8.404
18:2 undifferentiated.....g	3.560		1	A	1		7.298
18:3 undifferentiated.....g	0.480		1	A	1		0.984
18:4.....g	0.040		1	A	1		0.082
20:2 n-6 c,c.....g	0.000		1	A	1		0.000
20:3 undifferentiated.....g	0.000		1	A	1		0.000
20:4 undifferentiated.....g	0.020		1	A	1		0.041
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	32		1	A	1		66
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.110		0	A	1		0.225
Threonine.....g	0.390		0	A	1		0.799
Isoleucine.....g	0.430		0	A	1		0.882
Leucine.....g	0.770		0	A	1		1.578
Lysine.....g	0.640		0	A	1		1.312
Methionine.....g	0.210		0	A	1		0.430
Cystine.....g	0.150		0	A	1		0.308
Phenylalanine.....g	0.440		0	A	1		0.902
Tyrosine.....g	0.220		0	A	1		0.451
Valine.....g	0.500		0	A	1		1.025
Arginine.....g	0.590		0	A	1		1.209
Histidine.....g	0.280		0	A	1		0.574
Alanine.....g	0.640		0	A	1		1.312
Aspartic acid.....g	0.740		0	A	1		1.517
Glutamic acid.....g	2.400		0	A	1		4.920
Glycine.....g	0.750		0	A	1		1.538

NDB No. 21393

Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce

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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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proline.....g	0.810		0	A	1		1.661		
Serine.....g	0.420		0	A	1		0.861		
Hydroxyproline.....g									

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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 = 205g: 1 item

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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

NDB No. 21107

Fast foods, hamburger; single, regular patty; plain

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
<b>Proximates:</b>									
Water.....g	38.45	0.345	6	A	1		29.99		
Energy.....kcal	297		0	NC	4		232		
Energy.....kJ	1245		0	NC	4		971		
Protein (N x 6.03).....g	16.52	0.268	6	A	1		12.89		
Total lipid (fat).....g	12.01	0.315	6	A	1		9.37		
Ash.....g	1.52	0.011	6	A	1		1.19		
Carbohydrate, by difference.....g	31.50		0	NC	4		24.57		
Fiber, total dietary.....g	1.7		1	A	1		1.3		
Sugars, total.....g	4.88	0.141	3	A	1		3.81		
Sucrose.....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose).....g	2.05	0.010	3	A	1		1.60		
Fructose.....g	2.27	0.038	3	A	1		1.77		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.57	0.170	3	A	1		0.44		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	22.87	0.578	3	A	1		17.84		
<b>Minerals:</b>									
Calcium, Ca.....mg	62	5.532	6	A	1		48		
Iron, Fe.....mg	3.06	0.102	6	A	1		2.39		
Magnesium, Mg.....mg	27	0.937	6	A	1		21		
Phosphorus, P.....mg	134	1.721	6	A	1		105		
Potassium, K.....mg	197	1.145	6	A	1		153		
Sodium, Na.....mg	331	3.851	6	A	1		258		
Zinc, Zn.....mg	2.52	0.047	6	A	1		1.96		
Copper, Cu.....mg	0.121	0.005	6	A	1		0.095		
Manganese, Mn.....mg	0.357	0.006	6	A	1		0.279		
Selenium, Se.....µg	20.3	0.751	3	A	1		15.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RA	4		0.0		
Thiamin.....mg	0.317	0.020	3	A	1		0.247		
Riboflavin.....mg	0.363	0.003	3	A	1		0.283		
Niacin.....mg	5.617	0.242	3	A	1		4.381		
Pantothenic acid.....mg	0.530		2	A	1		0.413		
Vitamin B-6.....mg	0.212	0.009	3	A	1		0.165		
Folate, total.....µg	80	6.381	3	A	1		62		
Folic acid.....µg	29		0	BFZN	4		22		
Folate, food.....µg	51		0	NC	4		40		
Folate, DFE.....µg	100		0	NC	4		78		
Choline, total.....mg	34.4		0	AS	1		26.8		
Betaine.....mg									
Vitamin B-12.....µg	0.89	0.107	3	A	1		0.69		
Vitamin B-12, added.....µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE.....µg	9		0	AS	1		7		
Retinol.....µg	8		1	A	1		6		
Carotene, beta.....µg	15		1	A	1		12		
Carotene, alpha.....µg	0		1	A	1		0		
Cryptoxanthin, beta.....µg	1		1	A	1		1		
Vitamin A, IU.....IU	51		0	AS	1		40		
Lycopene.....µg	5		1	A	1		4		
Lutein + zeaxanthin.....µg	38		1	A	1		30		
Vitamin E (alpha-tocopherol).....mg	0.38		1	A	1		0.30		
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00		
Tocopherol, beta.....mg	0.08		1	A	1		0.06		
Tocopherol, gamma.....mg	0.91		1	A	1		0.71		
Tocopherol, delta.....mg	0.19		1	A	1		0.15		
Tocotrienol, alpha.....mg	0.03		1	A	1		0.02		
Tocotrienol, beta.....mg	0.61		1	A	1		0.48		

Fast foods, hamburger; single, regular patty; plain

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	0.1		0	BFZN	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	2		0	BFZN	4		2		
Vitamin K (phylloquinone).....µg	4.9		0	BFZN	4		3.8		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.493		0	NC	4		3.504		
4:0.....g	0.000	0.000	3	A	1		0.000		
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	0.008	0.001	3	A	1		0.006		
12:0.....g	0.007	0.001	3	A	1		0.006		
13:0.....g									
14:0.....g	0.279	0.019	3	A	1		0.217		
15:0.....g	0.048	0.004	3	A	1		0.038		
16:0.....g	2.432	0.101	3	A	1		1.897		
17:0.....g	0.119	0.011	3	A	1		0.093		
18:0.....g	1.564	0.107	3	A	1		1.220		
20:0.....g	0.021	0.001	3	A	1		0.016		
22:0.....g	0.009	0.000	3	A	1		0.007		
24:0.....g	0.006	0.000	3	A	1		0.005		
Fatty acids, total monounsaturated.....g	4.835		0	NC	4		3.771		
14:1.....g	0.080	0.003	3	A	1		0.063		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.318	0.016	3	AS	1		0.248		
16:1 c.....g	0.284	0.014	3	A	1		0.221		
16:1 t.....g	0.034	0.002	3	A	1		0.026		
17:1.....g	0.077	0.007	3	A	1		0.060		
18:1 undifferentiated.....g	4.325	0.146	3	AS	1		3.373		
18:1 c.....g	3.905	0.150	3	A	1		3.046		
18:1 t.....g	0.420	0.019	3	A	1		0.327		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.035	0.003	3	A	1		0.028		
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	1.680		0	NC	4		1.310		
18:2 undifferentiated.....g	1.502	0.056	3	AS	1		1.172		
18:2 n-6 c,c.....g	1.391	0.060	3	A	1		1.085		
18:2 CLAs.....g	0.051	0.003	3	A	1		0.040		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.060	0.003	3	A	1		0.047		
18:3 undifferentiated.....g	0.126	0.004	3	AS	1		0.098		
18:3 n-3 c,c,c (ALA).....g	0.121	0.005	3	A	1		0.094		
18:3 n-6 c,c,c.....g	0.004	0.001	3	A	1		0.003		
18:3i.....g	0.001	0.000	3	A	1		0.001		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.003	0.000	3	A	1		0.002		
20:3 undifferentiated.....g	0.010	0.001	3	AS	1		0.007		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.009	0.001	3	A	1		0.007		
20:4 undifferentiated.....g	0.021	0.001	3	A	1		0.016		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.005	0.001	3	A	1		0.004		
21:5.....g									
22:4.....g	0.004	0.000	3	A	1		0.003		
22:5 n-3 (DPA).....g	0.009	0.000	3	A	1		0.007		

NDB No. 21107

Fast foods, hamburger; single, regular patty; plain

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	0.001	0.001	3	A	1		0.001		
Fatty acids, total trans.....g	0.514		0	NC	4		0.401		
Fatty acids, total trans-monoenoic.....g	0.454		0	NC	4		0.354		
Fatty acids, total trans-polyenoic.....g	0.061		0	NC	4		0.047		
Cholesterol.....mg	33	0.549	3	A	1		26		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.144		0	A	1		0.112		
Threonine.....g	0.460		0	A	1		0.359		
Isoleucine.....g	0.642		0	A	1		0.501		
Leucine.....g	1.130		0	A	1		0.881		
Lysine.....g	0.785		0	A	1		0.613		
Methionine.....g	0.306		0	A	1		0.239		
Cystine.....g									
Phenylalanine.....g	0.670		0	A	1		0.523		
Tyrosine.....g	0.373		0	A	1		0.291		
Valine.....g	0.728		0	A	1		0.568		
Arginine.....g	0.852		0	A	1		0.665		
Histidine.....g	0.402		0	A	1		0.314		
Alanine.....g	0.785		0	A	1		0.613		
Aspartic acid.....g	1.054		0	A	1		0.822		
Glutamic acid.....g	3.639		0	A	1		2.839		
Glycine.....g	0.891		0	A	1		0.695		
Proline.....g	1.666		0	A	1		1.300		
Serine.....g	0.632		0	A	1		0.493		
Hydroxyproline.....g	0.240		1	A	1		0.187		
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		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 = 78g: 1 sandwich

**Calories Factors: Protein 4.07**

**Fat 8.81**

**Carbohydrate 3.95**

**Food Group: 21 Fast Foods**

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



NDB No. 21108

Fast foods, hamburger; single, regular patty; with condiments

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
<b>Proximates:</b>									
Water.....g	44.82	0.423	12	A	1		43.48		
Energy.....kcal	263		0	NC	4		255		
Energy.....kJ	1101		0	NC	4		1068		
Protein.....g	13.30	0.112	12	A	1		12.90		
Total lipid (fat).....g	10.18	0.168	12	A	1		9.88		
Ash.....g	2.12	0.057	12	A	1		2.06		
Carbohydrate, by difference.....g	29.57		0	NC	4		28.69		
Fiber, total dietary.....g	1.8	0.106	12	A	1		1.7		
Sugars, total.....g	5.95	0.118	6	A	1		5.77		
Sucrose.....g	0.00	0.000	6	A	1		0.00		
Glucose (dextrose).....g	2.13	0.048	6	A	1		2.07		
Fructose.....g	3.19	0.053	6	A	1		3.09		
Lactose.....g	0.00	0.000	6	A	1		0.00		
Maltose.....g	0.63	0.027	6	A	1		0.61		
Galactose.....g	0.00	0.000	6	A	1		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	116	5.196	12	A	1		113		
Iron, Fe.....mg	2.87	0.082	12	A	1		2.79		
Magnesium, Mg.....mg	22	0.359	12	A	1		21		
Phosphorus, P.....mg	110	1.242	12	A	1		107		
Potassium, K.....mg	197	2.638	12	A	1		191		
Sodium, Na.....mg	487	15.957	12	A	1		473		
Zinc, Zn.....mg	2.03	0.017	12	A	1		1.97		
Copper, Cu.....mg	0.101	0.002	12	A	1		0.098		
Manganese, Mn.....mg	0.323	0.010	12	A	1		0.313		
Selenium, Se.....µg	24.7	1.696	12	A	1		24.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3	0.038	12	A	1		0.3		
Thiamin.....mg	0.349	0.018	12	A	1		0.339		
Riboflavin.....mg	0.186	0.025	11	A	1		0.181		
Niacin.....mg	4.061	0.085	12	A	1		3.939		
Pantothenic acid.....mg	0.370	0.039	12	A	1		0.359		
Vitamin B-6.....mg	0.108	0.010	12	A	1		0.105		
Folate, total.....µg	46	2.245	8	A	1		44		
Folic acid.....µg	29	2.070	8	A	1		28		
Folate, food.....µg	17		0	NC	4		16		
Folate, DFE.....µg	66		0	NC	4		64		
Choline, total.....mg	29.8		0	FLA	4		28.9		
Betaine.....mg									
Vitamin B-12.....µg	1.20	0.041	7	A	1		1.17		
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....µg	3		0	NC	4		3		
Retinol.....µg	0		0	FLA	4		0		
Carotene, beta.....µg	34		0	FLA	4		33		
Carotene, alpha.....µg	0		0	FLA	4		0		
Cryptoxanthin, beta.....µg	0		0	FLA	4		0		
Vitamin A, IU.....IU	57		0	NC	4		55		
Lycopene.....µg	1003		0	FLA	4		972		
Lutein + zeaxanthin.....µg	27		0	FLA	4		26		
Vitamin E (alpha-tocopherol).....mg	0.07	0.007	7	A	1		0.07		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg	0.62	0.608	7	A	1		0.60		
Tocopherol, gamma.....mg	1.65	0.734	7	A	1		1.60		
Tocopherol, delta.....mg	0.08	0.021	7	A	1		0.08		
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg	0.00	0.000	7	A	1		0.00		

NDB No. 21108

Fast foods, hamburger; single, regular patty; with condiments

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	7	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	7	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.1		0	FLA	4		0.1		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	2		0	FLA	4		2		
Vitamin K (phylloquinone).....µg	4.9	0.446	12	A	1		4.8		
Dihydrophyloquinone.....µg	0.2	0.138	12	A	1		0.2		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.567		0	NC	4		3.460		
4:0.....g	0.000	0.000	6	A	1		0.000		
6:0.....g	0.000	0.000	6	A	1		0.000		
8:0.....g	0.000	0.000	6	A	1		0.000		
10:0.....g	0.010	0.000	6	A	1		0.009		
12:0.....g	0.008	0.000	6	A	1		0.008		
13:0.....g									
14:0.....g	0.222	0.006	6	A	1		0.216		
15:0.....g	0.039	0.002	6	A	1		0.037		
16:0.....g	1.952	0.031	6	A	1		1.893		
17:0.....g	0.097	0.005	6	A	1		0.094		
18:0.....g	1.210	0.026	6	A	1		1.173		
20:0.....g	0.015	0.001	6	A	1		0.015		
22:0.....g	0.009	0.000	6	A	1		0.009		
24:0.....g	0.005	0.000	6	A	1		0.005		
Fatty acids, total monounsaturated.....g	3.864		0	NC	4		3.748		
14:1.....g	0.067	0.002	6	A	1		0.065		
15:1.....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated.....g	0.262	0.008	6	AS	1		0.255		
16:1 c.....g	0.235	0.008	6	A	1		0.228		
16:1 t.....g	0.028	0.001	6	A	1		0.027		
17:1.....g	0.065	0.004	6	A	1		0.063		
18:1 undifferentiated.....g	3.419	0.042	6	AS	1		3.316		
18:1 c.....g	3.067	0.042	6	A	1		2.975		
18:1 t.....g	0.351	0.028	6	A	1		0.341		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.037	0.002	6	A	1		0.036		
22:1 undifferentiated.....g	0.010	0.002	6	AS	1		0.010		
22:1 c.....g	0.010	0.002	6	A	1		0.010		
22:1 t.....g	0.000	0.000	6	A	1		0.000		
24:1 c.....g	0.004	0.002	6	A	1		0.003		
Fatty acids, total polyunsaturated.....g	1.385		0	NC	4		1.343		
18:2 undifferentiated.....g	1.203	0.013	6	AS	1		1.167		
18:2 n-6 c,c.....g	1.101	0.014	6	A	1		1.068		
18:2 CLAs.....g	0.046	0.002	6	A	1		0.044		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.057	0.003	6	A	1		0.055		
18:3 undifferentiated.....g	0.132	0.003	6	AS	1		0.128		
18:3 n-3 c,c,c (ALA).....g	0.128	0.002	6	A	1		0.125		
18:3 n-6 c,c,c.....g	0.003	0.002	6	A	1		0.003		
18:3i.....g									
18:4.....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c.....g	0.004	0.000	6	A	1		0.003		
20:3 undifferentiated.....g	0.013	0.001	6	AS	1		0.013		
20:3 n-3.....g	0.002	0.001	6	A	1		0.001		
20:3 n-6.....g	0.011	0.001	6	A	1		0.011		
20:4 undifferentiated.....g	0.017	0.000	6	A	1		0.017		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	6	A	1		0.002		
21:5.....g									
22:4.....g	0.007	0.000	6	A	1		0.007		
22:5 n-3 (DPA).....g	0.007	0.000	6	A	1		0.007		

NDB No. 21108

Fast foods, hamburger; single, regular patty; with condiments

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			
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1	0.000		
Fatty acids, total trans.....g	0.436		0	NC	4	0.423		
Fatty acids, total trans-monoenoic.....g	0.379		0	NC	4	0.368		
Fatty acids, total trans-polyenoic.....g	0.057		0	NC	4	0.055		
Cholesterol.....mg	29	0.488	12	A	1	29		
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0		
Caffeine.....mg	0		0	FLA	4	0		
Theobromine.....mg	0		0	FLA	4	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 = 97g: 1 sandwich

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21109

Fast foods, hamburger; single, regular patty; with condiments and vegetables

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
<b>Proximates:</b>									
Water.....g	49.41	1.288	10		1		54.35		
Energy.....kcal	254		0		1		279		
Energy.....kJ	1063		0		1		1169		
Protein (N x 6.03).....g	11.74	0.456	11		1		12.91		
Total lipid (fat).....g	12.25	0.577	11		1		13.48		
Ash.....g	1.78	0.064	10		1		1.96		
Carbohydrate, by difference.....g	24.81		0	NC	4		27.29		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	57	8.146	10		1		63		
Iron, Fe.....mg	2.39	0.127	10		1		2.63		
Magnesium, Mg.....mg	20	0.811	10		1		22		
Phosphorus, P.....mg	113	5.418	10		1		124		
Potassium, K.....mg	206	9.018	10		1		227		
Sodium, Na.....mg	458	21.438	11		1		504		
Zinc, Zn.....mg	1.87	0.113	10		1		2.06		
Copper, Cu.....mg	0.093	0.005	10		1		0.102		
Manganese, Mn.....mg	0.230		2		1		0.253		
Selenium, Se.....µg	18.7		0	RK	4		20.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.5		2		1		1.7		
Thiamin.....mg	0.210	0.012	10		1		0.231		
Riboflavin.....mg	0.180	0.036	10		1		0.198		
Niacin.....mg	3.350	0.343	10		1		3.685		
Pantothenic acid.....mg	0.270		2		1		0.297		
Vitamin B-6.....mg	0.110		2		1		0.121		
Folate, total.....µg	47		0	RK	4		52		
Folic acid.....µg	30		0	NC	4		33		
Folate, food.....µg	17		2		1		19		
Folate, DFE.....µg	68		0	NC	4		75		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.80		2		1		0.88		
Vitamin A, RAE.....µg									
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	75		2		1		83		
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									
<b>Lipids:</b>									

NDB No. 21109

Fast foods, hamburger; single, regular patty; with condiments and vegetables

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	3.755		1		1		4.131		
Fatty acids, total monounsaturated.....g	4.809		1		1		5.290		
Fatty acids, total polyunsaturated.....g	2.343		1		1		2.577		
Fatty acids, total trans.....g									
Cholesterol.....mg	24	1.528	3		1		26		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.142		0		1		0.156		
Threonine.....g	0.438		0		1		0.482		
Isoleucine.....g	0.495		0		1		0.545		
Leucine.....g	0.892		0		1		0.981		
Lysine.....g	0.726		0		1		0.799		
Methionine.....g	0.240		0		1		0.264		
Cystine.....g	0.148		0		1		0.163		
Phenylalanine.....g	0.499		0		1		0.549		
Tyrosine.....g	0.333		0		1		0.366		
Valine.....g	0.576		0		1		0.634		
Arginine.....g	0.672		0		1		0.739		
Histidine.....g	0.325		0		1		0.358		
Alanine.....g	0.633		0		1		0.696		
Aspartic acid.....g	0.917		0		1		1.009		
Glutamic acid.....g	2.579		0		1		2.837		
Glycine.....g	0.711		0		1		0.782		
Proline.....g	0.841		0		1		0.925		
Serine.....g	0.510		0		1		0.561		
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 = 110g: 1 item

**Calories Factors: Protein 4.07**

**Fat 8.81**

**Carbohydrate 3.95**

**Food Group: 21 Fast Foods**

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

**NDB No. 21118**  
**Fast foods, hotdog, plain**

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
<b>Proximates:</b>									
Water.....g	53.96	2.617	6		1		52.88		
Energy.....kcal	247		0		1		242		
Energy.....kJ	1033				1		1013		
Protein (N x 5.97).....g	10.60	0.537	12		1		10.39		
Total lipid (fat).....g	14.84	1.301	8		1		14.54		
Ash.....g	2.20		2		1		2.16		
Carbohydrate, by difference.....g	18.40		0	NC	4		18.03		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	24	4.226	9		1		24		
Iron, Fe.....mg	2.36	0.272	10		1		2.31		
Magnesium, Mg.....mg	13	0.569	9		1		13		
Phosphorus, P.....mg	99	2.352	5		1		97		
Potassium, K.....mg	146	16.773	7		1		143		
Sodium, Na.....mg	684	42.471	14		1		670		
Zinc, Zn.....mg	2.02	0.336	9		1		1.98		
Copper, Cu.....mg	0.078	0.017	8		1		0.076		
Manganese, Mn.....mg	0.093	0.026	9		1		0.091		
Selenium, Se.....µg	26.5		0	RK	4		26.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1	0.133	3		1		0.1		
Thiamin.....mg	0.240		1		1		0.235		
Riboflavin.....mg	0.280	0.050	3		1		0.274		
Niacin.....mg	3.720	0.282	3		1		3.646		
Pantothenic acid.....mg	0.520	0.111	3		1		0.510		
Vitamin B-6.....mg	0.050	0.003	3		1		0.049		
Folate, total.....µg	49		0	RK	4		48		
Folic acid.....µg	19		0	NC	4		19		
Folate, food.....µg	30	3.930	3		1		29		
Folate, DFE.....µg	62		0	NC	4		61		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.52	0.228	3		1		0.51		
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		1		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									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 21118**  
**Fast foods, hotdog, plain**

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	5.213		0		1	5.109	
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g							
12:0.....g							
13:0.....g							
14:0.....g	0.487		1		1	0.477	
15:0.....g							
16:0.....g	3.028		1		1	2.967	
17:0.....g							
18:0.....g	1.497		1		1	1.467	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	6.993		0		1	6.853	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.660		1		1	0.647	
17:1.....g							
18:1 undifferentiated.....g	6.333		1		1	6.206	
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.741		0		1	1.706	
18:2 undifferentiated.....g	1.310		1		1	1.284	
18:3 undifferentiated.....g	0.432		1		1	0.423	
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	45	2.739	5		1	44	
Phytosterols.....mg							
<b><u>Amino Acids:</u></b>							
Tryptophan.....g	0.098		0		1	0.096	
Threonine.....g	0.360		0		1	0.353	
Isoleucine.....g	0.453		0		1	0.444	
Leucine.....g	0.769		0		1	0.754	
Lysine.....g	0.641		0		1	0.628	
Methionine.....g	0.199		0		1	0.195	
Cystine.....g	0.147		0		1	0.144	
Phenylalanine.....g	0.417		0		1	0.409	
Tyrosine.....g	0.282		0		1	0.276	
Valine.....g	0.483		0		1	0.473	
Arginine.....g	0.666		0		1	0.653	
Histidine.....g	0.295		0		1	0.289	
Alanine.....g	0.598		0		1	0.586	
Aspartic acid.....g	0.872		0		1	0.855	
Glutamic acid.....g	2.385		0		1	2.337	
Glycine.....g	0.646		0		1	0.633	
Proline.....g	0.765		0		1	0.750	
Serine.....g	0.481		0		1	0.471	
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.** 21118

**Fast foods, hotdog, plain**

**Common Measures:**

Measure 1 = 98g: 1 sandwich

**Calories Factors: Protein** 4.02

**Fat** 8.89

**Carbohydrate**3.95

**Food Group:** 21 Fast Foods

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



**NDB No. 21119**  
**Fast foods, hotdog, w with chili**

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
<b>Proximates:</b>									
Water.....g	47.80	2.600	3		1		54.49		
Energy.....kcal	260		0		1		296		
Energy.....kJ	1088				1		1240		
Protein (N x 6.1).....g	11.85	1.449	5		1		13.51		
Total lipid (fat).....g	11.79	1.762	3		1		13.44		
Ash.....g	1.10		1		1		1.25		
Carbohydrate, by difference.....g	27.45		0	NC	4		31.29		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	17		2		1		19		
Iron, Fe.....mg	2.88		2		1		3.28		
Magnesium, Mg.....mg	9		2		1		10		
Phosphorus, P.....mg	168		2		1		192		
Potassium, K.....mg	146		1		4		166		
Sodium, Na.....mg	421	170.382	3		1		480		
Zinc, Zn.....mg	0.68		2		1		0.78		
Copper, Cu.....mg	0.090		2		1		0.103		
Manganese, Mn.....mg	0.100		2		1		0.114		
Selenium, Se.....µg	11.4		0	RK	4		13.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.4		1		1		2.7		
Thiamin.....mg	0.190		1		4		0.217		
Riboflavin.....mg	0.350		2		1		0.399		
Niacin.....mg	3.280		2		1		3.739		
Pantothenic acid.....mg	0.480		2		1		0.547		
Vitamin B-6.....mg	0.040		2		1		0.046		
Folate, total.....µg	64		0	RK	4		73		
Folic acid.....µg	20		0	NC	4		23		
Folate, food.....µg	44		2		1		50		
Folate, DFE.....µg	78		0	NC	4		89		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.26		2		1		0.30		
Vitamin A, RAE.....µg	3		0	NC	4		3		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	51		1		4		58		
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									
<b>Lipids:</b>									

**NDB No. 21119**  
**Fast foods, hotdog, w with chili**

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	4.258		0		1	4.854	
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g	0.091		2		1	0.104	
12:0.....g	0.025		2		1	0.029	
13:0.....g							
14:0.....g	0.235		2		1	0.268	
15:0.....g							
16:0.....g	2.486		2		1	2.834	
17:0.....g							
18:0.....g	1.322		2		1	1.507	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	5.785		0		1	6.595	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.409		2		1	0.466	
17:1.....g							
18:1 undifferentiated.....g	5.376		2		1	6.129	
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.042		0		1	1.188	
18:2 undifferentiated.....g	0.918		2		1	1.047	
18:3 undifferentiated.....g	0.124		2		1	0.141	
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	45		1		1	51	
Phytosterols.....mg							
<b><u>Amino Acids:</u></b>							
Tryptophan.....g	0.113		0		1	0.129	
Threonine.....g	0.408		0		1	0.465	
Isoleucine.....g	0.497		0		1	0.567	
Leucine.....g	0.853		0		1	0.972	
Lysine.....g	0.729		0		1	0.831	
Methionine.....g	0.222		0		1	0.253	
Cystine.....g	0.157		0		1	0.179	
Phenylalanine.....g	0.463		0		1	0.528	
Tyrosine.....g	0.315		0		1	0.359	
Valine.....g	0.534		0		1	0.609	
Arginine.....g	0.733		0		1	0.836	
Histidine.....g	0.326		0		1	0.372	
Alanine.....g	0.657		0		1	0.749	
Aspartic acid.....g	0.995		0		1	1.134	
Glutamic acid.....g	2.542		0		1	2.898	
Glycine.....g	0.709		0		1	0.808	
Proline.....g	0.797		0		1	0.909	
Serine.....g	0.525		0		1	0.599	
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.** 21119

**Fast foods, hotdog, w with chili**

**Common Measures:**

Measure 1 = 114g: 1 sandwich

**Calories Factors: Protein** 3.9

**Fat** 8.92

**Carbohydrate**3.97

**Food Group:** 21 Fast Foods

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

NDB No. 21120

Fast foods, hotdog, with corn flour coating (corndog)

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
<b>Proximates:</b>									
Water.....g	46.70		1		1		81.73		
Energy.....kcal	263		0		1		460		
Energy.....kJ	1100				1		1926		
Protein (N x 6.06).....g	9.60		1		1		16.80		
Total lipid (fat).....g	10.80		1		1		18.90		
Ash.....g	1.02		1		1		1.79		
Carbohydrate, by difference.....g	31.88		0	NC	4		55.79		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	58		1		1		102		
Iron, Fe.....mg	3.53		1		1		6.18		
Magnesium, Mg.....mg	10		1		1		18		
Phosphorus, P.....mg	95		1		1		166		
Potassium, K.....mg	150		1		4		263		
Sodium, Na.....mg	556		1		1		973		
Zinc, Zn.....mg	0.75		1		1		1.31		
Copper, Cu.....mg	0.140		1		1		0.245		
Manganese, Mn.....mg	0.110		1		1		0.193		
Selenium, Se.....µg	12.7		0	RK	4		22.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0		
Thiamin.....mg	0.160		1		1		0.280		
Riboflavin.....mg	0.400		1		1		0.700		
Niacin.....mg	2.380		1		1		4.165		
Pantothenic acid.....mg	0.770		1		1		1.348		
Vitamin B-6.....mg	0.050		1		1		0.088		
Folate, total.....µg	59		0	RK	4		103		
Folic acid.....µg	25		0	NC	4		44		
Folate, food.....µg	34		1		1		60		
Folate, DFE.....µg	77		0	NC	4		134		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.25		1		1		0.44		
Vitamin A, RAE.....µg	34		0	NC	4		59		
Retinol.....µg	33		0	NC	4		58		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	118		1		4		207		
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									
<b>Lipids:</b>									

Fast foods, hotdog, with corn flour coating (corndog)

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	2.949		0		1		5.161	
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g								
12:0.....g								
13:0.....g								
14:0.....g	0.474		1		1		0.830	
15:0.....g								
16:0.....g	1.913		1		1		3.348	
17:0.....g								
18:0.....g	0.562		1		1		0.984	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	5.205		0		1		9.109	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.506		1		1		0.886	
17:1.....g								
18:1 undifferentiated.....g	4.699		1		1		8.223	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.998		0		1		3.497	
18:2 undifferentiated.....g	1.581		1		1		2.767	
18:3 undifferentiated.....g	0.417		1		1		0.730	
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	45		1		4		79	
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.086		0		1		0.151	
Threonine.....g	0.363		0		1		0.635	
Isoleucine.....g	0.429		0		1		0.751	
Leucine.....g	0.808		0		1		1.414	
Lysine.....g	0.657		0		1		1.150	
Methionine.....g	0.208		0		1		0.364	
Cystine.....g	0.135		0		1		0.236	
Phenylalanine.....g	0.377		0		1		0.660	
Tyrosine.....g	0.317		0		1		0.555	
Valine.....g	0.458		0		1		0.802	
Arginine.....g	0.637		0		1		1.115	
Histidine.....g	0.290		0		1		0.508	
Alanine.....g	0.618		0		1		1.082	
Aspartic acid.....g	0.865		0		1		1.514	
Glutamic acid.....g	1.787		0		1		3.127	
Glycine.....g	0.578		0		1		1.012	
Proline.....g	0.610		0		1		1.068	
Serine.....g	0.448		0		1		0.784	
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.** 21120

**Fast foods, hotdog, with corn flour coating (corndog)**

**Common Measures:**

Measure 1 = 175g: 1 sandwich

**Calories Factors: Protein** 4.03

**Fat** 8.92

**Carbohydrate**4.01

**Food Group:** 21 Fast Foods

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



**NDB No. 21129**  
**Fast foods, hush puppies**

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					
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	FLA	4		0.0		
Vitamin D.....IU	0		0	FLA	4		0		
Vitamin K (phylloquinone).....µg	3.4		0	FLA	4		0.8		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.621		0	NC	4		0.577		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.000		0	FLA	4		0.000		
10:0.....g	0.000		0	FLA	4		0.000		
12:0.....g	0.000		0	FLA	4		0.000		
13:0.....g									
14:0.....g	0.016		0	FLA	4		0.004		
15:0.....g									
16:0.....g	1.774		0	FLA	4		0.390		
17:0.....g									
18:0.....g	0.830		0	FLA	4		0.183		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.806		0	NC	4		1.717		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.071		0	FLA	4		0.016		
17:1.....g									
18:1 undifferentiated.....g	7.730	0.385	6	AS	1		1.701		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.002	0.000	6	AS	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.762		0	NC	4		0.388		
18:2 undifferentiated.....g	1.626	0.230	6	AS	1		0.358		
18:3 undifferentiated.....g	0.120		0	FLA	4		0.027		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	A	1		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		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 = 22g: 1 piece

**Calories Factors: Protein 2.73**

**Fat 8.84**

**Carbohydrate 4.03**



**NDB No. 21129**  
**Fast foods, hush puppies**

**Food Group:** 21 Fast Foods  
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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.701		0	NC	4		1.175		
4:0.....g									
6:0.....g									
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	0.000	0.000	4	A	1		0.000		
13:0.....g									
14:0.....g	0.031	0.001	4	A	1		0.008		
15:0.....g	0.000	0.000	4	A	1		0.000		
16:0.....g	2.317	0.035	4	A	1		0.579		
17:0.....g	0.021	0.001	4	A	1		0.005		
18:0.....g	2.224	0.034	4	A	1		0.556		
20:0.....g	0.055	0.002	4	A	1		0.014		
22:0.....g	0.054	0.002	4	A	1		0.013		
24:0.....g									
Fatty acids, total monounsaturated.....g	9.221		0	NC	4		2.305		
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	0.040	0.000	4	A	1		0.010		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	9.127	0.075	4	A	1		2.282		
20:1.....g	0.053	0.002	4	A	1		0.013		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.415		0	NC	4		0.604		
18:2 undifferentiated.....g	2.287	0.225	4	A	1		0.572		
18:3 undifferentiated.....g	0.128		0	AS	1		0.032		
18:3 n-3 c,c,c (ALA).....g	0.128	0.018	4	A	1		0.032		
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	4	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	21	0.873	4	A	1		5		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.054		0	A	1		0.013		
Threonine.....g	0.218		0	A	1		0.055		
Isoleucine.....g	0.276		0	A	1		0.069		
Leucine.....g	0.510		0	A	1		0.128		
Lysine.....g	0.181		0	A	1		0.045		
Methionine.....g	0.110		0	A	1		0.028		
Cystine.....g	0.158		0	A	1		0.039		
Phenylalanine.....g	0.334		0	A	1		0.084		
Tyrosine.....g	0.213		0	A	1		0.053		
Valine.....g	0.334		0	A	1		0.083		
Arginine.....g	0.259		0	A	1		0.065		
Histidine.....g	0.162		0	A	1		0.041		
Alanine.....g	0.250		0	A	1		0.062		
Aspartic acid.....g	0.365		0	A	1		0.091		
Glutamic acid.....g	2.247		0	A	1		0.562		
Glycine.....g	0.251		0	A	1		0.063		

NDB No. 21388

Fast foods, miniature cinnamon rolls

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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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Proline.....g	0.708		0	A	1		0.177		
Serine.....g	0.368		0	A	1		0.092		
Hydroxyproline.....g									

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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 = 25g: 1 each

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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

**NDB No. 21078**  
**Fast foods, nachos, with cheese**

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
<b>Proximates:</b>									
Water.....g	37.40	0.834	5	A	1		29.92		
Energy.....kcal	343		0	NC	4		275		
Energy.....kJ	1436		0	NC	4		1149		
Protein (N x 6.3).....g	4.32	0.079	6	A	1		3.46		
Total lipid (fat).....g	21.50	0.452	6	A	1		17.20		
Ash.....g	1.87	0.033	6	A	1		1.50		
Carbohydrate, by difference.....g	34.91		0	NC	4		27.93		
Fiber, total dietary.....g	3.2		2	A	1		2.6		
Sugars, total.....g	2.17	0.120	3	A	1		1.73		
Sucrose.....g	0.53	0.033	3	A	1		0.43		
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	1.63	0.145	3	A	1		1.31		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	28.33	1.035	3	A	1		22.67		
<b>Minerals:</b>									
Calcium, Ca.....mg	63	1.297	6	A	1		51		
Iron, Fe.....mg	0.75	0.027	6	A	1		0.60		
Magnesium, Mg.....mg	42	1.075	6	A	1		33		
Phosphorus, P.....mg	198	1.400	6	A	1		159		
Potassium, K.....mg	362	6.962	6	A	1		290		
Sodium, Na.....mg	313	8.861	6	A	1		251		
Zinc, Zn.....mg	0.86	0.023	6	A	1		0.69		
Copper, Cu.....mg	0.064	0.003	6	A	1		0.051		
Manganese, Mn.....mg	0.187	0.007	6	A	1		0.149		
Selenium, Se.....µg	8.6	0.649	3	A	1		6.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.1	0.361	8		1		0.9		
Thiamin.....mg	0.123	0.003	3	A	1		0.099		
Riboflavin.....mg	0.133	0.007	3	A	1		0.107		
Niacin.....mg	0.630	0.012	3	A	1		0.504		
Pantothenic acid.....mg	0.380		2	A	1		0.304		
Vitamin B-6.....mg	0.215	0.003	3	A	1		0.172		
Folate, total.....µg	10	0.608	3	A	1		8		
Folic acid.....µg	0		0	FLA	4		0		
Folate, food.....µg	10	0.608	3	A	1		8		
Folate, DFE.....µg	10		0	NC	4		8		
Choline, total.....mg	26.4		0	AS	1		21.1		
Betaine.....mg									
Vitamin B-12.....µg	0.07	0.027	3	A	1		0.05		
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....µg	5		0	AS	1		4		
Retinol.....µg	5		1	A	1		4		
Carotene, beta.....µg	2		1	A	1		2		
Carotene, alpha.....µg	0		1	A	1		0		
Cryptoxanthin, beta.....µg	2		1	A	1		1		
Vitamin A, IU.....IU	21		0	AS	1		17		
Lycopene.....µg	1		1	A	1		1		
Lutein + zeaxanthin.....µg	9		1	A	1		7		
Vitamin E (alpha-tocopherol).....mg	4.08		2	A	1		3.27		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg	0.08		2	A	1		0.06		
Tocopherol, gamma.....mg	6.46		2	A	1		5.17		
Tocopherol, delta.....mg	0.22		2	A	1		0.17		
Tocotrienol, alpha.....mg	0.23		2	A	1		0.19		
Tocotrienol, beta.....mg	0.42		2	A	1		0.34		

**NDB No. 21078**  
**Fast foods, nachos, with cheese**

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		
Tocotrienol, delta.....mg	0.41		2	A	1		0.33		
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	19.3		0	FLA	4		15.4		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b><u>Lipids:</u></b>									
Fatty acids, total saturated.....g	2.173		0	NC	4		1.738		
4:0.....g	0.011	0.001	3	A	1		0.009		
6:0.....g	0.008	0.000	3	A	1		0.006		
8:0.....g	0.008	0.001	3	A	1		0.007		
10:0.....g	0.019	0.002	3	A	1		0.015		
12:0.....g	0.019	0.002	3	A	1		0.015		
13:0.....g									
14:0.....g	0.068	0.007	3	A	1		0.054		
15:0.....g	0.010	0.001	3	A	1		0.008		
16:0.....g	1.286	0.070	3	A	1		1.029		
17:0.....g	0.014	0.000	3	A	1		0.011		
18:0.....g	0.494	0.031	3	A	1		0.395		
20:0.....g	0.129	0.009	3	A	1		0.103		
22:0.....g	0.068	0.005	3	A	1		0.054		
24:0.....g	0.039	0.003	3	A	1		0.031		
Fatty acids, total monounsaturated.....g	14.020		0	NC	4		11.216		
14:1.....g	0.005	0.001	3	A	1		0.004		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.057	0.003	3	AS	1		0.046		
16:1 c.....g	0.055	0.003	3	A	1		0.044		
16:1 t.....g	0.002	0.000	3	A	1		0.002		
17:1.....g	0.016	0.001	3	A	1		0.013		
18:1 undifferentiated.....g	13.650	0.965	3	AS	1		10.920		
18:1 c.....g	13.619	0.967	3	A	1		10.895		
18:1 t.....g	0.032	0.005	3	A	1		0.025		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.281	0.011	3	A	1		0.224		
22:1 undifferentiated.....g	0.011	0.002	3	AS	1		0.009		
22:1 c.....g	0.011	0.002	3	A	1		0.009		
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	5.040		0	NC	4		4.032		
18:2 undifferentiated.....g	4.372	0.322	3	AS	1		3.498		
18:2 n-6 c,c.....g	4.343	0.321	3	A	1		3.474		
18:2 CLAs.....g	0.005	0.001	3	A	1		0.004		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.024	0.002	3	A	1		0.019		
18:3 undifferentiated.....g	0.649	0.122	3	AS	1		0.519		
18:3 n-3 c,c,c (ALA).....g	0.617	0.113	3	A	1		0.493		
18:3 n-6 c,c,c.....g	0.032	0.009	3	A	1		0.026		
18:3i.....g	0.000	0.000	3	A	1		0.000		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.011	0.000	3	A	1		0.009		
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	0.007	0.000	3	A	1		0.006		
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	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		

**NDB No. 21078**  
**Fast foods, nachos, with cheese**

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.058		0	NC	4		0.046		
Fatty acids, total trans-monoenoic.....g	0.034		0	NC	4		0.027		
Fatty acids, total trans-polyenoic.....g	0.024		0	NC	4		0.019		
Cholesterol.....mg	3	0.285	3	A	1		2		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.042		0	A	1		0.033		
Threonine.....g	0.156		0	A	1		0.125		
Isoleucine.....g	0.187		0	A	1		0.150		
Leucine.....g	0.521		0	A	1		0.417		
Lysine.....g	0.156		0	A	1		0.125		
Methionine.....g	0.094		0	A	1		0.075		
Cystine.....g									
Phenylalanine.....g	0.229		0	A	1		0.183		
Tyrosine.....g	0.135		0	A	1		0.108		
Valine.....g	0.250		0	A	1		0.200		
Arginine.....g	0.208		0	A	1		0.167		
Histidine.....g	0.135		0	A	1		0.108		
Alanine.....g	0.292		0	A	1		0.233		
Aspartic acid.....g	0.344		0	A	1		0.275		
Glutamic acid.....g	0.916		0	A	1		0.733		
Glycine.....g	0.146		0	A	1		0.117		
Proline.....g	0.531		0	A	1		0.425		
Serine.....g	0.219		0	A	1		0.175		
Hydroxyproline.....g	0.000		1	A	1		0.000		
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		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 = 80g: 1 serving

**Calories Factors: Protein 3.73**

**Fat 8.48**

**Carbohydrate 4.15**

**Food Group: 21 Fast Foods**

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

NDB No. 21080

Fast foods, nachos, with cheese, beans, ground beef, and tomatoes

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
<b>Proximates:</b>									
Water.....g	58.15	0.671	6	A	1		129.09		
Energy.....kcal	219		0	NC	4		485		
Energy.....kJ	915		0	NC	4		2031		
Protein (N x 6.37).....g	6.21	0.314	6	A	1		13.78		
Total lipid (fat).....g	12.48	0.168	6	A	1		27.71		
Ash.....g	1.76	0.027	6	A	1		3.92		
Carbohydrate, by difference.....g	21.39		0	NC	4		47.49		
Fiber, total dietary.....g	3.7		2	A	1		8.1		
Sugars, total.....g	1.63	0.033	3	A	1		3.63		
Sucrose.....g	0.27	0.067	3	A	1		0.59		
Glucose (dextrose).....g	0.23	0.033	3	A	1		0.52		
Fructose.....g	0.27	0.033	3	A	1		0.59		
Lactose.....g	0.87	0.033	3	A	1		1.92		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	14.97	0.841	3	A	1		33.23		
<b>Minerals:</b>									
Calcium, Ca.....mg	47	1.255	6	A	1		105		
Iron, Fe.....mg	1.01	0.021	6	A	1		2.23		
Magnesium, Mg.....mg	33	0.610	6	A	1		72		
Phosphorus, P.....mg	153	2.849	6	A	1		339		
Potassium, K.....mg	298	7.392	6	A	1		662		
Sodium, Na.....mg	348	5.833	6	A	1		772		
Zinc, Zn.....mg	1.05	0.033	6	A	1		2.33		
Copper, Cu.....mg	0.104	0.002	6	A	1		0.230		
Manganese, Mn.....mg	0.202	0.004	6	A	1		0.448		
Selenium, Se.....µg	8.1	0.617	3	A	1		17.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0		
Thiamin.....mg	0.073	0.003	3	A	1		0.163		
Riboflavin.....mg	0.137	0.003	3	A	1		0.303		
Niacin.....mg	1.010	0.071	3	A	1		2.242		
Pantothenic acid.....mg	0.330		2	A	1		0.733		
Vitamin B-6.....mg	0.158	0.009	3	A	1		0.351		
Folate, total.....µg	14	0.924	3	A	1		30		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	14	0.924	3	A	1		30		
Folate, DFE.....µg	14		0	NC	4		30		
Choline, total.....mg	28.1		0	AS	1		62.3		
Betaine.....mg									
Vitamin B-12.....µg	0.31	0.030	3	A	1		0.68		
Vitamin B-12, added.....µg	0.00		0	BFPN	4		0.00		
Vitamin A, RAE.....µg	42		0	AS	1		93		
Retinol.....µg	36		1	A	1		79		
Carotene, beta.....µg	64		1	A	1		142		
Carotene, alpha.....µg	1		1	A	1		2		
Cryptoxanthin, beta.....µg	19		1	A	1		41		
Vitamin A, IU.....IU	242		0	AS	1		536		
Lycopene.....µg	252		1	A	1		559		
Lutein + zeaxanthin.....µg	46		1	A	1		102		
Vitamin E (alpha-tocopherol).....mg	1.75		2	A	1		3.89		
Vitamin E, added.....mg	0.00		0	BFPN	4		0.00		
Tocopherol, beta.....mg	0.04		2	A	1		0.10		
Tocopherol, gamma.....mg	2.96		2	A	1		6.56		
Tocopherol, delta.....mg	0.24		2	A	1		0.54		
Tocotrienol, alpha.....mg	0.11		2	A	1		0.25		
Tocotrienol, beta.....mg	0.17		2	A	1		0.37		



Fast foods, nachos, with cheese, beans, ground beef, and tomatoes

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		
Tocotrienol, delta.....mg	0.12		2	A	1		0.27		
Vitamin D (D2 + D3).....µg	0.1		0	BFPN	4		0.1		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	2		0	BFPN	4		5		
Vitamin K (phylloquinone).....µg	5.4		0	BFPN	4		12.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.549		0	NC	4		5.660		
4:0.....g	0.021	0.002	3	A	1		0.047		
6:0.....g	0.015	0.001	3	A	1		0.034		
8:0.....g	0.011	0.001	3	A	1		0.025		
10:0.....g	0.029	0.002	3	A	1		0.064		
12:0.....g	0.033	0.002	3	A	1		0.072		
13:0.....g									
14:0.....g	0.174	0.005	3	A	1		0.386		
15:0.....g	0.024	0.000	3	A	1		0.054		
16:0.....g	1.373	0.025	3	A	1		3.048		
17:0.....g	0.041	0.003	3	A	1		0.092		
18:0.....g	0.724	0.024	3	A	1		1.607		
20:0.....g	0.055	0.001	3	A	1		0.123		
22:0.....g	0.030	0.001	3	A	1		0.067		
24:0.....g	0.018	0.000	3	A	1		0.040		
Fatty acids, total monounsaturated.....g	6.661		0	NC	4		14.787		
14:1.....g	0.030	0.001	3	A	1		0.067		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.109	0.002	3	AS	1		0.242		
16:1 c.....g	0.102	0.002	3	A	1		0.226		
16:1 t.....g	0.008	0.003	3	A	1		0.017		
17:1.....g	0.028	0.001	3	A	1		0.062		
18:1 undifferentiated.....g	6.378	0.179	3	AS	1		14.159		
18:1 c.....g	6.245	0.175	3	A	1		13.864		
18:1 t.....g	0.133	0.011	3	A	1		0.294		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.112	0.004	3	A	1		0.248		
22:1 undifferentiated.....g	0.004	0.001	3	AS	1		0.010		
22:1 c.....g	0.004	0.001	3	A	1		0.010		
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	2.496		0	NC	4		5.540		
18:2 undifferentiated.....g	2.142	0.086	3	AS	1		4.754		
18:2 n-6 c,c.....g	2.098	0.085	3	A	1		4.658		
18:2 CLAs.....g	0.017	0.000	3	A	1		0.037		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.027	0.001	3	A	1		0.059		
18:3 undifferentiated.....g	0.327	0.023	3	AS	1		0.726		
18:3 n-3 c,c,c (ALA).....g	0.315	0.021	3	A	1		0.699		
18:3 n-6 c,c,c.....g	0.012	0.002	3	A	1		0.027		
18:3i.....g	0.000	0.000	3	A	1		0.000		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.005	0.000	3	A	1		0.012		
20:3 undifferentiated.....g	0.004	0.000	3	AS	1		0.010		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.004	0.000	3	A	1		0.010		
20:4 undifferentiated.....g	0.011	0.001	3	A	1		0.024		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	3	A	1		0.002		
21:5.....g									
22:4.....g	0.002	0.000	3	A	1		0.005		
22:5 n-3 (DPA).....g	0.003	0.000	3	A	1		0.006		

NDB No. 21080

Fast foods, nachos, with cheese, beans, ground beef, and tomatoes

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	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.167		0	NC	4		0.370		
Fatty acids, total trans-monoenoic.....g	0.140		0	NC	4		0.311		
Fatty acids, total trans-polyenoic.....g	0.027		0	NC	4		0.059		
Cholesterol.....mg	14	0.577	3	A	1		30		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.059		0	A	1		0.131		
Threonine.....g	0.216		0	A	1		0.480		
Isoleucine.....g	0.275		0	A	1		0.612		
Leucine.....g	0.541		0	A	1		1.201		
Lysine.....g	0.344		0	A	1		0.764		
Methionine.....g	0.118		0	A	1		0.262		
Cystine.....g									
Phenylalanine.....g	0.285		0	A	1		0.633		
Tyrosine.....g	0.167		0	A	1		0.371		
Valine.....g	0.325		0	A	1		0.721		
Arginine.....g	0.354		0	A	1		0.786		
Histidine.....g	0.187		0	A	1		0.415		
Alanine.....g	0.354		0	A	1		0.786		
Aspartic acid.....g	0.590		0	A	1		1.310		
Glutamic acid.....g	1.053		0	A	1		2.337		
Glycine.....g	0.325		0	A	1		0.721		
Proline.....g	0.511		0	A	1		1.136		
Serine.....g	0.285		0	A	1		0.633		
Hydroxyproline.....g	0.090		1	A	1		0.200		
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFPN	4		0.0		
Caffeine.....mg	0		0	BFPN	4		0		
Theobromine.....mg	0		0	BFPN	4		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 = 222g: 1 serving

**Calories Factors: Protein 3.83**

**Fat 8.53**

**Carbohydrate 4.13**

**Food Group: 21 Fast Foods**

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

NDB No. 21130

Fast foods, onion rings, breaded and fried

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
<b>Proximates:</b>									
Water.....g	24.52	0.995	6	A	1		28.68		
Energy.....kcal	411		0	NC	4		480		
Energy.....kJ	1718		0	NC	4		2010		
Protein (N x 6.07).....g	3.86	0.147	6	A	1		4.51		
Total lipid (fat).....g	25.23	0.517	6	A	1		29.52		
Ash.....g	2.82	0.084	6	A	1		3.30		
Carbohydrate, by difference.....g	43.58		0	NC	4		50.98		
Fiber, total dietary.....g	2.7	0.165	3	A	1		3.2		
Sugars, total.....g	5.43	0.256	3	A	1		6.36		
Sucrose.....g	3.56	0.261	3	A	1		4.16		
Glucose (dextrose).....g	0.44	0.015	3	A	1		0.52		
Fructose.....g	0.98	0.062	3	A	1		1.15		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.45	0.057	3	A	1		0.53		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	26.50	1.850	3	A	1		31.00		
<b>Minerals:</b>									
Calcium, Ca.....mg	115	15.434	6	A	1		135		
Iron, Fe.....mg	0.78	0.027	6	A	1		0.91		
Magnesium, Mg.....mg	19	0.368	6	A	1		22		
Phosphorus, P.....mg	158	1.862	6	A	1		185		
Potassium, K.....mg	167	4.494	6	A	1		195		
Sodium, Na.....mg	776	13.893	6	A	1		908		
Zinc, Zn.....mg	0.51	0.017	6	A	1		0.60		
Copper, Cu.....mg	0.075	0.004	6	A	1		0.088		
Manganese, Mn.....mg	0.342	0.008	6	A	1		0.400		
Selenium, Se.....µg	5.7	0.291	3	A	1		6.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.4	0.395	3	A	1		1.6		
Thiamin.....mg	0.110	0.000	3	A	1		0.129		
Riboflavin.....mg	0.063	0.003	3	A	1		0.074		
Niacin.....mg	0.673	0.027	3	A	1		0.788		
Pantothenic acid.....mg	0.325		2	A	1		0.380		
Vitamin B-6.....mg	0.133	0.003	3	A	1		0.156		
Folate, total.....µg	42		0	BFNN	4		50		
Folic acid.....µg	0		0	BFNN	4		0		
Folate, food.....µg	42		0	BFNN	4		50		
Folate, DFE.....µg	42		0	NC	4		50		
Choline, total.....mg	8.4		0	AS	1		9.8		
Betaine.....mg	16.6		1	A	1		19.4		
Vitamin B-12.....µg	0.00		0	BFNN	4		0.00		
Vitamin B-12, added.....µg	0.00		0	BFNN	4		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	2		1	A	1		3		
Carotene, alpha.....µg	0		1	A	1		0		
Cryptoxanthin, beta.....µg	3		1	A	1		3		
Vitamin A, IU.....IU	6		0	AS	1		7		
Lycopene.....µg	0		1	A	1		0		
Lutein + zeaxanthin.....µg	38		1	A	1		45		
Vitamin E (alpha-tocopherol).....mg	4.92	0.231	3	A	1		5.75		
Vitamin E, added.....mg	0.00		0	BFNN	4		0.00		
Tocopherol, beta.....mg	0.18	0.027	3	A	1		0.21		
Tocopherol, gamma.....mg	11.02	0.692	3	A	1		12.90		
Tocopherol, delta.....mg	1.22	0.119	3	A	1		1.42		
Tocotrienol, alpha.....mg	0.15	0.018	3	A	1		0.18		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		

Fast foods, onion rings, breaded and fried

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	0.10	0.012	3	A	1		0.12		
Tocotrienol, delta.....mg	0.06	0.057	3	A	1		0.07		
Vitamin D (D2 + D3).....µg	0.0		0	BFNN	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	NR	4		0		
Vitamin K (phylloquinone).....µg	55.8		0	BFNN	4		65.3		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.194		0	NC	4		4.907		
4:0.....g	0.004	0.001	6	A	1		0.005		
6:0.....g	0.000	0.000	6	A	1		0.000		
8:0.....g	0.015	0.001	6	A	1		0.017		
10:0.....g	0.012	0.001	6	A	1		0.015		
12:0.....g	0.006	0.001	6	A	1		0.007		
13:0.....g									
14:0.....g	0.058	0.004	6	A	1		0.067		
15:0.....g	0.006	0.000	6	A	1		0.007		
16:0.....g	3.242	0.127	6	A	1		3.793		
17:0.....g	0.020	0.001	6	A	1		0.024		
18:0.....g	0.655	0.026	6	A	1		0.767		
20:0.....g	0.087	0.003	6	A	1		0.102		
22:0.....g	0.052	0.002	6	A	1		0.060		
24:0.....g	0.036	0.001	6	A	1		0.042		
Fatty acids, total monounsaturated.....g	6.885		0	NC	4		8.056		
14:1.....g	0.000	0.000	6	A	1		0.000		
15:1.....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated.....g	0.053	0.003	6	AS	1		0.062		
16:1 c.....g	0.053	0.003	6	A	1		0.062		
16:1 t.....g	0.000	0.000	6	A	1		0.000		
17:1.....g	0.011	0.000	6	A	1		0.013		
18:1 undifferentiated.....g	6.729	0.240	6	AS	1		7.873		
18:1 c.....g	6.700	0.238	6	A	1		7.839		
18:1 t.....g	0.029	0.005	6	A	1		0.034		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.081	0.005	6	A	1		0.094		
22:1 undifferentiated.....g	0.005	0.000	6	AS	1		0.005		
22:1 c.....g	0.003	0.000	6	A	1		0.003		
22:1 t.....g	0.002	0.000	6	A	1		0.002		
24:1 c.....g	0.007	0.001	6	A	1		0.008		
Fatty acids, total polyunsaturated.....g	12.149		0	NC	4		14.214		
18:2 undifferentiated.....g	11.507	0.328	6	AS	1		13.464		
18:2 n-6 c,c.....g	11.338	0.323	6	A	1		13.266		
18:2 CLAs.....g	0.037	0.003	6	A	1		0.043		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.133	0.006	6	A	1		0.155		
18:3 undifferentiated.....g	0.619	0.040	6	AS	1		0.724		
18:3 n-3 c,c,c (ALA).....g	0.577	0.037	6	A	1		0.675		
18:3 n-6 c,c,c.....g	0.042	0.004	6	A	1		0.049		
18:3i.....g									
18:4.....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c.....g	0.009	0.001	6	A	1		0.011		
20:3 undifferentiated.....g	0.004	0.000	6	AS	1		0.004		
20:3 n-3.....g	0.004	0.000	6	A	1		0.004		
20:3 n-6.....g	0.000	0.000	6	A	1		0.000		
20:4 undifferentiated.....g	0.007	0.000	6	A	1		0.009		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	6	A	1		0.001		
21:5.....g									
22:4.....g	0.001	0.000	6	A	1		0.001		
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000		

NDB No. 21130

Fast foods, onion rings, breaded and fried

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			
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1	0.000		
Fatty acids, total trans.....g	0.164		0	NC	4	0.192		
Fatty acids, total trans-monoenoic.....g	0.031		0	NC	4	0.036		
Fatty acids, total trans-polyenoic.....g	0.133		0	NC	4	0.155		
Cholesterol.....mg	0		0	BFNN	4	0		
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	BFNN	4	0.0		
Caffeine.....mg	0		0	BFNN	4	0		
Theobromine.....mg	0		0	BFNN	4	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 package (18 onion rings)

**Calories Factors: Protein 3.7**

**Fat 8.8**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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

NDB No. 21138

Fast foods, potato, french fried in vegetable oil

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
<b>Proximates:</b>									
Water.....g	38.55	0.499	18	A	1		27.37	45.11	59.37
Energy.....kcal	312		0	NC	4		222	365	480
Energy.....kJ	1305		0	NC	4		927	1527	2010
Protein.....g	3.43	0.149	18	A	1		2.44	4.01	5.28
Total lipid (fat).....g	14.73	0.294	18	A	1		10.46	17.23	22.68
Ash.....g	1.85	0.032	18	A	1		1.32	2.17	2.85
Carbohydrate, by difference.....g	41.44		0	NC	4		29.42	48.48	63.81
Fiber, total dietary.....g	3.8	0.113	9	A	1		2.7	4.4	5.8
Sugars, total.....g	0.30	0.050	9	A	1		0.21	0.35	0.46
Sucrose.....g									
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18	0.728	18	A	1		13	21	28
Iron, Fe.....mg	0.81	0.019	18	A	1		0.57	0.95	1.25
Magnesium, Mg.....mg	35	0.590	18	A	1		25	41	54
Phosphorus, P.....mg	125	3.948	18	A	1		89	147	193
Potassium, K.....mg	579	11.033	18	A	1		411	678	892
Sodium, Na.....mg	210	14.037	18	A	1		149	245	323
Zinc, Zn.....mg	0.50	0.035	18	A	1		0.36	0.59	0.77
Copper, Cu.....mg	0.124	0.009	18	A	1		0.088	0.145	0.191
Manganese, Mn.....mg	0.247	0.010	18	A	1		0.175	0.289	0.380
Selenium, Se.....µg	0.9	0.101	10	A	1		0.6	1.0	1.3
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.7	0.672	9	A	1		3.3	5.5	7.2
Thiamin.....mg	0.170	0.004	9	A	1		0.121	0.199	0.261
Riboflavin.....mg	0.039	0.002	9	A	1		0.028	0.045	0.060
Niacin.....mg	3.004	0.156	9	A	1		2.133	3.515	4.626
Pantothenic acid.....mg	0.580	0.023	6	A	1		0.412	0.678	0.893
Vitamin B-6.....mg	0.372	0.034	9	A	1		0.264	0.435	0.573
Folate, total.....µg	30	4.474	12	A	1		21	35	46
Folic acid.....µg	0		0	FLA	4		0	0	0
Folate, food.....µg	30	4.474	12	A	1		21	35	46
Folate, DFE.....µg	30		0	NC	4		21	35	46
Choline, total.....mg	36.8		3	AS	1		26.1	43.0	56.6
Betaine.....mg	0.4		3	A	1		0.3	0.5	0.7
Vitamin B-12.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	AS	1		0	0	0
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	0		2	A	1		0	0	0
Carotene, alpha.....µg	0		2	A	1		0	0	0
Cryptoxanthin, beta.....µg	0		2	A	1		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg	0		2	A	1		0	0	0
Lutein + zeaxanthin.....µg	27		2	A	1		19	31	41
Vitamin E (alpha-tocopherol).....mg	1.67	0.180	9	A	1		1.19	1.95	2.57
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.05	0.005	9	A	1		0.04	0.06	0.08
Tocopherol, gamma.....mg	3.63	0.575	9	A	1		2.58	4.25	5.59
Tocopherol, delta.....mg	0.90	0.076	9	A	1		0.64	1.06	1.39
Tocotrienol, alpha.....mg	0.02	0.005	9	A	1		0.02	0.03	0.04
Tocotrienol, beta.....mg	0.09	0.088	9	A	1		0.06	0.10	0.14

Fast foods, potato, french fried in vegetable oil

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	0.010	9	A	1		0.02	0.03	0.04
Tocotrienol, delta.....mg	0.03	0.022	9	A	1		0.02	0.04	0.05
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	11.2	0.631	12	A	1		7.9	13.1	17.2
Dihydrophyloquinone.....µg	42.8	2.505	12	A	1		30.4	50.1	65.9
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.336		0	NC	4		1.659	2.733	3.598
4:0.....g	0.080	0.059	18	A	1		0.057	0.094	0.124
6:0.....g	0.000	0.000	18	A	1		0.000	0.000	0.000
8:0.....g	0.014	0.001	18	A	1		0.010	0.016	0.022
10:0.....g	0.013	0.000	18	A	1		0.009	0.015	0.020
12:0.....g	0.004	0.001	18	A	1		0.003	0.005	0.007
13:0.....g									
14:0.....g	0.018	0.001	18	A	1		0.013	0.021	0.028
15:0.....g	0.005	0.000	18	A	1		0.003	0.005	0.007
16:0.....g	1.220	0.022	18	A	1		0.866	1.427	1.878
17:0.....g	0.011	0.000	18	A	1		0.008	0.013	0.018
18:0.....g	0.838	0.028	18	A	1		0.595	0.980	1.290
20:0.....g	0.070	0.002	18	A	1		0.050	0.082	0.109
22:0.....g	0.040	0.001	18	A	1		0.028	0.047	0.062
24:0.....g	0.022	0.000	18	A	1		0.016	0.026	0.034
Fatty acids, total monounsaturated.....g	5.969		0	NC	4		4.238	6.984	9.192
14:1.....g	0.000	0.000	18	A	1		0.000	0.001	0.001
15:1.....g	0.000	0.000	18	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.026	0.000	18	AS	1		0.018	0.030	0.039
16:1 c.....g	0.026	0.000	18	A	1		0.018	0.030	0.039
16:1 t.....g	0.000	0.000	18	A	1		0.000	0.000	0.000
17:1.....g	0.008	0.000	18	A	1		0.005	0.009	0.012
18:1 undifferentiated.....g	5.821	0.132	18	AS	1		4.133	6.811	8.965
18:1 c.....g	5.796	0.132	18	A	1		4.115	6.781	8.925
18:1 t.....g	0.026	0.001	18	A	1		0.018	0.030	0.039
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.107	0.002	18	A	1		0.076	0.125	0.165
22:1 undifferentiated.....g	0.004	0.000	18	AS	1		0.003	0.005	0.007
22:1 c.....g	0.003	0.000	18	A	1		0.002	0.003	0.004
22:1 t.....g	0.002	0.000	18	A	1		0.001	0.002	0.003
24:1 c.....g	0.003	0.000	18	A	1		0.002	0.004	0.005
Fatty acids, total polyunsaturated.....g	5.398		0	NC	4		3.832	6.315	8.313
18:2 undifferentiated.....g	4.948	0.098	18	AS	1		3.513	5.789	7.620
18:2 n-6 c,c.....g	4.898	0.098	18	A	1		3.478	5.731	7.543
18:2 CLAs.....g	0.017	0.001	18	A	1		0.012	0.020	0.026
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.033	0.001	18	A	1		0.023	0.039	0.051
18:3 undifferentiated.....g	0.436	0.011	18	AS	1		0.310	0.510	0.672
18:3 n-3 c,c,c (ALA).....g	0.407	0.010	18	A	1		0.289	0.477	0.627
18:3 n-6 c,c,c.....g	0.029	0.001	18	A	1		0.021	0.034	0.045
18:3i.....g									
18:4.....g	0.000	0.000	18	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.007	0.000	18	A	1		0.005	0.009	0.011
20:3 undifferentiated.....g	0.001	0.000	18	AS	1		0.000	0.001	0.001
20:3 n-3.....g	0.001	0.000	18	A	1		0.000	0.001	0.001
20:3 n-6.....g	0.000	0.000	18	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.004	0.000	18	A	1		0.003	0.005	0.007
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	18	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000	0.000	18	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000	0.000	18	A	1		0.000	0.000	0.000

NDB No. 21138

Fast foods, potato, french fried in vegetable oil

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			
22:6 n-3 (DHA).....g	0.000	0.000	18	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g	0.060		0	NC	4	0.043	0.071	0.093
Fatty acids, total trans-monoenoic.....g	0.027		0	NC	4	0.019	0.032	0.042
Fatty acids, total trans-polyenoic.....g	0.033		0	NC	4	0.023	0.039	0.051
Cholesterol.....mg	0		1	A	1	0	0	0
Phytosterols.....mg	0		0	Z	7	0	0	0
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4	0	0	0
Theobromine.....mg	0		0	FLA	4	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 = 71g: 1 serving small
- Measure 2 = 117g: 1 serving medium
- Measure 3 = 154g: 1 serving large

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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





NDB No. 21139  
Fast foods, potato, mashed

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	FLA	4		0.0		
Vitamin D.....IU	0		0	FLA	4		0		
Vitamin K (phylloquinone).....µg	5.9		0	FLA	4		14.3		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.577		0	NC	4		1.397		
4:0.....g	0.004	0.001	3	A	1		0.010		
6:0.....g	0.000	0.000	3	A	1		0.000		
8:0.....g	0.002	0.000	3	A	1		0.004		
10:0.....g	0.001	0.001	3	A	1		0.002		
12:0.....g	0.002	0.000	3	A	1		0.005		
13:0.....g									
14:0.....g	0.006	0.001	3	A	1		0.015		
15:0.....g	0.002	0.000	3	A	1		0.004		
16:0.....g	0.319	0.047	3	A	1		0.771		
17:0.....g	0.003	0.000	3	A	1		0.008		
18:0.....g	0.217	0.028	3	A	1		0.525		
20:0.....g	0.010	0.001	3	A	1		0.023		
22:0.....g	0.009	0.002	3	A	1		0.022		
24:0.....g	0.003	0.001	3	A	1		0.008		
Fatty acids, total monounsaturated.....g	0.720		0	NC	4		1.742		
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	0.003	0.000	3	AS	1		0.008		
16:1 c.....g	0.003	0.000	3	A	1		0.008		
16:1 t.....g	0.000	0.000	3	A	1		0.000		
17:1.....g	0.002	0.000	3	A	1		0.004		
18:1 undifferentiated.....g	0.696	0.114	3	AS	1		1.685		
18:1 c.....g	0.607	0.096	3	A	1		1.468		
18:1 t.....g	0.090	0.035	3	A	1		0.217		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.018	0.003	3	A	1		0.043		
22:1 undifferentiated.....g	0.000	0.000	3	AS	1		0.001		
22:1 c.....g	0.000	0.000	3	A	1		0.001		
22:1 t.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.000	0.000	3	A	1		0.001		
Fatty acids, total polyunsaturated.....g	1.342		0	NC	4		3.248		
18:2 undifferentiated.....g	1.163	0.203	3	AS	1		2.815		
18:2 n-6 c,c.....g	1.146	0.197	3	A	1		2.774		
18:2 CLAs.....g	0.002	0.001	3	A	1		0.004		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.015	0.004	3	A	1		0.037		
18:3 undifferentiated.....g	0.174	0.028	3	AS	1		0.422		
18:3 n-3 c,c,c (ALA).....g	0.174	0.028	3	A	1		0.422		
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	0.001	0.001	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	0.002	0.000	3	A	1		0.004		
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	0.000	0.000	3	A	1		0.001		
22:5 n-3 (DPA).....g	0.001	0.001	3	A	1		0.002		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.105		0	NC	4		0.254		
Fatty acids, total trans-monoenoic.....g	0.090		0	NC	4		0.217		

**NDB No. 21139**  
**Fast foods, potato, mashed**

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
			Points	Code	Code				
Fatty acids, total trans-polyenoic.....g	0.015		0	NC	4		0.037		
Cholesterol.....mg	0		1	A	1		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		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 = 242g: 1 cup

**Calories Factors: Protein 2.78**

**Fat 8.84**

**Carbohydrate 4.03**

**Food Group: 21 Fast Foods**

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

NDB No. 21026

Fast foods, potatoes, hash browns, round pieces or patty

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
<b>Proximates:</b>									
Water.....g	49.27	0.449	15	A	1		2.71	26.11	37.94
Energy.....kcal	272		0	NC	4		15	144	210
Energy.....kJ	1140		0	NC	4		63	604	878
Protein (N x 6.25).....g	2.58	0.098	15	A	1		0.14	1.37	1.99
Total lipid (fat).....g	17.04	0.358	15	A	1		0.94	9.03	13.12
Ash.....g	2.23	0.062	15	A	1		0.12	1.18	1.72
Carbohydrate, by difference.....g	28.88		0	NC	4		1.59	15.31	22.24
Fiber, total dietary.....g	2.7	0.149	9	A	1		0.1	1.4	2.1
Sugars, total.....g	0.56	0.063	9	A	1		0.03	0.29	0.43
Sucrose.....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.31	0.042	9	A	1		0.02	0.16	0.24
Fructose.....g	0.24	0.021	9	A	1		0.01	0.13	0.19
Lactose.....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	9	A	1		0.00	0.00	0.00
Starch.....g	25.74	0.288	9	A	1		1.42	13.64	19.82
<b>Minerals:</b>									
Calcium, Ca.....mg	19	0.532	16	A	1		1	10	14
Iron, Fe.....mg	0.60	0.019	16	A	1		0.03	0.32	0.46
Magnesium, Mg.....mg	21	0.976	16	A	1		1	11	16
Phosphorus, P.....mg	98	3.785	16	A	1		5	52	76
Potassium, K.....mg	355	27.131	16	A	1		20	188	273
Sodium, Na.....mg	566	22.636	16	A	1		31	300	436
Zinc, Zn.....mg	0.36	0.024	16	A	1		0.02	0.19	0.27
Copper, Cu.....mg	0.100	0.009	16	A	1		0.006	0.053	0.077
Manganese, Mn.....mg	0.158	0.009	16	A	1		0.009	0.084	0.122
Selenium, Se.....µg	0.4		3	A	1		0.0	0.2	0.3
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.4	1.409	9	A	1		0.3	2.9	4.2
Thiamin.....mg	0.137	0.009	9	A	1		0.008	0.072	0.105
Riboflavin.....mg	0.038	0.007	9	A	1		0.002	0.020	0.029
Niacin.....mg	1.838	0.276	9	A	1		0.101	0.974	1.415
Pantothenic acid.....mg	0.380	0.042	6	A	1		0.021	0.202	0.293
Vitamin B-6.....mg	0.186	0.007	9	A	1		0.010	0.098	0.143
Folate, total.....µg	12	0.410	9	A	1		1	6	9
Folic acid.....µg	0	0.000	3	A	1		0	0	0
Folate, food.....µg	12	0.410	9	A	1		1	6	9
Folate, DFE.....µg	12		0	NC	4		1	6	9
Choline, total.....mg	17.8		0	AS	1		1.0	9.4	13.7
Betaine.....mg									
Vitamin B-12.....µg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		0	FLC	4		0	0	0
Carotene, beta.....µg	1	0.059	7	A	1		0	1	1
Carotene, alpha.....µg	0	0.023	7	A	1		0	0	0
Cryptoxanthin, beta.....µg	0	0.000	7	A	1		0	0	0
Vitamin A, IU.....IU	2		0	NC	4		0	1	2
Lycopene.....µg	0	0.000	7	A	1		0	0	0
Lutein + zeaxanthin.....µg	18	0.208	7	A	1		1	9	14
Vitamin E (alpha-tocopherol).....mg	2.62	0.254	9	A	1		0.14	1.39	2.02
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.13	0.078	9	A	1		0.01	0.07	0.10
Tocopherol, gamma.....mg	4.93	1.074	9	A	1		0.27	2.61	3.80
Tocopherol, delta.....mg	0.65	0.096	9	A	1		0.04	0.34	0.50
Tocotrienol, alpha.....mg	0.12	0.007	9	A	1		0.01	0.06	0.09
Tocotrienol, beta.....mg	0.03	0.014	9	A	1		0.00	0.02	0.03

Fast foods, potatoes, hash browns, round pieces or patty

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	0.07	0.015	9	A	1		0.00	0.03	0.05
Tocotrienol, delta.....mg	0.06	0.055	9	A	1		0.00	0.03	0.05
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	9.9	1.603	4	A	1		0.5	5.2	7.6
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.540		0	NC	4		0.140	1.346	1.956
4:0.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
8:0.....g	0.009	0.002	9	A	1		0.000	0.005	0.007
10:0.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
12:0.....g	0.005	0.000	9	A	1		0.000	0.002	0.004
13:0.....g									
14:0.....g	0.020	0.001	9	A	1		0.001	0.011	0.015
15:0.....g	0.006	0.000	9	A	1		0.000	0.003	0.005
16:0.....g	1.422	0.044	9	A	1		0.078	0.754	1.095
17:0.....g	0.011	0.001	9	A	1		0.001	0.006	0.009
18:0.....g	0.903	0.026	9	A	1		0.050	0.479	0.696
20:0.....g	0.089	0.002	9	A	1		0.005	0.047	0.068
22:0.....g	0.047	0.001	9	A	1		0.003	0.025	0.036
24:0.....g	0.027	0.001	9	A	1		0.002	0.015	0.021
Fatty acids, total monounsaturated.....g	7.827		0	NC	4		0.431	4.149	6.027
14:1.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.030	0.001	9	AS	1		0.002	0.016	0.023
16:1 c.....g	0.030	0.001	9	A	1		0.002	0.016	0.023
16:1 t.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
17:1.....g	0.008	0.000	9	A	1		0.000	0.004	0.006
18:1 undifferentiated.....g	7.629	0.183	9	AS	1		0.420	4.043	5.874
18:1 c.....g	7.605	0.184	9	A	1		0.418	4.031	5.856
18:1 t.....g	0.024	0.002	9	A	1		0.001	0.013	0.018
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.143	0.002	9	A	1		0.008	0.076	0.110
22:1 undifferentiated.....g	0.004	0.000	9	AS	1		0.000	0.002	0.003
22:1 c.....g	0.004	0.000	9	A	1		0.000	0.002	0.003
22:1 t.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
24:1 c.....g	0.013	0.001	9	A	1		0.001	0.007	0.010
Fatty acids, total polyunsaturated.....g	5.665		0	NC	4		0.312	3.002	4.362
18:2 undifferentiated.....g	5.180	0.216	9	AS	1		0.285	2.745	3.988
18:2 n-6 c,c.....g	5.131	0.218	9	A	1		0.282	2.720	3.951
18:2 CLAs.....g	0.016	0.001	9	A	1		0.001	0.008	0.012
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.032	0.002	9	A	1		0.002	0.017	0.025
18:3 undifferentiated.....g	0.471	0.019	9	AS	1		0.026	0.250	0.363
18:3 n-3 c,c,c (ALA).....g	0.441	0.021	9	A	1		0.024	0.234	0.340
18:3 n-6 c,c,c.....g	0.030	0.001	9	A	1		0.002	0.016	0.023
18:3i.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
18:4.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.008	0.000	9	A	1		0.000	0.004	0.006
20:3 undifferentiated.....g	0.000	0.000	9	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.005	0.000	9	A	1		0.000	0.003	0.004
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	9	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000	0.000	9	A	1		0.000	0.000	0.000

NDB No. 21026

Fast foods, potatoes, hash browns, round pieces or patty

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					
22:6 n-3 (DHA).....g	0.000	0.000	9	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.056		0	NC	4		0.003	0.030	0.043
Fatty acids, total trans-monoenoic.....g	0.024		0	NC	4		0.001	0.013	0.018
Fatty acids, total trans-polyenoic.....g	0.032		0	NC	4		0.002	0.017	0.025
Cholesterol.....mg	0		3	A	1		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		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 = 5.5g: 1 round piece

Measure 2 = 53g: 1 patty

Measure 3 = 77g: 1 serving 14 round pieces

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 3.765**

**Food Group: 21 Fast Foods**

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



Fast foods, quesadilla, with chicken

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	0.2		0	FLA	4		0.3		
Vitamin D.....IU	8		0	FLA	4		14		
Vitamin K (phylloquinone).....µg	2.4		0	FLA	4		4.4		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.154		0	NC	4		11.077		
4:0.....g	0.140	0.009	6	A	1		0.252		
6:0.....g	0.111	0.008	6	A	1		0.200		
8:0.....g	0.073	0.005	6	A	1		0.131		
10:0.....g	0.178	0.012	6	A	1		0.320		
12:0.....g	0.211	0.015	6	A	1		0.380		
13:0.....g									
14:0.....g	0.714	0.045	6	A	1		1.285		
15:0.....g	0.077	0.005	6	A	1		0.139		
16:0.....g	2.903	0.113	6	A	1		5.226		
17:0.....g	0.056	0.003	6	A	1		0.100		
18:0.....g	1.609	0.011	6	A	1		2.896		
20:0.....g	0.035	0.001	6	A	1		0.064		
22:0.....g	0.029	0.001	6	A	1		0.053		
24:0.....g	0.012	0.000	6	A	1		0.021		
Fatty acids, total monounsaturated.....g	3.765		0	NC	4		6.776		
14:1.....g	0.054	0.004	6	A	1		0.098		
15:1.....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated.....g	0.171	0.013	6	AS	1		0.307		
16:1 c.....g	0.144	0.012	6	A	1		0.260		
16:1 t.....g	0.026	0.002	6	A	1		0.047		
17:1.....g	0.020	0.001	6	A	1		0.036		
18:1 undifferentiated.....g	3.447	0.108	6	AS	1		6.205		
18:1 c.....g	3.232	0.102	6	A	1		5.818		
18:1 t.....g	0.215	0.010	6	A	1		0.387		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.069	0.003	6	A	1		0.124		
22:1 undifferentiated.....g	0.002	0.000	6	AS	1		0.004		
22:1 c.....g	0.002	0.000	6	A	1		0.004		
22:1 t.....g	0.000	0.000	6	A	1		0.000		
24:1 c.....g	0.001	0.000	6	A	1		0.002		
Fatty acids, total polyunsaturated.....g	4.094		0	NC	4		7.370		
18:2 undifferentiated.....g	3.556	0.152	6	AS	1		6.401		
18:2 n-6 c,c.....g	3.427	0.153	6	A	1		6.168		
18:2 CLAs.....g	0.049	0.002	6	A	1		0.088		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.081	0.003	6	A	1		0.145		
18:3 undifferentiated.....g	0.459	0.023	6	AS	1		0.826		
18:3 n-3 c,c,c (ALA).....g	0.454	0.023	6	A	1		0.818		
18:3 n-6 c,c,c.....g	0.004	0.000	6	A	1		0.008		
18:3i.....g									
18:4.....g	0.002	0.000	6	A	1		0.004		
20:2 n-6 c,c.....g	0.007	0.000	6	A	1		0.013		
20:3 undifferentiated.....g	0.015	0.001	6	AS	1		0.026		
20:3 n-3.....g	0.001	0.000	6	A	1		0.001		
20:3 n-6.....g	0.014	0.001	6	A	1		0.025		
20:4 undifferentiated.....g	0.032	0.001	6	A	1		0.058		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.006	0.001	6	A	1		0.010		
21:5.....g									
22:4.....g	0.008	0.000	6	A	1		0.015		
22:5 n-3 (DPA).....g	0.006	0.000	6	A	1		0.011		
22:6 n-3 (DHA).....g	0.002	0.000	6	A	1		0.004		
Fatty acids, total trans.....g	0.322		0	NC	4		0.580		
Fatty acids, total trans-monoenoic.....g	0.241		0	NC	4		0.434		



NDB No. 21488

Fast foods, quesadilla, with chicken

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	0.081		0	NC	4		0.145		
Cholesterol.....mg	37	0.722	3	A	1		67		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		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 = 180g: 1 each quesadilla

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21121

Fast foods, roast beef sandwich, plain

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	FLA	4		0.0		
Vitamin D.....IU	1		0	FLA	4		1		
Vitamin K (phylloquinone).....µg	2.8		0	FLA	4		4.2		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.399		0	NC	4		5.064		
4:0.....g	0.000	0.000	3	A	1		0.000		
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	0.000	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	0.200	0.007	3	A	1		0.298		
15:0.....g	0.032	0.001	3	A	1		0.048		
16:0.....g	1.951	0.023	3	A	1		2.907		
17:0.....g	0.079	0.003	3	A	1		0.118		
18:0.....g	1.108	0.053	3	A	1		1.651		
20:0.....g	0.015	0.000	3	A	1		0.022		
22:0.....g	0.009	0.001	3	A	1		0.013		
24:0.....g	0.004	0.000	3	A	1		0.006		
Fatty acids, total monounsaturated.....g	3.987		0	NC	4		5.941		
14:1.....g	0.062	0.001	3	A	1		0.093		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.279	0.007	3	AS	1		0.415		
16:1 c.....g	0.258	0.008	3	A	1		0.385		
16:1 t.....g	0.020	0.000	3	A	1		0.030		
17:1.....g	0.052	0.002	3	A	1		0.077		
18:1 undifferentiated.....g	3.561	0.048	3	AS	1		5.305		
18:1 c.....g	3.235	0.037	3	A	1		4.820		
18:1 t.....g	0.326	0.013	3	A	1		0.485		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.034	0.001	3	A	1		0.050		
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	1.762		0	NC	4		2.625		
18:2 undifferentiated.....g	1.552	0.083	3	AS	1		2.313		
18:2 n-6 c,c.....g	1.465	0.083	3	A	1		2.183		
18:2 CLAs.....g	0.044	0.000	3	A	1		0.066		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.043	0.000	3	A	1		0.064		
18:3 undifferentiated.....g	0.159	0.013	3	AS	1		0.237		
18:3 n-3 c,c,c (ALA).....g	0.152	0.012	3	A	1		0.227		
18:3 n-6 c,c,c.....g	0.007	0.001	3	A	1		0.010		
18:3i.....g	0.000	0.000	3	A	1		0.000		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.002	0.001	3	A	1		0.003		
20:3 undifferentiated.....g	0.010	0.001	3	AS	1		0.015		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.010	0.001	3	A	1		0.015		
20:4 undifferentiated.....g	0.022	0.001	3	A	1		0.032		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.005	0.000	3	A	1		0.007		
21:5.....g									
22:4.....g	0.004	0.000	3	A	1		0.005		
22:5 n-3 (DPA).....g	0.008	0.001	3	A	1		0.011		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.389		0	NC	4		0.579		
Fatty acids, total trans-monoenoic.....g	0.346		0	NC	4		0.515		

NDB No. 21121

Fast foods, roast beef sandwich, plain

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	0.043		0	NC	4		0.064		
Cholesterol.....mg	30	0.563	3	A	1		45		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		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 = 149g: 1 sandwich

**Calories Factors: Protein 4.2**

**Fat 8.95**

**Carbohydrate 3.95**

**Food Group: 21 Fast Foods**

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



NDB No. 21059

Fast foods, shrimp, breaded and fried

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	FLA	4		0.0		
Vitamin D.....IU	1		0	FLA	4		1		
Vitamin K (phylloquinone).....µg	4.7		0	FLA	4		1.8		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.843		0	NC	4		1.499		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.004		0	FLC	4		0.002		
13:0.....g									
14:0.....g	0.033		0	FLC	4		0.013		
15:0.....g	0.005		0	FLC	4		0.002		
16:0.....g	2.516		0	FLC	4		0.981		
17:0.....g	0.010		0	FLC	4		0.004		
18:0.....g	1.272		0	FLC	4		0.496		
20:0.....g	0.001		0	FLC	4		0.001		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.003		0	FLC	4		0.001		
Fatty acids, total monounsaturated.....g	11.905		0	NC	4		4.643		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.127		0	FLC	4		0.050		
17:1.....g	0.042		0	FLC	4		0.016		
18:1 undifferentiated.....g	11.734		0	FLC	4		4.576		
20:1.....g	0.003		0	FLC	4		0.001		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	1.593		0	NC	4		0.621		
18:2 undifferentiated.....g	1.458		0	FLC	4		0.569		
18:3 undifferentiated.....g	0.108		0	FLC	4		0.042		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.001		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.001		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.005		0	FLC	4		0.002		
20:5 n-3 (EPA).....g	0.009		0	FLC	4		0.004		
21:5.....g									
22:4.....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA).....g	0.001		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.010		0	FLC	4		0.004		
Fatty acids, total trans.....g	0.011		0	FLC	4		0.004		
Cholesterol.....mg	58	1.105	3	A	1		22		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		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 = 39g: 3 pieces shrimp

Calories Factors: Protein 4.23

Fat 8.89

Carbohydrate 3.83

**NDB No. 21059**

**Fast foods, shrimp, breaded and fried**

**Food Group:** 21 Fast Foods

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





NDB No. 21521

Fast foods, straw berry banana smoothie made with ice and low-fat yogurt

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000		0	LC	8		0.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g									
16:0.....g	0.000		0	FLC	4		0.000		
17:0.....g									
18:0.....g	0.000		0	FLC	4		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.049		0	FLC	4		0.170		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	FLC	4		0.023		
17:1.....g									
18:1 undifferentiated.....g	0.042		0	FLC	4		0.147		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.052		0	FLC	4		0.179		
18:2 undifferentiated.....g	0.033		0	FLC	4		0.114		
18:3 undifferentiated.....g	0.019		0	FLC	4		0.065		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	1		0	LC	8		5		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		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 = 347g: 12 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 21162

Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread

BLT

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
<b>Proximates:</b>									
Water.....g	55.03	0.476	6	A	1		81.45	162.90	
Energy.....kcal	205		0	NC	4		303	606	
Energy.....kJ	856		0	NC	4		1267	2534	
Protein.....g	10.06	0.082	6	A	1		14.89	29.78	
Total lipid (fat).....g	6.41	0.166	6	A	1		9.48	18.97	
Ash.....g	1.83	0.033	6	A	1		2.71	5.42	
Carbohydrate, by difference.....g	26.66		0	NC	4		39.46	78.93	
Fiber, total dietary.....g	1.6	0.153	3	A	1		2.4	4.8	
Sugars, total.....g	3.61	0.018	3	A	1		5.34	10.68	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	1.10	0.026	3	A	1		1.63	3.27	
Fructose.....g	1.69	0.003	3	A	1		2.50	4.99	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.82	0.017	3	A	1		1.21	2.42	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	20.13	0.463	3	A	1		29.80	59.59	
<b>Minerals:</b>									
Calcium, Ca.....mg	210	2.750	6	A	1		311	622	
Iron, Fe.....mg	2.14	0.041	6	A	1		3.16	6.32	
Magnesium, Mg.....mg	22	0.534	6	A	1		33	66	
Phosphorus, P.....mg	101	1.122	6	A	1		149	298	
Potassium, K.....mg	186	3.095	6	A	1		276	552	
Sodium, Na.....mg	354	9.693	6	A	1		524	1048	
Zinc, Zn.....mg	0.96	0.011	6	A	1		1.42	2.84	
Copper, Cu.....mg	0.101	0.002	6	A	1		0.150	0.300	
Manganese, Mn.....mg	0.376	0.014	6	A	1		0.557	1.113	
Selenium, Se.....µg	23.2	2.262	3	A	1		34.4	68.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.3		2	A	1		1.9	3.8	
Thiamin.....mg	0.405		2	A	1		0.599	1.199	
Riboflavin.....mg	0.280	0.010	3	A	1		0.414	0.829	
Niacin.....mg	4.850	0.070	3	A	1		7.178	14.356	
Pantothenic acid.....mg	0.435		2	A	1		0.644	1.287	
Vitamin B-6.....mg	0.100		1	A	1		0.148	0.296	
Folate, total.....µg	89	7.326	3	A	1		132	264	
Folic acid.....µg	65		0	RA	4		96	191	
Folate, food.....µg	25		0	NC	4		36	73	
Folate, DFE.....µg	135		0	NC	4		199	398	
Choline, total.....mg	16.4		0	RA	4		24.3	48.5	
Betaine.....mg									
Vitamin B-12.....µg	0.18		2	A	1		0.26	0.52	
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE.....µg	3		1	AS	1		5	10	
Retinol.....µg	0		1	A	1		0	0	
Carotene, beta.....µg	42		1	A	1		62	124	
Carotene, alpha.....µg	0		1	A	1		0	0	
Cryptoxanthin, beta.....µg	0		1	A	1		0	0	
Vitamin A, IU.....IU	70		1	AS	1		104	207	
Lycopene.....µg	195		1	A	1		288	577	
Lutein + zeaxanthin.....µg	72		1	A	1		106	212	
Vitamin E (alpha-tocopherol).....mg	0.29		2	A	1		0.42	0.85	
Vitamin E, added.....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta.....mg	0.07		2	A	1		0.10	0.20	
Tocopherol, gamma.....mg	0.56		2	A	1		0.83	1.65	
Tocopherol, delta.....mg	0.17		2	A	1		0.25	0.50	
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.40		2	A	1		0.60	1.20	

Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread

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	
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	RA	4		0.0	0.1	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	1		0	RA	4		2	3	
Vitamin K (phylloquinone).....µg	6.4		0	RA	4		9.4	18.9	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.917		0	NC	4		2.837	5.675	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.004	0.000	3	A	1		0.005	0.011	
12:0.....g	0.003	0.000	3	A	1		0.005	0.010	
13:0.....g									
14:0.....g	0.060	0.002	3	A	1		0.089	0.179	
15:0.....g	0.004	0.000	3	A	1		0.005	0.011	
16:0.....g	1.254	0.014	3	A	1		1.855	3.711	
17:0.....g	0.014	0.000	3	A	1		0.021	0.041	
18:0.....g	0.554	0.025	3	A	1		0.820	1.641	
20:0.....g	0.013	0.000	3	A	1		0.020	0.039	
22:0.....g	0.007	0.001	3	A	1		0.010	0.021	
24:0.....g	0.004	0.000	3	A	1		0.006	0.012	
Fatty acids, total monounsaturated.....g	2.356		0	NC	4		3.487	6.974	
14:1.....g	0.001	0.000	3	A	1		0.002	0.004	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.120	0.004	3	AS	1		0.178	0.355	
16:1 c.....g	0.120	0.004	3	A	1		0.177	0.354	
16:1 t.....g	0.000	0.000	3	A	1		0.000	0.001	
17:1.....g	0.010	0.001	3	A	1		0.015	0.030	
18:1 undifferentiated.....g	2.180	0.033	3	AS	1		3.227	6.453	
18:1 c.....g	2.159	0.034	3	A	1		3.196	6.392	
18:1 t.....g	0.021	0.002	3	A	1		0.031	0.062	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.042	0.002	3	A	1		0.062	0.124	
22:1 undifferentiated.....g	0.002	0.000	3	AS	1		0.002	0.005	
22:1 c.....g	0.002	0.000	3	A	1		0.002	0.005	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.001	0.000	3	A	1		0.001	0.002	
Fatty acids, total polyunsaturated.....g	1.617		0	NC	4		2.394	4.787	
18:2 undifferentiated.....g	1.439	0.080	3	AS	1		2.130	4.260	
18:2 n-6 c,c.....g	1.421	0.078	3	A	1		2.103	4.205	
18:2 CLAs.....g	0.009	0.001	3	A	1		0.013	0.026	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.010	0.002	3	A	1		0.015	0.030	
18:3 undifferentiated.....g	0.105	0.002	3	AS	1		0.155	0.310	
18:3 n-3 c,c,c (ALA).....g	0.101	0.002	3	A	1		0.149	0.299	
18:3 n-6 c,c,c.....g	0.004	0.000	3	A	1		0.005	0.011	
18:3i.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.027	0.005	3	A	1		0.040	0.080	
20:3 undifferentiated.....g	0.011	0.002	3	AS	1		0.016	0.031	
20:3 n-3.....g	0.003	0.001	3	A	1		0.005	0.010	
20:3 n-6.....g	0.007	0.001	3	A	1		0.010	0.020	
20:4 undifferentiated.....g	0.021	0.002	3	A	1		0.031	0.061	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.001	
21:5.....g									
22:4.....g	0.009	0.002	3	A	1		0.014	0.027	
22:5 n-3 (DPA).....g	0.003	0.000	3	A	1		0.005	0.010	

NDB No. 21162

Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread

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			
22:6 n-3 (DHA).....g	0.002	0.000	3	A	1	0.002	0.005	
Fatty acids, total trans.....g	0.031		0	NC	4	0.046	0.092	
Fatty acids, total trans-monoenoic.....g	0.021		0	NC	4	0.031	0.063	
Fatty acids, total trans-polyenoic.....g	0.010		0	NC	4	0.015	0.030	
Cholesterol.....mg	13	0.840	3	A	1	19	39	
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	RA	4	0.0	0.0	
Caffeine.....mg	0		0	RA	4	0	0	
Theobromine.....mg	0		0	RA	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 = 148g: 6 inch sub

Measure 2 = 296g: 12 inch sub

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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

NDB No. 21124

Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato

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
<b>Proximates:</b>									
Water.....g	56.51	0.403	6	A	1		110.75	220.94	
Energy.....kcal	213		0	NC	4		417	832	
Energy.....kJ	890		0	NC	4		1744	3480	
Protein (N x 6.09).....g	10.52	0.208	6	A	1		20.62	41.13	
Total lipid (fat).....g	10.04	0.152	6	A	1		19.67	39.24	
Ash.....g	2.50	0.052	6	A	1		4.91	9.79	
Carbohydrate, by difference.....g	20.43		0	NC	4		40.05	79.89	
Fiber, total dietary.....g	1.2	0.105	3	A	1		2.3	4.6	
Sugars, total.....g	3.18	0.116	3	A	1		6.24	12.44	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	1.23	0.033	3	A	1		2.42	4.82	
Fructose.....g	1.40	0.058	3	A	1		2.74	5.47	
Lactose.....g	0.08	0.009	3	A	1		0.16	0.32	
Maltose.....g	0.47	0.033	3	A	1		0.91	1.82	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	15.67	0.441	3	A	1		30.71	61.26	
<b>Minerals:</b>									
Calcium, Ca.....mg	171	2.824	6	A	1		335	667	
Iron, Fe.....mg	1.81	0.023	6	A	1		3.54	7.07	
Magnesium, Mg.....mg	20	0.266	6	A	1		39	77	
Phosphorus, P.....mg	112	2.012	6	A	1		219	436	
Potassium, K.....mg	282	4.326	6	A	1		552	1101	
Sodium, Na.....mg	575	19.431	6	A	1		1126	2247	
Zinc, Zn.....mg	1.05	0.021	6	A	1		2.05	4.09	
Copper, Cu.....mg	0.084	0.001	6	A	1		0.164	0.327	
Manganese, Mn.....mg	0.354	0.008	6	A	1		0.694	1.385	
Selenium, Se.....µg	19.9	1.484	3	A	1		39.0	77.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	7.5	0.376	3	A	1		14.6	29.2	
Thiamin.....mg	0.343	0.003	3	A	1		0.673	1.342	
Riboflavin.....mg	0.267	0.009	3	A	1		0.523	1.043	
Niacin.....mg	4.323	0.095	3	A	1		8.474	16.904	
Pantothenic acid.....mg	0.555		2	A	1		1.088	2.170	
Vitamin B-6.....mg	0.203	0.005	3	A	1		0.398	0.795	
Folate, total.....µg	66	5.357	3	A	1		129	257	
Folic acid.....µg	57		0	RA	4		111	222	
Folate, food.....µg	9		0	NC	4		17	35	
Folate, DFE.....µg	106		0	NC	4		207	413	
Choline, total.....mg	29.1		0	RA	4		57.1	113.9	
Betaine.....mg									
Vitamin B-12.....µg	0.22	0.009	3	A	1		0.42	0.85	
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE.....µg	22		0	AS	1		42	84	
Retinol.....µg	16		1	A	1		31	61	
Carotene, beta.....µg	61		1	A	1		119	237	
Carotene, alpha.....µg	2		1	A	1		4	8	
Cryptoxanthin, beta.....µg	18		1	A	1		35	71	
Vitamin A, IU.....IU	170		0	AS	1		333	665	
Lycopene.....µg	275		1	A	1		539	1075	
Lutein + zeaxanthin.....µg	115		1	A	1		226	451	
Vitamin E (alpha-tocopherol).....mg	0.41		2	A	1		0.80	1.60	
Vitamin E, added.....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta.....mg	0.06		2	A	1		0.13	0.25	
Tocopherol, gamma.....mg	0.37		2	A	1		0.73	1.46	
Tocopherol, delta.....mg	0.10		2	A	1		0.20	0.41	
Tocotrienol, alpha.....mg	0.04		2	A	1		0.09	0.18	
Tocotrienol, beta.....mg	0.24		2	A	1		0.48	0.96	

Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato

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	
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.2		0	RA	4		0.3	0.7	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	7		0	RA	4		14	28	
Vitamin K (phylloquinone).....µg	4.5		0	RA	4		8.8	17.5	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.554		0	NC	4		6.965	13.895	
4:0.....g	0.013	0.006	3	A	1		0.025	0.051	
6:0.....g	0.009	0.004	3	A	1		0.017	0.034	
8:0.....g	0.006	0.003	3	A	1		0.012	0.023	
10:0.....g	0.024	0.007	3	A	1		0.046	0.092	
12:0.....g	0.023	0.008	3	A	1		0.046	0.091	
13:0.....g									
14:0.....g	0.178	0.030	3	A	1		0.348	0.695	
15:0.....g	0.016	0.003	3	A	1		0.031	0.062	
16:0.....g	2.077	0.100	3	A	1		4.071	8.121	
17:0.....g	0.041	0.003	3	A	1		0.081	0.161	
18:0.....g	1.138	0.058	3	A	1		2.231	4.451	
20:0.....g	0.017	0.000	3	A	1		0.034	0.068	
22:0.....g	0.008	0.000	3	A	1		0.016	0.031	
24:0.....g	0.004	0.000	3	A	1		0.008	0.016	
Fatty acids, total monounsaturated.....g	3.716		0	NC	4		7.283	14.529	
14:1.....g	0.017	0.003	3	A	1		0.033	0.065	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.191	0.008	3	AS	1		0.374	0.746	
16:1 c.....g	0.183	0.007	3	A	1		0.358	0.714	
16:1 t.....g	0.008	0.001	3	A	1		0.016	0.032	
17:1.....g	0.026	0.001	3	A	1		0.051	0.102	
18:1 undifferentiated.....g	3.408	0.097	3	AS	1		6.680	13.326	
18:1 c.....g	3.316	0.092	3	A	1		6.499	12.964	
18:1 t.....g	0.093	0.010	3	A	1		0.181	0.362	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.066	0.002	3	A	1		0.129	0.258	
22:1 undifferentiated.....g	0.008	0.000	3	AS	1		0.016	0.032	
22:1 c.....g	0.008	0.000	3	A	1		0.016	0.032	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.927		0	NC	4		3.776	7.533	
18:2 undifferentiated.....g	1.698	0.020	3	AS	1		3.328	6.638	
18:2 n-6 c,c.....g	1.665	0.023	3	A	1		3.264	6.511	
18:2 CLAs.....g	0.014	0.002	3	A	1		0.028	0.056	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.018	0.002	3	A	1		0.036	0.071	
18:3 undifferentiated.....g	0.107	0.002	3	AS	1		0.210	0.420	
18:3 n-3 c,c,c (ALA).....g	0.104	0.002	3	A	1		0.204	0.407	
18:3 n-6 c,c,c.....g	0.003	0.000	3	A	1		0.007	0.013	
18:3i.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.048	0.001	3	A	1		0.093	0.186	
20:3 undifferentiated.....g	0.017	0.002	3	AS	1		0.033	0.066	
20:3 n-3.....g	0.004	0.002	3	A	1		0.008	0.017	
20:3 n-6.....g	0.013	0.001	3	A	1		0.025	0.049	
20:4 undifferentiated.....g	0.036	0.002	3	A	1		0.070	0.139	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	3	A	1		0.002	0.004	
21:5.....g									
22:4.....g	0.013	0.001	3	A	1		0.026	0.052	
22:5 n-3 (DPA).....g	0.005	0.000	3	A	1		0.010	0.021	

NDB No. 21124

Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato

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
			Points	Deriv Code	Code					
22:6 n-3 (DHA).....g	0.002	0.000	3	A	1		0.003	0.007		
Fatty acids, total trans.....g	0.119		0	NC	4		0.234	0.466		
Fatty acids, total trans-monoenoic.....g	0.101		0	NC	4		0.198	0.394		
Fatty acids, total trans-polyenoic.....g	0.018		0	NC	4		0.036	0.071		
Cholesterol.....mg	27	0.775	3	A	1		54	107		
Phytosterols.....mg										
<b>Amino Acids:</b>										
Tryptophan.....g	0.100		0	A	1		0.196	0.392		
Threonine.....g	0.331		0	A	1		0.648	1.293		
Isoleucine.....g	0.431		0	A	1		0.844	1.685		
Leucine.....g	0.752		0	A	1		1.473	2.938		
Lysine.....g	0.491		0	A	1		0.962	1.920		
Methionine.....g	0.210		0	A	1		0.412	0.822		
Cystine.....g										
Phenylalanine.....g	0.431		0	A	1		0.844	1.685		
Tyrosine.....g	0.260		0	A	1		0.510	1.018		
Valine.....g	0.501		0	A	1		0.982	1.959		
Arginine.....g	0.501		0	A	1		0.982	1.959		
Histidine.....g	0.301		0	A	1		0.589	1.175		
Alanine.....g	0.481		0	A	1		0.942	1.880		
Aspartic acid.....g	0.741		0	A	1		1.453	2.899		
Glutamic acid.....g	2.455		0	A	1		4.812	9.599		
Glycine.....g	0.451		0	A	1		0.884	1.763		
Proline.....g	1.022		0	A	1		2.003	3.996		
Serine.....g	0.411		0	A	1		0.805	1.606		
Hydroxyproline.....g	0.070		1	A	1		0.137	0.274		
<b>Others:</b>										
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0		
Caffeine.....mg	0		0	RA	4		0	0		
Theobromine.....mg	0		0	RA	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 = 196g: 6 inch sub  
 Measure 2 = 391g: 12 inch sub

**Calories Factors: Protein** 4.12

**Fat** 8.85

**Carbohydrate**3.94

**Food Group:** 21 Fast Foods

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

NDB No. 21156

Fast foods, submarine sandwich, ham on white bread with lettuce and tomato

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
<b>Proximates:</b>									
Water.....g	63.26	0.324	6	A	1		116.40	232.80	
Energy.....kcal	151		0	NC	4		278	555	
Energy.....kJ	631		0	NC	4		1161	2322	
Protein.....g	9.12	0.279	6	A	1		16.79	33.58	
Total lipid (fat).....g	2.53	0.069	6	A	1		4.65	9.31	
Ash.....g	2.17	0.061	6	A	1		4.00	7.99	
Carbohydrate, by difference.....g	22.91		0	NC	4		42.16	84.33	
Fiber, total dietary.....g	1.3	0.058	3	A	1		2.3	4.7	
Sugars, total.....g	3.54	0.047	3	A	1		6.51	13.01	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	1.52	0.010	3	A	1		2.80	5.59	
Fructose.....g	1.32	0.075	3	A	1		2.43	4.87	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.69	0.045	3	A	1		1.28	2.55	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	17.33	0.120	3	A	1		31.89	63.79	
<b>Minerals:</b>									
Calcium, Ca.....mg	169	3.640	6	A	1		310	620	
Iron, Fe.....mg	1.78	0.057	6	A	1		3.28	6.56	
Magnesium, Mg.....mg	20	0.454	6	A	1		38	75	
Phosphorus, P.....mg	116	3.713	6	A	1		213	425	
Potassium, K.....mg	367	8.150	6	A	1		676	1351	
Sodium, Na.....mg	396	11.008	6	A	1		729	1459	
Zinc, Zn.....mg	0.88	0.023	6	A	1		1.62	3.24	
Copper, Cu.....mg	0.082	0.001	6	A	1		0.151	0.301	
Manganese, Mn.....mg	0.302	0.013	6	A	1		0.556	1.111	
Selenium, Se.....µg	17.3	1.120	3	A	1		31.8	63.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.9	0.142	3	A	1		1.7	3.4	
Thiamin.....mg	0.377	0.007	3	A	1		0.693	1.386	
Riboflavin.....mg	0.243	0.018	3	A	1		0.448	0.895	
Niacin.....mg	4.180	0.023	3	A	1		7.691	15.382	
Pantothenic acid.....mg	0.435		2	A	1		0.800	1.600	
Vitamin B-6.....mg	0.174	0.005	3	A	1		0.319	0.639	
Folate, total.....µg	72	6.948	3	A	1		132	263	
Folic acid.....µg	54		0	RA	4		100	199	
Folate, food.....µg	17		0	NC	4		32	64	
Folate, DFE.....µg	109		0	NC	4		201	403	
Choline, total.....mg	33.2		0	RA	4		61.1	122.2	
Betaine.....mg									
Vitamin B-12.....µg	0.12	0.025	3	A	1		0.22	0.44	
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE.....µg	2		1	AS	1		4	8	
Retinol.....µg	0		1	A	1		0	0	
Carotene, beta.....µg	25		1	A	1		45	90	
Carotene, alpha.....µg	0		1	A	1		0	0	
Cryptoxanthin, beta.....µg	0		1	A	1		0	0	
Vitamin A, IU.....IU	41		1	AS	1		75	150	
Lycopene.....µg	167		1	A	1		308	616	
Lutein + zeaxanthin.....µg	76		1	A	1		139	278	
Vitamin E (alpha-tocopherol).....mg	0.29		2	A	1		0.52	1.05	
Vitamin E, added.....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta.....mg	0.08		2	A	1		0.15	0.29	
Tocopherol, gamma.....mg	0.46		2	A	1		0.84	1.68	
Tocopherol, delta.....mg	0.13		2	A	1		0.24	0.48	
Tocotrienol, alpha.....mg	0.02		2	A	1		0.04	0.08	
Tocotrienol, beta.....mg	0.36		2	A	1		0.67	1.34	



Fast foods, submarine sandwich, ham on white bread with lettuce and tomato

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	
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.2		0	RA	4		0.4	0.8	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	9		0	RA	4		17	33	
Vitamin K (phylloquinone).....µg	4.7		0	RA	4		8.7	17.3	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.626		0	NC	4		1.151	2.303	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.001	0.001	3	A	1		0.002	0.004	
12:0.....g	0.001	0.001	3	A	1		0.001	0.002	
13:0.....g									
14:0.....g	0.014	0.001	3	A	1		0.026	0.053	
15:0.....g	0.002	0.000	3	A	1		0.004	0.007	
16:0.....g	0.428	0.014	3	A	1		0.787	1.574	
17:0.....g	0.004	0.000	3	A	1		0.007	0.015	
18:0.....g	0.162	0.009	3	A	1		0.298	0.596	
20:0.....g	0.006	0.001	3	A	1		0.011	0.022	
22:0.....g	0.005	0.000	3	A	1		0.009	0.018	
24:0.....g	0.003	0.000	3	A	1		0.006	0.012	
Fatty acids, total monounsaturated.....g	0.763		0	NC	4		1.404	2.809	
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	0.039	0.002	3	AS	1		0.071	0.142	
16:1 c.....g	0.039	0.002	3	A	1		0.071	0.142	
16:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.003	0.000	3	A	1		0.006	0.011	
18:1 undifferentiated.....g	0.706	0.017	3	AS	1		1.300	2.599	
18:1 c.....g	0.701	0.017	3	A	1		1.289	2.578	
18:1 t.....g	0.006	0.000	3	A	1		0.010	0.021	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.014	0.001	3	A	1		0.026	0.051	
22:1 undifferentiated.....g	0.001	0.000	3	AS	1		0.002	0.004	
22:1 c.....g	0.001	0.000	3	A	1		0.002	0.004	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.001	0.001	
Fatty acids, total polyunsaturated.....g	0.831		0	NC	4		1.530	3.060	
18:2 undifferentiated.....g	0.735	0.026	3	AS	1		1.353	2.706	
18:2 n-6 c,c.....g	0.726	0.026	3	A	1		1.335	2.670	
18:2 CLAs.....g	0.002	0.001	3	A	1		0.004	0.009	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.007	0.000	3	A	1		0.013	0.027	
18:3 undifferentiated.....g	0.065	0.004	3	AS	1		0.119	0.238	
18:3 n-3 c,c,c (ALA).....g	0.062	0.004	3	A	1		0.114	0.228	
18:3 n-6 c,c,c.....g	0.003	0.000	3	A	1		0.005	0.010	
18:3i.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.006	0.001	3	A	1		0.011	0.022	
20:3 undifferentiated.....g	0.005	0.001	3	AS	1		0.009	0.018	
20:3 n-3.....g	0.001	0.000	3	A	1		0.002	0.004	
20:3 n-6.....g	0.004	0.001	3	A	1		0.007	0.015	
20:4 undifferentiated.....g	0.012	0.000	3	A	1		0.023	0.045	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.007	0.000	3	A	1		0.012	0.025	
22:5 n-3 (DPA).....g	0.001	0.000	3	A	1		0.002	0.005	

NDB No. 21156

Fast foods, submarine sandwich, ham on white bread with lettuce and tomato

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			
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.001	0.001	
Fatty acids, total trans.....g	0.013		0	NC	4	0.024	0.048	
Fatty acids, total trans-monoenoic.....g	0.006		0	NC	4	0.010	0.021	
Fatty acids, total trans-polyenoic.....g	0.007		0	NC	4	0.013	0.027	
Cholesterol.....mg	12	0.326	3	A	1	23	46	
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	RA	4	0.0	0.0	
Caffeine.....mg	0		0	RA	4	0	0	
Theobromine.....mg	0		0	RA	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 = 184g: 6 inch sub

Measure 2 = 368g: 12 inch sub

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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

NDB No. 21158

Fast foods, submarine sandwich, meatball marinara on white bread

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
<b>Proximates:</b>									
Water.....g	53.59	0.845	6	A	1		112.00	224.00	
Energy.....kcal	219		0	NC	4		458	916	
Energy.....kJ	917		0	NC	4		1917	3833	
Protein.....g	9.77	0.255	6	A	1		20.42	40.84	
Total lipid (fat).....g	8.45	0.235	6	A	1		17.67	35.33	
Ash.....g	2.17	0.061	6	A	1		4.55	9.09	
Carbohydrate, by difference.....g	26.01		0	NC	4		54.37	108.74	
Fiber, total dietary.....g	2.1	0.066	3	A	1		4.4	8.8	
Sugars, total.....g	4.98	0.289	3	A	1		10.41	20.83	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	1.93	0.127	3	A	1		4.03	8.07	
Fructose.....g	2.09	0.190	3	A	1		4.37	8.74	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.96	0.050	3	A	1		2.01	4.03	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	16.43	1.444	3	A	1		34.35	68.69	
<b>Minerals:</b>									
Calcium, Ca.....mg	176	5.095	6	A	1		368	736	
Iron, Fe.....mg	2.32	0.085	6	A	1		4.86	9.71	
Magnesium, Mg.....mg	29	0.692	6	A	1		60	119	
Phosphorus, P.....mg	97	2.889	6	A	1		204	407	
Potassium, K.....mg	275	10.886	6	A	1		574	1148	
Sodium, Na.....mg	437	10.886	6	A	1		913	1826	
Zinc, Zn.....mg	1.19	0.033	6	A	1		2.49	4.97	
Copper, Cu.....mg	0.133	0.002	6	A	1		0.278	0.555	
Manganese, Mn.....mg	0.426	0.015	6	A	1		0.890	1.779	
Selenium, Se.....µg	13.8	0.581	3	A	1		28.9	57.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4	0.185	3	A	1		0.9	1.8	
Thiamin.....mg	0.250	0.025	3	A	1		0.522	1.045	
Riboflavin.....mg	0.253	0.023	3	A	1		0.529	1.059	
Niacin.....mg	3.547	0.365	3	A	1		7.412	14.825	
Pantothenic acid.....mg	0.425		2	A	1		0.888	1.776	
Vitamin B-6.....mg	0.132	0.015	3	A	1		0.277	0.553	
Folate, total.....µg	79	11.031	3	A	1		164	329	
Folic acid.....µg	49		0	RA	4		103	206	
Folate, food.....µg	29		0	NC	4		61	123	
Folate, DFE.....µg	113		0	NC	4		236	473	
Choline, total.....mg	32.9		0	RA	4		68.7	137.3	
Betaine.....mg									
Vitamin B-12.....µg	0.55	0.082	3	A	1		1.16	2.31	
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE.....µg	15		1	AS	1		31	61	
Retinol.....µg	0		1	A	1		0	0	
Carotene, beta.....µg	175		1	A	1		366	732	
Carotene, alpha.....µg	0		1	A	1		0	0	
Cryptoxanthin, beta.....µg	0		1	A	1		0	0	
Vitamin A, IU.....IU	292		1	AS	1		610	1220	
Lycopene.....µg	3152		1	A	1		6587	13174	
Lutein + zeaxanthin.....µg	95		1	A	1		199	398	
Vitamin E (alpha-tocopherol).....mg	0.79		2	A	1		1.66	3.32	
Vitamin E, added.....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta.....mg	0.08		2	A	1		0.16	0.32	
Tocopherol, gamma.....mg	0.66		2	A	1		1.38	2.76	
Tocopherol, delta.....mg	0.24		2	A	1		0.50	1.00	
Tocotrienol, alpha.....mg	0.04		2	A	1		0.08	0.15	
Tocotrienol, beta.....mg	0.31		2	A	1		0.65	1.30	

Fast foods, submarine sandwich, meatball marinara on white bread

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	
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	RA	4		0.1	0.1	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	1		0	RA	4		3	5	
Vitamin K (phylloquinone).....µg	6.6		0	RA	4		13.8	27.7	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.124		0	NC	4		6.529	13.059	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.004	0.001	3	A	1		0.008	0.017	
12:0.....g	0.006	0.000	3	A	1		0.013	0.026	
13:0.....g									
14:0.....g	0.215	0.006	3	A	1		0.449	0.897	
15:0.....g	0.035	0.002	3	A	1		0.073	0.146	
16:0.....g	1.775	0.054	3	A	1		3.710	7.420	
17:0.....g	0.088	0.003	3	A	1		0.183	0.366	
18:0.....g	0.980	0.035	3	A	1		2.048	4.095	
20:0.....g	0.010	0.000	3	A	1		0.021	0.043	
22:0.....g	0.007	0.000	3	A	1		0.015	0.031	
24:0.....g	0.004	0.000	3	A	1		0.009	0.018	
Fatty acids, total monounsaturated.....g	3.573		0	NC	4		7.468	14.935	
14:1.....g	0.062	0.002	3	A	1		0.130	0.261	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.275	0.008	3	AS	1		0.574	1.148	
16:1 c.....g	0.255	0.008	3	A	1		0.533	1.066	
16:1 t.....g	0.020	0.001	3	A	1		0.041	0.082	
17:1.....g	0.059	0.002	3	A	1		0.122	0.245	
18:1 undifferentiated.....g	3.148	0.094	3	AS	1		6.579	13.158	
18:1 c.....g	2.784	0.088	3	A	1		5.818	11.637	
18:1 t.....g	0.364	0.014	3	A	1		0.761	1.521	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.027	0.001	3	A	1		0.057	0.114	
22:1 undifferentiated.....g	0.001	0.000	3	AS	1		0.003	0.006	
22:1 c.....g	0.001	0.000	3	A	1		0.003	0.006	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.001	0.000	3	A	1		0.002	0.004	
Fatty acids, total polyunsaturated.....g	1.125		0	NC	4		2.352	4.704	
18:2 undifferentiated.....g	0.998	0.054	3	AS	1		2.085	4.170	
18:2 n-6 c,c.....g	0.921	0.052	3	A	1		1.924	3.848	
18:2 CLAs.....g	0.040	0.001	3	A	1		0.083	0.166	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.037	0.002	3	A	1		0.078	0.156	
18:3 undifferentiated.....g	0.101	0.005	3	AS	1		0.210	0.421	
18:3 n-3 c,c,c (ALA).....g	0.096	0.005	3	A	1		0.201	0.403	
18:3 n-6 c,c,c.....g	0.004	0.001	3	A	1		0.008	0.017	
18:3i.....g	0.000	0.000	3	A	1		0.001	0.001	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.003	0.000	3	A	1		0.006	0.011	
20:3 undifferentiated.....g	0.006	0.001	3	AS	1		0.013	0.026	
20:3 n-3.....g	0.000	0.000	3	A	1		0.001	0.001	
20:3 n-6.....g	0.006	0.001	3	A	1		0.012	0.025	
20:4 undifferentiated.....g	0.009	0.001	3	A	1		0.019	0.037	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	3	A	1		0.002	0.004	
21:5.....g									
22:4.....g	0.005	0.001	3	A	1		0.010	0.021	
22:5 n-3 (DPA).....g	0.003	0.000	3	A	1		0.007	0.014	

NDB No. 21158

Fast foods, submarine sandwich, meatball marinara on white bread

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			
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.000	0.000	
Fatty acids, total trans.....g	0.421		0	NC	4	0.880	1.760	
Fatty acids, total trans-monoenoic.....g	0.384		0	NC	4	0.802	1.603	
Fatty acids, total trans-polyenoic.....g	0.038		0	NC	4	0.079	0.157	
Cholesterol.....mg	15	0.627	3	A	1	32	64	
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	RA	4	0.0	0.0	
Caffeine.....mg	0		0	RA	4	0	0	
Theobromine.....mg	0		0	RA	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 = 209g: 6 inch sub

Measure 2 = 418g: 12 inch sub

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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
<b>Proximates:</b>									
Water.....g	63.15	0.428	6	A	1		125.04	250.07	
Energy.....kcal	157		0	NC	4		311	622	
Energy.....kJ	657		0	NC	4		1301	2602	
Protein.....g	10.84	0.124	6	A	1		21.47	42.94	
Total lipid (fat).....g	3.15	0.155	6	A	1		6.24	12.48	
Ash.....g	1.50	0.044	6	A	1		2.98	5.96	
Carbohydrate, by difference.....g	21.35		0	NC	4		42.27	84.55	
Fiber, total dietary.....g	1.2	0.090	3	A	1		2.3	4.7	
Sugars, total.....g	2.99	0.049	3	A	1		5.92	11.84	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	0.97	0.047	3	A	1		1.91	3.83	
Fructose.....g	1.30	0.047	3	A	1		2.58	5.16	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.72	0.050	3	A	1		1.43	2.85	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	15.97	0.517	3	A	1		31.61	63.23	
<b>Minerals:</b>									
Calcium, Ca.....mg	154	2.469	6	A	1		305	611	
Iron, Fe.....mg	1.72	0.103	6	A	1		3.40	6.80	
Magnesium, Mg.....mg	22	0.162	6	A	1		44	87	
Phosphorus, P.....mg	145	1.430	6	A	1		286	573	
Potassium, K.....mg	198	3.124	6	A	1		392	783	
Sodium, Na.....mg	268	1.990	6	A	1		530	1061	
Zinc, Zn.....mg	0.66	0.010	6	A	1		1.31	2.63	
Copper, Cu.....mg	0.076	0.002	6	A	1		0.150	0.299	
Manganese, Mn.....mg	0.282	0.012	6	A	1		0.559	1.119	
Selenium, Se.....µg	16.8	0.513	3	A	1		33.3	66.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2	0.316	3	A	1		2.4	4.9	
Thiamin.....mg	1.157	0.109	3	A	1		2.290	4.580	
Riboflavin.....mg	0.230	0.010	3	A	1		0.455	0.910	
Niacin.....mg	5.210	0.175	3	A	1		10.316	20.631	
Pantothenic acid.....mg	0.650		2	A	1		1.287	2.574	
Vitamin B-6.....mg	0.259	0.025	3	A	1		0.512	1.024	
Folate, total.....µg	68	4.794	3	A	1		134	268	
Folic acid.....µg	50		0	RA	4		99	198	
Folate, food.....µg	18		0	NC	4		35	69	
Folate, DFE.....µg	103		0	NC	4		203	406	
Choline, total.....mg	23.1		0	RA	4		45.7	91.3	
Betaine.....mg									
Vitamin B-12.....µg	0.08	0.009	3	A	1		0.16	0.33	
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE.....µg	5		1	AS	1		9	19	
Retinol.....µg	2		1	A	1		4	7	
Carotene, beta.....µg	34		1	A	1		68	136	
Carotene, alpha.....µg	0		1	A	1		0	0	
Cryptoxanthin, beta.....µg	0		1	A	1		0	0	
Vitamin A, IU.....IU	64		1	AS	1		126	252	
Lycopene.....µg	224		1	A	1		444	887	
Lutein + zeaxanthin.....µg	75		1	A	1		148	295	
Vitamin E (alpha-tocopherol).....mg	0.42		2	A	1		0.82	1.65	
Vitamin E, added.....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta.....mg	0.07		2	A	1		0.14	0.27	
Tocopherol, gamma.....mg	0.39		2	A	1		0.78	1.56	
Tocopherol, delta.....mg	0.13		2	A	1		0.25	0.50	
Tocotrienol, alpha.....mg	0.02		2	A	1		0.04	0.08	
Tocotrienol, beta.....mg	0.31		2	A	1		0.61	1.22	

Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato

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	
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	RA	4		0.0	0.1	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	1		0	RA	4		2	3	
Vitamin K (phylloquinone).....µg	4.4		0	RA	4		8.7	17.3	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.724		0	NC	4		1.433	2.865	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	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		0.001	0.001	
12:0.....g	0.000	0.000	3	A	1		0.001	0.001	
13:0.....g									
14:0.....g	0.010	0.002	3	A	1		0.020	0.039	
15:0.....g	0.002	0.000	3	A	1		0.004	0.008	
16:0.....g	0.549	0.068	3	A	1		1.088	2.175	
17:0.....g	0.003	0.001	3	A	1		0.006	0.012	
18:0.....g	0.145	0.016	3	A	1		0.286	0.573	
20:0.....g	0.005	0.001	3	A	1		0.010	0.020	
22:0.....g	0.006	0.001	3	A	1		0.012	0.024	
24:0.....g	0.003	0.000	3	A	1		0.006	0.012	
Fatty acids, total monounsaturated.....g	0.932		0	NC	4		1.845	3.691	
14:1.....g	0.002	0.001	3	A	1		0.005	0.009	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.094	0.015	3	AS	1		0.185	0.371	
16:1 c.....g	0.094	0.015	3	A	1		0.185	0.371	
16:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.002	0.001	3	A	1		0.004	0.008	
18:1 undifferentiated.....g	0.817	0.110	3	AS	1		1.617	3.234	
18:1 c.....g	0.809	0.108	3	A	1		1.601	3.202	
18:1 t.....g	0.008	0.002	3	A	1		0.016	0.031	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.016	0.002	3	A	1		0.031	0.062	
22:1 undifferentiated.....g	0.001	0.000	3	AS	1		0.002	0.004	
22:1 c.....g	0.001	0.000	3	A	1		0.002	0.004	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.001	0.000	3	A	1		0.002	0.004	
Fatty acids, total polyunsaturated.....g	0.952		0	NC	4		1.885	3.769	
18:2 undifferentiated.....g	0.841	0.060	3	AS	1		1.664	3.329	
18:2 n-6 c,c.....g	0.831	0.059	3	A	1		1.646	3.292	
18:2 CLAs.....g	0.003	0.000	3	A	1		0.005	0.011	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.007	0.000	3	A	1		0.013	0.026	
18:3 undifferentiated.....g	0.068	0.004	3	AS	1		0.135	0.270	
18:3 n-3 c,c,c (ALA).....g	0.066	0.004	3	A	1		0.131	0.261	
18:3 n-6 c,c,c.....g	0.002	0.000	3	A	1		0.005	0.009	
18:3i.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.004	0.000	3	A	1		0.008	0.016	
20:3 undifferentiated.....g	0.008	0.002	3	AS	1		0.015	0.030	
20:3 n-3.....g	0.001	0.000	3	A	1		0.001	0.003	
20:3 n-6.....g	0.007	0.002	3	A	1		0.014	0.028	
20:4 undifferentiated.....g	0.018	0.001	3	A	1		0.036	0.072	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	3	A	1		0.001	0.003	
21:5.....g									
22:4.....g	0.008	0.000	3	A	1		0.016	0.033	
22:5 n-3 (DPA).....g	0.002	0.000	3	A	1		0.004	0.008	

NDB No. 21154

Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato

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			
22:6 n-3 (DHA).....g	0.002	0.001	3	A	1	0.004	0.008	
Fatty acids, total trans.....g	0.015		0	NC	4	0.029	0.058	
Fatty acids, total trans-monoenoic.....g	0.008		0	NC	4	0.016	0.031	
Fatty acids, total trans-polyenoic.....g	0.007		0	NC	4	0.013	0.026	
Cholesterol.....mg	23	0.756	3	A	1	45	89	
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	RA	4	0.0	0.0	
Caffeine.....mg	0		0	RA	4	0	0	
Theobromine.....mg	0		0	RA	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 = 198g: 6 inch sub

Measure 2 = 396g: 12 inch sub

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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



NDB No. 21125

Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato

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
<b>Proximates:</b>									
Water.....g	63.08	0.617	6	A	1		119.86	240.34	
Energy.....kcal	156		0	NC	4		296	594	
Energy.....kJ	652		0	NC	4		1239	2484	
Protein (N x 6.17).....g	12.17	0.225	6	A	1		23.12	46.35	
Total lipid (fat).....g	2.73	0.186	6	A	1		5.18	10.39	
Ash.....g	1.68	0.040	6	A	1		3.20	6.41	
Carbohydrate, by difference.....g	20.34		0	NC	4		38.65	77.50	
Fiber, total dietary.....g	0.7	0.179	3	A	1		1.4	2.8	
Sugars, total.....g	3.00	0.115	3	A	1		5.70	11.43	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	1.07	0.088	3	A	1		2.03	4.06	
Fructose.....g	1.40	0.000	3	A	1		2.66	5.33	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.53	0.033	3	A	1		1.01	2.03	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	15.60	0.400	3	A	1		29.64	59.44	
<b>Minerals:</b>									
Calcium, Ca.....mg	164	3.394	6	A	1		311	623	
Iron, Fe.....mg	2.09	0.046	6	A	1		3.97	7.96	
Magnesium, Mg.....mg	20	0.414	6	A	1		38	77	
Phosphorus, P.....mg	118	3.027	6	A	1		225	450	
Potassium, K.....mg	188	3.000	6	A	1		357	716	
Sodium, Na.....mg	329	9.981	6	A	1		625	1254	
Zinc, Zn.....mg	1.50	0.053	6	A	1		2.85	5.71	
Copper, Cu.....mg	0.081	0.003	6	A	1		0.153	0.307	
Manganese, Mn.....mg	0.267	0.007	6	A	1		0.508	1.018	
Selenium, Se.....µg	17.0	1.575	3	A	1		32.3	64.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin.....mg	0.230	0.006	3	A	1		0.437	0.876	
Riboflavin.....mg	0.257	0.009	3	A	1		0.488	0.978	
Niacin.....mg	4.183	0.144	3	A	1		7.948	15.938	
Pantothenic acid.....mg	0.415		2	A	1		0.789	1.581	
Vitamin B-6.....mg	0.275	0.010	3	A	1		0.523	1.049	
Folate, total.....µg	67	6.341	3	A	1		127	255	
Folic acid.....µg	58		0	RA	4		110	221	
Folate, food.....µg	9		0	NC	4		17	34	
Folate, DFE.....µg	108		0	NC	4		204	410	
Choline, total.....mg	26.2		0	RA	4		49.7	99.7	
Betaine.....mg									
Vitamin B-12.....µg	0.44	0.043	3	A	1		0.84	1.69	
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE.....µg	6		0	AS	1		12	23	
Retinol.....µg	3		1	A	1		5	10	
Carotene, beta.....µg	40		1	A	1		76	152	
Carotene, alpha.....µg	0		1	A	1		0	0	
Cryptoxanthin, beta.....µg	2		1	A	1		3	6	
Vitamin A, IU.....IU	77		0	AS	1		146	293	
Lycopene.....µg	213		1	A	1		406	813	
Lutein + zeaxanthin.....µg	44		1	A	1		83	166	
Vitamin E (alpha-tocopherol).....mg	0.29		2	A	1		0.56	1.11	
Vitamin E, added.....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta.....mg	0.07		2	A	1		0.13	0.25	
Tocopherol, gamma.....mg	0.43		2	A	1		0.82	1.65	
Tocopherol, delta.....mg	0.13		2	A	1		0.26	0.51	
Tocotrienol, alpha.....mg	0.02		2	A	1		0.04	0.09	
Tocotrienol, beta.....mg	0.33		2	A	1		0.63	1.25	

Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato

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	
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	RA	4		0.0	0.1	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	1		0	RA	4		2	3	
Vitamin K (phylloquinone).....µg	4.5		0	RA	4		8.6	17.2	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.972		0	NC	4		1.847	3.703	
4:0.....g	0.007	0.007	3	A	1		0.013	0.025	
6:0.....g	0.004	0.004	3	A	1		0.008	0.015	
8:0.....g	0.003	0.003	3	A	1		0.005	0.010	
10:0.....g	0.010	0.006	3	A	1		0.019	0.038	
12:0.....g	0.010	0.007	3	A	1		0.018	0.037	
13:0.....g									
14:0.....g	0.055	0.025	3	A	1		0.104	0.208	
15:0.....g	0.009	0.003	3	A	1		0.016	0.033	
16:0.....g	0.517	0.090	3	A	1		0.983	1.971	
17:0.....g	0.015	0.003	3	A	1		0.029	0.058	
18:0.....g	0.328	0.051	3	A	1		0.624	1.251	
20:0.....g	0.006	0.001	3	A	1		0.011	0.023	
22:0.....g	0.006	0.000	3	A	1		0.011	0.021	
24:0.....g	0.003	0.000	3	A	1		0.006	0.013	
Fatty acids, total monounsaturated.....g	0.789		0	NC	4		1.499	3.006	
14:1.....g	0.010	0.003	3	A	1		0.019	0.038	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.049	0.008	3	AS	1		0.094	0.188	
16:1 c.....g	0.045	0.007	3	A	1		0.085	0.170	
16:1 t.....g	0.005	0.001	3	A	1		0.009	0.018	
17:1.....g	0.010	0.001	3	A	1		0.020	0.039	
18:1 undifferentiated.....g	0.708	0.100	3	AS	1		1.345	2.697	
18:1 c.....g	0.669	0.092	3	A	1		1.270	2.547	
18:1 t.....g	0.039	0.009	3	A	1		0.075	0.150	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.009	0.002	3	A	1		0.018	0.036	
22:1 undifferentiated.....g	0.001	0.001	3	AS	1		0.001	0.003	
22:1 c.....g	0.001	0.001	3	A	1		0.001	0.003	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.002	0.002	3	A	1		0.003	0.006	
Fatty acids, total polyunsaturated.....g	0.718		0	NC	4		1.364	2.735	
18:2 undifferentiated.....g	0.617	0.014	3	AS	1		1.172	2.350	
18:2 n-6 c,c.....g	0.603	0.010	3	A	1		1.146	2.298	
18:2 CLAs.....g	0.006	0.002	3	A	1		0.011	0.023	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.008	0.002	3	A	1		0.015	0.029	
18:3 undifferentiated.....g	0.065	0.003	3	AS	1		0.123	0.246	
18:3 n-3 c,c,c (ALA).....g	0.063	0.004	3	A	1		0.120	0.241	
18:3 n-6 c,c,c.....g	0.001	0.001	3	A	1		0.003	0.005	
18:3i.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.001	0.001	3	A	1		0.002	0.004	
20:3 undifferentiated.....g	0.007	0.000	3	AS	1		0.013	0.025	
20:3 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6.....g	0.006	0.000	3	A	1		0.012	0.024	
20:4 undifferentiated.....g	0.014	0.000	3	A	1		0.027	0.053	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.001	3	A	1		0.007	0.014	
21:5.....g									
22:4.....g	0.003	0.000	3	A	1		0.006	0.013	
22:5 n-3 (DPA).....g	0.006	0.001	3	A	1		0.012	0.024	

NDB No. 21125

Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato

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
			Points	Deriv Code	Code					
22:6 n-3 (DHA).....g	0.001	0.000	3	A	1		0.003	0.005		
Fatty acids, total trans.....g	0.052		0	NC	4		0.098	0.197		
Fatty acids, total trans-monoenoic.....g	0.044		0	NC	4		0.084	0.168		
Fatty acids, total trans-polyenoic.....g	0.008		0	NC	4		0.015	0.029		
Cholesterol.....mg	18	0.751	3	A	1		35	70		
Phytosterols.....mg										
<b>Amino Acids:</b>										
Tryptophan.....g	0.143		0	A	1		0.273	0.547		
Threonine.....g	0.420		0	A	1		0.798	1.600		
Isoleucine.....g	0.553		0	A	1		1.051	2.108		
Leucine.....g	0.953		0	A	1		1.810	3.630		
Lysine.....g	0.697		0	A	1		1.324	2.655		
Methionine.....g	0.266		0	A	1		0.506	1.015		
Cystine.....g										
Phenylalanine.....g	0.522		0	A	1		0.993	1.990		
Tyrosine.....g	0.328		0	A	1		0.623	1.249		
Valine.....g	0.615		0	A	1		1.168	2.342		
Arginine.....g	0.645		0	A	1		1.226	2.459		
Histidine.....g	0.379		0	A	1		0.720	1.444		
Alanine.....g	0.604		0	A	1		1.148	2.303		
Aspartic acid.....g	0.932		0	A	1		1.772	3.552		
Glutamic acid.....g	2.828		0	A	1		5.373	10.774		
Glycine.....g	0.502		0	A	1		0.954	1.913		
Proline.....g	1.117		0	A	1		2.122	4.255		
Serine.....g	0.492		0	A	1		0.934	1.873		
Hydroxyproline.....g	0.060		1	A	1		0.114	0.228		
<b>Others:</b>										
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0		
Caffeine.....mg	0		0	RA	4		0	0		
Theobromine.....mg	0		0	RA	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 = 190g: 6 inch sub  
 Measure 2 = 381g: 12 inch sub

**Calories Factors: Protein 4.2**

**Fat 8.95**

**Carbohydrate 3.95**

**Food Group: 21 Fast Foods**

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

NDB No. 21160

Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato

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
<b>Proximates:</b>									
Water.....g	58.88	0.292	6	A	1		118.35	236.10	
Energy.....kcal	183		0	NC	4		368	734	
Energy.....kJ	766		0	NC	4		1540	3072	
Protein.....g	12.29	0.280	6	A	1		24.71	49.29	
Total lipid (fat).....g	5.34	0.114	6	A	1		10.73	21.41	
Ash.....g	2.01	0.020	6	A	1		4.03	8.05	
Carbohydrate, by difference.....g	21.49		0	NC	4		43.19	86.16	
Fiber, total dietary.....g	1.2	0.105	3	A	1		2.5	5.0	
Sugars, total.....g	3.41	0.067	3	A	1		6.85	13.67	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	1.36	0.044	3	A	1		2.73	5.44	
Fructose.....g	1.45	0.049	3	A	1		2.91	5.81	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.60	0.045	3	A	1		1.21	2.42	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	16.43	0.939	3	A	1		33.03	65.90	
<b>Minerals:</b>									
Calcium, Ca.....mg	183	3.191	6	A	1		367	732	
Iron, Fe.....mg	2.02	0.058	6	A	1		4.07	8.12	
Magnesium, Mg.....mg	22	0.210	6	A	1		44	88	
Phosphorus, P.....mg	132	2.477	6	A	1		265	529	
Potassium, K.....mg	183	3.183	6	A	1		368	734	
Sodium, Na.....mg	444	5.292	6	A	1		892	1780	
Zinc, Zn.....mg	1.98	0.068	6	A	1		3.99	7.95	
Copper, Cu.....mg	0.086	0.001	6	A	1		0.173	0.345	
Manganese, Mn.....mg	0.280	0.007	6	A	1		0.562	1.121	
Selenium, Se.....µg	17.5	0.577	3	A	1		35.2	70.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6	0.024	3	A	1		1.3	2.5	
Thiamin.....mg	0.253	0.012	3	A	1		0.509	1.016	
Riboflavin.....mg	0.263	0.007	3	A	1		0.529	1.056	
Niacin.....mg	3.583	0.220	3	A	1		7.202	14.369	
Pantothenic acid.....mg	0.440		2	A	1		0.884	1.764	
Vitamin B-6.....mg	0.194	0.024	3	A	1		0.390	0.778	
Folate, total.....µg	63	3.436	3	A	1		126	252	
Folic acid.....µg	55		0	RA	4		110	220	
Folate, food.....µg	8		0	NC	4		16	32	
Folate, DFE.....µg	101		0	NC	4		204	407	
Choline, total.....mg	29.9		0	RA	4		60.0	119.7	
Betaine.....mg									
Vitamin B-12.....µg	0.58	0.009	3	A	1		1.16	2.31	
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE.....µg	12		1	AS	1		25	49	
Retinol.....µg	9		1	A	1		19	38	
Carotene, beta.....µg	33		1	A	1		67	133	
Carotene, alpha.....µg	0		1	A	1		0	0	
Cryptoxanthin, beta.....µg	0		1	A	1		0	0	
Vitamin A, IU.....IU	87		1	AS	1		174	348	
Lycopene.....µg	203		1	A	1		409	816	
Lutein + zeaxanthin.....µg	56		1	A	1		112	224	
Vitamin E (alpha-tocopherol).....mg	0.40		2	A	1		0.81	1.61	
Vitamin E, added.....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta.....mg	0.06		2	A	1		0.13	0.26	
Tocopherol, gamma.....mg	0.44		2	A	1		0.88	1.75	
Tocopherol, delta.....mg	0.15		2	A	1		0.29	0.59	
Tocotrienol, alpha.....mg	0.03		2	A	1		0.06	0.11	
Tocotrienol, beta.....mg	0.40		2	A	1		0.81	1.61	

Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato

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	
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.2		0	RA	4		0.3	0.6	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	6		0	RA	4		12	25	
Vitamin K (phylloquinone).....µg	4.8		0	RA	4		9.7	19.4	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.032		0	NC	4		4.084	8.149	
4:0.....g	0.031	0.006	3	A	1		0.063	0.125	
6:0.....g	0.021	0.005	3	A	1		0.042	0.084	
8:0.....g	0.012	0.003	3	A	1		0.023	0.047	
10:0.....g	0.031	0.007	3	A	1		0.062	0.124	
12:0.....g	0.039	0.008	3	A	1		0.079	0.158	
13:0.....g									
14:0.....g	0.205	0.025	3	A	1		0.412	0.822	
15:0.....g	0.025	0.002	3	A	1		0.051	0.101	
16:0.....g	1.134	0.063	3	A	1		2.279	4.547	
17:0.....g	0.037	0.001	3	A	1		0.075	0.149	
18:0.....g	0.480	0.024	3	A	1		0.964	1.923	
20:0.....g	0.008	0.000	3	A	1		0.015	0.031	
22:0.....g	0.005	0.000	3	A	1		0.011	0.021	
24:0.....g	0.004	0.000	3	A	1		0.008	0.016	
Fatty acids, total monounsaturated.....g	1.736		0	NC	4		3.490	6.963	
14:1.....g	0.033	0.002	3	A	1		0.067	0.134	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.126	0.007	3	AS	1		0.253	0.505	
16:1 c.....g	0.120	0.004	3	A	1		0.241	0.481	
16:1 t.....g	0.006	0.003	3	A	1		0.012	0.024	
17:1.....g	0.025	0.001	3	A	1		0.050	0.100	
18:1 undifferentiated.....g	1.536	0.036	3	AS	1		3.087	6.159	
18:1 c.....g	1.382	0.030	3	A	1		2.777	5.540	
18:1 t.....g	0.154	0.006	3	A	1		0.310	0.619	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.015	0.001	3	A	1		0.029	0.059	
22:1 undifferentiated.....g	0.001	0.000	3	AS	1		0.002	0.004	
22:1 c.....g	0.001	0.000	3	A	1		0.002	0.004	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.001	0.000	3	A	1		0.001	0.003	
Fatty acids, total polyunsaturated.....g	0.844		0	NC	4		1.696	3.384	
18:2 undifferentiated.....g	0.733	0.011	3	AS	1		1.472	2.937	
18:2 n-6 c,c.....g	0.693	0.012	3	A	1		1.393	2.779	
18:2 CLAs.....g	0.017	0.001	3	A	1		0.035	0.069	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.022	0.000	3	A	1		0.045	0.089	
18:3 undifferentiated.....g	0.070	0.000	3	AS	1		0.140	0.279	
18:3 n-3 c,c,c (ALA).....g	0.067	0.001	3	A	1		0.135	0.270	
18:3 n-6 c,c,c.....g	0.002	0.001	3	A	1		0.004	0.008	
18:3i.....g	0.000	0.000	3	A	1		0.001	0.001	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.002	0.000	3	A	1		0.005	0.009	
20:3 undifferentiated.....g	0.007	0.000	3	AS	1		0.014	0.028	
20:3 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6.....g	0.007	0.000	3	A	1		0.014	0.028	
20:4 undifferentiated.....g	0.019	0.002	3	A	1		0.039	0.077	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	3	A	1		0.005	0.009	
21:5.....g									
22:4.....g	0.005	0.001	3	A	1		0.010	0.020	
22:5 n-3 (DPA).....g	0.005	0.000	3	A	1		0.011	0.021	

NDB No. 21160

Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato

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	0.001	0.000	3	A	1		0.001	0.003	
Fatty acids, total trans.....g	0.183		0	NC	4		0.367	0.733	
Fatty acids, total trans-monoenoic.....g	0.160		0	NC	4		0.322	0.643	
Fatty acids, total trans-polyenoic.....g	0.023		0	NC	4		0.045	0.091	
Cholesterol.....mg	24	1.295	3	A	1		49	97	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	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 = 201g: 6 inch sub

Measure 2 = 401g: 12 inch sub

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 21 Fast Foods

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
<b>Proximates:</b>									
Water.....g	62.40	0.228	6	A	1		142.28	285.19	
Energy.....kcal	155		0	NC	4		354	709	
Energy.....kJ	649		0	NC	4		1480	2966	
Protein.....g	10.91	0.189	6	A	1		24.87	49.84	
Total lipid (fat).....g	2.37	0.075	6	A	1		5.41	10.84	
Ash.....g	1.78	0.035	6	A	1		4.06	8.13	
Carbohydrate, by difference.....g	22.54		0	NC	4		51.38	102.99	
Fiber, total dietary.....g	1.2	0.157	3	A	1		2.8	5.7	
Sugars, total.....g	6.06	0.348	3	A	1		13.81	27.68	
Sucrose.....g	0.79	0.076	3	A	1		1.80	3.61	
Glucose (dextrose).....g	2.23	0.148	3	A	1		5.08	10.18	
Fructose.....g	2.39	0.126	3	A	1		5.46	10.94	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.65	0.064	3	A	1		1.47	2.95	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	13.77	0.384	3	A	1		31.39	62.91	
<b>Minerals:</b>									
Calcium, Ca.....mg	142	2.680	6	A	1		323	647	
Iron, Fe.....mg	1.52	0.033	6	A	1		3.47	6.95	
Magnesium, Mg.....mg	23	0.373	6	A	1		53	106	
Phosphorus, P.....mg	139	2.512	6	A	1		316	634	
Potassium, K.....mg	285	8.221	6	A	1		649	1301	
Sodium, Na.....mg	305	5.056	6	A	1		695	1393	
Zinc, Zn.....mg	0.64	0.007	6	A	1		1.46	2.92	
Copper, Cu.....mg	0.071	0.002	6	A	1		0.162	0.325	
Manganese, Mn.....mg	0.282	0.007	6	A	1		0.644	1.291	
Selenium, Se.....µg	15.4	0.895	3	A	1		35.0	70.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.1	0.183	3	A	1		2.4	4.8	
Thiamin.....mg	0.273	0.009	3	A	1		0.623	1.249	
Riboflavin.....mg	0.213	0.012	3	A	1		0.486	0.975	
Niacin.....mg	5.063	0.276	3	A	1		11.544	23.139	
Pantothenic acid.....mg	0.655		2	A	1		1.493	2.993	
Vitamin B-6.....mg	0.282	0.023	3	A	1		0.644	1.290	
Folate, total.....µg	58	1.625	3	A	1		132	264	
Folic acid.....µg	34		0	RA	4		79	158	
Folate, food.....µg	23		0	NC	4		53	107	
Folate, DFE.....µg	82		0	NC	4		187	375	
Choline, total.....mg	22.9		0	RA	4		52.2	104.7	
Betaine.....mg									
Vitamin B-12.....µg	0.11	0.012	3	A	1		0.24	0.49	
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE.....µg	3		1	AS	1		6	13	
Retinol.....µg	0		1	A	1		0	0	
Carotene, beta.....µg	33		1	A	1		76	152	
Carotene, alpha.....µg	0		1	A	1		0	0	
Cryptoxanthin, beta.....µg	0		1	A	1		0	0	
Vitamin A, IU.....IU	56		1	AS	1		127	254	
Lycopene.....µg	208		1	A	1		474	951	
Lutein + zeaxanthin.....µg	87		1	A	1		199	399	
Vitamin E (alpha-tocopherol).....mg	0.38		2	A	1		0.86	1.73	
Vitamin E, added.....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta.....mg	0.07		2	A	1		0.17	0.34	
Tocopherol, gamma.....mg	0.46		2	A	1		1.04	2.09	
Tocopherol, delta.....mg	0.13		2	A	1		0.29	0.58	
Tocotrienol, alpha.....mg	0.02		2	A	1		0.05	0.11	
Tocotrienol, beta.....mg	0.32		2	A	1		0.73	1.46	

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	
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	RA	4		0.0	0.1	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	1		0	RA	4		2	4	
Vitamin K (phylloquinone).....µg	4.2		0	RA	4		9.5	19.1	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.505		0	NC	4		1.151	2.307	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.001	0.002	
10:0.....g	0.001	0.000	3	A	1		0.002	0.005	
12:0.....g	0.001	0.001	3	A	1		0.002	0.003	
13:0.....g									
14:0.....g	0.007	0.000	3	A	1		0.017	0.034	
15:0.....g	0.002	0.000	3	A	1		0.005	0.009	
16:0.....g	0.372	0.014	3	A	1		0.848	1.700	
17:0.....g	0.002	0.000	3	A	1		0.005	0.011	
18:0.....g	0.106	0.003	3	A	1		0.242	0.484	
20:0.....g	0.005	0.000	3	A	1		0.011	0.022	
22:0.....g	0.005	0.000	3	A	1		0.012	0.024	
24:0.....g	0.003	0.000	3	A	1		0.007	0.014	
Fatty acids, total monounsaturated.....g	0.642		0	NC	4		1.463	2.933	
14:1.....g	0.001	0.000	3	A	1		0.003	0.006	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.048	0.004	3	AS	1		0.110	0.221	
16:1 c.....g	0.048	0.004	3	A	1		0.110	0.221	
16:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.002	0.000	3	A	1		0.004	0.008	
18:1 undifferentiated.....g	0.564	0.031	3	AS	1		1.285	2.576	
18:1 c.....g	0.557	0.028	3	A	1		1.271	2.547	
18:1 t.....g	0.006	0.003	3	A	1		0.014	0.029	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.014	0.001	3	A	1		0.032	0.064	
22:1 undifferentiated.....g	0.011	0.001	3	AS	1		0.026	0.051	
22:1 c.....g	0.011	0.001	3	A	1		0.026	0.051	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.002	0.000	3	A	1		0.004	0.008	
Fatty acids, total polyunsaturated.....g	0.831		0	NC	4		1.894	3.796	
18:2 undifferentiated.....g	0.724	0.007	3	AS	1		1.651	3.310	
18:2 n-6 c,c.....g	0.717	0.007	3	A	1		1.635	3.278	
18:2 CLAs.....g	0.001	0.001	3	A	1		0.002	0.005	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.006	0.001	3	A	1		0.014	0.027	
18:3 undifferentiated.....g	0.063	0.001	3	AS	1		0.143	0.287	
18:3 n-3 c,c,c (ALA).....g	0.061	0.001	3	A	1		0.138	0.277	
18:3 n-6 c,c,c.....g	0.002	0.000	3	A	1		0.005	0.011	
18:3i.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.003	0.000	3	A	1		0.008	0.015	
20:3 undifferentiated.....g	0.005	0.001	3	AS	1		0.011	0.023	
20:3 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6.....g	0.005	0.001	3	A	1		0.011	0.023	
20:4 undifferentiated.....g	0.022	0.001	3	A	1		0.049	0.099	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	3	A	1		0.002	0.005	
21:5.....g									
22:4.....g	0.008	0.001	3	A	1		0.019	0.038	
22:5 n-3 (DPA).....g	0.003	0.000	3	A	1		0.007	0.014	



NDB No. 21151

Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce

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			
22:6 n-3 (DHA).....g	0.001	0.000	3	A	1	0.003	0.006
Fatty acids, total trans.....g	0.012		0	NC	4	0.028	0.056
Fatty acids, total trans-monoenoic.....g	0.006		0	NC	4	0.014	0.029
Fatty acids, total trans-polyenoic.....g	0.006		0	NC	4	0.014	0.027
Cholesterol.....mg	22	1.171	3	A	1	49	99
Phytosterols.....mg							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	RA	4	0.0	0.0
Caffeine.....mg	0		0	RA	4	0	0
Theobromine.....mg	0		0	RA	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 = 228g: 6 inch sub

Measure 2 = 457g: 12 inch sub

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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

NDB No. 21126

Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato

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
<b>Proximates:</b>									
Water.....g	58.17	0.804	6	A	1		137.86	275.72	
Energy.....kcal	218		0	NC	4		517	1035	
Energy.....kJ	914		0	NC	4		2166	4332	
Protein (N x 6.05).....g	12.33	0.397	6	A	1		29.23	58.46	
Total lipid (fat).....g	12.04	0.810	6	A	1		28.53	57.06	
Ash.....g	1.51	0.112	6	A	1		3.57	7.15	
Carbohydrate, by difference.....g	15.95		0	NC	4		37.81	75.61	
Fiber, total dietary.....g	0.7	0.090	3	A	1		1.7	3.4	
Sugars, total.....g	1.93	0.120	3	A	1		4.58	9.16	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	0.47	0.033	3	A	1		1.11	2.21	
Fructose.....g	1.10	0.058	3	A	1		2.61	5.21	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.37	0.033	3	A	1		0.87	1.74	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	12.40	0.321	3	A	1		29.39	58.78	
<b>Minerals:</b>									
Calcium, Ca.....mg	136	2.725	6	A	1		323	645	
Iron, Fe.....mg	1.57	0.011	6	A	1		3.72	7.43	
Magnesium, Mg.....mg	22	0.214	6	A	1		53	106	
Phosphorus, P.....mg	109	3.516	6	A	1		259	517	
Potassium, K.....mg	177	2.833	6	A	1		420	840	
Sodium, Na.....mg	329	12.158	6	A	1		780	1560	
Zinc, Zn.....mg	0.67	0.023	6	A	1		1.59	3.17	
Copper, Cu.....mg	0.075	0.001	6	A	1		0.178	0.356	
Manganese, Mn.....mg	0.214	0.009	6	A	1		0.506	1.012	
Selenium, Se.....µg	39.2	4.378	3	A	1		92.9	185.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin.....mg	0.190	0.006	3	A	1		0.450	0.900	
Riboflavin.....mg	0.217	0.009	3	A	1		0.513	1.027	
Niacin.....mg	7.727	0.348	3	A	1		18.312	36.624	
Pantothenic acid.....mg	0.350		2	A	1		0.829	1.659	
Vitamin B-6.....mg	0.271	0.002	3	A	1		0.643	1.286	
Folate, total.....µg	51	5.435	3	A	1		120	240	
Folic acid.....µg	33		0	NR	4		78	156	
Folate, food.....µg	18		0	RA	4		42	84	
Folate, DFE.....µg	74		0	NC	4		175	349	
Choline, total.....mg	18.2		0	RA	4		43.2	86.4	
Betaine.....mg									
Vitamin B-12.....µg	1.06	0.337	3	A	1		2.52	5.04	
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE.....µg	11		0	AS	1		27	53	
Retinol.....µg	9		1	A	1		21	42	
Carotene, beta.....µg	29		1	A	1		69	138	
Carotene, alpha.....µg	0		1	A	1		0	0	
Cryptoxanthin, beta.....µg	1		1	A	1		2	4	
Vitamin A, IU.....IU	78		0	AS	1		186	372	
Lycopene.....µg	143		1	A	1		340	679	
Lutein + zeaxanthin.....µg	51		1	A	1		120	241	
Vitamin E (alpha-tocopherol).....mg	1.57		2	A	1		3.71	7.42	
Vitamin E, added.....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta.....mg	0.17		2	A	1		0.41	0.81	
Tocopherol, gamma.....mg	7.06		2	A	1		16.74	33.48	
Tocopherol, delta.....mg	2.35		2	A	1		5.58	11.16	
Tocotrienol, alpha.....mg	0.04		2	A	1		0.09	0.17	
Tocotrienol, beta.....mg	0.24		2	A	1		0.58	1.15	

Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato

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	
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.5		0	RA	4		1.2	2.5	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	21		0	RA	4		50	100	
Vitamin K (phylloquinone).....µg	22.4		0	RA	4		53.0	106.1	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.059		0	NC	4		4.881	9.761	
4:0.....g	0.005	0.005	3	A	1		0.011	0.023	
6:0.....g	0.003	0.003	3	A	1		0.007	0.014	
8:0.....g	0.002	0.002	3	A	1		0.004	0.008	
10:0.....g	0.007	0.006	3	A	1		0.017	0.033	
12:0.....g	0.006	0.006	3	A	1		0.014	0.028	
13:0.....g									
14:0.....g	0.036	0.016	3	A	1		0.086	0.171	
15:0.....g	0.007	0.001	3	A	1		0.017	0.034	
16:0.....g	1.285	0.070	3	A	1		3.046	6.091	
17:0.....g	0.016	0.001	3	A	1		0.037	0.074	
18:0.....g	0.605	0.023	3	A	1		1.433	2.867	
20:0.....g	0.037	0.004	3	A	1		0.087	0.173	
22:0.....g	0.036	0.003	3	A	1		0.086	0.172	
24:0.....g	0.015	0.001	3	A	1		0.036	0.073	
Fatty acids, total monounsaturated.....g	2.663		0	NC	4		6.312	12.624	
14:1.....g	0.002	0.002	3	A	1		0.004	0.008	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.035	0.003	3	AS	1		0.083	0.166	
16:1 c.....g	0.033	0.003	3	A	1		0.077	0.155	
16:1 t.....g	0.002	0.000	3	A	1		0.006	0.011	
17:1.....g	0.008	0.001	3	A	1		0.018	0.036	
18:1 undifferentiated.....g	2.573	0.193	3	AS	1		6.097	12.194	
18:1 c.....g	2.562	0.196	3	A	1		6.072	12.144	
18:1 t.....g	0.011	0.003	3	A	1		0.025	0.050	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.044	0.011	3	A	1		0.103	0.207	
22:1 undifferentiated.....g	0.003	0.001	3	AS	1		0.006	0.013	
22:1 c.....g	0.003	0.001	3	A	1		0.006	0.013	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	6.479		0	NC	4		15.354	30.708	
18:2 undifferentiated.....g	5.579	0.523	3	AS	1		13.222	26.444	
18:2 n-6 c,c.....g	5.544	0.521	3	A	1		13.140	26.281	
18:2 CLAs.....g	0.004	0.001	3	A	1		0.010	0.021	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.030	0.008	3	A	1		0.071	0.142	
18:3 undifferentiated.....g	0.724	0.070	3	AS	1		1.715	3.430	
18:3 n-3 c,c,c (ALA).....g	0.692	0.066	3	A	1		1.640	3.279	
18:3 n-6 c,c,c.....g	0.032	0.004	3	A	1		0.075	0.150	
18:3i.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.003	0.002	3	A	1		0.008	0.015	
20:2 n-6 c,c.....g	0.006	0.000	3	A	1		0.013	0.027	
20:3 undifferentiated.....g	0.001	0.001	3	AS	1		0.002	0.004	
20:3 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6.....g	0.001	0.001	3	A	1		0.002	0.004	
20:4 undifferentiated.....g	0.020	0.002	3	A	1		0.048	0.097	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.024	0.009	3	A	1		0.056	0.112	
21:5.....g									
22:4.....g	0.003	0.000	3	A	1		0.007	0.014	
22:5 n-3 (DPA).....g	0.004	0.001	3	A	1		0.010	0.020	

NDB No. 21126

Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato

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	0.115	0.025	3	A	1	0.273	0.546	
Fatty acids, total trans.....g	0.043		0	NC	4	0.102	0.204	
Fatty acids, total trans-monoenoic.....g	0.013		0	NC	4	0.031	0.062	
Fatty acids, total trans-polyenoic.....g	0.030		0	NC	4	0.071	0.142	
Cholesterol.....mg	28	2.195	3	A	1	66	133	
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.118		0	A	1	0.279	0.559	
Threonine.....g	0.440		0	A	1	1.042	2.084	
Isoleucine.....g	0.547		0	A	1	1.296	2.592	
Leucine.....g	0.901		0	A	1	2.135	4.270	
Lysine.....g	0.729		0	A	1	1.728	3.457	
Methionine.....g	0.300		0	A	1	0.712	1.423	
Cystine.....g								
Phenylalanine.....g	0.515		0	A	1	1.220	2.440	
Tyrosine.....g	0.343		0	A	1	0.813	1.626	
Valine.....g	0.643		0	A	1	1.525	3.050	
Arginine.....g	0.601		0	A	1	1.423	2.847	
Histidine.....g	0.686		0	A	1	1.626	3.253	
Alanine.....g	0.590		0	A	1	1.398	2.796	
Aspartic acid.....g	0.965		0	A	1	2.287	4.575	
Glutamic acid.....g	2.434		0	A	1	5.769	11.539	
Glycine.....g	0.493		0	A	1	1.169	2.338	
Proline.....g	0.965		0	A	1	2.287	4.575	
Serine.....g	0.482		0	A	1	1.144	2.287	
Hydroxyproline.....g	0.000		1	A	1	0.000	0.000	
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	RA	4	0.0	0.0	
Caffeine.....mg	0		0	RA	4	0	0	
Theobromine.....mg	0		0	RA	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 = 237g: 6 inch sub

Measure 2 = 474g: 12 inch sub

Calories Factors: Protein 4.09

Fat 8.74

Carbohydrate 3.93

Food Group: 21 Fast Foods

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

NDB No. 21155

Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato

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
<b>Proximates:</b>									
Water.....g	64.33	0.329	6	A	1		118.36	236.08	
Energy.....kcal	147		0	NC	4		270	539	
Energy.....kJ	615		0	NC	4		1132	2257	
Protein.....g	9.12	0.081	6	A	1		16.79	33.49	
Total lipid (fat).....g	2.31	0.114	6	A	1		4.25	8.47	
Ash.....g	1.82	0.032	6	A	1		3.35	6.69	
Carbohydrate, by difference.....g	22.42		0	NC	4		41.24	82.26	
Fiber, total dietary.....g	1.3	0.073	3	A	1		2.4	4.9	
Sugars, total.....g	3.09	0.154	3	A	1		5.69	11.35	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	1.18	0.100	3	A	1		2.17	4.33	
Fructose.....g	1.28	0.084	3	A	1		2.36	4.70	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.63	0.047	3	A	1		1.17	2.32	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	16.70	0.208	3	A	1		30.73	61.29	
<b>Minerals:</b>									
Calcium, Ca.....mg	169	2.960	6	A	1		311	621	
Iron, Fe.....mg	1.84	0.046	6	A	1		3.39	6.76	
Magnesium, Mg.....mg	23	0.389	6	A	1		42	84	
Phosphorus, P.....mg	122	2.262	6	A	1		224	446	
Potassium, K.....mg	253	5.439	6	A	1		465	927	
Sodium, Na.....mg	317	5.383	6	A	1		583	1162	
Zinc, Zn.....mg	0.66	0.016	6	A	1		1.22	2.44	
Copper, Cu.....mg	0.075	0.002	6	A	1		0.138	0.274	
Manganese, Mn.....mg	0.297	0.014	6	A	1		0.547	1.090	
Selenium, Se.....µg	17.0	0.463	3	A	1		31.2	62.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2	0.120	3	A	1		2.3	4.5	
Thiamin.....mg	0.270	0.015	3	A	1		0.497	0.991	
Riboflavin.....mg	0.227	0.013	3	A	1		0.417	0.832	
Niacin.....mg	4.617	0.197	3	A	1		8.495	16.943	
Pantothenic acid.....mg	0.425		2	A	1		0.782	1.560	
Vitamin B-6.....mg	0.176	0.014	3	A	1		0.323	0.645	
Folate, total.....µg	66	6.428	3	A	1		122	244	
Folic acid.....µg	50		0	RA	4		93	185	
Folate, food.....µg	16		0	NC	4		29	59	
Folate, DFE.....µg	102		0	NC	4		187	374	
Choline, total.....mg	28.4		0	RA	4		52.2	104.1	
Betaine.....mg									
Vitamin B-12.....µg	0.12	0.006	3	A	1		0.22	0.44	
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE.....µg	2		1	AS	1		4	9	
Retinol.....µg	0		1	A	1		0	0	
Carotene, beta.....µg	28		1	A	1		52	103	
Carotene, alpha.....µg	0		1	A	1		0	0	
Cryptoxanthin, beta.....µg	0		1	A	1		0	0	
Vitamin A, IU.....IU	47		1	AS	1		86	172	
Lycopene.....µg	207		1	A	1		381	760	
Lutein + zeaxanthin.....µg	72		1	A	1		132	263	
Vitamin E (alpha-tocopherol).....mg	0.28		2	A	1		0.52	1.04	
Vitamin E, added.....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta.....mg	0.07		2	A	1		0.14	0.27	
Tocopherol, gamma.....mg	0.56		2	A	1		1.03	2.05	
Tocopherol, delta.....mg	0.19		2	A	1		0.35	0.69	
Tocotrienol, alpha.....mg	0.02		2	A	1		0.04	0.08	
Tocotrienol, beta.....mg	0.37		2	A	1		0.67	1.35	

Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato

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	
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	RA	4		0.0	0.1	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	1		0	RA	4		1	2	
Vitamin K (phylloquinone).....µg	4.7		0	RA	4		8.7	17.3	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.476		0	NC	4		0.875	1.745	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	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		0.001	0.001	
12:0.....g	0.001	0.000	3	A	1		0.001	0.002	
13:0.....g									
14:0.....g	0.007	0.000	3	A	1		0.013	0.026	
15:0.....g	0.003	0.000	3	A	1		0.005	0.010	
16:0.....g	0.339	0.017	3	A	1		0.623	1.243	
17:0.....g	0.004	0.000	3	A	1		0.007	0.015	
18:0.....g	0.107	0.006	3	A	1		0.197	0.393	
20:0.....g	0.005	0.000	3	A	1		0.009	0.018	
22:0.....g	0.006	0.000	3	A	1		0.012	0.023	
24:0.....g	0.004	0.000	3	A	1		0.007	0.015	
Fatty acids, total monounsaturated.....g	0.521		0	NC	4		0.958	1.911	
14:1.....g	0.001	0.001	3	A	1		0.001	0.002	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.020	0.003	3	AS	1		0.037	0.073	
16:1 c.....g	0.020	0.003	3	A	1		0.037	0.073	
16:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.002	0.000	3	A	1		0.004	0.007	
18:1 undifferentiated.....g	0.486	0.030	3	AS	1		0.894	1.783	
18:1 c.....g	0.478	0.030	3	A	1		0.879	1.754	
18:1 t.....g	0.008	0.001	3	A	1		0.015	0.029	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.011	0.000	3	A	1		0.019	0.039	
22:1 undifferentiated.....g	0.001	0.000	3	AS	1		0.002	0.004	
22:1 c.....g	0.001	0.000	3	A	1		0.002	0.004	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.001	0.000	3	A	1		0.001	0.002	
Fatty acids, total polyunsaturated.....g	1.037		0	NC	4		1.907	3.804	
18:2 undifferentiated.....g	0.919	0.027	3	AS	1		1.690	3.371	
18:2 n-6 c,c.....g	0.908	0.027	3	A	1		1.670	3.331	
18:2 CLAs.....g	0.001	0.001	3	A	1		0.002	0.005	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.010	0.001	3	A	1		0.018	0.035	
18:3 undifferentiated.....g	0.088	0.001	3	AS	1		0.162	0.323	
18:3 n-3 c,c,c (ALA).....g	0.084	0.001	3	A	1		0.155	0.309	
18:3 n-6 c,c,c.....g	0.004	0.000	3	A	1		0.007	0.013	
18:3i.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.003	0.000	3	A	1		0.005	0.010	
20:3 undifferentiated.....g	0.002	0.001	3	AS	1		0.004	0.009	
20:3 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6.....g	0.002	0.001	3	A	1		0.004	0.009	
20:4 undifferentiated.....g	0.014	0.001	3	A	1		0.025	0.050	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	3	A	1		0.001	0.002	
21:5.....g									
22:4.....g	0.008	0.000	3	A	1		0.014	0.028	
22:5 n-3 (DPA).....g	0.002	0.000	3	A	1		0.004	0.007	

NDB No. 21155

Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato

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			
22:6 n-3 (DHA).....g	0.001	0.000	3	A	1	0.002	0.004	
Fatty acids, total trans.....g	0.018		0	NC	4	0.032	0.065	
Fatty acids, total trans-monoenoic.....g	0.008		0	NC	4	0.015	0.029	
Fatty acids, total trans-polyenoic.....g	0.010		0	NC	4	0.018	0.035	
Cholesterol.....mg	10	0.144	3	A	1	19	37	
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	RA	4	0.0	0.0	
Caffeine.....mg	0		0	RA	4	0	0	
Theobromine.....mg	0		0	RA	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 = 184g: 6 inch sub

Measure 2 = 367g: 12 inch sub

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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

NDB No. 21153

Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato

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
<b>Proximates:</b>									
Water.....g	64.70	0.393	6	A	1		267.20	133.92	
Energy.....kcal	146		0	NC	4		602	302	
Energy.....kJ	610		0	NC	4		2519	1263	
Protein.....g	10.66	0.165	6	A	1		44.01	22.06	
Total lipid (fat).....g	2.42	0.050	6	A	1		10.00	5.01	
Ash.....g	1.86	0.046	6	A	1		7.69	3.85	
Carbohydrate, by difference.....g	20.36		0	NC	4		84.10	42.15	
Fiber, total dietary.....g	1.4	0.064	3	A	1		6.0	3.0	
Sugars, total.....g	3.19	0.141	3	A	1		13.17	6.60	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	1.32	0.090	3	A	1		5.45	2.73	
Fructose.....g	1.26	0.064	3	A	1		5.19	2.60	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.61	0.029	3	A	1		2.53	1.27	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	15.50	0.265	3	A	1		64.01	32.08	
<b>Minerals:</b>									
Calcium, Ca.....mg	153	2.716	6	A	1		633	317	
Iron, Fe.....mg	1.93	0.051	6	A	1		7.98	4.00	
Magnesium, Mg.....mg	22	0.348	6	A	1		91	46	
Phosphorus, P.....mg	131	1.838	6	A	1		542	272	
Potassium, K.....mg	265	1.983	6	A	1		1094	549	
Sodium, Na.....mg	348	7.898	6	A	1		1436	720	
Zinc, Zn.....mg	1.18	0.035	6	A	1		4.87	2.44	
Copper, Cu.....mg	0.081	0.002	6	A	1		0.334	0.168	
Manganese, Mn.....mg	0.278	0.010	6	A	1		1.147	0.575	
Selenium, Se.....µg	16.8	0.376	3	A	1		69.5	34.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8	0.127	3	A	1		3.4	1.7	
Thiamin.....mg	0.277	0.012	3	A	1		1.142	0.573	
Riboflavin.....mg	0.240	0.012	3	A	1		0.991	0.497	
Niacin.....mg	4.507	0.165	3	A	1		18.613	9.329	
Pantothenic acid.....mg	0.445		2	A	1		1.838	0.921	
Vitamin B-6.....mg	0.222	0.010	3	A	1		0.917	0.459	
Folate, total.....µg	65	3.509	3	A	1		268	135	
Folic acid.....µg	50		0	RA	4		205	103	
Folate, food.....µg	15		0	NC	4		64	32	
Folate, DFE.....µg	100		0	NC	4		412	206	
Choline, total.....mg	29.4		0	RA	4		121.3	60.8	
Betaine.....mg									
Vitamin B-12.....µg	0.20	0.074	3	A	1		0.83	0.41	
Vitamin B-12, added.....µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE.....µg	2		1	AS	1		10	5	
Retinol.....µg	0		1	A	1		0	0	
Carotene, beta.....µg	29		1	A	1		121	61	
Carotene, alpha.....µg	0		1	A	1		0	0	
Cryptoxanthin, beta.....µg	0		1	A	1		0	0	
Vitamin A, IU.....IU	49		1	AS	1		202	101	
Lycopene.....µg	149		1	A	1		617	309	
Lutein + zeaxanthin.....µg	56		1	A	1		232	116	
Vitamin E (alpha-tocopherol).....mg	0.24		2	A	1		0.97	0.49	
Vitamin E, added.....mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta.....mg	0.07		2	A	1		0.29	0.14	
Tocopherol, gamma.....mg	0.42		2	A	1		1.76	0.88	
Tocopherol, delta.....mg	0.12		2	A	1		0.49	0.25	
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.29		2	A	1		1.20	0.60	



Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato

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	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.1		0	RA	4		0.4	0.2	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	4		0	RA	4		15	8	
Vitamin K (phylloquinone).....µg	4.7		0	RA	4		19.3	9.7	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.570		0	NC	4		2.354	1.180	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	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		0.001	0.001	
12:0.....g	0.001	0.000	3	A	1		0.003	0.001	
13:0.....g									
14:0.....g	0.015	0.001	3	A	1		0.062	0.031	
15:0.....g	0.004	0.000	3	A	1		0.015	0.008	
16:0.....g	0.376	0.009	3	A	1		1.551	0.777	
17:0.....g	0.007	0.000	3	A	1		0.029	0.014	
18:0.....g	0.153	0.001	3	A	1		0.633	0.317	
20:0.....g	0.005	0.000	3	A	1		0.020	0.010	
22:0.....g	0.006	0.001	3	A	1		0.025	0.012	
24:0.....g	0.004	0.000	3	A	1		0.015	0.008	
Fatty acids, total monounsaturated.....g	0.615		0	NC	4		2.541	1.274	
14:1.....g	0.002	0.000	3	A	1		0.007	0.003	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.030	0.001	3	AS	1		0.125	0.063	
16:1 c.....g	0.030	0.001	3	A	1		0.122	0.061	
16:1 t.....g	0.001	0.001	3	A	1		0.003	0.001	
17:1.....g	0.005	0.000	3	A	1		0.020	0.010	
18:1 undifferentiated.....g	0.568	0.016	3	AS	1		2.344	1.175	
18:1 c.....g	0.545	0.016	3	A	1		2.249	1.127	
18:1 t.....g	0.023	0.001	3	A	1		0.095	0.047	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.009	0.001	3	A	1		0.038	0.019	
22:1 undifferentiated.....g	0.001	0.000	3	AS	1		0.004	0.002	
22:1 c.....g	0.001	0.000	3	A	1		0.004	0.002	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.001	0.000	3	A	1		0.003	0.001	
Fatty acids, total polyunsaturated.....g	0.844		0	NC	4		3.487	1.748	
18:2 undifferentiated.....g	0.744	0.021	3	AS	1		3.073	1.540	
18:2 n-6 c,c.....g	0.734	0.021	3	A	1		3.032	1.520	
18:2 CLAs.....g	0.003	0.000	3	A	1		0.012	0.006	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.007	0.001	3	A	1		0.029	0.014	
18:3 undifferentiated.....g	0.069	0.003	3	AS	1		0.285	0.143	
18:3 n-3 c,c,c (ALA).....g	0.067	0.003	3	A	1		0.275	0.138	
18:3 n-6 c,c,c.....g	0.002	0.000	3	A	1		0.010	0.005	
18:3i.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.003	0.000	3	A	1		0.012	0.006	
20:3 undifferentiated.....g	0.004	0.001	3	AS	1		0.018	0.009	
20:3 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6.....g	0.004	0.001	3	A	1		0.015	0.008	
20:4 undifferentiated.....g	0.014	0.001	3	A	1		0.058	0.029	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.001	3	A	1		0.004	0.002	
21:5.....g									
22:4.....g	0.005	0.001	3	A	1		0.022	0.011	
22:5 n-3 (DPA).....g	0.003	0.001	3	A	1		0.012	0.006	

NDB No. 21153

**Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato**

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
22:6 n-3 (DHA).....g	0.001	0.001	3	A	1		0.003	0.001	
Fatty acids, total trans.....g	0.031		0	NC	4		0.126	0.063	
Fatty acids, total trans-monoenoic.....g	0.024		0	NC	4		0.097	0.049	
Fatty acids, total trans-polyenoic.....g	0.007		0	NC	4		0.029	0.014	
Cholesterol.....mg	16	0.186	3	A	1		66	33	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	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 = 413g: 12 inch sub

Measure 2 = 207g: 6 inch sub

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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

**NDB No. 21032**  
**Fast foods, sundae, caramel**

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
<b>Proximates:</b>									
Water.....g	56.50		1		1		87.58		
Energy.....kcal	196		0	NC	4		304		
Energy.....kJ	820				4		1271		
Protein (N x 6.38).....g	4.71		2		1		7.30		
Total lipid (fat).....g	5.98		2		1		9.27		
Ash.....g	1.00		1		1		1.55		
Carbohydrate, by difference.....g	31.81		0	NC	4		49.31		
Fiber, total dietary.....g	0.0		0		4		0.0		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	122		1		1		189		
Iron, Fe.....mg	0.14		1		1		0.22		
Magnesium, Mg.....mg	18		1		1		28		
Phosphorus, P.....mg	140		1		1		217		
Potassium, K.....mg	205		1		1		318		
Sodium, Na.....mg	126		2		1		195		
Zinc, Zn.....mg	0.53		1		1		0.82		
Copper, Cu.....mg	0.053		1		1		0.082		
Manganese, Mn.....mg	0.060		1		1		0.093		
Selenium, Se.....µg	3.2		0	RK	4		5.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.2		1		1		3.4		
Thiamin.....mg	0.040		1		1		0.062		
Riboflavin.....mg	0.190		1		1		0.295		
Niacin.....mg	0.610		1		1		0.946		
Pantothenic acid.....mg	0.240		1		1		0.372		
Vitamin B-6.....mg	0.030		1		1		0.047		
Folate, total.....µg	8		1		1		12		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	8		1		1		12		
Folate, DFE.....µg	8		0	NC	4		12		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.39		1		1		0.60		
Vitamin A, RAE.....µg	45		0	NC	4		69		
Retinol.....µg	43		0	NC	4		67		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	170		1		1		264		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.58		0		1		0.90		
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									
<b>Lipids:</b>									

**NDB No. 21032**  
**Fast foods, sundae, caramel**

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	2.910		0		1		4.511
4:0.....g							
6:0.....g	0.110		1		1		0.171
8:0.....g	0.037		1		1		0.057
10:0.....g	0.100		1		1		0.155
12:0.....g	0.131		1		1		0.203
13:0.....g							
14:0.....g	0.420		1		1		0.651
15:0.....g							
16:0.....g	1.355		1		1		2.100
17:0.....g							
18:0.....g	0.639		1		1		0.990
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.957		0		1		3.033
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.129		1		1		0.200
17:1.....g							
18:1 undifferentiated.....g	1.754		1		1		2.719
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.653		0		1		1.012
18:2 undifferentiated.....g	0.552		1		1		0.856
18:3 undifferentiated.....g	0.074		1		1		0.115
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.028		1		1		0.043
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	16		2		1		25
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.063		0		1		0.098
Threonine.....g	0.202		0		1		0.313
Isoleucine.....g	0.272		0		1		0.422
Leucine.....g	0.439		0		1		0.680
Lysine.....g	0.355		0		1		0.550
Methionine.....g	0.112		0		1		0.174
Cystine.....g	0.041		0		1		0.064
Phenylalanine.....g	0.217		0		1		0.336
Tyrosine.....g	0.217		0		1		0.336
Valine.....g	0.301		0		1		0.467
Arginine.....g	0.162		0		1		0.251
Histidine.....g	0.123		0		1		0.191
Alanine.....g	0.154		0		1		0.239
Aspartic acid.....g	0.340		0		1		0.527
Glutamic acid.....g	0.939		0		1		1.455
Glycine.....g	0.095		0		1		0.147
Proline.....g	0.434		0		1		0.673
Serine.....g	0.244		0		1		0.378
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.** 21032

**Fast foods, sundae, caramel**

**Common Measures:**

Measure 1 = 155g: 1 sundae

**Calories Factors: Protein** 4.27

**Fat** 8.79

**Carbohydrate**3.87

**Food Group:** 21 Fast Foods

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

**NDB No. 21033**  
**Fast foods, sundae, hot fudge**

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
<b>Proximates:</b>									
Water.....g	59.70		1		1		94.33		
Energy.....kcal	180		0	NC	4		284		
Energy.....kJ	753				4		1190		
Protein (N x 6.38).....g	3.57	0.344	5		1		5.64		
Total lipid (fat).....g	5.46	0.859	5		1		8.63		
Ash.....g	1.10		1		1		1.74		
Carbohydrate, by difference.....g	30.17		0	NC	4		47.67		
Fiber, total dietary.....g	0.0		0		4		0.0		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	131		1		1		207		
Iron, Fe.....mg	0.37		1		1		0.58		
Magnesium, Mg.....mg	21		1		1		33		
Phosphorus, P.....mg	144		1		1		228		
Potassium, K.....mg	250		1		1		395		
Sodium, Na.....mg	115		2		1		182		
Zinc, Zn.....mg	0.60		1		1		0.95		
Copper, Cu.....mg	0.082		1		1		0.130		
Manganese, Mn.....mg	0.080		1		1		0.126		
Selenium, Se.....µg	3.3		0	RK	4		5.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.5		1		1		2.4		
Thiamin.....mg	0.040		1		1		0.063		
Riboflavin.....mg	0.190		1		1		0.300		
Niacin.....mg	0.680		1		1		1.074		
Pantothenic acid.....mg	0.210		1		1		0.332		
Vitamin B-6.....mg	0.080		1		1		0.126		
Folate, total.....µg	6		1		1		9		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	6		1		1		9		
Folate, DFE.....µg	6		0	NC	4		9		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.41		1		1		0.65		
Vitamin A, RAE.....µg	37		0	NC	4		58		
Retinol.....µg	35		0	NC	4		55		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	140		1		1		221		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.42		0		1		0.66		
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	3.179		0		1		5.023		
4:0.....g									
6:0.....g	0.073		1		1		0.115		
8:0.....g	0.096		1		1		0.152		
10:0.....g	0.124		1		1		0.196		
12:0.....g	0.697		1		1		1.101		
13:0.....g									
14:0.....g	0.471		1		1		0.744		
15:0.....g									
16:0.....g	0.993		1		1		1.569		
17:0.....g									
18:0.....g	0.640		1		1		1.011		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.475		0		1		2.331		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.081		1		1		0.128		
17:1.....g									
18:1 undifferentiated.....g	1.350		1		1		2.133		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.511		0		1		0.807		
18:2 undifferentiated.....g	0.445		1		1		0.703		
18:3 undifferentiated.....g	0.051		1		1		0.081		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.015		1		1		0.024		
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	13		2		1		21		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.045		0		1		0.071		
Threonine.....g	0.137		0		1		0.216		
Isoleucine.....g	0.172		0		1		0.272		
Leucine.....g	0.276		0		1		0.436		
Lysine.....g	0.224		0		1		0.354		
Methionine.....g	0.066		0		1		0.104		
Cystine.....g	0.032		0		1		0.051		
Phenylalanine.....g	0.152		0		1		0.240		
Tyrosine.....g	0.143		0		1		0.226		
Valine.....g	0.205		0		1		0.324		
Arginine.....g	0.132		0		1		0.209		
Histidine.....g	0.077		0		1		0.122		
Alanine.....g	0.119		0		1		0.188		
Aspartic acid.....g	0.260		0		1		0.411		
Glutamic acid.....g	0.607		0		1		0.959		
Glycine.....g	0.087		0		1		0.137		
Proline.....g	0.257		0		1		0.406		
Serine.....g	0.162		0		1		0.256		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	1		0	RK	4		2		
Theobromine.....mg	49		0	RK	4		77		

NDB No. 21033

Fast foods, sundae, hot fudge

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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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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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 sundae

**Calories Factors: Protein** 4.27

**Fat** 8.79

**Carbohydrate**3.87

**Food Group:** 21 Fast Foods

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



**NDB No. 21034**  
**Fast foods, sundae, strawberry**

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
<b>Proximates:</b>									
Water.....g	60.90		2		1		93.18		
Energy.....kcal	175		0	NC	4		268		
Energy.....kJ	732				4		1120		
Protein (N x 6.38).....g	4.09	0.003	3		1		6.26		
Total lipid (fat).....g	5.13	0.088	3		1		7.85		
Ash.....g	0.70		2		1		1.07		
Carbohydrate, by difference.....g	29.18		0	NC	4		44.65		
Fiber, total dietary.....g	0.0		0		4		0.0		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	105		2		1		161		
Iron, Fe.....mg	0.21		2		1		0.32		
Magnesium, Mg.....mg	16		2		1		24		
Phosphorus, P.....mg	101		2		1		155		
Potassium, K.....mg	177		2		1		271		
Sodium, Na.....mg	60	5.101	3		1		92		
Zinc, Zn.....mg	0.43		2		1		0.66		
Copper, Cu.....mg	0.050		2		1		0.077		
Manganese, Mn.....mg	0.110		1		1		0.168		
Selenium, Se.....µg	2.9		0	RK	4		4.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.3	0.219	3		1		2.0		
Thiamin.....mg	0.040		2		1		0.061		
Riboflavin.....mg	0.180		2		1		0.275		
Niacin.....mg	0.590		2		1		0.903		
Pantothenic acid.....mg	0.290		2		1		0.444		
Vitamin B-6.....mg	0.050		2		1		0.077		
Folate, total.....µg	12		2		1		18		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	12		2		1		18		
Folate, DFE.....µg	12		0	NC	4		18		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.42		2		1		0.64		
Vitamin A, RAE.....µg	37		0	NC	4		56		
Retinol.....µg	35		0	NC	4		54		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	145		2		1		222		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.51		0		1		0.78		
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									
<b>Lipids:</b>									

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	2.444		0		1		3.739
4:0.....g							
6:0.....g	0.072		2		1		0.110
8:0.....g	0.025		2		1		0.038
10:0.....g	0.087		2		1		0.133
12:0.....g	0.106		2		1		0.162
13:0.....g							
14:0.....g	0.354		2		1		0.542
15:0.....g							
16:0.....g	1.152		2		1		1.763
17:0.....g							
18:0.....g	0.528		2		1		0.808
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.739		0		1		2.661
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.093		2		1		0.142
17:1.....g							
18:1 undifferentiated.....g	1.564		2		1		2.393
20:1.....g	0.029		2		1		0.044
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.667		0		1		1.021
18:2 undifferentiated.....g	0.594		2		1		0.909
18:3 undifferentiated.....g	0.050		2		1		0.077
18:4.....g							
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.023		2		1		0.035
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	14	1.222	3		1		21
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.054		0		1		0.083
Threonine.....g	0.174		0		1		0.266
Isoleucine.....g	0.230		0		1		0.352
Leucine.....g	0.373		0		1		0.571
Lysine.....g	0.302		0		1		0.462
Methionine.....g	0.094		0		1		0.144
Cystine.....g	0.036		0		1		0.055
Phenylalanine.....g	0.185		0		1		0.283
Tyrosine.....g	0.186		0		1		0.285
Valine.....g	0.255		0		1		0.390
Arginine.....g	0.142		0		1		0.217
Histidine.....g	0.105		0		1		0.161
Alanine.....g	0.136		0		1		0.208
Aspartic acid.....g	0.321		0		1		0.491
Glutamic acid.....g	0.805		0		1		1.232
Glycine.....g	0.085		0		1		0.130
Proline.....g	0.366		0		1		0.560
Serine.....g	0.209		0		1		0.320
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. 21034**

**Fast foods, sundae, strawberry**

**Common Measures:**

Measure 1 = 153g: 1 sundae

**Calories Factors: Protein 4.27**

**Fat 8.79**

**Carbohydrate 3.87**

**Food Group: 21 Fast Foods**

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

**NDB No. 21083**  
**Fast foods, taco salad**

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
<b>Proximates:</b>									
Water.....g	72.35	2.473	9		1		143.25		
Energy.....kcal	141		0		1		279		
Energy.....kJ	590		0		1		1168		
Protein (N x 6.27).....g	6.68	0.764	10		1		13.23		
Total lipid (fat).....g	7.46	0.652	10		1		14.77		
Ash.....g	1.59	0.160	9		1		3.15		
Carbohydrate, by difference.....g	11.91		0	NC	4		23.58		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	97	7.379	9		1		192		
Iron, Fe.....mg	1.15	0.085	9		1		2.28		
Magnesium, Mg.....mg	26	2.146	9		1		51		
Phosphorus, P.....mg	72	6.117	9		1		143		
Potassium, K.....mg	210	26.120	9		1		416		
Sodium, Na.....mg	385	44.992	10		1		762		
Zinc, Zn.....mg	1.36	0.213	9		1		2.69		
Copper, Cu.....mg	0.113	0.023	8		1		0.224		
Manganese, Mn.....mg	0.167	0.015	9		1		0.331		
Selenium, Se.....µg	2.2		0	RK	4		4.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.8	0.612	9		1		3.6		
Thiamin.....mg	0.050	0.009	9		1		0.099		
Riboflavin.....mg	0.180	0.023	9		1		0.356		
Niacin.....mg	1.240	0.196	9		1		2.455		
Pantothenic acid.....mg	0.680	0.095	9		1		1.346		
Vitamin B-6.....mg	0.110	0.009	9		1		0.218		
Folate, total.....µg	42		0	RK	4		83		
Folic acid.....µg	22		0	NC	4		44		
Folate, food.....µg	20		1		1		40		
Folate, DFE.....µg	57		0	NC	4		114		
Choline, total.....mg	23.3		0	AS	1		46.2		
Betaine.....mg	10.9		1	A	1		21.7		
Vitamin B-12.....µg	0.32	0.043	9		1		0.63		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	297	66.874	4		1		588		
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									
<b>Lipids:</b>									

**NDB No. 21083**  
**Fast foods, taco salad**

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	3.446		0		1	6.823	
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g	0.089		3		1	0.176	
12:0.....g	0.146		3		1	0.289	
13:0.....g							
14:0.....g	0.493		3		1	0.976	
15:0.....g							
16:0.....g	1.898		3		1	3.758	
17:0.....g							
18:0.....g	0.820		3		1	1.624	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	2.606		0		1	5.160	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g							
17:1.....g							
18:1 undifferentiated.....g	2.606		3		1	5.160	
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.883		0		1	1.748	
18:2 undifferentiated.....g	0.838		3		1	1.659	
18:3 undifferentiated.....g	0.045		3		1	0.089	
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	22	5.770	4		1	44	
Phytosterols.....mg							
<b><u>Amino Acids:</u></b>							
Tryptophan.....g	0.075		0		1	0.149	
Threonine.....g	0.254		0		1	0.503	
Isoleucine.....g	0.311		0		1	0.616	
Leucine.....g	0.549		0		1	1.087	
Lysine.....g	0.486		0		1	0.962	
Methionine.....g	0.145		0		1	0.287	
Cystine.....g	0.060		0		1	0.119	
Phenylalanine.....g	0.277		0		1	0.548	
Tyrosine.....g	0.232		0		1	0.459	
Valine.....g	0.343		0		1	0.679	
Arginine.....g	0.357		0		1	0.707	
Histidine.....g	0.201		0		1	0.398	
Alanine.....g	0.339		0		1	0.671	
Aspartic acid.....g	0.554		0		1	1.097	
Glutamic acid.....g	1.291		0		1	2.556	
Glycine.....g	0.326		0		1	0.645	
Proline.....g	0.452		0		1	0.895	
Serine.....g	0.287		0		1	0.568	
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. 21083**

**Fast foods, taco salad**

**Common Measures:**

Measure 1 = 198g: 1.5 cup

**Calories Factors: Protein 4.05**

**Fat 8.73**

**Carbohydrate 4.07**

**Food Group: 21 Fast Foods**

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

NDB No. 21082

Fast foods, taco with beef, cheese and lettuce, hard shell

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
<b>Proximates:</b>									
Water.....g	57.02	0.727	6	A	1		39.34		
Energy.....kcal	226		0	NC	4		156		
Energy.....kJ	946		0	NC	4		653		
Protein (N x 6.29).....g	8.86	0.384	6	A	1		6.12		
Total lipid (fat).....g	12.70	0.384	6	A	1		8.76		
Ash.....g	1.57	0.072	6	A	1		1.08		
Carbohydrate, by difference.....g	19.85		0	NC	4		13.70		
Fiber, total dietary.....g	3.9	0.231	3	A	1		2.7		
Sugars, total.....g	0.90	0.000	3	A	1		0.62		
Sucrose.....g	0.40	0.000	3	A	1		0.28		
Glucose (dextrose).....g	0.20	0.000	3	A	1		0.14		
Fructose.....g	0.30	0.000	3	A	1		0.21		
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	14.78	0.883	6	A	1		10.20		
<b>Minerals:</b>									
Calcium, Ca.....mg	89	4.409	6	A	1		61		
Iron, Fe.....mg	1.19	0.015	6	A	1		0.82		
Magnesium, Mg.....mg	32	0.286	6	A	1		22		
Phosphorus, P.....mg	178	2.595	6	A	1		123		
Potassium, K.....mg	209	4.826	6	A	1		144		
Sodium, Na.....mg	397	10.512	6	A	1		274		
Zinc, Zn.....mg	1.75	0.034	6	A	1		1.21		
Copper, Cu.....mg	0.077	0.004	6	A	1		0.053		
Manganese, Mn.....mg	0.249	0.007	6	A	1		0.172		
Selenium, Se.....µg	9.2	0.497	4	A	1		6.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		1	A	1		0.2		
Thiamin.....mg	0.050		1	A	1		0.035		
Riboflavin.....mg	0.060		1	A	1		0.041		
Niacin.....mg	1.650		1	A	1		1.138		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.090		1	A	1		0.062		
Folate, total.....µg	19	4.372	3	A	1		13		
Folic acid.....µg	2	0.882	3	A	1		2		
Folate, food.....µg	17		0	AS	1		12		
Folate, DFE.....µg	21		0	NC	4		14		
Choline, total.....mg	32.0		0	AS	1		22.1		
Betaine.....mg	3.3		1	A	1		2.3		
Vitamin B-12.....µg	0.93		1	A	1		0.64		
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....µg	20		0	NC	4		14		
Retinol.....µg	16		0	FLA	4		11		
Carotene, beta.....µg	46	13.177	4	A	1		32		
Carotene, alpha.....µg	0	0.000	4	A	1		0		
Cryptoxanthin, beta.....µg	0	0.000	4	A	1		0		
Vitamin A, IU.....IU	131		0	NC	4		90		
Lycopene.....µg	1		0	FLA	4		1		
Lutein + zeaxanthin.....µg	120		0	FLA	4		83		
Vitamin E (alpha-tocopherol).....mg	0.60	0.030	4	A	1		0.42		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg	0.04	0.006	4	A	1		0.03		
Tocopherol, gamma.....mg	2.16	0.160	4	A	1		1.49		
Tocopherol, delta.....mg	1.11	0.049	4	A	1		0.77		
Tocotrienol, alpha.....mg	0.15	0.021	4	A	1		0.11		
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00		

Fast foods, taco with beef, cheese and lettuce, hard shell

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	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.1		0	FLA	4		0.1		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	4		0	FLA	4		3		
Vitamin K (phylloquinone).....µg	15.3	2.056	4	A	1		10.6		
Dihydrophyloquinone.....µg	6.6	1.372	4	A	1		4.6		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.384		0	NC	4		3.025		
4:0.....g	0.045	0.004	6	A	1		0.031		
6:0.....g	0.034	0.003	6	A	1		0.023		
8:0.....g	0.023	0.002	6	A	1		0.016		
10:0.....g	0.055	0.005	6	A	1		0.038		
12:0.....g	0.066	0.006	6	A	1		0.046		
13:0.....g									
14:0.....g	0.388	0.023	6	A	1		0.268		
15:0.....g	0.052	0.003	6	A	1		0.036		
16:0.....g	2.414	0.103	6	A	1		1.666		
17:0.....g	0.091	0.003	6	A	1		0.063		
18:0.....g	1.160	0.055	6	A	1		0.800		
20:0.....g	0.027	0.001	6	A	1		0.019		
22:0.....g	0.015	0.001	6	A	1		0.010		
24:0.....g	0.011	0.000	6	A	1		0.008		
Fatty acids, total monounsaturated.....g	4.411		0	NC	4		3.044		
14:1.....g	0.060	0.004	6	A	1		0.041		
15:1.....g	0.001	0.000	6	A	1		0.000		
16:1 undifferentiated.....g	0.231	0.013	6	AS	1		0.159		
16:1 c.....g	0.204	0.012	6	A	1		0.141		
16:1 t.....g	0.027	0.001	6	A	1		0.018		
17:1.....g	0.055	0.002	6	A	1		0.038		
18:1 undifferentiated.....g	4.016	0.141	6	AS	1		2.771		
18:1 c.....g	3.634	0.131	6	A	1		2.508		
18:1 t.....g	0.382	0.017	6	A	1		0.264		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.046	0.002	6	A	1		0.032		
22:1 undifferentiated.....g	0.002	0.000	6	AS	1		0.001		
22:1 c.....g	0.002	0.000	6	A	1		0.001		
22:1 t.....g	0.000	0.000	6	A	1		0.000		
24:1 c.....g	0.001	0.000	6	A	1		0.001		
Fatty acids, total polyunsaturated.....g	3.042		0	NC	4		2.099		
18:2 undifferentiated.....g	2.819	0.055	6	AS	1		1.945		
18:2 n-6 c,c.....g	2.708	0.055	6	A	1		1.869		
18:2 CLAs.....g	0.053	0.004	6	A	1		0.036		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.058	0.003	6	A	1		0.040		
18:3 undifferentiated.....g	0.168	0.015	6	AS	1		0.116		
18:3 n-3 c,c,c (ALA).....g	0.166	0.015	6	A	1		0.115		
18:3 n-6 c,c,c.....g	0.002	0.000	6	A	1		0.001		
18:3i.....g									
18:4.....g	0.001	0.000	6	A	1		0.001		
20:2 n-6 c,c.....g	0.004	0.000	6	A	1		0.003		
20:3 undifferentiated.....g	0.011	0.001	6	AS	1		0.008		
20:3 n-3.....g	0.001	0.000	6	A	1		0.000		
20:3 n-6.....g	0.011	0.000	6	A	1		0.007		
20:4 undifferentiated.....g	0.021	0.001	6	A	1		0.014		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.005	0.000	6	A	1		0.004		
21:5.....g									
22:4.....g	0.005	0.000	6	A	1		0.004		
22:5 n-3 (DPA).....g	0.006	0.000	6	A	1		0.004		



NDB No. 21082

Fast foods, taco with beef, cheese and lettuce, hard shell

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			
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1	0.000		
Fatty acids, total trans.....g	0.467		0	NC	4	0.322		
Fatty acids, total trans-monoenoic.....g	0.409		0	NC	4	0.282		
Fatty acids, total trans-polyenoic.....g	0.058		0	NC	4	0.040		
Cholesterol.....mg	28	0.929	3	A	1	19		
Phytosterols.....mg								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0		
Caffeine.....mg	0		0	FLA	4	0		
Theobromine.....mg	0		0	FLA	4	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 = 69g: 1 each taco

**Calories Factors: Protein** 4.05

**Fat** 8.78

**Carbohydrate**3.97

**Food Group:** 21 Fast Foods

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



Fast foods, taco with beef, cheese and lettuce, soft

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	0.1		0	FLC	4		0.1		
Vitamin D.....IU	3		0	FLC	4		3		
Vitamin K (phylloquinone).....µg	7.4		0	FLC	4		7.6		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.155		0	NC	4		4.238		
4:0.....g	0.046	0.006	6	A	1		0.047		
6:0.....g	0.035	0.005	6	A	1		0.036		
8:0.....g	0.023	0.003	6	A	1		0.024		
10:0.....g	0.057	0.008	6	A	1		0.058		
12:0.....g	0.068	0.009	6	A	1		0.069		
13:0.....g									
14:0.....g	0.366	0.031	6	A	1		0.373		
15:0.....g	0.048	0.003	6	A	1		0.049		
16:0.....g	2.019	0.110	6	A	1		2.059		
17:0.....g	0.078	0.002	6	A	1		0.080		
18:0.....g	1.376	0.052	6	A	1		1.403		
20:0.....g	0.018	0.001	6	A	1		0.018		
22:0.....g	0.013	0.000	6	A	1		0.013		
24:0.....g	0.007	0.000	6	A	1		0.007		
Fatty acids, total monounsaturated.....g	3.243		0	NC	4		3.308		
14:1.....g	0.052	0.003	6	A	1		0.053		
15:1.....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated.....g	0.196	0.010	6	AS	1		0.200		
16:1 c.....g	0.173	0.009	6	A	1		0.176		
16:1 t.....g	0.024	0.002	6	A	1		0.024		
17:1.....g	0.046	0.002	6	A	1		0.047		
18:1 undifferentiated.....g	2.909	0.123	6	AS	1		2.967		
18:1 c.....g	2.578	0.119	6	A	1		2.630		
18:1 t.....g	0.331	0.010	6	A	1		0.337		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.036	0.001	6	A	1		0.037		
22:1 undifferentiated.....g	0.002	0.000	6	AS	1		0.002		
22:1 c.....g	0.002	0.000	6	A	1		0.002		
22:1 t.....g	0.000	0.000	6	A	1		0.000		
24:1 c.....g	0.001	0.000	6	A	1		0.001		
Fatty acids, total polyunsaturated.....g	1.578		0	NC	4		1.610		
18:2 undifferentiated.....g	1.365	0.043	6	AS	1		1.392		
18:2 n-6 c,c.....g	1.273	0.038	6	A	1		1.298		
18:2 CLAs.....g	0.043	0.003	6	A	1		0.044		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.049	0.004	6	A	1		0.050		
18:3 undifferentiated.....g	0.159	0.006	6	AS	1		0.163		
18:3 n-3 c,c,c (ALA).....g	0.157	0.005	6	A	1		0.161		
18:3 n-6 c,c,c.....g	0.002	0.000	6	A	1		0.002		
18:3i.....g									
18:4.....g	0.001	0.000	6	A	1		0.001		
20:2 n-6 c,c.....g	0.004	0.000	6	A	1		0.004		
20:3 undifferentiated.....g	0.010	0.000	6	AS	1		0.010		
20:3 n-3.....g	0.001	0.000	6	A	1		0.001		
20:3 n-6.....g	0.009	0.000	6	A	1		0.010		
20:4 undifferentiated.....g	0.018	0.001	6	A	1		0.019		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.010	0.002	6	A	1		0.010		
21:5.....g									
22:4.....g	0.005	0.000	6	A	1		0.005		
22:5 n-3 (DPA).....g	0.005	0.000	6	A	1		0.006		
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans.....g	0.403		0	NC	4		0.411		
Fatty acids, total trans-monoenoic.....g	0.354		0	NC	4		0.361		

NDB No. 21486

Fast foods, taco with beef, cheese and lettuce, soft

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	0.049		0	NC	4		0.050		
Cholesterol.....mg	25	1.683	3	A	1		25		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		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 each taco

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



Fast foods, taco with chicken, lettuce and cheese, soft

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	0.1		0	FLC	4		0.1		
Vitamin D.....IU	3		0	FLC	4		3		
Vitamin K (phylloquinone).....µg	7.9		0	FLC	4		7.8		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.559		0	NC	4		2.507		
4:0.....g	0.044	0.003	6	A	1		0.043		
6:0.....g	0.033	0.002	6	A	1		0.033		
8:0.....g	0.023	0.001	6	A	1		0.022		
10:0.....g	0.053	0.002	6	A	1		0.052		
12:0.....g	0.063	0.002	6	A	1		0.062		
13:0.....g									
14:0.....g	0.220	0.010	6	A	1		0.216		
15:0.....g	0.025	0.001	6	A	1		0.024		
16:0.....g	1.210	0.043	6	A	1		1.185		
17:0.....g	0.019	0.001	6	A	1		0.019		
18:0.....g	0.834	0.033	6	A	1		0.817		
20:0.....g	0.014	0.000	6	A	1		0.014		
22:0.....g	0.012	0.000	6	A	1		0.012		
24:0.....g	0.006	0.000	6	A	1		0.006		
Fatty acids, total monounsaturated.....g	1.621		0	NC	4		1.589		
14:1.....g	0.018	0.001	6	A	1		0.017		
15:1.....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated.....g	0.115	0.010	6	AS	1		0.113		
16:1 c.....g	0.106	0.010	6	A	1		0.104		
16:1 t.....g	0.008	0.000	6	A	1		0.008		
17:1.....g	0.007	0.000	6	A	1		0.007		
18:1 undifferentiated.....g	1.454	0.058	6	AS	1		1.425		
18:1 c.....g	1.377	0.056	6	A	1		1.349		
18:1 t.....g	0.077	0.005	6	A	1		0.076		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.025	0.001	6	A	1		0.024		
22:1 undifferentiated.....g	0.001	0.000	6	AS	1		0.001		
22:1 c.....g	0.001	0.000	6	A	1		0.001		
22:1 t.....g	0.000	0.000	6	A	1		0.000		
24:1 c.....g	0.001	0.000	6	A	1		0.001		
Fatty acids, total polyunsaturated.....g	1.607		0	NC	4		1.575		
18:2 undifferentiated.....g	1.386	0.040	6	AS	1		1.358		
18:2 n-6 c,c.....g	1.343	0.038	6	A	1		1.316		
18:2 CLAs.....g	0.015	0.001	6	A	1		0.015		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.027	0.002	6	A	1		0.027		
18:3 undifferentiated.....g	0.157	0.004	6	AS	1		0.154		
18:3 n-3 c,c,c (ALA).....g	0.153	0.004	6	A	1		0.150		
18:3 n-6 c,c,c.....g	0.004	0.000	6	A	1		0.004		
18:3i.....g									
18:4.....g	0.001	0.000	6	A	1		0.001		
20:2 n-6 c,c.....g	0.005	0.000	6	A	1		0.005		
20:3 undifferentiated.....g	0.010	0.000	6	AS	1		0.010		
20:3 n-3.....g	0.000	0.000	6	A	1		0.000		
20:3 n-6.....g	0.010	0.000	6	A	1		0.010		
20:4 undifferentiated.....g	0.026	0.001	6	A	1		0.026		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.008	0.002	6	A	1		0.008		
21:5.....g									
22:4.....g	0.008	0.000	6	A	1		0.008		
22:5 n-3 (DPA).....g	0.004	0.000	6	A	1		0.004		
22:6 n-3 (DHA).....g	0.002	0.000	6	A	1		0.002		
Fatty acids, total trans.....g	0.113		0	NC	4		0.111		
Fatty acids, total trans-monoenoic.....g	0.086		0	NC	4		0.084		

NDB No. 21487

Fast foods, taco with chicken, lettuce and cheese, soft

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	0.027		0	NC	4		0.027		
Cholesterol.....mg	29	0.981	3	A	1		28		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		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 = 98g: 1 each taco

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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





NDB No. 21028

Fast foods, vanilla, light, soft-serve ice cream, with cone

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					
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	RA	4		0.0		
Vitamin D.....IU	0		0	RA	4		0		
Vitamin K (phylloquinone).....µg	0.5		0	RA	4		0.5		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.542		0	NC	4		3.051		
4:0.....g	0.085		0	RA	4		0.102		
6:0.....g	0.047		0	RA	4		0.057		
8:0.....g	0.037		0	RKA	1		0.045		
10:0.....g	0.087		0	RKA	1		0.104		
12:0.....g	0.101		0	RKA	1		0.122		
13:0.....g									
14:0.....g	0.365		0	RKA	1		0.438		
15:0.....g	0.038		0	RKA	1		0.045		
16:0.....g	1.171		0	RKA	1		1.405		
17:0.....g	0.023		0	RKA	1		0.028		
18:0.....g	0.580		0	RKA	1		0.696		
20:0.....g	0.007		0	RKA	1		0.008		
22:0.....g	0.001		0	RKA	1		0.001		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.206		0	NC	4		1.447		
14:1.....g	0.025		0	RKA	1		0.030		
15:1.....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated.....g	0.042		0	RKA	1		0.051		
17:1.....g	0.008		0	RKA	1		0.010		
18:1 undifferentiated.....g	1.130		0	RKA	1		1.355		
20:1.....g	0.001		0	RKA	1		0.001		
22:1 undifferentiated.....g	0.000		0	RA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.297		0	NC	4		0.356		
18:2 undifferentiated.....g	0.269		0	RKA	1		0.323		
18:3 undifferentiated.....g	0.022		0	RKA	1		0.026		
18:4.....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c.....g	0.000		0	RKA	1		0.000		
20:3 undifferentiated.....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated.....g	0.005		0	RKA	1		0.007		
20:5 n-3 (EPA).....g	0.000		0	RA	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	RA	4		0.000		
Fatty acids, total trans.....g	0.280		0	RKI	6		0.336		
Cholesterol.....mg	15		0	RKA	1		18		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0		
Caffeine.....mg	0		0	RA	4		0		
Theobromine.....mg	0		0	RA	4		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 item

Calories Factors: Protein 4.2

Fat 8.78

Carbohydrate 3.88

**NDB No. 21028**

**Fast foods, vanilla, light, soft-serve ice cream, with cone**

**Food Group:** 21 Fast Foods

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

NDB No. 21513

KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared

Kellogg, Co.

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
<b>Proximates:</b>									
Water.....g	46.30		0	MC	9		68.99		
Energy.....kcal	203		0	MC	9		302		
Energy.....kJ	849		0	MC	9		1265		
Protein (N x 6.25).....g	11.10		0	MC	9		16.54		
Total lipid (fat).....g	6.60		0	MC	9		9.83		
Ash.....g	6.30		0	MC	9		9.39		
Carbohydrate, by difference.....g	29.70		0	MC	9		44.25		
Fiber, total dietary.....g	5.9		0	MC	9		8.8		
Sugars, total.....g	2.70		0	MC	9		4.02		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	116		0	MC	9		173		
Iron, Fe.....mg	1.30		0	MC	9		1.94		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	85		0	MC	9		127		
Potassium, K.....mg	185		0	MC	9		276		
Sodium, Na.....mg	322		0	MC	9		480		
Zinc, Zn.....mg	0.50		0	MC	9		0.75		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.200		0	MC	9		0.298		
Riboflavin.....mg	0.200		0	MC	9		0.298		
Niacin.....mg	2.700		0	MC	9		4.023		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.060		0	MC	9		0.089		
Folate, total.....µg	28		0	MC	9		42		
Folic acid.....µg									
Folate, food.....µg	28		0	MC	9		42		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.30		0	MC	9		0.45		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		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	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.300		0	MC	9				

NDB No. 21513

KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared

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 saturated.....g	2.300			MC	9			3.427	
Fatty acids, total monounsaturated.....g	1.700		0	MC	9			2.533	
Fatty acids, total polyunsaturated.....g	1.100		0	MC	9			1.639	
Fatty acids, total trans.....g	0.000		0	MC	9			0.000	
Cholesterol.....mg	10		0	MC	9			15	
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 = 149g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21501

KASHI Pizza, Margherita, frozen, unprepared

Kellogg, Co.

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
<b>Proximates:</b>									
Water.....g	49.90		0	MC	9		56.39		
Energy.....kcal	230		0	MC	9		260		
Energy.....kJ	962		0	MC	9		1087		
Protein (N x 6.25).....g	12.80		0	MC	9		14.46		
Total lipid (fat).....g	8.40		0	MC	9		9.49		
Ash.....g	3.20		0	MC	9		3.62		
Carbohydrate, by difference.....g	25.70		0	MC	9		29.04		
Fiber, total dietary.....g	3.8		0	MC	9		4.3		
Sugars, total.....g	3.30		0	MC	9		3.73		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	192		0	MC	9		217		
Iron, Fe.....mg	1.40		0	MC	9		1.58		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	123		0	MC	9		139		
Potassium, K.....mg	204		0	MC	9		231		
Sodium, Na.....mg	560		0	MC	9		633		
Zinc, Zn.....mg	0.70		0	MC	9		0.79		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	8.0		0	MC	9		9.0		
Thiamin.....mg	0.100		0	MC	9		0.113		
Riboflavin.....mg	0.100		0	MC	9		0.113		
Niacin.....mg	0.300		0	MC	9		0.339		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.050		0	MC	9		0.057		
Folate, total.....µg	10		0	MC	9		11		
Folic acid.....µg									
Folate, food.....µg	10		0	MC	9		11		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.50		0	MC	9		0.57		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	554		0	MC	9		626		
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	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.500		0	MC	9				

NDB No. 21501

KASHI Pizza, Margherita, frozen, unprepared

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 saturated.....g	3.500			MC	9		3.955		
Fatty acids, total monounsaturated.....g	2.900		0	MC	9		3.277		
Fatty acids, total polyunsaturated.....g	1.000		0	MC	9		1.130		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	17		0	MC	9		19		
Phytosterols.....mg									

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**Common Measures:**

Measure 1 = 113g: .33 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21503

KASHI Pizza, Mediterranean, frozen, unprepared

Kellogg, Co.

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
<b>Proximates:</b>									
Water.....g	46.40		0	MC	9		55.68		
Energy.....kcal	231		0	MC	9		277		
Energy.....kJ	967		0	MC	9		1160		
Protein (N x 6.25).....g	12.70		0	MC	9		15.24		
Total lipid (fat).....g	7.50		0	MC	9		9.00		
Ash.....g	2.40		0	MC	9		2.88		
Carbohydrate, by difference.....g	31.00		0	MC	9		37.20		
Fiber, total dietary.....g	4.1		0	MC	9		4.9		
Sugars, total.....g	2.80		0	MC	9		3.36		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	138		0	MC	9		166		
Iron, Fe.....mg	1.10		0	MC	9		1.32		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	161		0	MC	9		193		
Potassium, K.....mg	168		0	MC	9		202		
Sodium, Na.....mg	531		0	MC	9		637		
Zinc, Zn.....mg	1.30		0	MC	9		1.56		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	12.0		0	MC	9		14.4		
Thiamin.....mg	0.100		0	MC	9		0.120		
Riboflavin.....mg	0.100		0	MC	9		0.120		
Niacin.....mg	0.400		0	MC	9		0.480		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.180		0	MC	9		0.216		
Folate, total.....µg	10		0	MC	9		12		
Folic acid.....µg									
Folate, food.....µg	10		0	MC	9		12		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.20		0	MC	9		0.24		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1377		0	MC	9		1652		
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	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.200		0	MC	9				

NDB No. 21503

KASHI Pizza, Mediterranean, frozen, unprepared

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			
Fatty acids, total saturated.....g	3.200		MC	9	3.840		
Fatty acids, total monounsaturated.....g	2.600		0	MC	9	3.120	
Fatty acids, total polyunsaturated.....g	1.500		0	MC	9	1.800	
Fatty acids, total trans.....g	0.200		0	MC	9	0.240	
Cholesterol.....mg	12		0	MC	9	14	
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 = 120g: .33 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21500

KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared

Kellogg, Co.

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
<b>Proximates:</b>									
Water.....g	51.60		0	MC	9		58.31		
Energy.....kcal	222		0	MC	9		251		
Energy.....kJ	929		0	MC	9		1050		
Protein (N x 6.25).....g	12.70		0	MC	9		14.35		
Total lipid (fat).....g	8.30		0	MC	9		9.38		
Ash.....g	2.80		0	MC	9		3.16		
Carbohydrate, by difference.....g	24.60		0	MC	9		27.80		
Fiber, total dietary.....g	3.9		0	MC	9		4.4		
Sugars, total.....g	2.30		0	MC	9		2.60		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	182		0	MC	9		206		
Iron, Fe.....mg	1.30		0	MC	9		1.47		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	115		0	MC	9		130		
Potassium, K.....mg	167		0	MC	9		189		
Sodium, Na.....mg	587		0	MC	9		663		
Zinc, Zn.....mg	0.70		0	MC	9		0.79		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.0		0	MC	9		5.7		
Thiamin.....mg	0.100		0	MC	9		0.113		
Riboflavin.....mg	0.100		0	MC	9		0.113		
Niacin.....mg	0.300		0	MC	9		0.339		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.050		0	MC	9		0.057		
Folate, total.....µg	15		0	MC	9		17		
Folic acid.....µg									
Folate, food.....µg	15		0	MC	9		17		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.40		0	MC	9		0.45		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	848		0	MC	9		958		
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	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.000		0	MC	9				

NDB No. 21500

KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared

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				
Fatty acids, total saturated.....g	4.000			MC	9		4.520		
Fatty acids, total monounsaturated.....g	2.300		0	MC	9		2.599		
Fatty acids, total polyunsaturated.....g	1.000		0	MC	9		1.130		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	23		0	MC	9		26		
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 = 113g: .33 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21516

KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared

Kellogg, Co.

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
<b>Proximates:</b>									
Water.....g	45.20		0	MC	9		68.70		
Energy.....kcal	229		0	MC	9		348		
Energy.....kJ	958		0	MC	9		1456		
Protein (N x 6.25).....g	10.70		0	MC	9		16.26		
Total lipid (fat).....g	6.00		0	MC	9		9.12		
Ash.....g	1.60		0	MC	9		2.43		
Carbohydrate, by difference.....g	36.50		0	MC	9		55.48		
Fiber, total dietary.....g	4.1		0	MC	9		6.2		
Sugars, total.....g	2.50		0	MC	9		3.80		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	109		0	MC	9		166		
Iron, Fe.....mg	1.60		0	MC	9		2.43		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	67		0	MC	9		102		
Potassium, K.....mg	219		0	MC	9		333		
Sodium, Na.....mg	337		0	MC	9		512		
Zinc, Zn.....mg	0.40		0	MC	9		0.61		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.200		0	MC	9		0.304		
Riboflavin.....mg	0.200		0	MC	9		0.304		
Niacin.....mg	2.900		0	MC	9		4.408		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.040		0	MC	9		0.061		
Folate, total.....µg	28		0	MC	9		43		
Folic acid.....µg									
Folate, food.....µg	28		0	MC	9		43		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.20		0	MC	9		0.30		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		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	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.300		0	MC	9				

NDB No. 21516

KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared

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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	Source Code	<u>measures of food</u>			
			of Data Points	Code		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.300			MC	9		3.496		
Fatty acids, total monounsaturated.....g	1.800		0	MC	9		2.736		
Fatty acids, total polyunsaturated.....g	1.100		0	MC	9		1.672		
Fatty acids, total trans.....g	0.100		0	MC	9		0.152		
Cholesterol.....mg	9		0	MC	9		14		
Phytosterols.....mg									

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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 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21499

KASHI Pizza, Roasted Vegetable, frozen, unprepared

Kellogg, Co.

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
<b>Proximates:</b>									
Water.....g	51.60		0	MC	9		59.86		
Energy.....kcal	224		0	MC	9		260		
Energy.....kJ	937		0	MC	9		1087		
Protein (N x 6.25).....g	12.50		0	MC	9		14.50		
Total lipid (fat).....g	8.40		0	MC	9		9.74		
Ash.....g	3.00		0	MC	9		3.48		
Carbohydrate, by difference.....g	24.50		0	MC	9		28.42		
Fiber, total dietary.....g	3.7		0	MC	9		4.3		
Sugars, total.....g	2.90		0	MC	9		3.36		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	176		0	MC	9		204		
Iron, Fe.....mg	1.30		0	MC	9		1.51		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	114		0	MC	9		132		
Potassium, K.....mg	181		0	MC	9		210		
Sodium, Na.....mg	546		0	MC	9		633		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	12.0		0	MC	9		13.9		
Thiamin.....mg	0.100		0	MC	9		0.116		
Riboflavin.....mg	0.100		0	MC	9		0.116		
Niacin.....mg	0.200		0	MC	9		0.232		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.040		0	MC	9		0.046		
Folate, total.....µg	14		0	MC	9		16		
Folic acid.....µg									
Folate, food.....µg	14		0	MC	9		16		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.40		0	MC	9		0.46		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	1288		0	MC	9		1494		
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	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.300		0	MC	9				

NDB No. 21499

KASHI Pizza, Roasted Vegetable, frozen, unprepared

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				
Fatty acids, total saturated.....g	3.300			MC	9		3.828		
Fatty acids, total monounsaturated.....g	3.100		0	MC	9		3.596		
Fatty acids, total polyunsaturated.....g	0.000		0	MC	9		0.000		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	16		0	MC	9		19		
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: .33 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21514

KASHI Pizza, Tikka Masala, single serve, frozen, unprepared

Kellogg, Co.

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
<b>Proximates:</b>									
Water.....g	49.00		0	MC	9		77.91		
Energy.....kcal	191		0	MC	9		304		
Energy.....kJ	799		0	MC	9		1270		
Protein (N x 6.25).....g	10.20		0	MC	9		16.22		
Total lipid (fat).....g	5.90		0	MC	9		9.38		
Ash.....g	5.40		0	MC	9		8.59		
Carbohydrate, by difference.....g	29.50		0	MC	9		46.91		
Fiber, total dietary.....g	6.0		0	MC	9		9.5		
Sugars, total.....g	4.00		0	MC	9		6.36		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	97		0	MC	9		154		
Iron, Fe.....mg	1.40		0	MC	9		2.23		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	77		0	MC	9		122		
Potassium, K.....mg	236		0	MC	9		375		
Sodium, Na.....mg	247		0	MC	9		393		
Zinc, Zn.....mg	0.50		0	MC	9		0.80		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.200		0	MC	9		0.318		
Riboflavin.....mg	0.100		0	MC	9		0.159		
Niacin.....mg	2.500		0	MC	9		3.975		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.040		0	MC	9		0.064		
Folate, total.....µg	25		0	MC	9		40		
Folic acid.....µg									
Folate, food.....µg	25		0	MC	9		40		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.20		0	MC	9		0.32		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	MC	9		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	0		0	MC	9		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.100		0	MC	9				

NDB No. 21514

**KASHI Pizza, Tikka Masala, single serve, frozen, unprepared**

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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	Source Code	measures of food			
			of Data Points	Code		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.100			MC	9		3.339		
Fatty acids, total monounsaturated.....g	1.500		0	MC	9		2.385		
Fatty acids, total polyunsaturated.....g	1.000		0	MC	9		1.590		
Fatty acids, total trans.....g	0.000		0	MC	9		0.000		
Cholesterol.....mg	8		0	MC	9		13		
Phytosterols.....mg									

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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 = 159g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21420

KFC, Coleslaw

Kentucky Fried Chicken

KFC

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
<b>Proximates:</b>									
Water.....g	73.99	0.387	4	A	1		82.87	141.33	
Energy.....kcal	144		0	NC	4		161	275	
Energy.....kJ	602		0	NC	4		675	1150	
Protein.....g	0.91	0.065	4	A	1		1.01	1.73	
Total lipid (fat).....g	8.64	0.252	4	A	1		9.67	16.50	
Ash.....g	0.81	0.023	4	A	1		0.91	1.55	
Carbohydrate, by difference.....g	15.65		0	NC	4		17.53	29.89	
Fiber, total dietary.....g	2.0	0.108	4	A	1		2.2	3.8	
Sugars, total.....g	13.54	0.310	4	A	1		15.16	25.86	
Sucrose.....g	10.18	0.415	4	A	1		11.41	19.45	
Glucose (dextrose).....g	1.72	0.111	4	A	1		1.92	3.28	
Fructose.....g	1.45	0.093	4	A	1		1.62	2.76	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose.....g	0.19	0.006	4	A	1		0.21	0.36	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	28	0.527	4	A	1		32	54	
Iron, Fe.....mg	0.21	0.013	4	A	1		0.23	0.39	
Magnesium, Mg.....mg	9	0.470	4	A	1		10	17	
Phosphorus, P.....mg	20	0.442	4	A	1		23	39	
Potassium, K.....mg	140	6.343	4	A	1		157	268	
Sodium, Na.....mg	189	3.969	4	A	1		211	360	
Zinc, Zn.....mg	0.15	0.012	4	A	1		0.17	0.29	
Copper, Cu.....mg	0.016	0.001	4	A	1		0.018	0.031	
Manganese, Mn.....mg	0.121	0.006	4	A	1		0.136	0.231	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	14.6	0.981	4	A	1		16.4	27.9	
Thiamin.....mg	0.037	0.011	4	A	1		0.042	0.071	
Riboflavin.....mg	0.015	0.000	4	A	1		0.016	0.028	
Niacin.....mg	0.206	0.004	4	A	1		0.231	0.394	
Pantothenic acid.....mg	0.242	0.024	4	A	1		0.272	0.463	
Vitamin B-6.....mg	0.121	0.002	4	A	1		0.136	0.232	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.03		1	A	1		0.03	0.06	
Vitamin A, RAE.....µg	1		0	AS	1		1	2	
Vitamin A, IU.....IU	4		0	AS	1		4	7	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.54	0.035	4	A	1		0.61	1.04	
Tocopherol, beta.....mg	0.04	0.003	4	A	1		0.04	0.07	
Tocopherol, gamma.....mg	4.79	0.148	4	A	1		5.36	9.15	
Tocopherol, delta.....mg	1.64	0.082	4	A	1		1.84	3.14	
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	70.9		1	A	1		79.4	135.4	
Dihydrophylloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg	0.0		1	A	1		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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.303		0	NC	4		1.460	2.489	
4:0.....g	0.000	0.000	4	A	1		0.000	0.000	
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.005	0.002	4	A	1		0.006	0.010	
15:0.....g	0.000	0.000	4	A	1		0.000	0.000	
16:0.....g	0.877	0.035	4	A	1		0.982	1.675	
17:0.....g	0.007	0.000	4	A	1		0.008	0.014	
18:0.....g	0.357	0.015	4	A	1		0.400	0.682	
20:0.....g	0.023	0.001	4	A	1		0.026	0.044	
22:0.....g	0.025	0.001	4	A	1		0.028	0.048	
24:0.....g	0.008	0.000	4	A	1		0.009	0.016	
Fatty acids, total monounsaturated.....g	1.963		0	NC	4		2.199	3.750	
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.008	0.000	4	AS	1		0.009	0.016	
16:1 c.....g	0.008	0.000	4	A	1		0.009	0.016	
16:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	
17:1.....g	0.004	0.000	4	A	1		0.004	0.007	
18:1 undifferentiated.....g	1.914	0.081	4	AS	1		2.144	3.656	
18:1 c.....g	1.907	0.076	4	A	1		2.136	3.642	
18:1 t.....g	0.007	0.005	4	A	1		0.008	0.013	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.028	0.002	4	A	1		0.032	0.054	
22:1 undifferentiated.....g	0.007	0.000	4	AS	1		0.008	0.013	
22:1 c.....g	0.007	0.000	4	A	1		0.008	0.013	
22:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c.....g	0.002	0.001	4	A	1		0.003	0.004	
Fatty acids, total polyunsaturated.....g	4.888		0	NC	4		5.475	9.337	
18:2 undifferentiated.....g	4.301	0.175	4	AS	1		4.818	8.216	
18:2 n-6 c,c.....g	4.277	0.175	4	A	1		4.790	8.169	
18:2 CLAs.....g	0.001	0.001	4	A	1		0.001	0.001	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.024	0.002	4	A	1		0.027	0.046	
18:3 undifferentiated.....g	0.586	0.025	4	AS	1		0.656	1.119	
18:3 n-3 c,c,c (ALA).....g	0.566	0.025	4	A	1		0.634	1.081	
18:3 n-6 c,c,c.....g	0.020	0.002	4	A	1		0.023	0.039	
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.001	0.001	4	A	1		0.001	0.002	
20:3 undifferentiated.....g	0.000	0.000	4	AS	1		0.000	0.000	
20:3 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-6.....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	4	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.031		0	NC	4		0.035	0.059	
Fatty acids, total trans-monoenoic.....g	0.007		0	NC	4		0.008	0.013	
Fatty acids, total trans-polyenoic.....g	0.024		0	NC	4		0.027	0.046	
Cholesterol.....mg	2	0.058	4	A	1		2	4	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.008		1	A	1		0.009	0.016	
Threonine.....g	0.025		1	A	1		0.029	0.049	

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	0.025		1	A	1	0.029	0.049	
Leucine.....g	0.034		1	A	1	0.038	0.065	
Lysine.....g	0.034		1	A	1	0.038	0.065	
Methionine.....g	0.017		1	A	1	0.019	0.032	
Cystine.....g	0.008		1	A	1	0.009	0.016	
Phenylalanine.....g	0.025		1	A	1	0.029	0.049	
Tyrosine.....g	0.017		1	A	1	0.019	0.032	
Valine.....g	0.034		1	A	1	0.038	0.065	
Arginine.....g	0.043		1	A	1	0.048	0.081	
Histidine.....g	0.017		1	A	1	0.019	0.032	
Alanine.....g	0.051		1	A	1	0.057	0.098	
Aspartic acid.....g	0.068		1	A	1	0.076	0.130	
Glutamic acid.....g	0.162		1	A	1	0.181	0.309	
Glycine.....g	0.025		1	A	1	0.029	0.049	
Proline.....g	0.051		1	A	1	0.057	0.098	
Serine.....g	0.034		1	A	1	0.038	0.065	
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 = 112g: 1 package

Measure 2 = 191g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21421  
**KFC, Crispy Chicken Strips**  
*Kentucky Fried Chicken*  
 KFC  
 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
<b>Proximates:</b>									
Water.....g	47.93	0.990	6	A	1		22.53		
Energy.....kcal	274		0	NC	4		129		
Energy.....kJ	1148		0	NC	4		540		
Protein.....g	20.25	0.920	6	A	1		9.52		
Total lipid (fat).....g	15.42	0.471	6	A	1		7.25		
Ash.....g	2.74	0.211	6	A	1		1.29		
Carbohydrate, by difference.....g	13.66		0	NC	4		6.42		
Fiber, total dietary.....g	1.4		2	A	1		0.7		
Sugars, total.....g	0.00		2	A	1		0.00		
Sucrose.....g	0.00		2	A	1		0.00		
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	13.40	1.010	4	A	1		6.30		
<b>Minerals:</b>									
Calcium, Ca.....mg	25	0.931	4	A	1		12		
Iron, Fe.....mg	0.69	0.038	4	A	1		0.33		
Magnesium, Mg.....mg	33	0.897	4	A	1		15		
Phosphorus, P.....mg	298	7.494	4	A	1		140		
Potassium, K.....mg	333	8.134	4	A	1		157		
Sodium, Na.....mg	948	102.248	4	A	1		446		
Zinc, Zn.....mg	0.68	0.026	4	A	1		0.32		
Copper, Cu.....mg	0.074	0.004	4	A	1		0.035		
Manganese, Mn.....mg	0.258	0.025	4	A	1		0.121		
Selenium, Se.....µg	18.1	1.617	4	A	1		8.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.083	0.008	4	A	1		0.039		
Riboflavin.....mg	0.051	0.013	4	A	1		0.024		
Niacin.....mg	8.562	0.296	4	A	1		4.024		
Pantothenic acid.....mg	1.300	0.041	4	A	1		0.611		
Vitamin B-6.....mg	0.474	0.007	4	A	1		0.223		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.17	0.017	4	A	1		0.08		
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.90	0.021	4	A	1		0.42		
Tocopherol, beta.....mg	0.05	0.004	4	A	1		0.02		
Tocopherol, gamma.....mg	3.51	0.247	4	A	1		1.65		
Tocopherol, delta.....mg	1.92	0.157	4	A	1		0.90		
Tocotrienol, alpha.....mg	0.01	0.005	4	A	1		0.00		
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, gamma.....mg	0.09	0.029	4	A	1		0.04		
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	9.4		1	A	1		4.4		
Dihydrophylloquinone.....µg	28.5		1	A	1		13.4		
Menaquinone-4.....µg	10.3		1	A	1		4.8		

**NDB No. 21421**  
**KFC, Crispy Chicken Strips**

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.887		0	NC	4		1.357		
4:0.....g	0.003	0.000	6	A	1		0.002		
6:0.....g	0.001	0.000	6	A	1		0.000		
8:0.....g	0.005	0.001	6	A	1		0.003		
10:0.....g	0.003	0.000	6	A	1		0.002		
12:0.....g	0.007	0.002	6	A	1		0.003		
13:0.....g									
14:0.....g	0.032	0.002	6	A	1		0.015		
15:0.....g	0.005	0.000	6	A	1		0.002		
16:0.....g	2.030	0.056	6	A	1		0.954		
17:0.....g	0.015	0.001	6	A	1		0.007		
18:0.....g	0.694	0.035	6	A	1		0.326		
20:0.....g	0.038	0.002	6	A	1		0.018		
22:0.....g	0.038	0.002	6	A	1		0.018		
24:0.....g	0.016	0.001	6	A	1		0.007		
Fatty acids, total monounsaturated.....g	4.308		0	NC	4		2.025		
14:1.....g	0.006	0.001	6	A	1		0.003		
15:1.....g	0.004	0.001	6	A	1		0.002		
16:1 undifferentiated.....g	0.221	0.030	6	AS	1		0.104		
16:1 c.....g	0.219	0.030	6	A	1		0.103		
16:1 t.....g	0.002	0.000	6	A	1		0.001		
17:1.....g	0.010	0.001	6	A	1		0.005		
18:1 undifferentiated.....g	4.001	0.097	6	AS	1		1.880		
18:1 c.....g	3.957	0.100	6	A	1		1.860		
18:1 t.....g	0.044	0.011	6	A	1		0.021		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.056	0.002	6	A	1		0.026		
22:1 undifferentiated.....g	0.003	0.000	6	AS	1		0.001		
22:1 c.....g	0.003	0.000	6	A	1		0.001		
22:1 t.....g	0.000	0.000	6	A	1		0.000		
24:1 c.....g	0.008	0.001	6	A	1		0.004		
Fatty acids, total polyunsaturated.....g	6.881		0	NC	4		3.234		
18:2 undifferentiated.....g	6.450	0.353	6	AS	1		3.031		
18:2 n-6 c,c.....g	6.356	0.351	6	A	1		2.987		
18:2 CLAs.....g	0.020	0.001	6	A	1		0.009		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.074	0.004	6	A	1		0.035		
18:3 undifferentiated.....g	0.326	0.023	6	AS	1		0.153		
18:3 n-3 c,c,c (ALA).....g	0.321	0.023	6	A	1		0.151		
18:3 n-6 c,c,c.....g	0.006	0.001	6	A	1		0.003		
18:3i.....g									
18:4.....g	0.002	0.000	6	A	1		0.001		
20:2 n-6 c,c.....g	0.012	0.000	6	A	1		0.006		
20:3 undifferentiated.....g	0.015	0.001	6	AS	1		0.007		
20:3 n-3.....g	0.001	0.000	6	A	1		0.000		
20:3 n-6.....g	0.014	0.001	6	A	1		0.006		
20:4 undifferentiated.....g	0.046	0.003	6	A	1		0.022		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	6	A	1		0.001		
21:5.....g									
22:4.....g	0.021	0.001	6	A	1		0.010		
22:5 n-3 (DPA).....g	0.005	0.000	6	A	1		0.002		
22:6 n-3 (DHA).....g	0.003	0.000	6	A	1		0.002		
Fatty acids, total trans.....g	0.119		0	NC	4		0.056		
Fatty acids, total trans-monoenoic.....g	0.046		0	NC	4		0.022		
Fatty acids, total trans-polyenoic.....g	0.074		0	NC	4		0.035		
Cholesterol.....mg	51	1.652	4	A	1		24		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.267		0	A	1		0.126		
Threonine.....g	0.918		0	A	1		0.432		

**NDB No. 21421**  
**KFC, Crispy Chicken Strips**

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	0.921		0	A	1	0.433		
Leucine.....g	1.624		0	A	1	0.763		
Lysine.....g	1.631		0	A	1	0.767		
Methionine.....g	0.435		0	A	1	0.205		
Cystine.....g	0.220		0	A	1	0.103		
Phenylalanine.....g	0.843		0	A	1	0.396		
Tyrosine.....g	0.827		0	A	1	0.389		
Valine.....g	1.031		0	A	1	0.485		
Arginine.....g	1.257		0	A	1	0.591		
Histidine.....g	0.687		0	A	1	0.323		
Alanine.....g	1.189		0	A	1	0.559		
Aspartic acid.....g	1.914		0	A	1	0.899		
Glutamic acid.....g	3.792		0	A	1	1.782		
Glycine.....g	0.874		0	A	1	0.411		
Proline.....g	0.889		0	A	1	0.418		
Serine.....g	0.817		0	A	1	0.384		
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 = 47g: 1 strip

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21438

KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading

Kentucky Fried Chicken

KFC

Refuse:9% Cartilage and bone

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
<b>Proximates:</b>									
Water.....g	51.42		0	RKA	1		109.00	71.98	62.21
Energy.....kcal	268		0	RKI	6		568	375	324
Energy.....kJ	1121		0	RKI	6		2375	1569	1356
Protein.....g	21.24		0	RKA	1		45.03	29.73	25.70
Total lipid (fat).....g	16.55		0	RKA	1		35.09	23.17	20.03
Ash.....g	2.32		0	RKA	1		4.92	3.25	2.81
Carbohydrate, by difference.....g	8.47		0	RKI	6		17.97	11.86	10.25
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	27		0	RKI	6		58	38	33
Iron, Fe.....mg	0.57		0	RKI	6		1.21	0.80	0.69
Magnesium, Mg.....mg	24		0	RKI	6		52	34	29
Phosphorus, P.....mg	215		0	RKI	6		455	300	260
Potassium, K.....mg	258		0	RKI	6		546	361	312
Sodium, Na.....mg	607		0	RKI	6		1286	849	734
Zinc, Zn.....mg	0.78		0	RKI	6		1.66	1.10	0.95
Copper, Cu.....mg	0.400		0	RKI	6		0.849	0.561	0.485
Manganese, Mn.....mg	0.144		0	RKI	6		0.305	0.201	0.174
Selenium, Se.....µg	21.9		0	RKI	6		46.4	30.7	26.5
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.043		0	RKI	6		0.092	0.061	0.052
Riboflavin.....mg	0.107		0	RKI	6		0.227	0.150	0.130
Niacin.....mg	8.139		0	RKI	6		17.255	11.395	9.848
Pantothenic acid.....mg	1.326		0	RKI	6		2.810	1.856	1.604
Vitamin B-6.....mg	0.309		0	RKI	6		0.656	0.433	0.374
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.32		0	RKI	6		0.69	0.45	0.39
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									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.538		0	RKI	6		7.500	4.953	4.280
4:0.....g	0.003		0	RKA	1		0.006	0.004	0.003
6:0.....g	0.001		0	RKA	1		0.001	0.001	0.001
8:0.....g	0.005		0	RKA	1		0.011	0.007	0.006
10:0.....g	0.003		0	RKA	1		0.007	0.005	0.004
12:0.....g	0.005		0	RKA	1		0.011	0.007	0.006

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	0.047		0	RKA	1	0.100	0.066	0.057	
15:0.....g	0.007		0	RKA	1	0.014	0.009	0.008	
16:0.....g	2.590		0	RKA	1	5.491	3.626	3.134	
17:0.....g	0.016		0	RKA	1	0.034	0.022	0.019	
18:0.....g	0.782		0	RKA	1	1.659	1.095	0.947	
20:0.....g	0.033		0	RKA	1	0.071	0.047	0.040	
22:0.....g	0.032		0	RKA	1	0.067	0.045	0.039	
24:0.....g	0.013		0	RKA	1	0.028	0.019	0.016	
Fatty acids, total monounsaturated.....g	5.422		0	RKI	6	11.495	7.591	6.561	
14:1.....g	0.015		0	RKA	1	0.032	0.021	0.018	
15:1.....g	0.003		0	RKA	1	0.007	0.004	0.004	
16:1 undifferentiated.....g	0.515		0	RKA	1	1.091	0.721	0.623	
16:1 c.....g	0.512		0	RKA	1	1.084	0.716	0.619	
16:1 t.....g	0.003		0	RKA	1	0.007	0.005	0.004	
17:1.....g	0.012		0	RKA	1	0.025	0.017	0.014	
18:1 undifferentiated.....g	4.803		0	RKA	1	10.183	6.724	5.812	
18:1 c.....g	4.757		0	RKA	1	10.085	6.660	5.756	
18:1 t.....g	0.046		0	RKA	1	0.097	0.064	0.056	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.062		0	RKA	1	0.132	0.087	0.075	
22:1 undifferentiated.....g	0.003		0	RKA	1	0.007	0.005	0.004	
22:1 c.....g	0.003		0	RKA	1	0.007	0.005	0.004	
22:1 t.....g	0.000		0	RKA	1	0.000	0.000	0.000	
24:1 c.....g	0.009		0	RKA	1	0.018	0.012	0.010	
Fatty acids, total polyunsaturated.....g	6.276		0	RKI	6	13.305	8.786	7.594	
18:2 undifferentiated.....g	5.870		0	RKA	1	12.445	8.218	7.103	
18:2 n-6 c,c.....g	5.788		0	RKA	1	12.270	8.103	7.003	
18:2 CLAs.....g	0.020		0	RKA	1	0.043	0.029	0.025	
18:2 t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.062		0	RKA	1	0.131	0.087	0.075	
18:3 undifferentiated.....g	0.293		0	RKA	1	0.621	0.410	0.354	
18:3 n-3 c,c,c (ALA).....g	0.279		0	RKA	1	0.592	0.391	0.338	
18:3 n-6 c,c,c.....g	0.014		0	RKA	1	0.029	0.019	0.017	
18:3i.....g									
18:4.....g	0.003		0	RKA	1	0.006	0.004	0.003	
20:2 n-6 c,c.....g	0.015		0	RKA	1	0.031	0.020	0.018	
20:3 undifferentiated.....g	0.022		0	RKA	1	0.047	0.031	0.027	
20:3 n-3.....g	0.001		0	RKA	1	0.002	0.001	0.001	
20:3 n-6.....g	0.021		0	RKA	1	0.045	0.030	0.026	
20:4 undifferentiated.....g	0.045		0	RKA	1	0.095	0.063	0.054	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002		0	RKA	1	0.004	0.003	0.002	
21:5.....g									
22:4.....g	0.019		0	RKA	1	0.040	0.026	0.023	
22:5 n-3 (DPA).....g	0.004		0	RKA	1	0.009	0.006	0.005	
22:6 n-3 (DHA).....g	0.003		0	RKA	1	0.006	0.004	0.004	
Fatty acids, total trans.....g	0.111		0	RKI	6	0.236	0.156	0.135	
Fatty acids, total trans-monoenoic.....g	0.049		0	RKI	6	0.105	0.069	0.060	
Fatty acids, total trans-polyenoic.....g	0.062		0	RKI	6	0.131	0.087	0.075	
Cholesterol.....mg	76		0	RKI	6	162	107	93	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.162		0	RKA	1	0.344	0.227	0.197	
Threonine.....g	0.701		0	RKA	1	1.486	0.981	0.848	
Isoleucine.....g	0.623		0	RKA	1	1.322	0.873	0.754	
Leucine.....g	1.295		0	RKA	1	2.745	1.813	1.567	
Lysine.....g	0.921		0	RKA	1	1.953	1.290	1.115	
Methionine.....g	0.308		0	RKA	1	0.652	0.431	0.372	
Cystine.....g	0.246		0	RKA	1	0.522	0.345	0.298	
Phenylalanine.....g	0.812		0	RKA	1	1.722	1.137	0.983	
Tyrosine.....g	0.650		0	RKA	1	1.378	0.910	0.786	



NDB No. 21438

KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading

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	0.774		0	RKA	1	1.641	1.083	0.936
Arginine.....g	1.201		0	RKA	1	2.546	1.682	1.453
Histidine.....g	0.506		0	RKA	1	1.073	0.708	0.612
Alanine.....g	1.210		0	RKA	1	2.565	1.694	1.464
Aspartic acid.....g	1.443		0	RKA	1	3.059	2.020	1.746
Glutamic acid.....g	4.966		0	RKA	1	10.529	6.953	6.009
Glycine.....g	1.785		0	RKA	1	3.785	2.499	2.160
Proline.....g	1.704		0	RKA	1	3.613	2.386	2.062
Serine.....g	0.827		0	RKA	1	1.754	1.158	1.001
Hydroxyproline.....g	0.582		0	RKI	6	1.234	0.815	0.704

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 = 212g: 1 breast, with skin
- Measure 2 = 140g: 1 breast, without skin
- Measure 3 = 121g: 1 breast, bone and skin removed

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21430

KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed

Kentucky Fried Chicken

KFC

Refuse:43% Skin, subcutaneous fat and breading, 33%; Cartilage and bone, 9%

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
<b>Proximates:</b>									
Water.....g	65.71	0.732	6	A	1		91.99	79.51	
Energy.....kcal	153		0	NC	4		215	186	
Energy.....kJ	642		0	NC	4		898	776	
Protein.....g	27.25	0.447	6	A	1		38.15	32.97	
Total lipid (fat).....g	4.82	0.364	6	A	1		6.75	5.83	
Ash.....g	1.97	0.063	6	A	1		2.76	2.39	
Carbohydrate, by difference.....g	0.25		0	NC	4		0.35	0.30	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	20		0	BFNN	4		27	24	
Iron, Fe.....mg	0.51		0	BFNN	4		0.72	0.62	
Magnesium, Mg.....mg	28		0	BFNN	4		39	34	
Phosphorus, P.....mg	253		0	BFNN	4		354	306	
Potassium, K.....mg	309		0	BFNN	4		432	374	
Sodium, Na.....mg	477		0	BFNN	4		668	577	
Zinc, Zn.....mg	0.89		0	BFNN	4		1.24	1.07	
Copper, Cu.....mg	0.044		0	BFNN	4		0.061	0.053	
Manganese, Mn.....mg	0.048		0	BFNN	4		0.067	0.058	
Selenium, Se.....µg	27.8		0	BFNN	4		38.9	33.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.060		0	BFPN	4		0.084	0.073	
Riboflavin.....mg	0.127		0	BFPN	4		0.178	0.154	
Niacin.....mg	10.897		0	BFPN	4		15.255	13.185	
Pantothenic acid.....mg	1.626		0	BFPN	4		2.276	1.967	
Vitamin B-6.....mg	0.416		0	BFPN	4		0.582	0.503	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.30		0	BFPN	4		0.42	0.37	
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									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.196		0	NC	4		1.675	1.447	
4:0.....g	0.003	0.000	6	A	1		0.004	0.003	
6:0.....g	0.000	0.000	6	A	1		0.000	0.000	
8:0.....g	0.001	0.000	6	A	1		0.002	0.001	
10:0.....g	0.003	0.000	6	A	1		0.004	0.003	
12:0.....g	0.002	0.000	6	A	1		0.003	0.003	

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	0.017	0.001	6	A	1	0.023	0.020		
15:0.....g	0.003	0.000	6	A	1	0.004	0.003		
16:0.....g	0.851	0.054	6	A	1	1.192	1.030		
17:0.....g	0.005	0.000	6	A	1	0.007	0.006		
18:0.....g	0.290	0.017	6	A	1	0.406	0.351		
20:0.....g	0.009	0.001	6	A	1	0.013	0.011		
22:0.....g	0.008	0.001	6	A	1	0.012	0.010		
24:0.....g	0.004	0.000	6	A	1	0.006	0.005		
Fatty acids, total monounsaturated.....g	1.683		0	NC	4	2.357	2.037		
14:1.....g	0.005	0.000	6	A	1	0.007	0.006		
15:1.....g	0.003	0.001	6	A	1	0.005	0.004		
16:1 undifferentiated.....g	0.175	0.016	6	AS	1	0.245	0.212		
16:1 c.....g	0.174	0.017	6	A	1	0.243	0.210		
16:1 t.....g	0.001	0.000	6	A	1	0.002	0.002		
17:1.....g	0.008	0.004	6	A	1	0.012	0.010		
18:1 undifferentiated.....g	1.466	0.091	6	AS	1	2.052	1.774		
18:1 c.....g	1.446	0.090	6	A	1	2.025	1.750		
18:1 t.....g	0.020	0.001	6	A	1	0.027	0.024		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.020	0.001	6	A	1	0.028	0.024		
22:1 undifferentiated.....g	0.002	0.000	6	AS	1	0.003	0.002		
22:1 c.....g	0.002	0.000	6	A	1	0.003	0.002		
22:1 t.....g	0.000	0.000	6	A	1	0.000	0.000		
24:1 c.....g	0.004	0.000	6	A	1	0.006	0.005		
Fatty acids, total polyunsaturated.....g	1.620		0	NC	4	2.268	1.960		
18:2 undifferentiated.....g	1.452	0.107	6	AS	1	2.033	1.757		
18:2 n-6 c,c.....g	1.428	0.105	6	A	1	1.999	1.727		
18:2 CLAs.....g	0.007	0.001	6	A	1	0.009	0.008		
18:2 t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.018	0.002	6	A	1	0.025	0.022		
18:3 undifferentiated.....g	0.070	0.006	6	AS	1	0.097	0.084		
18:3 n-3 c,c,c (ALA).....g	0.065	0.005	6	A	1	0.090	0.078		
18:3 n-6 c,c,c.....g	0.005	0.001	6	A	1	0.007	0.006		
18:3i.....g									
18:4.....g	0.001	0.000	6	A	1	0.002	0.001		
20:2 n-6 c,c.....g	0.008	0.001	6	A	1	0.011	0.010		
20:3 undifferentiated.....g	0.020	0.001	6	AS	1	0.028	0.024		
20:3 n-3.....g	0.001	0.000	6	A	1	0.001	0.001		
20:3 n-6.....g	0.019	0.001	6	A	1	0.027	0.023		
20:4 undifferentiated.....g	0.043	0.001	6	A	1	0.060	0.052		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	6	A	1	0.003	0.002		
21:5.....g									
22:4.....g	0.016	0.001	6	A	1	0.023	0.020		
22:5 n-3 (DPA).....g	0.004	0.000	6	A	1	0.006	0.005		
22:6 n-3 (DHA).....g	0.003	0.000	6	A	1	0.005	0.004		
Fatty acids, total trans.....g	0.039		0	NC	4	0.055	0.047		
Fatty acids, total trans-monoenoic.....g	0.021		0	NC	4	0.029	0.025		
Fatty acids, total trans-polyenoic.....g	0.018		0	NC	4	0.025	0.022		
Cholesterol.....mg	87		0	BFSN	4	122	105		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.208		0	A	1	0.292	0.252		
Threonine.....g	0.899		0	A	1	1.259	1.088		
Isoleucine.....g	0.800		0	A	1	1.120	0.968		
Leucine.....g	1.661		0	A	1	2.326	2.010		
Lysine.....g	1.182		0	A	1	1.655	1.430		
Methionine.....g	0.395		0	A	1	0.552	0.477		
Cystine.....g	0.316		0	A	1	0.442	0.382		
Phenylalanine.....g	1.042		0	A	1	1.459	1.261		
Tyrosine.....g	0.834		0	A	1	1.167	1.009		

NDB No. 21430

KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed

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	0.993		0	A	1	1.390	1.201	
Arginine.....g	1.541		0	A	1	2.157	1.865	
Histidine.....g	0.649		0	A	1	0.909	0.785	
Alanine.....g	1.552		0	A	1	2.173	1.878	
Aspartic acid.....g	1.851		0	A	1	2.592	2.240	
Glutamic acid.....g	6.372		0	A	1	8.921	7.710	
Glycine.....g	2.291		0	A	1	3.207	2.772	
Proline.....g	2.187		0	A	1	3.061	2.646	
Serine.....g	1.062		0	A	1	1.486	1.284	
Hydroxyproline.....g	0.772		0	BFPN	4	1.080	0.934	

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 breast, without skin

Measure 2 = 121g: 1 breast, bone and skin removed

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21439

KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading

Kentucky Fried Chicken

KFC

Refuse:21% Cartilage and bone

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
<b>Proximates:</b>									
Water.....g	51.44		0	RKA	1		41.66	29.32	21.09
Energy.....kcal	274		0	RKI	6		222	156	112
Energy.....kJ	1146		0	RKI	6		928	653	470
Protein.....g	20.62		0	RKA	1		16.70	11.76	8.46
Total lipid (fat).....g	17.73		0	RKA	1		14.36	10.11	7.27
Ash.....g	2.38		0	RKA	1		1.93	1.36	0.98
Carbohydrate, by difference.....g	7.96		0	RKI	6		6.44	4.53	3.26
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	25		0	RKI	6		20	14	10
Iron, Fe.....mg	0.91		0	RKI	6		0.74	0.52	0.37
Magnesium, Mg.....mg	21		0	RKI	6		17	12	9
Phosphorus, P.....mg	198		0	RKI	6		160	113	81
Potassium, K.....mg	237		0	RKI	6		192	135	97
Sodium, Na.....mg	632		0	RKI	6		512	360	259
Zinc, Zn.....mg	1.84		0	RKI	6		1.49	1.05	0.75
Copper, Cu.....mg	0.411		0	RKI	6		0.333	0.234	0.168
Manganese, Mn.....mg	0.145		0	RKI	6		0.117	0.083	0.059
Selenium, Se.....µg	24.2		0	RKI	6		19.6	13.8	9.9
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.037		0	RKI	6		0.030	0.021	0.015
Riboflavin.....mg	0.195		0	RKI	6		0.158	0.111	0.080
Niacin.....mg	4.601		0	RKI	6		3.727	2.623	1.886
Pantothenic acid.....mg	1.122		0	RKI	6		0.909	0.640	0.460
Vitamin B-6.....mg	0.204		0	RKI	6		0.166	0.117	0.084
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.54		0	RKI	6		0.44	0.31	0.22
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									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.887		0	RKI	6		3.148	2.215	1.593
4:0.....g	0.003		0	RKA	1		0.002	0.001	0.001
6:0.....g	0.001		0	RKA	1		0.001	0.000	0.000
8:0.....g	0.005		0	RKA	1		0.004	0.003	0.002
10:0.....g	0.004		0	RKA	1		0.003	0.002	0.001
12:0.....g	0.006		0	RKA	1		0.005	0.004	0.003

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	measures of food		
						Confidence Code	Measure 1	Measure 2
13:0.....g								
14:0.....g	0.055		0	RKA	1	0.045	0.031	0.023
15:0.....g	0.008		0	RKA	1	0.006	0.004	0.003
16:0.....g	2.853		0	RKA	1	2.311	1.626	1.170
17:0.....g	0.017		0	RKA	1	0.014	0.010	0.007
18:0.....g	0.856		0	RKA	1	0.694	0.488	0.351
20:0.....g	0.033		0	RKA	1	0.027	0.019	0.014
22:0.....g	0.032		0	RKA	1	0.026	0.018	0.013
24:0.....g	0.014		0	RKA	1	0.011	0.008	0.006
Fatty acids, total monounsaturated.....g	6.049		0	RKI	6	4.900	3.448	2.480
14:1.....g	0.019		0	RKA	1	0.016	0.011	0.008
15:1.....g	0.002		0	RKA	1	0.002	0.001	0.001
16:1 undifferentiated.....g	0.662		0	RKA	1	0.536	0.377	0.271
16:1 c.....g	0.658		0	RKA	1	0.533	0.375	0.270
16:1 t.....g	0.004		0	RKA	1	0.003	0.002	0.002
17:1.....g	0.010		0	RKA	1	0.008	0.006	0.004
18:1 undifferentiated.....g	5.276		0	RKA	1	4.273	3.007	2.163
18:1 c.....g	5.226		0	RKA	1	4.233	2.979	2.143
18:1 t.....g	0.049		0	RKA	1	0.040	0.028	0.020
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.066		0	RKA	1	0.054	0.038	0.027
22:1 undifferentiated.....g	0.004		0	RKA	1	0.003	0.002	0.002
22:1 c.....g	0.004		0	RKA	1	0.003	0.002	0.002
22:1 t.....g	0.000		0	RKA	1	0.000	0.000	0.000
24:1 c.....g	0.010		0	RKA	1	0.008	0.006	0.004
Fatty acids, total polyunsaturated.....g	6.353		0	RKI	6	5.146	3.621	2.605
18:2 undifferentiated.....g	5.903		0	RKA	1	4.782	3.365	2.420
18:2 n-6 c,c.....g	5.821		0	RKA	1	4.715	3.318	2.387
18:2 CLAs.....g	0.022		0	RKA	1	0.017	0.012	0.009
18:2 t.....g								
18:2 i.....g								
18:2 t not further defined.....g	0.061		0	RKA	1	0.049	0.035	0.025
18:3 undifferentiated.....g	0.296		0	RKA	1	0.239	0.168	0.121
18:3 n-3 c,c,c (ALA).....g	0.279		0	RKA	1	0.226	0.159	0.114
18:3 n-6 c,c,c.....g	0.017		0	RKA	1	0.014	0.010	0.007
18:3i.....g								
18:4.....g	0.003		0	RKA	1	0.003	0.002	0.001
20:2 n-6 c,c.....g	0.016		0	RKA	1	0.013	0.009	0.007
20:3 undifferentiated.....g	0.026		0	RKA	1	0.021	0.015	0.011
20:3 n-3.....g	0.001		0	RKA	1	0.001	0.001	0.000
20:3 n-6.....g	0.025		0	RKA	1	0.020	0.014	0.010
20:4 undifferentiated.....g	0.072		0	RKA	1	0.058	0.041	0.029
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.002		0	RKA	1	0.002	0.001	0.001
21:5.....g								
22:4.....g	0.024		0	RKA	1	0.019	0.014	0.010
22:5 n-3 (DPA).....g	0.006		0	RKA	1	0.005	0.003	0.003
22:6 n-3 (DHA).....g	0.004		0	RKA	1	0.003	0.002	0.001
Fatty acids, total trans.....g	0.114		0	RKI	6	0.092	0.065	0.047
Fatty acids, total trans-monoenoic.....g	0.054		0	RKI	6	0.043	0.031	0.022
Fatty acids, total trans-polyenoic.....g	0.061		0	RKI	6	0.049	0.035	0.025
Cholesterol.....mg	109		0	RKI	6	89	62	45
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.158		0	RKA	1	0.128	0.090	0.065
Threonine.....g	0.680		0	RKA	1	0.551	0.388	0.279
Isoleucine.....g	0.605		0	RKA	1	0.490	0.345	0.248
Leucine.....g	1.257		0	RKA	1	1.019	0.717	0.516
Lysine.....g	0.895		0	RKA	1	0.725	0.510	0.367
Methionine.....g	0.299		0	RKA	1	0.242	0.170	0.122
Cystine.....g	0.239		0	RKA	1	0.194	0.136	0.098
Phenylalanine.....g	0.789		0	RKA	1	0.639	0.450	0.323
Tyrosine.....g	0.631		0	RKA	1	0.511	0.360	0.259

NDB No. 21439

KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading

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	0.751		0	RKA	1	0.609	0.428	0.308
Arginine.....g	1.166		0	RKA	1	0.945	0.665	0.478
Histidine.....g	0.491		0	RKA	1	0.398	0.280	0.201
Alanine.....g	1.175		0	RKA	1	0.951	0.670	0.482
Aspartic acid.....g	1.401		0	RKA	1	1.135	0.799	0.574
Glutamic acid.....g	4.822		0	RKA	1	3.906	2.749	1.977
Glycine.....g	1.734		0	RKA	1	1.404	0.988	0.711
Proline.....g	1.655		0	RKA	1	1.341	0.943	0.679
Serine.....g	0.803		0	RKA	1	0.651	0.458	0.329
Hydroxyproline.....g	0.544		0	RKI	6	0.441	0.310	0.223

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 = 81g: 1 drumstick, with skin
- Measure 2 = 57g: 1 drumstick, without skin
- Measure 3 = 41g: 1 drumstick, bone and skin removed

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21431

KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed

Kentucky Fried Chicken

KFC

Refuse:49% Skin, subcutaneous fat and breading, 28%; Cartilage and bone, 21%

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
<b>Proximates:</b>									
Water.....g	64.78	0.355	6	A	1		26.56	36.93	
Energy.....kcal	170		0	NC	4		70	97	
Energy.....kJ	713		0	NC	4		292	407	
Protein.....g	25.90	0.228	6	A	1		10.62	14.76	
Total lipid (fat).....g	7.43	0.202	6	A	1		3.05	4.24	
Ash.....g	2.09	0.089	6	A	1		0.86	1.19	
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	16		0	BFNN	4		7	9	
Iron, Fe.....mg	1.05		0	BFNN	4		0.43	0.60	
Magnesium, Mg.....mg	23		0	BFNN	4		10	13	
Phosphorus, P.....mg	224		0	BFNN	4		92	128	
Potassium, K.....mg	273		0	BFNN	4		112	156	
Sodium, Na.....mg	526		0	BFNN	4		215	300	
Zinc, Zn.....mg	2.51		0	BFNN	4		1.03	1.43	
Copper, Cu.....mg	0.084		0	BFNN	4		0.034	0.048	
Manganese, Mn.....mg	0.056		0	BFNN	4		0.023	0.032	
Selenium, Se.....µg	30.9		0	BFNN	4		12.7	17.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.050		0	BFPN	4		0.020	0.028	
Riboflavin.....mg	0.262		0	BFPN	4		0.107	0.149	
Niacin.....mg	5.244		0	BFPN	4		2.150	2.989	
Pantothenic acid.....mg	1.292		0	BFPN	4		0.530	0.736	
Vitamin B-6.....mg	0.247		0	BFPN	4		0.101	0.141	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.63		0	BFPN	4		0.26	0.36	
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									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.893		0	NC	4		0.776	1.079	
4:0.....g	0.003	0.000	6	A	1		0.001	0.002	
6:0.....g	0.001	0.000	6	A	1		0.000	0.000	
8:0.....g	0.001	0.000	6	A	1		0.000	0.001	
10:0.....g	0.003	0.000	6	A	1		0.001	0.002	
12:0.....g	0.004	0.001	6	A	1		0.002	0.002	



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	0.031	0.001	6	A	1	0.013	0.018		
15:0.....g	0.005	0.000	6	A	1	0.002	0.003		
16:0.....g	1.375	0.030	6	A	1	0.564	0.783		
17:0.....g	0.007	0.000	6	A	1	0.003	0.004		
18:0.....g	0.437	0.012	6	A	1	0.179	0.249		
20:0.....g	0.010	0.001	6	A	1	0.004	0.006		
22:0.....g	0.010	0.001	6	A	1	0.004	0.006		
24:0.....g	0.006	0.000	6	A	1	0.002	0.003		
Fatty acids, total monounsaturated.....g	2.903		0	NC	4	1.190	1.655		
14:1.....g	0.012	0.000	6	A	1	0.005	0.007		
15:1.....g	0.002	0.001	6	A	1	0.001	0.001		
16:1 undifferentiated.....g	0.425	0.014	6	AS	1	0.174	0.242		
16:1 c.....g	0.422	0.014	6	A	1	0.173	0.241		
16:1 t.....g	0.003	0.000	6	A	1	0.001	0.002		
17:1.....g	0.005	0.001	6	A	1	0.002	0.003		
18:1 undifferentiated.....g	2.420	0.065	6	AS	1	0.992	1.379		
18:1 c.....g	2.393	0.064	6	A	1	0.981	1.364		
18:1 t.....g	0.026	0.002	6	A	1	0.011	0.015		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.029	0.001	6	A	1	0.012	0.017		
22:1 undifferentiated.....g	0.003	0.000	6	AS	1	0.001	0.002		
22:1 c.....g	0.003	0.000	6	A	1	0.001	0.002		
22:1 t.....g	0.000	0.000	6	A	1	0.000	0.000		
24:1 c.....g	0.007	0.000	6	A	1	0.003	0.004		
Fatty acids, total polyunsaturated.....g	2.051		0	NC	4	0.841	1.169		
18:2 undifferentiated.....g	1.799	0.131	6	AS	1	0.738	1.026		
18:2 n-6 c,c.....g	1.771	0.130	6	A	1	0.726	1.010		
18:2 CLAs.....g	0.009	0.001	6	A	1	0.004	0.005		
18:2 t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.019	0.002	6	A	1	0.008	0.011		
18:3 undifferentiated.....g	0.089	0.007	6	AS	1	0.036	0.050		
18:3 n-3 c,c,c (ALA).....g	0.079	0.007	6	A	1	0.032	0.045		
18:3 n-6 c,c,c.....g	0.010	0.001	6	A	1	0.004	0.006		
18:3i.....g									
18:4.....g	0.002	0.000	6	A	1	0.001	0.001		
20:2 n-6 c,c.....g	0.011	0.001	6	A	1	0.004	0.006		
20:3 undifferentiated.....g	0.026	0.001	6	AS	1	0.011	0.015		
20:3 n-3.....g	0.001	0.000	6	A	1	0.000	0.000		
20:3 n-6.....g	0.025	0.001	6	A	1	0.010	0.014		
20:4 undifferentiated.....g	0.085	0.003	6	A	1	0.035	0.048		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	6	A	1	0.001	0.002		
21:5.....g									
22:4.....g	0.025	0.001	6	A	1	0.010	0.014		
22:5 n-3 (DPA).....g	0.007	0.000	6	A	1	0.003	0.004		
22:6 n-3 (DHA).....g	0.004	0.000	6	A	1	0.002	0.002		
Fatty acids, total trans.....g	0.048		0	NC	4	0.020	0.028		
Fatty acids, total trans-monoenoic.....g	0.029		0	NC	4	0.012	0.017		
Fatty acids, total trans-polyenoic.....g	0.019		0	NC	4	0.008	0.011		
Cholesterol.....mg	137		0	BFSN	4	56	78		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.198		0	A	1	0.081	0.113		
Threonine.....g	0.854		0	A	1	0.350	0.487		
Isoleucine.....g	0.760		0	A	1	0.312	0.433		
Leucine.....g	1.579		0	A	1	0.647	0.900		
Lysine.....g	1.123		0	A	1	0.461	0.640		
Methionine.....g	0.375		0	A	1	0.154	0.214		
Cystine.....g	0.300		0	A	1	0.123	0.171		
Phenylalanine.....g	0.990		0	A	1	0.406	0.565		
Tyrosine.....g	0.792		0	A	1	0.325	0.452		

NDB No. 21431

KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed

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			
Valine.....g	0.944		0	A	1	0.387	0.538
Arginine.....g	1.464		0	A	1	0.600	0.835
Histidine.....g	0.617		0	A	1	0.253	0.352
Alanine.....g	1.475		0	A	1	0.605	0.841
Aspartic acid.....g	1.759		0	A	1	0.721	1.003
Glutamic acid.....g	6.055		0	A	1	2.483	3.452
Glycine.....g	2.177		0	A	1	0.893	1.241
Proline.....g	2.078		0	A	1	0.852	1.185
Serine.....g	1.009		0	A	1	0.414	0.575
Hydroxyproline.....g	0.700		0	BFPN	4	0.287	0.399

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 = 41g: 1 drumstick, bone and skin removed

Measure 2 = 57g: 1 drumstick, without skin

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21429

KFC, Fried Chicken, EXTRA CRISPY, Skin and Breeding

Kentucky Fried Chicken

KFC

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
<b>Proximates:</b>									
Water.....g	26.98	0.864	6	A	1				
Energy.....kcal	464		0	NC	4				
Energy.....kJ	1939		0	NC	4				
Protein.....g	10.96	0.271	6	A	1				
Total lipid (fat).....g	36.61	0.528	6	A	1				
Ash.....g	2.92	0.212	6	A	1				
Carbohydrate, by difference.....g	22.54		0	NC	4				
Fiber, total dietary.....g	1.5	0.083	4	A	1				
Sugars, total.....g	0.00	0.000	4	A	1				
Sucrose.....g	0.00	0.000	4	A	1				
Glucose (dextrose).....g	0.00	0.000	4	A	1				
Fructose.....g	0.00	0.000	4	A	1				
Lactose.....g	0.00	0.000	4	A	1				
Maltose.....g	0.00	0.000	4	A	1				
Galactose.....g	0.00	0.000	4	A	1				
Starch.....g	21.32	0.279	6	A	1				
<b>Minerals:</b>									
Calcium, Ca.....mg	41	1.521	12	A	1				
Iron, Fe.....mg	0.67	0.021	12	A	1				
Magnesium, Mg.....mg	18	0.474	12	A	1				
Phosphorus, P.....mg	149	3.720	12	A	1				
Potassium, K.....mg	170	2.185	12	A	1				
Sodium, Na.....mg	828	34.515	12	A	1				
Zinc, Zn.....mg	0.61	0.024	12	A	1				
Copper, Cu.....mg	1.011	0.935	12	A	1				
Manganese, Mn.....mg	0.308	0.013	12	A	1				
Selenium, Se.....µg	11.9	0.575	12	A	1				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.015	0.000	4	A	1				
Riboflavin.....mg	0.072	0.005	4	A	1				
Niacin.....mg	3.423	0.055	4	A	1				
Pantothenic acid.....mg	0.812	0.021	4	A	1				
Vitamin B-6.....mg	0.127	0.003	4	A	1				
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.36	0.034	4	A	1				
Vitamin A, RAE.....µg	35		0	AS	1				
Vitamin A, IU.....IU	116		0	AS	1				
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									
<b>Lipids:</b>									

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	7.541		0	NC	4				
4:0.....g	0.003	0.000	6	A	1				
6:0.....g	0.001	0.000	6	A	1				
8:0.....g	0.012	0.002	6	A	1				
10:0.....g	0.005	0.000	6	A	1				
12:0.....g	0.010	0.001	6	A	1				
13:0.....g									
14:0.....g	0.099	0.004	6	A	1				
15:0.....g	0.013	0.000	6	A	1				
16:0.....g	5.563	0.125	6	A	1				
17:0.....g	0.035	0.001	6	A	1				
18:0.....g	1.625	0.055	6	A	1				
20:0.....g	0.075	0.002	6	A	1				
22:0.....g	0.072	0.003	6	A	1				
24:0.....g	0.029	0.002	6	A	1				
Fatty acids, total monounsaturated.....g	11.816		0	NC	4				
14:1.....g	0.033	0.002	6	A	1				
15:1.....g	0.003	0.000	6	A	1				
16:1 undifferentiated.....g	1.096	0.079	6	AS	1				
16:1 c.....g	1.089	0.079	6	A	1				
16:1 t.....g	0.007	0.000	6	A	1				
17:1.....g	0.018	0.003	6	A	1				
18:1 undifferentiated.....g	10.510	0.182	6	AS	1				
18:1 c.....g	10.419	0.188	6	A	1				
18:1 t.....g	0.091	0.012	6	A	1				
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.134	0.003	6	A	1				
22:1 undifferentiated.....g	0.006	0.000	6	AS	1				
22:1 c.....g	0.006	0.000	6	A	1				
22:1 t.....g	0.000	0.000	6	A	1				
24:1 c.....g	0.016	0.001	6	A	1				
Fatty acids, total polyunsaturated.....g	14.238		0	NC	4				
18:2 undifferentiated.....g	13.425	0.284	6	AS	1				
18:2 n-6 c,c.....g	13.244	0.276	6	A	1				
18:2 CLAs.....g	0.044	0.002	6	A	1				
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.137	0.010	6	A	1				
18:3 undifferentiated.....g	0.675	0.018	6	AS	1				
18:3 n-3 c,c,c (ALA).....g	0.646	0.019	6	A	1				
18:3 n-6 c,c,c.....g	0.029	0.003	6	A	1				
18:3i.....g									
18:4.....g	0.006	0.000	6	A	1				
20:2 n-6 c,c.....g	0.026	0.001	6	A	1				
20:3 undifferentiated.....g	0.026	0.002	6	AS	1				
20:3 n-3.....g	0.001	0.000	6	A	1				
20:3 n-6.....g	0.025	0.002	6	A	1				
20:4 undifferentiated.....g	0.048	0.005	6	A	1				
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	6	A	1				
21:5.....g									
22:4.....g	0.023	0.001	6	A	1				
22:5 n-3 (DPA).....g	0.004	0.000	6	A	1				
22:6 n-3 (DHA).....g	0.002	0.000	6	A	1				
Fatty acids, total trans.....g	0.235		0	NC	4				
Fatty acids, total trans-monoenoic.....g	0.098		0	NC	4				
Fatty acids, total trans-polyenoic.....g	0.137		0	NC	4				
Cholesterol.....mg	59	2.181	12	A	1				
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.084		0	A	1				
Threonine.....g	0.362		0	A	1				
Isoleucine.....g	0.322		0	A	1				

NDB No. 21429

KFC, Fried Chicken, EXTRA CRISPY, Skin and Breeding

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
Leucine.....g	0.668		0	A					
Lysine.....g	0.475		0	A					
Methionine.....g	0.159		0	A					
Cystine.....g	0.127		0	A					
Phenylalanine.....g	0.419		0	A					
Tyrosine.....g	0.335		0	A					
Valine.....g	0.399		0	A					
Arginine.....g	0.620		0	A					
Histidine.....g	0.261		0	A					
Alanine.....g	0.624		0	A					
Aspartic acid.....g	0.744		0	A					
Glutamic acid.....g	2.562		0	A					
Glycine.....g	0.921		0	A					
Proline.....g	0.879		0	A					
Serine.....g	0.427		0	A					
Hydroxyproline.....g	0.257	0.018	4	A					

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:** 21 Fast Foods

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

NDB No. 21440

KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading

Kentucky Fried Chicken

KFC

Refuse:13% Cartilage and bone

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
<b>Proximates:</b>									
Water.....g	47.99		0	RKA	1		72.95	43.67	34.55
Energy.....kcal	309		0	RKI	6		470	281	223
Energy.....kJ	1293		0	RKI	6		1966	1177	931
Protein.....g	17.17		0	RKA	1		26.11	15.63	12.37
Total lipid (fat).....g	22.14		0	RKA	1		33.65	20.15	15.94
Ash.....g	2.41		0	RKA	1		3.66	2.19	1.73
Carbohydrate, by difference.....g	10.30		0	RKI	6		15.66	9.37	7.42
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	30		0	RKI	6		46	27	22
Iron, Fe.....mg	0.83		0	RKI	6		1.26	0.75	0.60
Magnesium, Mg.....mg	20		0	RKI	6		30	18	14
Phosphorus, P.....mg	189		0	RKI	6		288	172	136
Potassium, K.....mg	225		0	RKI	6		342	205	162
Sodium, Na.....mg	682		0	RKI	6		1036	620	491
Zinc, Zn.....mg	1.31		0	RKI	6		1.99	1.19	0.94
Copper, Cu.....mg	0.509		0	RKI	6		0.774	0.463	0.366
Manganese, Mn.....mg	0.170		0	RKI	6		0.258	0.154	0.122
Selenium, Se.....µg	20.5		0	RKI	6		31.1	18.6	14.8
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.037		0	RKI	6		0.056	0.034	0.027
Riboflavin.....mg	0.166		0	RKI	6		0.253	0.151	0.120
Niacin.....mg	4.451		0	RKI	6		6.766	4.051	3.205
Pantothenic acid.....mg	1.104		0	RKI	6		1.677	1.004	0.795
Vitamin B-6.....mg	0.215		0	RKI	6		0.326	0.195	0.155
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.45		0	RKI	6		0.69	0.41	0.33
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									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.917		0	RKI	6		7.474	4.475	3.541
4:0.....g	0.002		0	RKA	1		0.004	0.002	0.002
6:0.....g	0.001		0	RKA	1		0.001	0.001	0.001
8:0.....g	0.006		0	RKA	1		0.009	0.006	0.004
10:0.....g	0.004		0	RKA	1		0.006	0.004	0.003
12:0.....g	0.008		0	RKA	1		0.013	0.008	0.006

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	0.071		0	RKA	1	0.109	0.065	0.051	
15:0.....g	0.009		0	RKA	1	0.014	0.008	0.007	
16:0.....g	3.651		0	RKA	1	5.550	3.323	2.629	
17:0.....g	0.021		0	RKA	1	0.032	0.019	0.015	
18:0.....g	1.049		0	RKA	1	1.594	0.954	0.755	
20:0.....g	0.040		0	RKA	1	0.061	0.036	0.029	
22:0.....g	0.038		0	RKA	1	0.057	0.034	0.027	
24:0.....g	0.016		0	RKA	1	0.025	0.015	0.012	
Fatty acids, total monounsaturated.....g	7.661		0	RKI	6	11.644	6.971	5.516	
14:1.....g	0.024		0	RKA	1	0.037	0.022	0.018	
15:1.....g	0.002		0	RKA	1	0.003	0.002	0.001	
16:1 undifferentiated.....g	0.834		0	RKA	1	1.268	0.759	0.601	
16:1 c.....g	0.829		0	RKA	1	1.260	0.754	0.597	
16:1 t.....g	0.005		0	RKA	1	0.008	0.005	0.004	
17:1.....g	0.012		0	RKA	1	0.019	0.011	0.009	
18:1 undifferentiated.....g	6.690		0	RKA	1	10.169	6.088	4.817	
18:1 c.....g	6.630		0	RKA	1	10.078	6.033	4.774	
18:1 t.....g	0.060		0	RKA	1	0.091	0.055	0.043	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.083		0	RKA	1	0.126	0.076	0.060	
22:1 undifferentiated.....g	0.004		0	RKA	1	0.006	0.004	0.003	
22:1 c.....g	0.004		0	RKA	1	0.006	0.004	0.003	
22:1 t.....g	0.000		0	RKA	1	0.000	0.000	0.000	
24:1 c.....g	0.011		0	RKA	1	0.016	0.010	0.008	
Fatty acids, total polyunsaturated.....g	7.738		0	RKI	6	11.761	7.041	5.571	
18:2 undifferentiated.....g	7.231		0	RKA	1	10.991	6.580	5.206	
18:2 n-6 c,c.....g	7.132		0	RKA	1	10.841	6.490	5.135	
18:2 CLAs.....g	0.026		0	RKA	1	0.040	0.024	0.019	
18:2 t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.073		0	RKA	1	0.111	0.066	0.052	
18:3 undifferentiated.....g	0.364		0	RKA	1	0.553	0.331	0.262	
18:3 n-3 c,c,c (ALA).....g	0.342		0	RKA	1	0.520	0.311	0.246	
18:3 n-6 c,c,c.....g	0.022		0	RKA	1	0.033	0.020	0.016	
18:3i.....g									
18:4.....g	0.004		0	RKA	1	0.006	0.004	0.003	
20:2 n-6 c,c.....g	0.018		0	RKA	1	0.028	0.017	0.013	
20:3 undifferentiated.....g	0.026		0	RKA	1	0.040	0.024	0.019	
20:3 n-3.....g	0.001		0	RKA	1	0.002	0.001	0.001	
20:3 n-6.....g	0.025		0	RKA	1	0.038	0.023	0.018	
20:4 undifferentiated.....g	0.061		0	RKA	1	0.093	0.056	0.044	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002		0	RKA	1	0.004	0.002	0.002	
21:5.....g									
22:4.....g	0.021		0	RKA	1	0.032	0.019	0.015	
22:5 n-3 (DPA).....g	0.005		0	RKA	1	0.008	0.005	0.004	
22:6 n-3 (DHA).....g	0.003		0	RKA	1	0.005	0.003	0.002	
Fatty acids, total trans.....g	0.138		0	RKI	6	0.210	0.126	0.099	
Fatty acids, total trans-monoenoic.....g	0.065		0	RKI	6	0.099	0.059	0.047	
Fatty acids, total trans-polyenoic.....g	0.073		0	RKI	6	0.111	0.066	0.052	
Cholesterol.....mg	91		0	RKI	6	138	83	65	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.131		0	RKA	1	0.200	0.120	0.095	
Threonine.....g	0.567		0	RKA	1	0.861	0.516	0.408	
Isoleucine.....g	0.504		0	RKA	1	0.766	0.459	0.363	
Leucine.....g	1.047		0	RKA	1	1.592	0.953	0.754	
Lysine.....g	0.745		0	RKA	1	1.133	0.678	0.536	
Methionine.....g	0.249		0	RKA	1	0.378	0.226	0.179	
Cystine.....g	0.199		0	RKA	1	0.302	0.181	0.143	
Phenylalanine.....g	0.657		0	RKA	1	0.998	0.598	0.473	
Tyrosine.....g	0.526		0	RKA	1	0.799	0.478	0.378	

NDB No. 21440

KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading

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
Valine.....g	0.626		0	RKA	1	0.951	0.569	0.451
Arginine.....g	0.971		0	RKA	1	1.476	0.884	0.699
Histidine.....g	0.409		0	RKA	1	0.622	0.372	0.295
Alanine.....g	0.978		0	RKA	1	1.487	0.890	0.704
Aspartic acid.....g	1.167		0	RKA	1	1.773	1.062	0.840
Glutamic acid.....g	4.016		0	RKA	1	6.104	3.655	2.892
Glycine.....g	1.444		0	RKA	1	2.194	1.314	1.039
Proline.....g	1.378		0	RKA	1	2.095	1.254	0.992
Serine.....g	0.669		0	RKA	1	1.017	0.609	0.482
Hydroxyproline.....g	0.452		0	RKI	6	0.687	0.411	0.325

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 thigh, with skin

Measure 2 = 91g: 1 thigh, without skin

Measure 3 = 72g: 1 thigh, bone and skin removed

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21432

KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed

Kentucky Fried Chicken

KFC

Refuse:53% Skin, subcutaneous fat and breading, 40%; Cartilage and bone, 13%

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
<b>Proximates:</b>									
Water.....g	65.68	0.214	6	A	1		59.77	47.29	
Energy.....kcal	179		0	NC	4		163	129	
Energy.....kJ	750		0	NC	4		682	540	
Protein.....g	22.41	0.213	6	A	1		20.39	16.13	
Total lipid (fat).....g	9.96	0.293	6	A	1		9.06	7.17	
Ash.....g	1.98	0.101	6	A	1		1.80	1.43	
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	21		0	BFNN	4		19	15	
Iron, Fe.....mg	0.96		0	BFNN	4		0.88	0.69	
Magnesium, Mg.....mg	22		0	BFNN	4		20	16	
Phosphorus, P.....mg	223		0	BFNN	4		203	160	
Potassium, K.....mg	271		0	BFNN	4		247	195	
Sodium, Na.....mg	558		0	BFNN	4		508	402	
Zinc, Zn.....mg	1.90		0	BFNN	4		1.73	1.37	
Copper, Cu.....mg	0.087		0	BFNN	4		0.079	0.062	
Manganese, Mn.....mg	0.054		0	BFNN	4		0.049	0.039	
Selenium, Se.....µg	27.8		0	BFNN	4		25.3	20.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.055		0	BFPN	4		0.050	0.040	
Riboflavin.....mg	0.245		0	BFPN	4		0.223	0.177	
Niacin.....mg	5.317		0	BFPN	4		4.838	3.828	
Pantothenic acid.....mg	1.349		0	BFPN	4		1.227	0.971	
Vitamin B-6.....mg	0.288		0	BFPN	4		0.262	0.207	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.53		0	BFPN	4		0.48	0.38	
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									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.709		0	NC	4		2.465	1.950	
4:0.....g	0.002	0.000	6	A	1		0.002	0.002	
6:0.....g	0.001	0.000	6	A	1		0.001	0.001	
8:0.....g	0.001	0.000	6	A	1		0.001	0.001	
10:0.....g	0.003	0.000	6	A	1		0.003	0.002	
12:0.....g	0.007	0.001	6	A	1		0.006	0.005	

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	0.048	0.002	6	A	1	0.044	0.035		
15:0.....g	0.006	0.000	6	A	1	0.005	0.004		
16:0.....g	2.043	0.102	6	A	1	1.859	1.471		
17:0.....g	0.009	0.000	6	A	1	0.008	0.007		
18:0.....g	0.564	0.019	6	A	1	0.513	0.406		
20:0.....g	0.011	0.000	6	A	1	0.010	0.008		
22:0.....g	0.009	0.000	6	A	1	0.008	0.006		
24:0.....g	0.006	0.000	6	A	1	0.005	0.004		
Fatty acids, total monounsaturated.....g	4.164		0	NC	4	3.789	2.998		
14:1.....g	0.017	0.001	6	A	1	0.015	0.012		
15:1.....g	0.001	0.000	6	A	1	0.001	0.001		
16:1 undifferentiated.....g	0.614	0.044	6	AS	1	0.559	0.442		
16:1 c.....g	0.610	0.043	6	A	1	0.555	0.439		
16:1 t.....g	0.004	0.000	6	A	1	0.004	0.003		
17:1.....g	0.008	0.001	6	A	1	0.007	0.006		
18:1 undifferentiated.....g	3.475	0.184	6	AS	1	3.162	2.502		
18:1 c.....g	3.441	0.183	6	A	1	3.132	2.478		
18:1 t.....g	0.034	0.001	6	A	1	0.031	0.024		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.040	0.002	6	A	1	0.036	0.029		
22:1 undifferentiated.....g	0.002	0.000	6	AS	1	0.002	0.002		
22:1 c.....g	0.002	0.000	6	A	1	0.002	0.002		
22:1 t.....g	0.000	0.000	6	A	1	0.000	0.000		
24:1 c.....g	0.007	0.000	6	A	1	0.006	0.005		
Fatty acids, total polyunsaturated.....g	2.267		0	NC	4	2.063	1.632		
18:2 undifferentiated.....g	2.018	0.045	6	AS	1	1.836	1.453		
18:2 n-6 c,c.....g	1.988	0.044	6	A	1	1.809	1.431		
18:2 CLAs.....g	0.011	0.001	6	A	1	0.010	0.008		
18:2 t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.019	0.001	6	A	1	0.017	0.014		
18:3 undifferentiated.....g	0.103	0.002	6	AS	1	0.093	0.074		
18:3 n-3 c,c,c (ALA).....g	0.087	0.002	6	A	1	0.079	0.062		
18:3 n-6 c,c,c.....g	0.016	0.002	6	A	1	0.014	0.011		
18:3i.....g									
18:4.....g	0.003	0.000	6	A	1	0.002	0.002		
20:2 n-6 c,c.....g	0.012	0.000	6	A	1	0.011	0.009		
20:3 undifferentiated.....g	0.027	0.001	6	AS	1	0.024	0.019		
20:3 n-3.....g	0.001	0.000	6	A	1	0.001	0.001		
20:3 n-6.....g	0.026	0.001	6	A	1	0.023	0.018		
20:4 undifferentiated.....g	0.073	0.001	6	A	1	0.066	0.052		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	6	A	1	0.003	0.002		
21:5.....g									
22:4.....g	0.020	0.000	6	A	1	0.018	0.014		
22:5 n-3 (DPA).....g	0.006	0.000	6	A	1	0.005	0.004		
22:6 n-3 (DHA).....g	0.004	0.000	6	A	1	0.003	0.003		
Fatty acids, total trans.....g	0.057		0	NC	4	0.052	0.041		
Fatty acids, total trans-monoenoic.....g	0.038		0	NC	4	0.034	0.027		
Fatty acids, total trans-polyenoic.....g	0.019		0	NC	4	0.017	0.014		
Cholesterol.....mg	118		0	BFSN	4	107	85		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.171		0	A	1	0.156	0.123		
Threonine.....g	0.739		0	A	1	0.673	0.532		
Isoleucine.....g	0.658		0	A	1	0.599	0.474		
Leucine.....g	1.366		0	A	1	1.243	0.984		
Lysine.....g	0.972		0	A	1	0.885	0.700		
Methionine.....g	0.324		0	A	1	0.295	0.234		
Cystine.....g	0.260		0	A	1	0.236	0.187		
Phenylalanine.....g	0.857		0	A	1	0.780	0.617		
Tyrosine.....g	0.686		0	A	1	0.624	0.494		

NDB No. 21432

KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed

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
Valine.....g	0.816		0	A	1		0.743	0.588	
Arginine.....g	1.267		0	A	1		1.153	0.912	
Histidine.....g	0.534		0	A	1		0.486	0.384	
Alanine.....g	1.276		0	A	1		1.161	0.919	
Aspartic acid.....g	1.522		0	A	1		1.385	1.096	
Glutamic acid.....g	5.239		0	A	1		4.768	3.772	
Glycine.....g	1.883		0	A	1		1.714	1.356	
Proline.....g	1.798		0	A	1		1.636	1.295	
Serine.....g	0.873		0	A	1		0.794	0.628	
Hydroxyproline.....g	0.615		0	BFPN	4		0.560	0.443	

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 thigh, without skin

Measure 2 = 72g: 1 thigh, bone and skin removed

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21441

KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading

Kentucky Fried Chicken

KFC

Refuse:24% Cartilage and bone

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
<b>Proximates:</b>									
Water.....g	41.91		0	RKA	1		28.50	18.44	12.16
Energy.....kcal	337		0	RKI	6		229	148	98
Energy.....kJ	1409		0	RKI	6		958	620	409
Protein.....g	20.80		0	RKA	1		14.15	9.15	6.03
Total lipid (fat).....g	23.00		0	RKA	1		15.64	10.12	6.67
Ash.....g	2.62		0	RKA	1		1.78	1.15	0.76
Carbohydrate, by difference.....g	11.66		0	RKI	6		7.93	5.13	3.38
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	35		0	RKI	6		24	15	10
Iron, Fe.....mg	0.79		0	RKI	6		0.54	0.35	0.23
Magnesium, Mg.....mg	22		0	RKI	6		15	10	6
Phosphorus, P.....mg	192		0	RKI	6		131	84	56
Potassium, K.....mg	223		0	RKI	6		152	98	65
Sodium, Na.....mg	765		0	RKI	6		520	336	222
Zinc, Zn.....mg	1.24		0	RKI	6		0.85	0.55	0.36
Copper, Cu.....mg	0.483		0	RKI	6		0.328	0.212	0.140
Manganese, Mn.....mg	0.189		0	RKI	6		0.129	0.083	0.055
Selenium, Se.....µg	23.0		0	RKI	6		15.7	10.1	6.7
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.022		0	RKI	6		0.015	0.010	0.006
Riboflavin.....mg	0.115		0	RKI	6		0.078	0.051	0.033
Niacin.....mg	5.488		0	RKI	6		3.732	2.415	1.591
Pantothenic acid.....mg	1.028		0	RKI	6		0.699	0.452	0.298
Vitamin B-6.....mg	0.280		0	RKI	6		0.190	0.123	0.081
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.39		0	RKI	6		0.26	0.17	0.11
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									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.796		0	RKI	6		3.261	2.110	1.391
4:0.....g	0.003		0	RKA	1		0.002	0.001	0.001
6:0.....g	0.001		0	RKA	1		0.001	0.000	0.000
8:0.....g	0.007		0	RKA	1		0.005	0.003	0.002
10:0.....g	0.004		0	RKA	1		0.003	0.002	0.001
12:0.....g	0.007		0	RKA	1		0.005	0.003	0.002

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	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0.....g									
14:0.....g	0.065		0	RKA	1	0.044	0.028	0.019	
15:0.....g	0.009		0	RKA	1	0.006	0.004	0.003	
16:0.....g	3.514		0	RKA	1	2.390	1.546	1.019	
17:0.....g	0.022		0	RKA	1	0.015	0.009	0.006	
18:0.....g	1.057		0	RKA	1	0.719	0.465	0.307	
20:0.....g	0.045		0	RKA	1	0.031	0.020	0.013	
22:0.....g	0.044		0	RKA	1	0.030	0.019	0.013	
24:0.....g	0.019		0	RKA	1	0.013	0.008	0.005	
Fatty acids, total monounsaturated.....g	7.424		0	RKI	6	5.048	3.267	2.153	
14:1.....g	0.021		0	RKA	1	0.014	0.009	0.006	
15:1.....g	0.002		0	RKA	1	0.002	0.001	0.001	
16:1 undifferentiated.....g	0.721		0	RKA	1	0.491	0.317	0.209	
16:1 c.....g	0.717		0	RKA	1	0.487	0.315	0.208	
16:1 t.....g	0.005		0	RKA	1	0.003	0.002	0.001	
17:1.....g	0.014		0	RKA	1	0.010	0.006	0.004	
18:1 undifferentiated.....g	6.566		0	RKA	1	4.465	2.889	1.904	
18:1 c.....g	6.506		0	RKA	1	4.424	2.863	1.887	
18:1 t.....g	0.060		0	RKA	1	0.041	0.026	0.017	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.084		0	RKA	1	0.057	0.037	0.024	
22:1 undifferentiated.....g	0.004		0	RKA	1	0.003	0.002	0.001	
22:1 c.....g	0.004		0	RKA	1	0.003	0.002	0.001	
22:1 t.....g	0.000		0	RKA	1	0.000	0.000	0.000	
24:1 c.....g	0.011		0	RKA	1	0.007	0.005	0.003	
Fatty acids, total polyunsaturated.....g	8.570		0	RKI	6	5.828	3.771	2.485	
18:2 undifferentiated.....g	8.017		0	RKA	1	5.452	3.528	2.325	
18:2 n-6 c,c.....g	7.907		0	RKA	1	5.377	3.479	2.293	
18:2 CLAs.....g	0.027		0	RKA	1	0.019	0.012	0.008	
18:2 t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.083		0	RKA	1	0.056	0.037	0.024	
18:3 undifferentiated.....g	0.403		0	RKA	1	0.274	0.177	0.117	
18:3 n-3 c,c,c (ALA).....g	0.384		0	RKA	1	0.261	0.169	0.111	
18:3 n-6 c,c,c.....g	0.019		0	RKA	1	0.013	0.008	0.006	
18:3i.....g									
18:4.....g	0.004		0	RKA	1	0.003	0.002	0.001	
20:2 n-6 c,c.....g	0.019		0	RKA	1	0.013	0.008	0.005	
20:3 undifferentiated.....g	0.028		0	RKA	1	0.019	0.012	0.008	
20:3 n-3.....g	0.001		0	RKA	1	0.001	0.001	0.000	
20:3 n-6.....g	0.026		0	RKA	1	0.018	0.012	0.008	
20:4 undifferentiated.....g	0.062		0	RKA	1	0.042	0.027	0.018	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002		0	RKA	1	0.002	0.001	0.001	
21:5.....g									
22:4.....g	0.024		0	RKA	1	0.016	0.011	0.007	
22:5 n-3 (DPA).....g	0.006		0	RKA	1	0.004	0.003	0.002	
22:6 n-3 (DHA).....g	0.004		0	RKA	1	0.003	0.002	0.001	
Fatty acids, total trans.....g	0.148		0	RKI	6	0.101	0.065	0.043	
Fatty acids, total trans-monoenoic.....g	0.065		0	RKI	6	0.044	0.029	0.019	
Fatty acids, total trans-polyenoic.....g	0.083		0	RKI	6	0.056	0.037	0.024	
Cholesterol.....mg	107		0	RKI	6	73	47	31	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.159		0	RKA	1	0.108	0.070	0.046	
Threonine.....g	0.686		0	RKA	1	0.467	0.302	0.199	
Isoleucine.....g	0.611		0	RKA	1	0.415	0.269	0.177	
Leucine.....g	1.268		0	RKA	1	0.863	0.558	0.368	
Lysine.....g	0.903		0	RKA	1	0.614	0.397	0.262	
Methionine.....g	0.301		0	RKA	1	0.205	0.133	0.087	
Cystine.....g	0.241		0	RKA	1	0.164	0.106	0.070	
Phenylalanine.....g	0.796		0	RKA	1	0.541	0.350	0.231	
Tyrosine.....g	0.637		0	RKA	1	0.433	0.280	0.185	

NDB No. 21441

KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading

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
Valine.....g	0.758		0	RKA	1		0.515	0.334	0.220
Arginine.....g	1.177		0	RKA	1		0.800	0.518	0.341
Histidine.....g	0.496		0	RKA	1		0.337	0.218	0.144
Alanine.....g	1.185		0	RKA	1		0.806	0.521	0.344
Aspartic acid.....g	1.413		0	RKA	1		0.961	0.622	0.410
Glutamic acid.....g	4.865		0	RKA	1		3.308	2.141	1.411
Glycine.....g	1.749		0	RKA	1		1.189	0.769	0.507
Proline.....g	1.670		0	RKA	1		1.135	0.735	0.484
Serine.....g	0.810		0	RKA	1		0.551	0.357	0.235
Hydroxyproline.....g	0.552		0	RKI	6		0.375	0.243	0.160

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 = 68g: 1 wing, with skin

Measure 2 = 44g: 1 wing, without skin

Measure 3 = 29g: 1 wing, bone and skin removed

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21433

KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed

Kentucky Fried Chicken

KFC

Refuse:58% Skin, subcutaneous fat and breading, 34%; Cartilage and bone, 24%

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
<b>Proximates:</b>									
Water.....g	53.85	1.471	6	A	1		23.69	15.62	
Energy.....kcal	236		0	NC	4		104	68	
Energy.....kJ	986		0	NC	4		434	286	
Protein.....g	28.67	0.648	6	A	1		12.61	8.31	
Total lipid (fat).....g	12.13	0.668	6	A	1		5.34	3.52	
Ash.....g	2.39	0.134	6	A	1		1.05	0.69	
Carbohydrate, by difference.....g	2.97		0	NC	4		1.31	0.86	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	30		0	BFNN	4		13	9	
Iron, Fe.....mg	0.89		0	BFNN	4		0.39	0.26	
Magnesium, Mg.....mg	25		0	BFNN	4		11	7	
Phosphorus, P.....mg	226		0	BFNN	4		99	66	
Potassium, K.....mg	265		0	BFNN	4		117	77	
Sodium, Na.....mg	714		0	BFNN	4		314	207	
Zinc, Zn.....mg	1.75		0	BFNN	4		0.77	0.51	
Copper, Cu.....mg	0.061		0	BFNN	4		0.027	0.018	
Manganese, Mn.....mg	0.094		0	BFNN	4		0.041	0.027	
Selenium, Se.....µg	31.9		0	BFNN	4		14.1	9.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.028		0	BFPN	4		0.012	0.008	
Riboflavin.....mg	0.149		0	BFPN	4		0.066	0.043	
Niacin.....mg	7.136		0	BFPN	4		3.140	2.069	
Pantothenic acid.....mg	1.200		0	BFPN	4		0.528	0.348	
Vitamin B-6.....mg	0.401		0	BFPN	4		0.177	0.116	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.41		0	BFPN	4		0.18	0.12	
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									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.603		0	NC	4		1.145	0.755	
4:0.....g	0.003	0.000	6	A	1		0.001	0.001	
6:0.....g	0.001	0.000	6	A	1		0.000	0.000	
8:0.....g	0.003	0.001	6	A	1		0.001	0.001	
10:0.....g	0.004	0.001	6	A	1		0.002	0.001	
12:0.....g	0.005	0.001	6	A	1		0.002	0.001	

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	0.037	0.003	6	A	1	0.016	0.011		
15:0.....g	0.005	0.000	6	A	1	0.002	0.002		
16:0.....g	1.879	0.109	6	A	1	0.827	0.545		
17:0.....g	0.011	0.001	6	A	1	0.005	0.003		
18:0.....g	0.604	0.041	6	A	1	0.266	0.175		
20:0.....g	0.021	0.001	6	A	1	0.009	0.006		
22:0.....g	0.021	0.001	6	A	1	0.009	0.006		
24:0.....g	0.010	0.001	6	A	1	0.004	0.003		
Fatty acids, total monounsaturated.....g	3.917		0	NC	4	1.723	1.136		
14:1.....g	0.012	0.001	6	A	1	0.005	0.003		
15:1.....g	0.002	0.001	6	A	1	0.001	0.001		
16:1 undifferentiated.....g	0.422	0.018	6	AS	1	0.186	0.122		
16:1 c.....g	0.419	0.018	6	A	1	0.184	0.122		
16:1 t.....g	0.003	0.000	6	A	1	0.001	0.001		
17:1.....g	0.011	0.003	6	A	1	0.005	0.003		
18:1 undifferentiated.....g	3.416	0.180	6	AS	1	1.503	0.991		
18:1 c.....g	3.381	0.176	6	A	1	1.488	0.980		
18:1 t.....g	0.035	0.005	6	A	1	0.015	0.010		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.044	0.002	6	A	1	0.019	0.013		
22:1 undifferentiated.....g	0.003	0.000	6	AS	1	0.001	0.001		
22:1 c.....g	0.003	0.000	6	A	1	0.001	0.001		
22:1 t.....g	0.000	0.000	6	A	1	0.000	0.000		
24:1 c.....g	0.007	0.000	6	A	1	0.003	0.002		
Fatty acids, total polyunsaturated.....g	4.045		0	NC	4	1.780	1.173		
18:2 undifferentiated.....g	3.699	0.205	6	AS	1	1.628	1.073		
18:2 n-6 c,c.....g	3.645	0.200	6	A	1	1.604	1.057		
18:2 CLAs.....g	0.014	0.001	6	A	1	0.006	0.004		
18:2 t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.040	0.004	6	A	1	0.018	0.012		
18:3 undifferentiated.....g	0.186	0.012	6	AS	1	0.082	0.054		
18:3 n-3 c,c,c (ALA).....g	0.175	0.012	6	A	1	0.077	0.051		
18:3 n-6 c,c,c.....g	0.011	0.001	6	A	1	0.005	0.003		
18:3i.....g									
18:4.....g	0.002	0.000	6	A	1	0.001	0.001		
20:2 n-6 c,c.....g	0.014	0.001	6	A	1	0.006	0.004		
20:3 undifferentiated.....g	0.029	0.001	6	AS	1	0.013	0.008		
20:3 n-3.....g	0.001	0.000	6	A	1	0.001	0.000		
20:3 n-6.....g	0.028	0.001	6	A	1	0.012	0.008		
20:4 undifferentiated.....g	0.073	0.003	6	A	1	0.032	0.021		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	6	A	1	0.001	0.001		
21:5.....g									
22:4.....g	0.025	0.001	6	A	1	0.011	0.007		
22:5 n-3 (DPA).....g	0.007	0.000	6	A	1	0.003	0.002		
22:6 n-3 (DHA).....g	0.005	0.000	6	A	1	0.002	0.002		
Fatty acids, total trans.....g	0.079		0	NC	4	0.035	0.023		
Fatty acids, total trans-monoenoic.....g	0.038		0	NC	4	0.017	0.011		
Fatty acids, total trans-polyenoic.....g	0.040		0	NC	4	0.018	0.012		
Cholesterol.....mg	146		0	BFSN	4	64	42		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.219		0	A	1	0.096	0.064		
Threonine.....g	0.946		0	A	1	0.416	0.274		
Isoleucine.....g	0.841		0	A	1	0.370	0.244		
Leucine.....g	1.748		0	A	1	0.769	0.507		
Lysine.....g	1.244		0	A	1	0.547	0.361		
Methionine.....g	0.415		0	A	1	0.183	0.120		
Cystine.....g	0.332		0	A	1	0.146	0.096		
Phenylalanine.....g	1.096		0	A	1	0.482	0.318		
Tyrosine.....g	0.877		0	A	1	0.386	0.254		



NDB No. 21433

KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed

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
Valine.....g	1.044		0	A	1		0.460	0.303	
Arginine.....g	1.621		0	A	1		0.713	0.470	
Histidine.....g	0.683		0	A	1		0.300	0.198	
Alanine.....g	1.633		0	A	1		0.718	0.474	
Aspartic acid.....g	1.947		0	A	1		0.857	0.565	
Glutamic acid.....g	6.703		0	A	1		2.949	1.944	
Glycine.....g	2.410		0	A	1		1.060	0.699	
Proline.....g	2.300		0	A	1		1.012	0.667	
Serine.....g	1.117		0	A	1		0.491	0.324	
Hydroxyproline.....g	0.787		0	BFPN	4		0.346	0.228	

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 = 44g: 1 wing, without skin

Measure 2 = 29g: 1 wing, bone and skin removed

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21434

KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading

Kentucky Fried Chicken

KFC

Refuse:18% Cartilage and bone

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
<b>Proximates:</b>									
Water.....g	56.16		0	RKA	1		119.05	85.36	64.58
Energy.....kcal	231		0	RKI	6		490	351	266
Energy.....kJ	966		0	RKI	6		2048	1468	1111
Protein.....g	21.94		0	RKA	1		46.52	33.36	25.24
Total lipid (fat).....g	13.11		0	RKA	1		27.79	19.93	15.08
Ash.....g	2.51		0	RKA	1		5.32	3.81	2.88
Carbohydrate, by difference.....g	6.28		0	RKI	6		13.32	9.55	7.23
Fiber, total dietary.....g									
Sugars, total.....g	0.00		0	RKA	1		0.00	0.00	0.00
Sucrose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00		0	RKA	1		0.00	0.00	0.00
Fructose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Lactose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Maltose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Galactose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Starch.....g	5.85		0	RKA	1		12.41	8.90	6.73
<b>Minerals:</b>									
Calcium, Ca.....mg	33		0	RKA	1		70	50	38
Iron, Fe.....mg	0.60		0	RKA	1		1.28	0.92	0.69
Magnesium, Mg.....mg	25		0	RKA	1		54	38	29
Phosphorus, P.....mg	225		0	RKA	1		478	342	259
Potassium, K.....mg	267		0	RKA	1		566	406	307
Sodium, Na.....mg	606		0	RKA	1		1284	921	697
Zinc, Zn.....mg	0.81		0	RKA	1		1.72	1.23	0.93
Copper, Cu.....mg	0.054		0	RKA	1		0.114	0.081	0.062
Manganese, Mn.....mg	0.142		0	RKA	1		0.301	0.216	0.163
Selenium, Se.....µg	22.4		0	RKA	1		47.4	34.0	25.7
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.046		0	RKA	1		0.097	0.069	0.053
Riboflavin.....mg	0.116		0	RKA	1		0.246	0.176	0.133
Niacin.....mg	8.596		0	RKA	1		18.225	13.067	9.886
Pantothenic acid.....mg	1.397		0	RKA	1		2.963	2.124	1.607
Vitamin B-6.....mg	0.326		0	RKA	1		0.690	0.495	0.375
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.31		0	RKA	1		0.65	0.47	0.35
Vitamin A, RAE.....µg	17		0	RKA	1		36	26	20
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									
<b>Lipids:</b>									

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	2.981		0	RKI	6				
4:0.....g	0.003		0	RKA	1	6.319	4.531	3.428	
6:0.....g	0.001		0	RKA	1	0.006	0.004	0.003	
8:0.....g	0.002		0	RKA	1	0.002	0.001	0.001	
10:0.....g	0.004		0	RKA	1	0.004	0.003	0.002	
12:0.....g	0.006		0	RKA	1	0.008	0.006	0.004	
13:0.....g						0.012	0.009	0.007	
14:0.....g	0.047		0	RKA	1	0.100	0.072	0.055	
15:0.....g	0.007		0	RKA	1	0.014	0.010	0.007	
16:0.....g	2.239		0	RKA	1	4.747	3.404	2.575	
17:0.....g	0.012		0	RKA	1	0.026	0.019	0.014	
18:0.....g	0.614		0	RKA	1	1.301	0.933	0.706	
20:0.....g	0.020		0	RKA	1	0.043	0.031	0.023	
22:0.....g	0.019		0	RKA	1	0.040	0.029	0.022	
24:0.....g	0.008		0	RKA	1	0.017	0.013	0.009	
Fatty acids, total monounsaturated.....g	4.653		0	RKI	6	9.865	7.073	5.351	
14:1.....g	0.016		0	RKA	1	0.035	0.025	0.019	
15:1.....g	0.003		0	RKA	1	0.007	0.005	0.004	
16:1 undifferentiated.....g	0.554		0	RKA	1	1.174	0.842	0.637	
17:1.....g	0.013		0	RKA	1	0.028	0.020	0.015	
18:1 undifferentiated.....g	4.011		0	RKA	1	8.504	6.097	4.613	
20:1.....g	0.048		0	RKA	1	0.102	0.073	0.055	
22:1 undifferentiated.....g	0.003		0	RKA	1	0.006	0.004	0.003	
24:1 c.....g	0.005		0	RKA	1	0.010	0.007	0.005	
Fatty acids, total polyunsaturated.....g	4.166		0	RKI	6	8.833	6.333	4.791	
18:2 undifferentiated.....g	3.866		0	RKA	1	8.196	5.876	4.446	
18:3 undifferentiated.....g	0.189		0	RKA	1	0.400	0.287	0.217	
18:4.....g	0.003		0	RKA	1	0.006	0.004	0.003	
20:2 n-6 c,c.....g	0.013		0	RKA	1	0.027	0.019	0.015	
20:3 undifferentiated.....g	0.023		0	RKA	1	0.049	0.035	0.027	
20:4 undifferentiated.....g	0.046		0	RKA	1	0.098	0.071	0.053	
20:5 n-3 (EPA).....g	0.002		0	RKA	1	0.005	0.003	0.003	
21:5.....g									
22:4.....g	0.016		0	RKA	1	0.034	0.024	0.019	
22:5 n-3 (DPA).....g	0.004		0	RKA	1	0.009	0.007	0.005	
22:6 n-3 (DHA).....g	0.003		0	RKA	1	0.006	0.005	0.003	
Fatty acids, total trans.....g	0.078		0	RKI	6	0.166	0.119	0.090	
Cholesterol.....mg	81		0	RKA	1	172	123	93	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.166		0	RKA	1	0.351	0.252	0.190	
Threonine.....g	0.714		0	RKA	1	1.515	1.086	0.822	
Isoleucine.....g	0.636		0	RKA	1	1.348	0.966	0.731	
Leucine.....g	1.320		0	RKA	1	2.799	2.007	1.518	
Lysine.....g	0.939		0	RKA	1	1.992	1.428	1.080	
Methionine.....g	0.314		0	RKA	1	0.665	0.477	0.361	
Cystine.....g	0.251		0	RKA	1	0.532	0.381	0.289	
Phenylalanine.....g	0.828		0	RKA	1	1.756	1.259	0.952	
Tyrosine.....g	0.663		0	RKA	1	1.405	1.007	0.762	
Valine.....g	0.789		0	RKA	1	1.673	1.199	0.907	
Arginine.....g	1.225		0	RKA	1	2.596	1.861	1.408	
Histidine.....g	0.516		0	RKA	1	1.094	0.784	0.593	
Alanine.....g	1.233		0	RKA	1	2.615	1.875	1.418	
Aspartic acid.....g	1.471		0	RKA	1	3.118	2.236	1.692	
Glutamic acid.....g	5.063		0	RKA	1	10.735	7.696	5.823	
Glycine.....g	1.820		0	RKA	1	3.859	2.767	2.093	
Proline.....g	1.738		0	RKA	1	3.684	2.641	1.998	
Serine.....g	0.844		0	RKA	1	1.788	1.282	0.970	
Hydroxyproline.....g	0.633		0	RKI	6	1.341	0.962	0.727	

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. 21434**

**KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading**

**Common Measures:**

Measure 1 = 212g: 1 breast, with skin

Measure 2 = 152g: 1 breast, without skin

Measure 3 = 115g: 1 breast, bone and skin removed

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21425

KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breadding removed

Kentucky Fried Chicken

KFC

Refuse:47% Skin, subcutaneous fat and breadding, 28%; Cartilage and bone, 18%; Handling loss, 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
<b>Proximates:</b>									
Water.....g	66.44	0.241	6	A	1		100.99	76.41	
Energy.....kcal	149		0	NC	4		226	171	
Energy.....kJ	622		0	NC	4		945	715	
Protein.....g	26.89	0.362	6	A	1		40.87	30.92	
Total lipid (fat).....g	4.56	0.205	6	A	1		6.93	5.24	
Ash.....g	2.28	0.130	6	A	1		3.46	2.62	
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	25	3.463	6	A	1		38	29	
Iron, Fe.....mg	0.53	0.020	6	A	1		0.80	0.60	
Magnesium, Mg.....mg	27	0.407	6	A	1		41	31	
Phosphorus, P.....mg	255	4.964	6	A	1		388	294	
Potassium, K.....mg	285	9.554	6	A	1		434	328	
Sodium, Na.....mg	499	30.344	6	A	1		758	574	
Zinc, Zn.....mg	0.97	0.043	6	A	1		1.47	1.11	
Copper, Cu.....mg	0.063	0.005	6	A	1		0.096	0.073	
Manganese, Mn.....mg	0.042	0.003	6	A	1		0.064	0.049	
Selenium, Se.....µg	33.1	5.465	3	A	1		50.3	38.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.102	0.005	3	A	1		0.155	0.117	
Riboflavin.....mg	0.223	0.018	3	A	1		0.339	0.257	
Niacin.....mg	8.667	0.285	3	A	1		13.173	9.967	
Pantothenic acid.....mg	1.140		2	A	1		1.733	1.311	
Vitamin B-6.....mg	0.280	0.006	3	A	1		0.426	0.322	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg	93.4		1	A	1		142.0	107.5	
Betaine.....mg	10.7		1	A	1		16.2	12.3	
Vitamin B-12.....µg	0.26	0.038	3	A	1		0.40	0.30	
Vitamin A, RAE.....µg	5		0	AS	1		7	5	
Vitamin A, IU.....IU	15		0	AS	1		23	18	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.33	0.066	3	A	1		0.50	0.38	
Tocopherol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.19	0.017	3	A	1		0.28	0.21	
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
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									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.030		0	NC	4		1.565	1.184	
4:0.....g	0.008	0.000	5	A	1		0.012	0.009	
6:0.....g	0.000	0.000	5	A	1		0.000	0.000	
8:0.....g	0.000	0.000	5	A	1		0.000	0.000	

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
10:0.....g	0.017	0.002	5	A	1		0.026	0.020	
12:0.....g	0.003	0.000	5	A	1		0.005	0.004	
13:0.....g									
14:0.....g	0.018	0.001	5	A	1		0.027	0.020	
15:0.....g	0.003	0.000	5	A	1		0.005	0.004	
16:0.....g	0.716	0.052	5	A	1		1.088	0.823	
17:0.....g	0.003	0.000	5	A	1		0.005	0.004	
18:0.....g	0.247	0.012	5	A	1		0.376	0.284	
20:0.....g	0.009	0.000	5	A	1		0.013	0.010	
22:0.....g	0.004	0.000	5	A	1		0.007	0.005	
24:0.....g	0.002	0.000	5	A	1		0.003	0.002	
Fatty acids, total monounsaturated.....g	2.313		0	NC	4		3.516	2.660	
14:1.....g	0.006	0.000	5	A	1		0.009	0.007	
15:1.....g	0.000	0.000	5	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.169	0.017	5	AS	1		0.257	0.194	
16:1 c.....g	0.168	0.017	5	A	1		0.255	0.193	
16:1 t.....g	0.001	0.000	5	A	1		0.002	0.001	
17:1.....g	0.002	0.000	5	A	1		0.003	0.003	
18:1 undifferentiated.....g	1.744	0.089	5	AS	1		2.651	2.006	
18:1 c.....g	1.733	0.089	5	A	1		2.633	1.992	
18:1 t.....g	0.012	0.001	5	A	1		0.018	0.013	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.038	0.002	5	A	1		0.057	0.043	
22:1 undifferentiated.....g	0.004	0.000	5	AS	1		0.005	0.004	
22:1 c.....g	0.004	0.000	5	A	1		0.005	0.004	
22:1 t.....g									
24:1 c.....g	0.000	0.000	5	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.982		0	NC	4		1.492	1.129	
18:2 undifferentiated.....g	0.650	0.040	5	AS	1		0.988	0.747	
18:2 n-6 c,c.....g	0.642	0.040	5	A	1		0.976	0.739	
18:2 CLAs.....g	0.003	0.000	5	A	1		0.005	0.003	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.005	0.000	5	A	1		0.007	0.005	
18:3 undifferentiated.....g	0.088	0.005	5	AS	1		0.134	0.102	
18:3 n-3 c,c,c (ALA).....g	0.084	0.005	5	A	1		0.127	0.096	
18:3 n-6 c,c,c.....g	0.005	0.000	5	A	1		0.007	0.005	
18:3i.....g	0.000	0.000	5	A	1		0.000	0.000	
18:4.....g	0.000	0.000	5	A	1		0.001	0.000	
20:2 n-6 c,c.....g	0.008	0.000	5	A	1		0.012	0.009	
20:3 undifferentiated.....g	0.019	0.001	5	AS	1		0.029	0.022	
20:3 n-3.....g	0.002	0.000	5	A	1		0.003	0.002	
20:3 n-6.....g	0.017	0.001	5	A	1		0.026	0.020	
20:4 undifferentiated.....g	0.051	0.003	5	A	1		0.077	0.058	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	5	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.013	0.001	5	A	1		0.020	0.015	
22:5 n-3 (DPA).....g	0.005	0.000	5	A	1		0.007	0.005	
22:6 n-3 (DHA).....g	0.003	0.000	5	A	1		0.005	0.004	
Fatty acids, total trans.....g	0.017		0	NC	4		0.026	0.020	
Fatty acids, total trans-monoenoic.....g	0.013		0	NC	4		0.019	0.015	
Fatty acids, total trans-polyenoic.....g	0.005		0	NC	4		0.007	0.005	
Cholesterol.....mg	96	6.158	3	A	1		146	111	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.206		0	A	1		0.312	0.236	
Threonine.....g	0.887		0	A	1		1.348	1.020	
Isoleucine.....g	0.789		0	A	1		1.200	0.908	
Leucine.....g	1.639		0	A	1		2.492	1.885	
Lysine.....g	1.166		0	A	1		1.773	1.341	
Methionine.....g	0.389		0	A	1		0.592	0.448	
Cystine.....g	0.311		0	A	1		0.473	0.358	

NDB No. 21425

KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed

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			
Phenylalanine.....g	1.028		0	A	1	1.563	1.182	
Tyrosine.....g	0.823		0	A	1	1.251	0.946	
Valine.....g	0.980		0	A	1	1.489	1.127	
Arginine.....g	1.520		0	A	1	2.311	1.748	
Histidine.....g	0.640		0	A	1	0.974	0.737	
Alanine.....g	1.531		0	A	1	2.328	1.761	
Aspartic acid.....g	1.826		0	A	1	2.776	2.100	
Glutamic acid.....g	6.287		0	A	1	9.556	7.230	
Glycine.....g	2.260		0	A	1	3.435	2.599	
Proline.....g	2.158		0	A	1	3.279	2.481	
Serine.....g	1.047		0	A	1	1.592	1.204	
Hydroxyproline.....g	0.704		0	BFPN	4	1.070	0.809	

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 breast without skin

Measure 2 = 115g: 1 breast bone and skin removed

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21435

KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading

Kentucky Fried Chicken

KFC

Refuse:24% Cartilage and bone

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
<b>Proximates:</b>									
Water.....g	55.60		0	RKA	1		41.70	31.69	22.24
Energy.....kcal	239		0	RKI	6		179	136	95
Energy.....kJ	999		0	RKI	6		749	569	400
Protein.....g	22.30		0	RKA	1		16.72	12.71	8.92
Total lipid (fat).....g	14.22		0	RKA	1		10.67	8.11	5.69
Ash.....g	2.49		0	RKA	1		1.87	1.42	1.00
Carbohydrate, by difference.....g	5.39		0	RKI	6		4.04	3.07	2.15
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	29		0	RKA	1		22	17	12
Iron, Fe.....mg	0.97		0	RKA	1		0.73	0.55	0.39
Magnesium, Mg.....mg	23		0	RKA	1		17	13	9
Phosphorus, P.....mg	211		0	RKA	1		158	120	84
Potassium, K.....mg	250		0	RKA	1		188	143	100
Sodium, Na.....mg	625		0	RKA	1		469	356	250
Zinc, Zn.....mg	1.96		0	RKA	1		1.47	1.12	0.78
Copper, Cu.....mg	0.080		0	RKA	1		0.060	0.046	0.032
Manganese, Mn.....mg	0.135		0	RKA	1		0.101	0.077	0.054
Selenium, Se.....µg	25.5		0	RKA	1		19.2	14.6	10.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.041		0	RKA	1		0.031	0.023	0.016
Riboflavin.....mg	0.213		0	RKA	1		0.160	0.121	0.085
Niacin.....mg	4.993		0	RKA	1		3.745	2.846	1.997
Pantothenic acid.....mg	1.202		0	RKA	1		0.902	0.685	0.481
Vitamin B-6.....mg	0.221		0	RKA	1		0.166	0.126	0.088
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.54		0	RKA	1		0.41	0.31	0.22
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									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.240		0	RKI	6		2.430	1.847	1.296
4:0.....g	0.002		0	RKA	1		0.002	0.001	0.001
6:0.....g	0.001		0	RKA	1		0.001	0.000	0.000
8:0.....g	0.002		0	RKA	1		0.001	0.001	0.001
10:0.....g	0.003		0	RKA	1		0.003	0.002	0.001
12:0.....g	0.006		0	RKA	1		0.005	0.004	0.003



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
13:0.....g									
14:0.....g	0.051		0	RKA	1	0.039	0.029	0.021	
15:0.....g	0.007		0	RKA	1	0.005	0.004	0.003	
16:0.....g	2.423		0	RKA	1	1.817	1.381	0.969	
17:0.....g	0.013		0	RKA	1	0.010	0.007	0.005	
18:0.....g	0.681		0	RKA	1	0.511	0.388	0.273	
20:0.....g	0.021		0	RKA	1	0.016	0.012	0.008	
22:0.....g	0.020		0	RKA	1	0.015	0.011	0.008	
24:0.....g	0.009		0	RKA	1	0.007	0.005	0.004	
Fatty acids, total monounsaturated.....g	5.115		0	RKI	6	3.836	2.916	2.046	
14:1.....g	0.019		0	RKA	1	0.014	0.011	0.008	
15:1.....g	0.003		0	RKA	1	0.002	0.002	0.001	
16:1 undifferentiated.....g	0.667		0	RKA	1	0.500	0.380	0.267	
16:1 c.....g	0.663		0	RKA	1	0.497	0.378	0.265	
16:1 t.....g	0.004		0	RKA	1	0.003	0.003	0.002	
17:1.....g	0.012		0	RKA	1	0.009	0.007	0.005	
18:1 undifferentiated.....g	4.354		0	RKA	1	3.265	2.482	1.741	
18:1 c.....g	4.317		0	RKA	1	3.237	2.460	1.727	
18:1 t.....g	0.037		0	RKA	1	0.028	0.021	0.015	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.051		0	RKA	1	0.038	0.029	0.020	
22:1 undifferentiated.....g	0.003		0	RKA	1	0.002	0.002	0.001	
22:1 c.....g	0.003		0	RKA	1	0.002	0.002	0.001	
22:1 t.....g	0.000		0	RKA	1	0.000	0.000	0.000	
24:1 c.....g	0.006		0	RKA	1	0.005	0.004	0.003	
Fatty acids, total polyunsaturated.....g	4.290		0	RKI	6	3.218	2.445	1.716	
18:2 undifferentiated.....g	3.940		0	RKA	1	2.955	2.246	1.576	
18:2 n-6 c,c.....g	3.885		0	RKA	1	2.914	2.215	1.554	
18:2 CLAs.....g	0.015		0	RKA	1	0.012	0.009	0.006	
18:2 t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.039		0	RKA	1	0.029	0.022	0.016	
18:3 undifferentiated.....g	0.192		0	RKA	1	0.144	0.110	0.077	
18:3 n-3 c,c,c (ALA).....g	0.176		0	RKA	1	0.132	0.100	0.070	
18:3 n-6 c,c,c.....g	0.017		0	RKA	1	0.013	0.010	0.007	
18:3i.....g									
18:4.....g	0.003		0	RKA	1	0.002	0.002	0.001	
20:2 n-6 c,c.....g	0.014		0	RKA	1	0.010	0.008	0.006	
20:3 undifferentiated.....g	0.027		0	RKA	1	0.021	0.016	0.011	
20:3 n-3.....g	0.001		0	RKA	1	0.001	0.001	0.000	
20:3 n-6.....g	0.026		0	RKA	1	0.020	0.015	0.011	
20:4 undifferentiated.....g	0.076		0	RKA	1	0.057	0.043	0.030	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003		0	RKA	1	0.002	0.002	0.001	
21:5.....g									
22:4.....g	0.023		0	RKA	1	0.018	0.013	0.009	
22:5 n-3 (DPA).....g	0.006		0	RKA	1	0.005	0.004	0.003	
22:6 n-3 (DHA).....g	0.004		0	RKA	1	0.003	0.002	0.002	
Fatty acids, total trans.....g	0.081		0	RKI	6	0.061	0.046	0.032	
Fatty acids, total trans-monoenoic.....g	0.041		0	RKI	6	0.031	0.024	0.017	
Fatty acids, total trans-polyenoic.....g	0.039		0	RKI	6	0.029	0.022	0.016	
Cholesterol.....mg	117		0	RKA	1	88	67	47	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.169		0	RKA	1	0.126	0.096	0.067	
Threonine.....g	0.727		0	RKA	1	0.546	0.415	0.291	
Isoleucine.....g	0.647		0	RKA	1	0.485	0.369	0.259	
Leucine.....g	1.344		0	RKA	1	1.008	0.766	0.538	
Lysine.....g	0.957		0	RKA	1	0.717	0.545	0.383	
Methionine.....g	0.319		0	RKA	1	0.239	0.182	0.128	
Cystine.....g	0.255		0	RKA	1	0.192	0.146	0.102	
Phenylalanine.....g	0.843		0	RKA	1	0.632	0.481	0.337	
Tyrosine.....g	0.675		0	RKA	1	0.506	0.385	0.270	

NDB No. 21435

KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading

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	0.803		0	RKA	1	0.603	0.458	0.321
Arginine.....g	1.247		0	RKA	1	0.935	0.711	0.499
Histidine.....g	0.525		0	RKA	1	0.394	0.299	0.210
Alanine.....g	1.256		0	RKA	1	0.942	0.716	0.502
Aspartic acid.....g	1.498		0	RKA	1	1.123	0.854	0.599
Glutamic acid.....g	5.156		0	RKA	1	3.867	2.939	2.062
Glycine.....g	1.853		0	RKA	1	1.390	1.056	0.741
Proline.....g	1.769		0	RKA	1	1.327	1.009	0.708
Serine.....g	0.859		0	RKA	1	0.644	0.490	0.344
Hydroxyproline.....g	0.605		0	RKI	6	0.454	0.345	0.242

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 = 75g: 1 drumstick, with skin
- Measure 2 = 57g: 1 drumstick, without skin
- Measure 3 = 40g: 1 drumstick, bone and skin removed

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21426

KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed

Kentucky Fried Chicken

KFC

Refuse:47% Skin, subcutaneous fat and breading, 23%; Cartilage and bone, 24%

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
<b>Proximates:</b>									
Water.....g	63.77	0.276	6	A	1		25.51	36.35	
Energy.....kcal	175		0	NC	4		70	99	
Energy.....kJ	730		0	NC	4		292	416	
Protein.....g	26.30	0.302	6	A	1		10.52	14.99	
Total lipid (fat).....g	7.66	0.163	6	A	1		3.06	4.36	
Ash.....g	2.16	0.087	6	A	1		0.87	1.23	
Carbohydrate, by difference.....g	0.11		0	NC	4		0.05	0.06	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	16	1.171	6	A	1		7	9	
Iron, Fe.....mg	1.04	0.040	6	A	1		0.42	0.60	
Magnesium, Mg.....mg	23	0.504	6	A	1		9	13	
Phosphorus, P.....mg	223	2.565	6	A	1		89	127	
Potassium, K.....mg	273	5.712	6	A	1		109	156	
Sodium, Na.....mg	524	38.053	6	A	1		210	299	
Zinc, Zn.....mg	2.50	0.094	6	A	1		1.00	1.42	
Copper, Cu.....mg	0.083	0.003	6	A	1		0.033	0.048	
Manganese, Mn.....mg	0.056	0.004	6	A	1		0.022	0.032	
Selenium, Se.....µg	30.9	4.249	6	A	1		12.3	17.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.050	0.000	4	A	1		0.020	0.029	
Riboflavin.....mg	0.264	0.006	4	A	1		0.105	0.150	
Niacin.....mg	5.277	0.210	4	A	1		2.111	3.008	
Pantothenic acid.....mg	1.300	0.071	4	A	1		0.520	0.741	
Vitamin B-6.....mg	0.248	0.037	4	A	1		0.099	0.141	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.64	0.029	4	A	1		0.25	0.36	
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									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.838		0	NC	4		0.735	1.048	
4:0.....g	0.002	0.000	6	A	1		0.001	0.001	
6:0.....g	0.001	0.000	6	A	1		0.000	0.000	
8:0.....g	0.001	0.000	6	A	1		0.000	0.000	
10:0.....g	0.003	0.000	6	A	1		0.001	0.002	
12:0.....g	0.004	0.001	6	A	1		0.002	0.002	

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	0.030	0.001	6	A	1	0.012	0.017		
15:0.....g	0.004	0.000	6	A	1	0.002	0.002		
16:0.....g	1.336	0.028	6	A	1	0.534	0.762		
17:0.....g	0.007	0.000	6	A	1	0.003	0.004		
18:0.....g	0.426	0.011	6	A	1	0.170	0.243		
20:0.....g	0.010	0.001	6	A	1	0.004	0.006		
22:0.....g	0.010	0.000	6	A	1	0.004	0.006		
24:0.....g	0.005	0.000	6	A	1	0.002	0.003		
Fatty acids, total monounsaturated.....g	2.816		0	NC	4	1.126	1.605		
14:1.....g	0.011	0.001	6	A	1	0.004	0.006		
15:1.....g	0.002	0.000	6	A	1	0.001	0.001		
16:1 undifferentiated.....g	0.415	0.020	6	AS	1	0.166	0.236		
16:1 c.....g	0.412	0.020	6	A	1	0.165	0.235		
16:1 t.....g	0.003	0.000	6	A	1	0.001	0.002		
17:1.....g	0.009	0.003	6	A	1	0.004	0.005		
18:1 undifferentiated.....g	2.343	0.047	6	AS	1	0.937	1.335		
18:1 c.....g	2.319	0.046	6	A	1	0.928	1.322		
18:1 t.....g	0.023	0.001	6	A	1	0.009	0.013		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.028	0.001	6	A	1	0.011	0.016		
22:1 undifferentiated.....g	0.003	0.000	6	AS	1	0.001	0.001		
22:1 c.....g	0.002	0.000	6	A	1	0.001	0.001		
22:1 t.....g	0.000	0.000	6	A	1	0.000	0.000		
24:1 c.....g	0.007	0.000	6	A	1	0.003	0.004		
Fatty acids, total polyunsaturated.....g	1.963		0	NC	4	0.785	1.119		
18:2 undifferentiated.....g	1.721	0.096	6	AS	1	0.688	0.981		
18:2 n-6 c,c.....g	1.694	0.095	6	A	1	0.678	0.966		
18:2 CLAs.....g	0.009	0.000	6	A	1	0.003	0.005		
18:2 t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.018	0.001	6	A	1	0.007	0.010		
18:3 undifferentiated.....g	0.083	0.004	6	AS	1	0.033	0.047		
18:3 n-3 c,c,c (ALA).....g	0.073	0.004	6	A	1	0.029	0.042		
18:3 n-6 c,c,c.....g	0.010	0.001	6	A	1	0.004	0.006		
18:3i.....g									
18:4.....g	0.002	0.000	6	A	1	0.001	0.001		
20:2 n-6 c,c.....g	0.010	0.000	6	A	1	0.004	0.006		
20:3 undifferentiated.....g	0.026	0.000	6	AS	1	0.010	0.015		
20:3 n-3.....g	0.001	0.000	6	A	1	0.000	0.001		
20:3 n-6.....g	0.025	0.000	6	A	1	0.010	0.014		
20:4 undifferentiated.....g	0.083	0.003	6	A	1	0.033	0.047		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	6	A	1	0.001	0.002		
21:5.....g									
22:4.....g	0.024	0.001	6	A	1	0.010	0.014		
22:5 n-3 (DPA).....g	0.007	0.000	6	A	1	0.003	0.004		
22:6 n-3 (DHA).....g	0.005	0.000	6	A	1	0.002	0.003		
Fatty acids, total trans.....g	0.044		0	NC	4	0.018	0.025		
Fatty acids, total trans-monoenoic.....g	0.026		0	NC	4	0.011	0.015		
Fatty acids, total trans-polyenoic.....g	0.018		0	NC	4	0.007	0.010		
Cholesterol.....mg	137		3.110	6	A	1	55	78	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.201		0	A	1	0.080	0.115		
Threonine.....g	0.868		0	A	1	0.347	0.495		
Isoleucine.....g	0.772		0	A	1	0.309	0.440		
Leucine.....g	1.604		0	A	1	0.641	0.914		
Lysine.....g	1.141		0	A	1	0.456	0.650		
Methionine.....g	0.381		0	A	1	0.152	0.217		
Cystine.....g	0.305		0	A	1	0.122	0.174		
Phenylalanine.....g	1.006		0	A	1	0.402	0.573		
Tyrosine.....g	0.805		0	A	1	0.322	0.459		

NDB No. 21426

KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed

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	0.958		0	A	1	0.383	0.546	
Arginine.....g	1.487		0	A	1	0.595	0.848	
Histidine.....g	0.627		0	A	1	0.251	0.357	
Alanine.....g	1.498		0	A	1	0.599	0.854	
Aspartic acid.....g	1.787		0	A	1	0.715	1.018	
Glutamic acid.....g	6.150		0	A	1	2.460	3.506	
Glycine.....g	2.211		0	A	1	0.884	1.260	
Proline.....g	2.111		0	A	1	0.844	1.203	
Serine.....g	1.025		0	A	1	0.410	0.584	
Hydroxyproline.....g	0.705		0	BFPN	4	0.282	0.402	

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 = 40g: 1 drumstick, bone and skin removed

Measure 2 = 57g: 1 drumstick, without skin

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.343		0	NC					4
4:0.....g	0.000	0.000	5	A					1
6:0.....g	0.000	0.000	5	A					1
8:0.....g	0.007	0.001	5	A					1
10:0.....g	0.010	0.001	5	A					1
12:0.....g	0.013	0.002	5	A					1
13:0.....g									
14:0.....g	0.147	0.040	5	A					1
15:0.....g	0.021	0.007	5	A					1
16:0.....g	4.427	0.242	5	A					1
17:0.....g	0.044	0.021	5	A					1
18:0.....g	1.524	0.208	5	A					1
20:0.....g	0.079	0.005	5	A					1
22:0.....g	0.051	0.004	5	A					1
24:0.....g	0.021	0.002	5	A					1
Fatty acids, total monounsaturated.....g	14.448		0	NC					4
14:1.....g	0.045	0.010	5	A					1
15:1.....g	0.000	0.000	5	A					1
16:1 undifferentiated.....g	1.110	0.030	5	AS					1
16:1 c.....g	1.098	0.028	5	A					1
16:1 t.....g	0.013	0.006	5	A					1
17:1.....g	0.031	0.011	5	A					1
18:1 undifferentiated.....g	12.926	0.418	5	AS					1
18:1 c.....g	12.771	0.422	5	A					1
18:1 t.....g	0.156	0.076	5	A					1
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.280	0.015	5	A					1
22:1 undifferentiated.....g	0.034	0.005	5	AS					1
22:1 c.....g	0.034	0.005	5	A					1
22:1 t.....g	0.000	0.000	5	A					1
24:1 c.....g	0.022	0.002	5	A					1
Fatty acids, total polyunsaturated.....g	5.375		0	NC					4
18:2 undifferentiated.....g	4.415	0.245	5	AS					1
18:2 n-6 c,c.....g	4.343	0.252	5	A					1
18:2 CLAs.....g	0.027	0.006	5	A					1
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.045	0.008	5	A					1
18:3 undifferentiated.....g	0.809	0.056	5	AS					1
18:3 n-3 c,c,c (ALA).....g	0.764	0.052	5	A					1
18:3 n-6 c,c,c.....g	0.045	0.005	5	A					1
18:3i.....g	0.000	0.000	5	A					1
18:4.....g	0.003	0.001	5	A					1
20:2 n-6 c,c.....g	0.023	0.001	5	A					1
20:3 undifferentiated.....g	0.030	0.001	5	AS					1
20:3 n-3.....g	0.002	0.000	5	A					1
20:3 n-6.....g	0.029	0.001	5	A					1
20:4 undifferentiated.....g	0.065	0.005	5	A					1
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	5	A					1
21:5.....g									
22:4.....g	0.015	0.001	5	A					1
22:5 n-3 (DPA).....g	0.006	0.000	5	A					1
22:6 n-3 (DHA).....g	0.003	0.000	5	A					1
Fatty acids, total trans.....g	0.214		0	NC					4
Fatty acids, total trans-monoenoic.....g	0.168		0	NC					4
Fatty acids, total trans-polyenoic.....g	0.045		0	NC					4
Cholesterol.....mg	82	9.287	3	A					1
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.108		0	A					1
Threonine.....g	0.467		0	A					1

NDB No. 21424

KFC, Fried Chicken, ORIGINAL RECIPE, Skin and Breeding

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	0.416		0	A	1			
Leucine.....g	0.864		0	A	1			
Lysine.....g	0.615		0	A	1			
Methionine.....g	0.205		0	A	1			
Cystine.....g	0.164		0	A	1			
Phenylalanine.....g	0.542		0	A	1			
Tyrosine.....g	0.434		0	A	1			
Valine.....g	0.516		0	A	1			
Arginine.....g	0.801		0	A	1			
Histidine.....g	0.337		0	A	1			
Alanine.....g	0.807		0	A	1			
Aspartic acid.....g	0.962		0	A	1			
Glutamic acid.....g	3.313		0	A	1			
Glycine.....g	1.191		0	A	1			
Proline.....g	1.137		0	A	1			
Serine.....g	0.552		0	A	1			
Hydroxyproline.....g	0.371		0	BFPN	4			

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:** 21 Fast Foods

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.123		0	RKI	6		5.567	3.546	2.474
4:0.....g	0.000		0	RKA	1		0.000	0.000	0.000
6:0.....g	0.000		0	RKA	1		0.000	0.000	0.000
8:0.....g	0.003		0	RKA	1		0.005	0.003	0.002
10:0.....g	0.006		0	RKA	1		0.008	0.005	0.003
12:0.....g	0.008		0	RKA	1		0.011	0.007	0.005
13:0.....g									
14:0.....g	0.090		0	RKA	1		0.121	0.077	0.054
15:0.....g	0.012		0	RKA	1		0.017	0.011	0.007
16:0.....g	2.934		0	RKA	1		3.960	2.523	1.760
17:0.....g	0.024		0	RKA	1		0.032	0.020	0.014
18:0.....g	0.963		0	RKA	1		1.300	0.828	0.578
20:0.....g	0.043		0	RKA	1		0.057	0.037	0.026
22:0.....g	0.029		0	RKA	1		0.039	0.025	0.017
24:0.....g	0.013		0	RKA	1		0.017	0.011	0.008
Fatty acids, total monounsaturated.....g	8.608		0	RKI	6		11.621	7.403	5.165
14:1.....g	0.028		0	RKA	1		0.038	0.024	0.017
15:1.....g	0.000		0	RKA	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.753		0	RKA	1		1.017	0.648	0.452
17:1.....g	0.017		0	RKA	1		0.023	0.015	0.010
18:1 undifferentiated.....g	7.618		0	RKA	1		10.285	6.552	4.571
20:1.....g	0.160		0	RKA	1		0.216	0.138	0.096
22:1 undifferentiated.....g	0.018		0	RKA	1		0.024	0.015	0.011
24:1 c.....g	0.013		0	RKA	1		0.018	0.011	0.008
Fatty acids, total polyunsaturated.....g	3.277		0	RKI	6		4.424	2.818	1.966
18:2 undifferentiated.....g	2.708		0	RKA	1		3.656	2.329	1.625
18:3 undifferentiated.....g	0.426		0	RKA	1		0.575	0.366	0.256
18:4.....g	0.002		0	RKA	1		0.002	0.001	0.001
20:2 n-6 c,c.....g	0.016		0	RKA	1		0.021	0.014	0.010
20:3 undifferentiated.....g	0.027		0	RKA	1		0.036	0.023	0.016
20:4 undifferentiated.....g	0.069		0	RKA	1		0.093	0.059	0.041
20:5 n-3 (EPA).....g	0.002		0	RKA	1		0.003	0.002	0.001
21:5.....g									
22:4.....g	0.017		0	RKA	1		0.023	0.014	0.010
22:5 n-3 (DPA).....g	0.006		0	RKA	1		0.008	0.005	0.004
22:6 n-3 (DHA).....g	0.003		0	RKA	1		0.004	0.003	0.002
Fatty acids, total trans.....g	0.119		0	RKI	6		0.161	0.103	0.072
Cholesterol.....mg	104		0	RKA	1		141	90	63
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.145		0	RKA	1		0.195	0.124	0.087
Threonine.....g	0.624		0	RKA	1		0.842	0.536	0.374
Isoleucine.....g	0.555		0	RKA	1		0.749	0.477	0.333
Leucine.....g	1.153		0	RKA	1		1.556	0.991	0.692
Lysine.....g	0.820		0	RKA	1		1.107	0.705	0.492
Methionine.....g	0.274		0	RKA	1		0.370	0.235	0.164
Cystine.....g	0.219		0	RKA	1		0.296	0.188	0.131
Phenylalanine.....g	0.723		0	RKA	1		0.976	0.622	0.434
Tyrosine.....g	0.579		0	RKA	1		0.781	0.498	0.347
Valine.....g	0.689		0	RKA	1		0.930	0.592	0.413
Arginine.....g	1.069		0	RKA	1		1.443	0.919	0.641
Histidine.....g	0.450		0	RKA	1		0.608	0.387	0.270
Alanine.....g	1.077		0	RKA	1		1.454	0.926	0.646
Aspartic acid.....g	1.284		0	RKA	1		1.734	1.104	0.770
Glutamic acid.....g	4.420		0	RKA	1		5.968	3.802	2.652
Glycine.....g	1.589		0	RKA	1		2.145	1.367	0.953
Proline.....g	1.517		0	RKA	1		2.048	1.305	0.910
Serine.....g	0.736		0	RKA	1		0.994	0.633	0.442
Hydroxyproline.....g	0.495		0	RKI	6		0.668	0.426	0.297

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. 21436

KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading

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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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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food, or similar food.

**Common Measures:**

Measure 1 = 135g: 1 thigh, with skin

Measure 2 = 86g: 1 thigh, without skin

Measure 3 = 60g: 1 thigh, bone and skin removed

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21427

KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed

Kentucky Fried Chicken

KFC

Refuse:56% Skin, subcutaneous fat and breading, 36%; Cartilage and bone, 19%; Handling loss, 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
<b>Proximates:</b>									
Water.....g	65.65	0.282	6	A	1		56.46	39.39	
Energy.....kcal	175		0	NC	4		150	105	
Energy.....kJ	732		0	NC	4		630	439	
Protein.....g	22.78	0.455	6	A	1		19.59	13.67	
Total lipid (fat).....g	9.31	0.321	6	A	1		8.00	5.58	
Ash.....g	2.25	0.128	6	A	1		1.94	1.35	
Carbohydrate, by difference.....g	0.01		0	NC	4		0.01	0.00	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	20	2.324	6	A	1		17	12	
Iron, Fe.....mg	0.87	0.026	6	A	1		0.75	0.52	
Magnesium, Mg.....mg	20	0.304	6	A	1		17	12	
Phosphorus, P.....mg	213	6.097	6	A	1		183	128	
Potassium, K.....mg	230	2.028	6	A	1		198	138	
Sodium, Na.....mg	568	45.106	6	A	1		488	341	
Zinc, Zn.....mg	1.91	0.046	6	A	1		1.64	1.14	
Copper, Cu.....mg	0.082	0.005	6	A	1		0.070	0.049	
Manganese, Mn.....mg	0.050	0.005	6	A	1		0.043	0.030	
Selenium, Se.....µg	28.7	4.092	3	A	1		24.7	17.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.089	0.004	3	A	1		0.076	0.053	
Riboflavin.....mg	0.310	0.010	3	A	1		0.267	0.186	
Niacin.....mg	5.610	0.303	3	A	1		4.825	3.366	
Pantothenic acid.....mg	1.050		2	A	1		0.903	0.630	
Vitamin B-6.....mg	0.137	0.003	3	A	1		0.118	0.082	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg	117.3		1	A	1		100.9	70.4	
Betaine.....mg	12.7		1	A	1		10.9	7.6	
Vitamin B-12.....µg	0.47	0.151	3	A	1		0.40	0.28	
Vitamin A, RAE.....µg	11		0	AS	1		9	7	
Vitamin A, IU.....IU	37		0	AS	1		32	22	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.41	0.034	3	A	1		0.35	0.25	
Tocopherol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.21	0.002	3	A	1		0.18	0.13	
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.03	0.017	3	A	1		0.03	0.02	
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									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.308		0	NC	4		1.984	1.385	
4:0.....g	0.000	0.000	6	A	1		0.000	0.000	
6:0.....g	0.000	0.000	6	A	1		0.000	0.000	
8:0.....g	0.000	0.000	6	A	1		0.000	0.000	

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
10:0.....g	0.002	0.001	6	A	1		0.002	0.001	
12:0.....g	0.004	0.001	6	A	1		0.003	0.002	
13:0.....g									
14:0.....g	0.043	0.001	6	A	1		0.037	0.026	
15:0.....g	0.006	0.000	6	A	1		0.005	0.003	
16:0.....g	1.712	0.059	6	A	1		1.472	1.027	
17:0.....g	0.008	0.000	6	A	1		0.007	0.005	
18:0.....g	0.504	0.012	6	A	1		0.434	0.302	
20:0.....g	0.013	0.001	6	A	1		0.011	0.008	
22:0.....g	0.010	0.002	6	A	1		0.009	0.006	
24:0.....g	0.006	0.001	6	A	1		0.005	0.003	
Fatty acids, total monounsaturated.....g	3.830		0	NC	4		3.294	2.298	
14:1.....g	0.014	0.000	6	A	1		0.012	0.008	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.461	0.018	6	AS	1		0.397	0.277	
16:1 c.....g	0.459	0.018	6	A	1		0.395	0.275	
16:1 t.....g	0.003	0.000	6	A	1		0.002	0.002	
17:1.....g	0.006	0.000	6	A	1		0.005	0.004	
18:1 undifferentiated.....g	3.276	0.118	6	AS	1		2.817	1.965	
18:1 c.....g	3.248	0.118	6	A	1		2.793	1.949	
18:1 t.....g	0.028	0.001	6	A	1		0.024	0.017	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.063	0.002	6	A	1		0.054	0.038	
22:1 undifferentiated.....g	0.005	0.000	6	AS	1		0.004	0.003	
22:1 c.....g	0.005	0.000	6	A	1		0.004	0.003	
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.006	0.001	6	A	1		0.005	0.004	
Fatty acids, total polyunsaturated.....g	1.561		0	NC	4		1.342	0.936	
18:2 undifferentiated.....g	1.312	0.048	6	AS	1		1.128	0.787	
18:2 n-6 c,c.....g	1.293	0.048	6	A	1		1.112	0.776	
18:2 CLAs.....g	0.007	0.000	6	A	1		0.006	0.004	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.012	0.000	6	A	1		0.010	0.007	
18:3 undifferentiated.....g	0.113	0.006	6	AS	1		0.097	0.068	
18:3 n-3 c,c,c (ALA).....g	0.108	0.006	6	A	1		0.093	0.065	
18:3 n-6 c,c,c.....g	0.005	0.000	6	A	1		0.004	0.003	
18:3i.....g	0.000	0.000	6	A	1		0.000	0.000	
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.010	0.000	6	A	1		0.009	0.006	
20:3 undifferentiated.....g	0.024	0.001	6	AS	1		0.021	0.014	
20:3 n-3.....g	0.001	0.000	6	A	1		0.001	0.000	
20:3 n-6.....g	0.023	0.001	6	A	1		0.020	0.014	
20:4 undifferentiated.....g	0.072	0.001	6	A	1		0.062	0.043	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	6	A	1		0.002	0.001	
21:5.....g									
22:4.....g	0.018	0.001	6	A	1		0.015	0.011	
22:5 n-3 (DPA).....g	0.006	0.000	6	A	1		0.005	0.004	
22:6 n-3 (DHA).....g	0.004	0.000	6	A	1		0.003	0.002	
Fatty acids, total trans.....g	0.042		0	NC	4		0.036	0.025	
Fatty acids, total trans-monoenoic.....g	0.030		0	NC	4		0.026	0.018	
Fatty acids, total trans-polyenoic.....g	0.012		0	NC	4		0.010	0.007	
Cholesterol.....mg	122	4.070	3	A	1		105	73	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.174		0	A	1		0.150	0.105	
Threonine.....g	0.752		0	A	1		0.646	0.451	
Isoleucine.....g	0.669		0	A	1		0.575	0.401	
Leucine.....g	1.389		0	A	1		1.195	0.833	
Lysine.....g	0.988		0	A	1		0.850	0.593	
Methionine.....g	0.330		0	A	1		0.284	0.198	
Cystine.....g	0.264		0	A	1		0.227	0.158	

NDB No. 21427

KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed

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
Phenylalanine.....g	0.871		0	A	1		0.749	0.523	
Tyrosine.....g	0.697		0	A	1		0.600	0.418	
Valine.....g	0.830		0	A	1		0.714	0.498	
Arginine.....g	1.288		0	A	1		1.108	0.773	
Histidine.....g	0.543		0	A	1		0.467	0.326	
Alanine.....g	1.298		0	A	1		1.116	0.779	
Aspartic acid.....g	1.547		0	A	1		1.331	0.928	
Glutamic acid.....g	5.327		0	A	1		4.581	3.196	
Glycine.....g	1.915		0	A	1		1.647	1.149	
Proline.....g	1.828		0	A	1		1.572	1.097	
Serine.....g	0.887		0	A	1		0.763	0.532	
Hydroxyproline.....g	0.596		0	BFPN	4		0.513	0.358	

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 = 86g: 1 thigh without skin

Measure 2 = 60g: 1 thigh bone and skin removed

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21437

KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading

Kentucky Fried Chicken

KFC

Refuse:26% Cartilage and bone

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
<b>Proximates:</b>									
Water.....g	46.40		0	RKA	1		27.84	18.10	10.67
Energy.....kcal	297		0	RKI	6		178	116	68
Energy.....kJ	1241		0	RKI	6		745	484	285
Protein.....g	21.70		0	RKA	1		13.02	8.46	4.99
Total lipid (fat).....g	18.90		0	RKA	1		11.34	7.37	4.35
Ash.....g	3.07		0	RKA	1		1.84	1.20	0.71
Carbohydrate, by difference.....g	9.93		0	RKI	6		5.96	3.87	2.28
Fiber, total dietary.....g	0.0		0	RKA	1		0.0	0.0	0.0
Sugars, total.....g	0.00		0	RKA	1		0.00	0.00	0.00
Sucrose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00		0	RKA	1		0.00	0.00	0.00
Fructose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Lactose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Maltose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Galactose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Starch.....g	8.03		0	RKA	1		4.82	3.13	1.85
<b>Minerals:</b>									
Calcium, Ca.....mg	77		0	RKA	1		46	30	18
Iron, Fe.....mg	0.93		0	RKA	1		0.56	0.36	0.21
Magnesium, Mg.....mg	24		0	RKA	1		14	9	5
Phosphorus, P.....mg	250		0	RKA	1		150	98	58
Potassium, K.....mg	266		0	RKA	1		159	104	61
Sodium, Na.....mg	884		0	RKA	1		530	345	203
Zinc, Zn.....mg	1.36		0	RKA	1		0.82	0.53	0.31
Copper, Cu.....mg	0.075		0	RKA	1		0.045	0.029	0.017
Manganese, Mn.....mg	0.175		0	RKA	1		0.105	0.068	0.040
Selenium, Se.....µg	27.0		0	RKA	1		16.2	10.5	6.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg			0	RKA	1		0.043	0.028	0.017
Thiamin.....mg	0.072		0	RKA	1		0.133	0.086	0.051
Riboflavin.....mg	0.221		0	RKA	1		3.801	2.471	1.457
Niacin.....mg	6.335		0	RKA	1		0.579	0.377	0.222
Pantothenic acid.....mg	0.966		0	RKA	1		0.113	0.074	0.043
Vitamin B-6.....mg	0.188		0	RKA	1				
Folate, total.....µg			0	RKA	1		37.6	24.5	14.4
Folate, DFE.....µg			0	RKA	1		3.8	2.5	1.5
Choline, total.....mg	62.7		0	RKA	1		0.23	0.15	0.09
Betaine.....mg	6.4		0	RKA	1		9	6	3
Vitamin B-12.....µg	0.39		0	RKA	1		29	19	11
Vitamin A, RAE.....µg	14		0	RKA	1				
Vitamin A, IU.....IU	48		0	RKA	1				
Lycopene.....µg			0	RKA	1		0.55	0.36	0.21
Lutein + zeaxanthin.....µg			0	RKA	1		0.02	0.01	0.01
Vitamin E (alpha-tocopherol).....mg	0.92		0	RKA	1		0.70	0.45	0.27
Tocopherol, beta.....mg	0.03		0	RKA	1		0.02	0.01	0.01
Tocopherol, gamma.....mg	1.16		0	RKA	1		0.02	0.01	0.01
Tocopherol, delta.....mg	0.03		0	RKA	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.01		0	RKA	1		0.13	0.08	0.05
Tocotrienol, beta.....mg	0.21		0	RKA	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00		0	RKA	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		0	RKA	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg			0	RKA	1				
Vitamin D2 (ergocalciferol).....µg			0	RKA	1				
Vitamin D3 (cholecalciferol).....µg			0	RKA	1				
Vitamin D.....IU			0	RKA	1				
Vitamin K (phylloquinone).....µg			0	RKA	1				
Dihydrophyloquinone.....µg			0	RKA	1				
Menaquinone-4.....µg			0	RKA	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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.251		0	RKI	6		2.551	1.658	0.978
4:0.....g	0.000		0	RKA	1		0.000	0.000	0.000
6:0.....g	0.000		0	RKA	1		0.000	0.000	0.000
8:0.....g	0.004		0	RKA	1		0.002	0.002	0.001
10:0.....g	0.005		0	RKA	1		0.003	0.002	0.001
12:0.....g	0.009		0	RKA	1		0.005	0.003	0.002
13:0.....g									
14:0.....g	0.092		0	RKA	1		0.055	0.036	0.021
15:0.....g	0.013		0	RKA	1		0.008	0.005	0.003
16:0.....g	2.985		0	RKA	1		1.791	1.164	0.687
17:0.....g	0.025		0	RKA	1		0.015	0.010	0.006
18:0.....g	1.017		0	RKA	1		0.610	0.397	0.234
20:0.....g	0.052		0	RKA	1		0.031	0.020	0.012
22:0.....g	0.034		0	RKA	1		0.020	0.013	0.008
24:0.....g	0.015		0	RKA	1		0.009	0.006	0.003
Fatty acids, total monounsaturated.....g	9.595		0	RKI	6		5.757	3.742	2.207
14:1.....g	0.028		0	RKA	1		0.017	0.011	0.007
15:1.....g	0.000		0	RKA	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.758		0	RKA	1		0.455	0.296	0.174
17:1.....g	0.017		0	RKA	1		0.010	0.007	0.004
18:1 undifferentiated.....g	8.566		0	RKA	1		5.139	3.341	1.970
20:1.....g	0.187		0	RKA	1		0.112	0.073	0.043
22:1 undifferentiated.....g	0.022		0	RKA	1		0.013	0.009	0.005
24:1 c.....g	0.017		0	RKA	1		0.010	0.007	0.004
Fatty acids, total polyunsaturated.....g	3.669		0	RKI	6		2.202	1.431	0.844
18:2 undifferentiated.....g	2.982		0	RKA	1		1.789	1.163	0.686
18:3 undifferentiated.....g	0.529		0	RKA	1		0.317	0.206	0.122
18:4.....g	0.002		0	RKA	1		0.001	0.001	0.000
20:2 n-6 c,c.....g	0.018		0	RKA	1		0.011	0.007	0.004
20:3 undifferentiated.....g	0.030		0	RKA	1		0.018	0.012	0.007
20:4 undifferentiated.....g	0.073		0	RKA	1		0.044	0.028	0.017
20:5 n-3 (EPA).....g	0.003		0	RKA	1		0.002	0.001	0.001
21:5.....g									
22:4.....g	0.019		0	RKA	1		0.011	0.007	0.004
22:5 n-3 (DPA).....g	0.007		0	RKA	1		0.004	0.003	0.002
22:6 n-3 (DHA).....g	0.004		0	RKA	1		0.003	0.002	0.001
Fatty acids, total trans.....g	0.127		0	RKI	6		0.076	0.050	0.029
Cholesterol.....mg	113		0	RKA	1		68	44	26
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.166		0	RKA	1		0.100	0.065	0.038
Threonine.....g	0.716		0	RKA	1		0.429	0.279	0.165
Isoleucine.....g	0.637		0	RKA	1		0.382	0.248	0.146
Leucine.....g	1.323		0	RKA	1		0.794	0.516	0.304
Lysine.....g	0.941		0	RKA	1		0.565	0.367	0.216
Methionine.....g	0.314		0	RKA	1		0.188	0.123	0.072
Cystine.....g	0.251		0	RKA	1		0.151	0.098	0.058
Phenylalanine.....g	0.830		0	RKA	1		0.498	0.324	0.191
Tyrosine.....g	0.664		0	RKA	1		0.398	0.259	0.153
Valine.....g	0.790		0	RKA	1		0.474	0.308	0.182
Arginine.....g	1.227		0	RKA	1		0.736	0.479	0.282
Histidine.....g	0.517		0	RKA	1		0.310	0.202	0.119
Alanine.....g	1.236		0	RKA	1		0.741	0.482	0.284
Aspartic acid.....g	1.474		0	RKA	1		0.884	0.575	0.339
Glutamic acid.....g	5.073		0	RKA	1		3.044	1.979	1.167
Glycine.....g	1.824		0	RKA	1		1.094	0.711	0.419
Proline.....g	1.741		0	RKA	1		1.045	0.679	0.400
Serine.....g	0.845		0	RKA	1		0.507	0.330	0.194
Hydroxyproline.....g	0.596		0	RKI	6		0.357	0.232	0.137

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. 21437

KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading

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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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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food, or similar food.

**Common Measures:**

Measure 1 = 60g: 1 wing, with skin

Measure 2 = 39g: 1 wing, without skin

Measure 3 = 23g: 1 wing, bone and skin removed

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21428

KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed

Kentucky Fried Chicken

KFC

Refuse:63% Skin, subcutaneous fat and breading, 35%; Cartilage and bone, 26%; Handling loss, 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
<b>Proximates:</b>									
Water.....g	56.44	0.724	6	A	1		22.01	12.98	
Energy.....kcal	216		0	NC	4		84	50	
Energy.....kJ	904		0	NC	4		353	208	
Protein.....g	28.65	0.680	6	A	1		11.17	6.59	
Total lipid (fat).....g	10.49	0.485	6	A	1		4.09	2.41	
Ash.....g	2.67	0.133	6	A	1		1.04	0.61	
Carbohydrate, by difference.....g	1.76		0	NC	4		0.69	0.40	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	40	5.335	6	A	1		16	9	
Iron, Fe.....mg	0.98	0.060	6	A	1		0.38	0.23	
Magnesium, Mg.....mg	23	0.383	6	A	1		9	5	
Phosphorus, P.....mg	249	5.678	6	A	1		97	57	
Potassium, K.....mg	286	17.372	6	A	1		111	66	
Sodium, Na.....mg	738	33.624	6	A	1		288	170	
Zinc, Zn.....mg	1.82	0.077	6	A	1		0.71	0.42	
Copper, Cu.....mg	0.069	0.009	6	A	1		0.027	0.016	
Manganese, Mn.....mg	0.061	0.004	6	A	1		0.024	0.014	
Selenium, Se.....µg	36.0	4.324	3	A	1		14.1	8.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.064	0.003	3	A	1		0.025	0.015	
Riboflavin.....mg	0.243	0.012	3	A	1		0.095	0.056	
Niacin.....mg	7.180	0.297	3	A	1		2.800	1.651	
Pantothenic acid.....mg	1.045		2	A	1		0.408	0.240	
Vitamin B-6.....mg	0.233	0.014	3	A	1		0.091	0.054	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg	120.6		1	A	1		47.0	27.7	
Betaine.....mg	12.3		1	A	1		4.8	2.8	
Vitamin B-12.....µg	0.45	0.058	3	A	1		0.18	0.10	
Vitamin A, RAE.....µg	9		0	AS	1		4	2	
Vitamin A, IU.....IU	31		0	AS	1		12	7	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.66	0.049	3	A	1		0.26	0.15	
Tocopherol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.59	0.064	3	A	1		0.23	0.14	
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.09	0.015	3	A	1		0.04	0.02	
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									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.321		0	NC	4		0.905	0.534	
4:0.....g	0.000	0.000	6	A	1		0.000	0.000	
6:0.....g	0.000	0.000	6	A	1		0.000	0.000	
8:0.....g	0.001	0.000	6	A	1		0.000	0.000	

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
10:0.....g	0.001	0.000	6	A	1		0.001	0.000	
12:0.....g	0.005	0.001	6	A	1		0.002	0.001	
13:0.....g									
14:0.....g	0.041	0.002	6	A	1		0.016	0.009	
15:0.....g	0.005	0.000	6	A	1		0.002	0.001	
16:0.....g	1.654	0.057	6	A	1		0.645	0.380	
17:0.....g	0.008	0.000	6	A	1		0.003	0.002	
18:0.....g	0.550	0.015	6	A	1		0.214	0.126	
20:0.....g	0.028	0.001	6	A	1		0.011	0.006	
22:0.....g	0.019	0.001	6	A	1		0.007	0.004	
24:0.....g	0.010	0.000	6	A	1		0.004	0.002	
Fatty acids, total monounsaturated.....g	5.115		0	NC	4		1.995	1.176	
14:1.....g	0.013	0.001	6	A	1		0.005	0.003	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.432	0.017	6	AS	1		0.169	0.099	
16:1 c.....g	0.430	0.016	6	A	1		0.168	0.099	
16:1 t.....g	0.002	0.000	6	A	1		0.001	0.001	
17:1.....g	0.005	0.002	6	A	1		0.002	0.001	
18:1 undifferentiated.....g	4.541	0.188	6	AS	1		1.771	1.044	
18:1 c.....g	4.509	0.187	6	A	1		1.759	1.037	
18:1 t.....g	0.031	0.001	6	A	1		0.012	0.007	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.101	0.005	6	A	1		0.039	0.023	
22:1 undifferentiated.....g	0.011	0.001	6	AS	1		0.004	0.003	
22:1 c.....g	0.011	0.001	6	A	1		0.004	0.003	
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.012	0.001	6	A	1		0.005	0.003	
Fatty acids, total polyunsaturated.....g	2.095		0	NC	4		0.817	0.482	
18:2 undifferentiated.....g	1.660	0.058	6	AS	1		0.647	0.382	
18:2 n-6 c,c.....g	1.638	0.057	6	A	1		0.639	0.377	
18:2 CLAs.....g	0.009	0.000	6	A	1		0.003	0.002	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.013	0.000	6	A	1		0.005	0.003	
18:3 undifferentiated.....g	0.269	0.018	6	AS	1		0.105	0.062	
18:3 n-3 c,c,c (ALA).....g	0.255	0.018	6	A	1		0.099	0.059	
18:3 n-6 c,c,c.....g	0.015	0.001	6	A	1		0.006	0.003	
18:3i.....g	0.000	0.000	6	A	1		0.000	0.000	
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.014	0.000	6	A	1		0.006	0.003	
20:3 undifferentiated.....g	0.030	0.001	6	AS	1		0.012	0.007	
20:3 n-3.....g	0.001	0.000	6	A	1		0.001	0.000	
20:3 n-6.....g	0.029	0.001	6	A	1		0.011	0.007	
20:4 undifferentiated.....g	0.081	0.002	6	A	1		0.031	0.019	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	6	A	1		0.001	0.001	
21:5.....g									
22:4.....g	0.022	0.001	6	A	1		0.009	0.005	
22:5 n-3 (DPA).....g	0.008	0.000	6	A	1		0.003	0.002	
22:6 n-3 (DHA).....g	0.006	0.000	6	A	1		0.002	0.001	
Fatty acids, total trans.....g	0.047		0	NC	4		0.018	0.011	
Fatty acids, total trans-monoenoic.....g	0.033		0	NC	4		0.013	0.008	
Fatty acids, total trans-polyenoic.....g	0.013		0	NC	4		0.005	0.003	
Cholesterol.....mg	141	7.484	3	A	1		55	32	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.219		0	A	1		0.085	0.050	
Threonine.....g	0.945		0	A	1		0.369	0.217	
Isoleucine.....g	0.841		0	A	1		0.328	0.193	
Leucine.....g	1.747		0	A	1		0.681	0.402	
Lysine.....g	1.243		0	A	1		0.485	0.286	
Methionine.....g	0.415		0	A	1		0.162	0.095	
Cystine.....g	0.332		0	A	1		0.129	0.076	

NDB No. 21428

KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed

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			
Phenylalanine.....g	1.096		0	A	1	0.427	0.252	
Tyrosine.....g	0.877		0	A	1	0.342	0.202	
Valine.....g	1.044		0	A	1	0.407	0.240	
Arginine.....g	1.620		0	A	1	0.632	0.373	
Histidine.....g	0.682		0	A	1	0.266	0.157	
Alanine.....g	1.632		0	A	1	0.636	0.375	
Aspartic acid.....g	1.946		0	A	1	0.759	0.448	
Glutamic acid.....g	6.698		0	A	1	2.612	1.541	
Glycine.....g	2.408		0	A	1	0.939	0.554	
Proline.....g	2.299		0	A	1	0.897	0.529	
Serine.....g	1.116		0	A	1	0.435	0.257	
Hydroxyproline.....g	0.803		0	BFPN	4	0.313	0.185	

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 = 39g: 1 wing wing without skin

Measure 2 = 23g: 1 wing bone and skin removed

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21422  
 KFC, Popcorn Chicken  
 Kentucky Fried Chicken  
 KFC  
 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
<b>Proximates:</b>									
Water.....g	35.62	1.780	6	A	1		2.28	19.95	
Energy.....kcal	351		0	NC	4		22	197	
Energy.....kJ	1469		0	NC	4		94	823	
Protein.....g	17.67	1.002	6	A	1		1.13	9.89	
Total lipid (fat).....g	21.74	0.612	6	A	1		1.39	12.17	
Ash.....g	3.79	0.185	6	A	1		0.24	2.12	
Carbohydrate, by difference.....g	21.18		0	NC	4		1.36	11.86	
Fiber, total dietary.....g	1.0		2	A	1		0.1	0.6	
Sugars, total.....g	0.00		2	A	1		0.00	0.00	
Sucrose.....g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose).....g	0.00		2	A	1		0.00	0.00	
Fructose.....g	0.00		2	A	1		0.00	0.00	
Lactose.....g	0.00		2	A	1		0.00	0.00	
Maltose.....g	0.00		2	A	1		0.00	0.00	
Galactose.....g	0.00		2	A	1		0.00	0.00	
Starch.....g	18.35	0.524	4	A	1		1.17	10.28	
<b>Minerals:</b>									
Calcium, Ca.....mg	32	0.651	4	A	1		2	18	
Iron, Fe.....mg	1.42	0.087	4	A	1		0.09	0.80	
Magnesium, Mg.....mg	28	0.381	4	A	1		2	16	
Phosphorus, P.....mg	299	8.836	4	A	1		19	167	
Potassium, K.....mg	288	5.039	4	A	1		18	161	
Sodium, Na.....mg	1140	61.006	4	A	1		73	639	
Zinc, Zn.....mg	0.98	0.281	4	A	1		0.06	0.55	
Copper, Cu.....mg	0.078	0.003	4	A	1		0.005	0.044	
Manganese, Mn.....mg	0.232	0.004	4	A	1		0.015	0.130	
Selenium, Se.....µg	26.1	1.586	4	A	1		1.7	14.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.177	0.014	4	A	1		0.011	0.099	
Riboflavin.....mg	0.130	0.012	4	A	1		0.008	0.073	
Niacin.....mg	8.108	0.327	4	A	1		0.519	4.540	
Pantothenic acid.....mg	1.125	0.025	4	A	1		0.072	0.630	
Vitamin B-6.....mg	0.502	0.015	4	A	1		0.032	0.281	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.14	0.003	4	A	1		0.01	0.08	
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	1.32	0.181	4	A	1		0.08	0.74	
Tocopherol, beta.....mg	0.09	0.026	4	A	1		0.01	0.05	
Tocopherol, gamma.....mg	5.88	1.412	4	A	1		0.38	3.29	
Tocopherol, delta.....mg	3.02	0.440	4	A	1		0.19	1.69	
Tocotrienol, alpha.....mg	0.00	0.005	4	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.10	0.050	4	A	1		0.01	0.06	
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	17.4		1	A	1		1.1	9.7	
Dihydrophylloquinone.....µg	62.3		1	A	1		4.0	34.9	
Menaquinone-4.....µg	7.1		1	A	1		0.5	4.0	

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.954		0	NC	4		0.253	2.214	
4:0.....g	0.003	0.000	6	A	1		0.000	0.002	
6:0.....g	0.001	0.000	6	A	1		0.000	0.000	
8:0.....g	0.009	0.001	6	A	1		0.001	0.005	
10:0.....g	0.003	0.000	6	A	1		0.000	0.002	
12:0.....g	0.004	0.000	6	A	1		0.000	0.002	
13:0.....g									
14:0.....g	0.037	0.002	6	A	1		0.002	0.021	
15:0.....g	0.006	0.000	6	A	1		0.000	0.003	
16:0.....g	2.689	0.075	6	A	1		0.172	1.506	
17:0.....g	0.022	0.001	6	A	1		0.001	0.012	
18:0.....g	1.044	0.061	6	A	1		0.067	0.585	
20:0.....g	0.057	0.003	6	A	1		0.004	0.032	
22:0.....g	0.057	0.003	6	A	1		0.004	0.032	
24:0.....g	0.023	0.001	6	A	1		0.001	0.013	
Fatty acids, total monounsaturated.....g	5.660		0	NC	4		0.362	3.170	
14:1.....g	0.007	0.001	6	A	1		0.000	0.004	
15:1.....g	0.003	0.000	6	A	1		0.000	0.002	
16:1 undifferentiated.....g	0.233	0.028	6	AS	1		0.015	0.131	
16:1 c.....g	0.231	0.028	6	A	1		0.015	0.130	
16:1 t.....g	0.002	0.000	6	A	1		0.000	0.001	
17:1.....g	0.010	0.002	6	A	1		0.001	0.006	
18:1 undifferentiated.....g	5.311	0.201	6	AS	1		0.340	2.974	
18:1 c.....g	5.259	0.205	6	A	1		0.337	2.945	
18:1 t.....g	0.052	0.007	6	A	1		0.003	0.029	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.081	0.002	6	A	1		0.005	0.046	
22:1 undifferentiated.....g	0.003	0.000	6	AS	1		0.000	0.002	
22:1 c.....g	0.003	0.000	6	A	1		0.000	0.002	
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.011	0.001	6	A	1		0.001	0.006	
Fatty acids, total polyunsaturated.....g	10.093		0	NC	4		0.646	5.652	
18:2 undifferentiated.....g	9.420	0.606	6	AS	1		0.603	5.275	
18:2 n-6 c,c.....g	9.288	0.607	6	A	1		0.594	5.201	
18:2 CLAs.....g	0.028	0.001	6	A	1		0.002	0.015	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.104	0.003	6	A	1		0.007	0.058	
18:3 undifferentiated.....g	0.583	0.028	6	AS	1		0.037	0.326	
18:3 n-3 c,c,c (ALA).....g	0.577	0.028	6	A	1		0.037	0.323	
18:3 n-6 c,c,c.....g	0.006	0.001	6	A	1		0.000	0.003	
18:3i.....g									
18:4.....g	0.002	0.000	6	A	1		0.000	0.001	
20:2 n-6 c,c.....g	0.014	0.000	6	A	1		0.001	0.008	
20:3 undifferentiated.....g	0.012	0.001	6	AS	1		0.001	0.007	
20:3 n-3.....g	0.001	0.000	6	A	1		0.000	0.000	
20:3 n-6.....g	0.011	0.001	6	A	1		0.001	0.006	
20:4 undifferentiated.....g	0.035	0.001	6	A	1		0.002	0.020	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	6	A	1		0.000	0.001	
21:5.....g									
22:4.....g	0.022	0.001	6	A	1		0.001	0.012	
22:5 n-3 (DPA).....g	0.003	0.000	6	A	1		0.000	0.002	
22:6 n-3 (DHA).....g	0.002	0.000	6	A	1		0.000	0.001	
Fatty acids, total trans.....g	0.158		0	NC	4		0.010	0.089	
Fatty acids, total trans-monoenoic.....g	0.054		0	NC	4		0.003	0.030	
Fatty acids, total trans-polyenoic.....g	0.104		0	NC	4		0.007	0.058	
Cholesterol.....mg	40	1.415	4	A	1		3	23	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.231		0	A	1		0.015	0.130	
Threonine.....g	0.724		0	A	1		0.046	0.405	

NDB No. 21422  
KFC, Popcorn Chicken

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	0.791		0	A	1	0.051	0.443	
Leucine.....g	1.379		0	A	1	0.088	0.773	
Lysine.....g	1.293		0	A	1	0.083	0.724	
Methionine.....g	0.357		0	A	1	0.023	0.200	
Cystine.....g	0.212		0	A	1	0.014	0.119	
Phenylalanine.....g	0.743		0	A	1	0.048	0.416	
Tyrosine.....g	0.473		0	A	1	0.030	0.265	
Valine.....g	0.859		0	A	1	0.055	0.481	
Arginine.....g	1.042		0	A	1	0.067	0.583	
Histidine.....g	0.579		0	A	1	0.037	0.324	
Alanine.....g	0.974		0	A	1	0.062	0.546	
Aspartic acid.....g	1.563		0	A	1	0.100	0.875	
Glutamic acid.....g	3.772		0	A	1	0.241	2.112	
Glycine.....g	0.762		0	A	1	0.049	0.427	
Proline.....g	0.878		0	A	1	0.056	0.492	
Serine.....g	0.714		0	A	1	0.046	0.400	
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 = 6.4g: 1 piece

Measure 2 = 56g: 10 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	11.916		0	NC	4		5.839		
4:0.....g	0.000	0.000	3	A	1		0.000		
6:0.....g	0.040	0.001	3	A	1		0.020		
8:0.....g	0.507	0.010	3	A	1		0.248		
10:0.....g	0.409	0.008	3	A	1		0.200		
12:0.....g	4.474	0.098	3	A	1		2.192		
13:0.....g									
14:0.....g	1.364	0.031	3	A	1		0.668		
15:0.....g	0.000	0.000	3	A	1		0.000		
16:0.....g	1.447	0.070	3	A	1		0.709		
17:0.....g	0.007	0.001	3	A	1		0.003		
18:0.....g	3.593	0.117	3	A	1		1.760		
20:0.....g	0.046	0.003	3	A	1		0.023		
22:0.....g	0.016	0.002	3	A	1		0.008		
24:0.....g	0.014	0.001	3	A	1		0.007		
Fatty acids, total monounsaturated.....g	1.243		0	NC	4		0.609		
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	0.004	0.001	3	AS	1		0.002		
16:1 c.....g	0.004	0.001	3	A	1		0.002		
16:1 t.....g	0.000	0.000	3	A	1		0.000		
17:1.....g	0.002	0.000	3	A	1		0.001		
18:1 undifferentiated.....g	1.228	0.168	3	AS	1		0.602		
18:1 c.....g	1.004	0.117	3	A	1		0.492		
18:1 t.....g	0.223	0.083	3	A	1		0.109		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.009	0.001	3	A	1		0.005		
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	1.352		0	NC	4		0.662		
18:2 undifferentiated.....g	1.224	0.351	3	AS	1		0.600		
18:2 n-6 c,c.....g	1.184	0.361	3	A	1		0.580		
18:2 CLAs.....g	0.004	0.001	3	A	1		0.002		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.037	0.013	3	A	1		0.018		
18:3 undifferentiated.....g	0.124	0.050	3	AS	1		0.061		
18:3 n-3 c,c,c (ALA).....g	0.118	0.047	3	A	1		0.058		
18:3 n-6 c,c,c.....g	0.006	0.003	3	A	1		0.003		
18:3i.....g	0.000	0.000	3	A	1		0.000		
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	0.000	3	A	1		0.002		
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	0.000	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	0.260		0	NC	4		0.127		
Fatty acids, total trans-monoenoic.....g	0.223		0	NC	4		0.109		
Fatty acids, total trans-polyenoic.....g	0.037		0	NC	4		0.018		
Cholesterol.....mg	1		2	A	1		1		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.103		0	A	1		0.050		
Threonine.....g	0.256		0	A	1		0.126		

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	0.308		0	A	1	0.151		
Leucine.....g	0.595		0	A	1	0.291		
Lysine.....g	0.256		0	A	1	0.126		
Methionine.....g	0.113		0	A	1	0.055		
Cystine.....g	0.144		0	A	1	0.070		
Phenylalanine.....g	0.400		0	A	1	0.196		
Tyrosine.....g	0.215		0	A	1	0.105		
Valine.....g	0.359		0	A	1	0.176		
Arginine.....g	0.287		0	A	1	0.141		
Histidine.....g	0.174		0	A	1	0.085		
Alanine.....g	0.256		0	A	1	0.126		
Aspartic acid.....g	0.400		0	A	1	0.196		
Glutamic acid.....g	2.533		0	A	1	1.241		
Glycine.....g	0.256		0	A	1	0.126		
Proline.....g	0.892		0	A	1	0.437		
Serine.....g	0.379		0	A	1	0.186		
Hydroxyproline.....g								

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**Common Measures:**

Measure 1 = 49g: 1 biscuit

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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 Deriv Source			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code	Code				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.237		0	NC	4		4.322	38.941	
4:0.....g									
6:0.....g									
8:0.....g	0.067	0.018	3	A	1		0.069	0.618	
10:0.....g	0.154	0.040	3	A	1		0.157	1.418	
12:0.....g	0.181	0.046	3	A	1		0.185	1.663	
13:0.....g									
14:0.....g	0.614	0.148	3	A	1		0.626	5.639	
15:0.....g	0.062	0.014	3	A	1		0.064	0.573	
16:0.....g	2.166	0.395	3	A	1		2.209	19.905	
17:0.....g	0.039	0.008	3	A	1		0.039	0.355	
18:0.....g	0.922	0.189	3	A	1		0.941	8.476	
20:0.....g	0.020	0.001	3	A	1		0.020	0.180	
22:0.....g	0.012	0.000	3	A	1		0.013	0.113	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.757		0	NC	4		2.812	25.338	
14:1.....g	0.048	0.011	3	A	1		0.049	0.438	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.113	0.023	3	A	1		0.115	1.035	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.576	0.295	3	A	1		2.627	23.670	
20:1.....g	0.021	0.002	3	A	1		0.022	0.195	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.728		0	NC	4		1.762	15.879	
18:2 undifferentiated.....g	1.534	0.109	3	A	1		1.565	14.100	
18:3 undifferentiated.....g	0.183		0	AS	1		0.187	1.681	
18:3 n-3 c,c,c (ALA).....g	0.183	0.014	3	A	1		0.187	1.681	
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									
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
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	0.011	0.003	3	A	1		0.011	0.097	
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	23	4.759	3	A	1		24	213	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.156		0	A	1		0.159	1.431	
Threonine.....g	0.435		0	A	1		0.444	4.001	
Isoleucine.....g	0.632		0	A	1		0.645	5.811	
Leucine.....g	1.280		0	A	1		1.305	11.761	
Lysine.....g	1.112		0	A	1		1.134	10.219	
Methionine.....g	0.313		0	A	1		0.320	2.880	
Cystine.....g	0.473		0	A	1		0.483	4.347	
Phenylalanine.....g	0.766		0	A	1		0.781	7.035	
Tyrosine.....g	0.506		0	A	1		0.516	4.648	
Valine.....g	0.806		0	A	1		0.822	7.409	
Arginine.....g	0.618		0	A	1		0.630	5.678	
Histidine.....g	0.291		0	A	1		0.296	2.671	
Alanine.....g	0.347		0	A	1		0.354	3.190	
Aspartic acid.....g	0.939		0	A	1		0.957	8.626	
Glutamic acid.....g	4.217		0	A	1		4.301	38.753	
Glycine.....g	0.445		0	A	1		0.454	4.091	

NDB No. 21290

LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust

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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
Proline.....g	1.608		0	A	1	1.640	14.779	
Serine.....g	0.872		0	A	1	0.890	8.017	
Hydroxyproline.....g	0.000		2	A	1	0.000	0.000	

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**Common Measures:**

Measure 1 = 102g: 1 slice

Measure 2 = 919g: 1 pie

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.327		0	NC	4		3.517	41.177	26.523
4:0.....g									
6:0.....g									
8:0.....g	0.120		2	A	1		0.058	0.677	0.436
10:0.....g	0.274		2	A	1		0.132	1.542	0.994
12:0.....g	0.318		2	A	1		0.153	1.790	1.153
13:0.....g									
14:0.....g	1.078		2	A	1		0.517	6.058	3.902
15:0.....g	0.109		2	A	1		0.052	0.612	0.394
16:0.....g	3.669		2	A	1		1.761	20.622	13.283
17:0.....g	0.068		2	A	1		0.033	0.382	0.246
18:0.....g	1.636		2	A	1		0.785	9.194	5.922
20:0.....g	0.032		2	A	1		0.015	0.180	0.116
22:0.....g	0.021		2	A	1		0.010	0.120	0.077
24:0.....g									
Fatty acids, total monounsaturated.....g	4.420		0	NC	4		2.122	24.843	16.002
14:1.....g	0.084		2	A	1		0.040	0.469	0.302
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.185		2	A	1		0.089	1.040	0.670
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	4.118		2	A	1		1.977	23.143	14.907
20:1.....g	0.034		2	A	1		0.016	0.191	0.123
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.161		0	NC	4		1.517	17.764	11.442
18:2 undifferentiated.....g	2.763		2	A	1		1.326	15.525	10.000
18:3 undifferentiated.....g	0.378		0	AS	1		0.181	2.124	1.368
18:3 n-3 c,c,c (ALA).....g	0.378		2	A	1		0.181	2.124	1.368
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.021		2	A	1		0.010	0.115	0.074
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	39		2	A	1		19	222	143
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.136		0	A	1		0.065	0.762	0.491
Threonine.....g	0.556		0	A	1		0.267	3.124	2.012
Isoleucine.....g	0.798		0	A	1		0.383	4.486	2.890
Leucine.....g	1.655		0	A	1		0.794	9.301	5.991
Lysine.....g	1.328		0	A	1		0.637	7.463	4.807
Methionine.....g	0.461		0	A	1		0.221	2.591	1.669
Cystine.....g	0.436		0	A	1		0.209	2.453	1.580
Phenylalanine.....g	0.963		0	A	1		0.462	5.413	3.487
Tyrosine.....g	0.818		0	A	1		0.393	4.600	2.963
Valine.....g	1.051		0	A	1		0.504	5.905	3.803
Arginine.....g	0.699		0	A	1		0.336	3.929	2.531
Histidine.....g	0.257		0	A	1		0.123	1.445	0.931
Alanine.....g	0.514		0	A	1		0.247	2.887	1.860
Aspartic acid.....g	1.303		0	A	1		0.626	7.324	4.718
Glutamic acid.....g	4.781		0	A	1		2.295	26.868	17.306
Glycine.....g	0.396		0	A	1		0.190	2.223	1.432

NDB No. 21292

LITTLE CAESARS 14" Cheese Pizza, Thin Crust

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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	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Proline.....g	1.688		0	A	1		0.810	9.486	6.110
Serine.....g	1.122		0	A	1		0.539	6.308	4.063
Hydroxyproline.....g									

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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: 1 slice

Measure 2 = 562g: 1 pie

Measure 3 = 362g: .5 pie

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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





LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.206		0	NC	4		3.743	31.882	
4:0.....g									
6:0.....g									
8:0.....g	0.069	0.005	8	A	1		0.062	0.524	
10:0.....g	0.159	0.012	8	A	1		0.141	1.203	
12:0.....g	0.187	0.014	8	A	1		0.166	1.416	
13:0.....g									
14:0.....g	0.634	0.045	8	A	1		0.564	4.805	
15:0.....g	0.064	0.004	8	A	1		0.057	0.489	
16:0.....g	2.115	0.127	8	A	1		1.882	16.029	
17:0.....g	0.039	0.002	8	A	1		0.035	0.298	
18:0.....g	0.913	0.062	8	A	1		0.813	6.922	
20:0.....g	0.016	0.001	8	A	1		0.015	0.125	
22:0.....g	0.009	0.001	8	A	1		0.008	0.070	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.380		0	NC	4		2.118	18.039	
14:1.....g	0.050	0.003	8	A	1		0.044	0.376	
15:1.....g	0.000	0.000	8	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.111	0.007	8	A	1		0.099	0.843	
17:1.....g	0.000	0.000	8	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.201	0.127	8	A	1		1.959	16.680	
20:1.....g	0.019	0.001	8	A	1		0.016	0.141	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.461		0	NC	4		1.300	11.076	
18:2 undifferentiated.....g	1.294	0.043	8	A	1		1.152	9.812	
18:3 undifferentiated.....g	0.155		0	AS	1		0.138	1.177	
18:3 n-3 c,c,c (ALA).....g	0.155	0.005	8	A	1		0.138	1.177	
18:3 n-6 c,c,c.....g	0.000	0.000	8	A	1		0.000	0.000	
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000	0.000	8	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	8	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.011	0.001	8	A	1		0.010	0.087	
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	24	2.296	8	A	1		21	180	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.150		0	A	1		0.133	1.136	
Threonine.....g	0.393		0	A	1		0.350	2.980	
Isoleucine.....g	0.547		0	A	1		0.486	4.142	
Leucine.....g	1.137		0	A	1		1.012	8.615	
Lysine.....g	0.523		0	A	1		0.466	3.966	
Methionine.....g	0.300		0	A	1		0.267	2.273	
Cystine.....g	0.335		0	A	1		0.298	2.539	
Phenylalanine.....g	0.717		0	A	1		0.638	5.432	
Tyrosine.....g	0.503		0	A	1		0.448	3.814	
Valine.....g	0.700		0	A	1		0.623	5.306	
Arginine.....g	0.513		0	A	1		0.457	3.890	
Histidine.....g	0.360		0	A	1		0.320	2.728	
Alanine.....g	0.256		0	A	1		0.228	1.938	
Aspartic acid.....g	0.860		0	A	1		0.765	6.518	
Glutamic acid.....g	3.997		0	A	1		3.557	30.294	
Glycine.....g	0.350		0	A	1		0.311	2.652	

NDB No. 21287

LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust

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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
Proline.....g	1.090		0	A	1	0.970	8.262	
Serine.....g	0.542		0	A	1	0.483	4.111	
Hydroxyproline.....g								

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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 = 89g: 1 slice

Measure 2 = 758g: 1 pie

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.561		0	NC	4		5.245	47.566	
4:0.....g									
6:0.....g									
8:0.....g	0.048	0.000	3	A	1		0.055	0.501	
10:0.....g	0.108	0.001	3	A	1		0.124	1.126	
12:0.....g	0.123	0.000	3	A	1		0.141	1.279	
13:0.....g									
14:0.....g	0.486	0.002	3	A	1		0.559	5.072	
15:0.....g	0.049	0.000	3	A	1		0.057	0.514	
16:0.....g	2.509	0.059	3	A	1		2.885	26.168	
17:0.....g	0.051	0.001	3	A	1		0.059	0.531	
18:0.....g	1.167	0.032	3	A	1		1.342	12.175	
20:0.....g	0.019	0.000	3	A	1		0.022	0.201	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	4.063		0	NC	4		4.673	42.378	
14:1.....g	0.043	0.001	3	A	1		0.050	0.452	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.214	0.006	3	A	1		0.246	2.234	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	3.757	0.117	3	A	1		4.321	39.189	
20:1.....g	0.048	0.000	3	A	1		0.056	0.504	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.720		0	NC	4		1.979	17.944	
18:2 undifferentiated.....g	1.525	0.041	3	A	1		1.754	15.909	
18:3 undifferentiated.....g	0.149		0	AS	1		0.171	1.550	
18:3 n-3 c,c,c (ALA).....g	0.149	0.004	3	A	1		0.171	1.550	
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									
20:2 n-6 c,c.....g	0.024	0.001	3	A	1		0.028	0.254	
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	0.022	0.001	3	A	1		0.026	0.232	
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	31	2.691	3	A	1		36	323	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.113		0	A	1		0.130	1.180	
Threonine.....g	0.393		0	A	1		0.452	4.103	
Isoleucine.....g	0.554		0	A	1		0.637	5.776	
Leucine.....g	1.024		0	A	1		1.177	10.678	
Lysine.....g	0.576		0	A	1		0.663	6.011	
Methionine.....g	0.280		0	A	1		0.322	2.922	
Cystine.....g	0.345		0	A	1		0.396	3.593	
Phenylalanine.....g	0.604		0	A	1		0.694	6.295	
Tyrosine.....g	0.447		0	A	1		0.514	4.663	
Valine.....g	0.647		0	A	1		0.744	6.748	
Arginine.....g	0.577		0	A	1		0.664	6.022	
Histidine.....g	0.350		0	A	1		0.403	3.655	
Alanine.....g	0.474		0	A	1		0.545	4.940	
Aspartic acid.....g	0.934		0	A	1		1.074	9.740	
Glutamic acid.....g	3.152		0	A	1		3.624	32.872	
Glycine.....g	0.468		0	A	1		0.538	4.878	

NDB No. 21289

LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust

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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
Proline.....g	0.952		0	A	1	1.095	9.932	
Serine.....g	0.691		0	A	1	0.794	7.204	
Hydroxyproline.....g								

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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 = 115g: 1 slice

Measure 2 = 1043g: 1 pie

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.541		0	NC	4		4.087	38.690	
4:0.....g									
6:0.....g									
8:0.....g	0.065	0.004	8	A	1		0.059	0.555	
10:0.....g	0.146	0.009	8	A	1		0.131	1.241	
12:0.....g	0.167	0.010	8	A	1		0.151	1.426	
13:0.....g									
14:0.....g	0.599	0.034	8	A	1		0.539	5.106	
15:0.....g	0.061	0.003	8	A	1		0.055	0.517	
16:0.....g	2.370	0.091	8	A	1		2.133	20.191	
17:0.....g	0.047	0.002	8	A	1		0.043	0.404	
18:0.....g	1.060	0.044	8	A	1		0.954	9.031	
20:0.....g	0.017	0.001	8	A	1		0.016	0.148	
22:0.....g	0.008	0.001	8	A	1		0.007	0.071	
24:0.....g									
Fatty acids, total monounsaturated.....g	3.108		0	NC	4		2.797	26.476	
14:1.....g	0.050	0.002	8	A	1		0.045	0.426	
15:1.....g	0.000	0.000	8	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.162	0.006	8	A	1		0.146	1.381	
17:1.....g	0.000	0.000	8	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.862	0.094	8	A	1		2.575	24.381	
20:1.....g	0.034	0.001	8	A	1		0.030	0.288	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.603		0	NC	4		1.443	13.660	
18:2 undifferentiated.....g	1.420	0.056	8	A	1		1.278	12.095	
18:3 undifferentiated.....g	0.158		0	AS	1		0.142	1.344	
18:3 n-3 c,c,c (ALA).....g	0.158	0.006	8	A	1		0.142	1.344	
18:3 n-6 c,c,c.....g	0.000	0.000	8	A	1		0.000	0.000	
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.010	0.002	8	A	1		0.009	0.082	
20:3 undifferentiated.....g	0.000	0.000	8	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.016	0.001	8	A	1		0.015	0.139	
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	28	1.233	8	A	1		25	236	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.130		0	A	1		0.117	1.107	
Threonine.....g	0.430		0	A	1		0.387	3.663	
Isoleucine.....g	0.623		0	A	1		0.561	5.311	
Leucine.....g	1.220		0	A	1		1.098	10.394	
Lysine.....g	0.927		0	A	1		0.834	7.894	
Methionine.....g	0.323		0	A	1		0.291	2.755	
Cystine.....g	0.353		0	A	1		0.318	3.009	
Phenylalanine.....g	0.753		0	A	1		0.678	6.418	
Tyrosine.....g	0.497		0	A	1		0.447	4.230	
Valine.....g	0.777		0	A	1		0.699	6.617	
Arginine.....g	0.603		0	A	1		0.543	5.140	
Histidine.....g	0.393		0	A	1		0.354	3.350	
Alanine.....g	0.293		0	A	1		0.264	2.498	
Aspartic acid.....g	0.980		0	A	1		0.882	8.349	
Glutamic acid.....g	4.107		0	A	1		3.696	34.988	
Glycine.....g	0.440		0	A	1		0.396	3.748	



NDB No. 21288

LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust

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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
Proline.....g	1.430		0	A	1	1.287	12.184	
Serine.....g	0.823		0	A	1	0.741	7.015	
Hydroxyproline.....g								

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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 = 90g: 1 slice

Measure 2 = 852g: 1 pie

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21291

LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.314		0	NC	4		4.487	40.467	
4:0.....g									
6:0.....g									
8:0.....g	0.061	0.010	3	A	1		0.063	0.572	
10:0.....g	0.138	0.026	3	A	1		0.143	1.291	
12:0.....g	0.158	0.031	3	A	1		0.165	1.485	
13:0.....g									
14:0.....g	0.560	0.105	3	A	1		0.582	5.249	
15:0.....g	0.056	0.010	3	A	1		0.059	0.528	
16:0.....g	2.274	0.342	3	A	1		2.365	21.326	
17:0.....g	0.043	0.007	3	A	1		0.045	0.406	
18:0.....g	0.997	0.160	3	A	1		1.037	9.352	
20:0.....g	0.019	0.001	3	A	1		0.019	0.174	
22:0.....g	0.009	0.002	3	A	1		0.009	0.084	
24:0.....g									
Fatty acids, total monounsaturated.....g	3.151		0	NC	4		3.277	29.552	
14:1.....g	0.046	0.008	3	A	1		0.047	0.427	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.148	0.020	3	A	1		0.154	1.388	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.925	0.351	3	A	1		3.042	27.440	
20:1.....g	0.032	0.001	3	A	1		0.033	0.297	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.756		0	NC	4		1.826	16.469	
18:2 undifferentiated.....g	1.557	0.098	3	A	1		1.619	14.601	
18:3 undifferentiated.....g	0.177		0	AS	1		0.184	1.662	
18:3 n-3 c,c,c (ALA).....g	0.177	0.011	3	A	1		0.184	1.662	
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									
20:2 n-6 c,c.....g	0.008	0.004	3	A	1		0.008	0.072	
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	0.014	0.003	3	A	1		0.015	0.134	
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	26	4.071	3	A	1		27	245	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.110		0	A	1		0.114	1.033	
Threonine.....g	0.369		0	A	1		0.384	3.462	
Isoleucine.....g	0.515		0	A	1		0.535	4.828	
Leucine.....g	1.066		0	A	1		1.108	9.995	
Lysine.....g	0.795		0	A	1		0.827	7.458	
Methionine.....g	0.275		0	A	1		0.286	2.579	
Cystine.....g	0.463		0	A	1		0.482	4.347	
Phenylalanine.....g	0.661		0	A	1		0.688	6.204	
Tyrosine.....g	0.456		0	A	1		0.474	4.275	
Valine.....g	0.640		0	A	1		0.666	6.005	
Arginine.....g	0.520		0	A	1		0.540	4.874	
Histidine.....g	0.342		0	A	1		0.356	3.211	
Alanine.....g	0.403		0	A	1		0.420	3.785	
Aspartic acid.....g	0.842		0	A	1		0.875	7.894	
Glutamic acid.....g	3.689		0	A	1		3.837	34.604	
Glycine.....g	0.384		0	A	1		0.399	3.601	

NDB No. 21291

LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust

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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
Proline.....g	1.026		0	A	1	1.067	9.626	
Serine.....g	0.751		0	A	1	0.781	7.043	
Hydroxyproline.....g								

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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 slice

Measure 2 = 938g: 1 pie

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21413

Light Ice Cream, soft serve, blended with cookie pieces

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	3.3		0	FLA	4		11.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.754		0	NC	4		9.279		
4:0.....g	0.114		0	FLA	4		0.383		
6:0.....g	0.063		0	FLA	4		0.213		
8:0.....g	0.038		0	RKA	1		0.126		
10:0.....g	0.087		0	RKA	1		0.295		
12:0.....g	0.102		0	RKA	1		0.343		
13:0.....g									
14:0.....g	0.367		0	RKA	1		1.236		
15:0.....g	0.038		0	RKA	1		0.127		
16:0.....g	1.254		0	RKA	1		4.226		
17:0.....g	0.025		0	RKA	1		0.083		
18:0.....g	0.653		0	RKA	1		2.202		
20:0.....g	0.010		0	RKA	1		0.034		
22:0.....g	0.003		0	RKA	1		0.011		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.716		0	NC	4		5.784		
14:1.....g	0.025		0	RKA	1		0.085		
15:1.....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated.....g	0.042		0	RKA	1		0.143		
17:1.....g	0.008		0	RKA	1		0.027		
18:1 undifferentiated.....g	1.639		0	RKA	1		5.524		
20:1.....g	0.002		0	RKA	1		0.006		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.364		0	NC	4		1.227		
18:2 undifferentiated.....g	0.339		0	RKA	1		1.141		
18:3 undifferentiated.....g	0.020		0	RKA	1		0.067		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g	0.000		0	RKA	1		0.000		
20:3 undifferentiated.....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated.....g	0.005		0	RKA	1		0.018		
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	15		0	RKA	1		52		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	1		0	FLA	4		4		
Theobromine.....mg	43		0	FLA	4		145		

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 = 337g: 12 fl oz cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 21413**

**Light Ice Cream, soft serve, blended with cookie pieces**

**Food Group:** 21 Fast Foods

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





NDB No. 21412

Light Ice Cream, soft serve, blended with milk chocolate candies

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	0.7		0	FLA	4		2.6		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.633		0	NC	4		12.644		
4:0.....g	0.156		0	FLA	4		0.543		
6:0.....g	0.076		0	FLA	4		0.263		
8:0.....g	0.040		0	RKA	1		0.141		
10:0.....g	0.094		0	RKA	1		0.326		
12:0.....g	0.109		0	RKA	1		0.379		
13:0.....g									
14:0.....g	0.392		0	RKA	1		1.366		
15:0.....g	0.041		0	RKA	1		0.143		
16:0.....g	1.577		0	RKA	1		5.487		
17:0.....g	0.028		0	RKA	1		0.097		
18:0.....g	1.095		0	RKA	1		3.810		
20:0.....g	0.022		0	RKA	1		0.078		
22:0.....g	0.003		0	RKA	1		0.011		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.670		0	NC	4		5.811		
14:1.....g	0.028		0	RKA	1		0.096		
15:1.....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated.....g	0.049		0	RKA	1		0.170		
17:1.....g	0.008		0	RKA	1		0.027		
18:1 undifferentiated.....g	1.586		0	RKA	1		5.518		
20:1.....g	0.000		0	RKA	1		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.282		0	NC	4		0.981		
18:2 undifferentiated.....g	0.254		0	RKA	1		0.884		
18:3 undifferentiated.....g	0.023		0	RKA	1		0.078		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g	0.000		0	RKA	1		0.000		
20:3 undifferentiated.....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated.....g	0.005		0	RKA	1		0.018		
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	16		0	RKA	1		56		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	1		0	FLA	4		5		
Theobromine.....mg	14		0	FLA	4		50		

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 = 348g: 12 fl oz cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 21412**

**Light Ice Cream, soft serve, blended with milk chocolate candies**

**Food Group:** 21 Fast Foods

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



NDB No. 21515

**MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared**

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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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			

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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 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21377

**McDONALD'S Bacon Ranch Salad with Crispy Chicken**

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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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

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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 = 319g: 1 item 11.3 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21341  
**McDONALD'S, BIG BREAKFAST**  
 McDonald's Corporation

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
<b>Proximates:</b>									
Water.....g	50.68		0	RKA	1		136.34		
Energy.....kcal	285		0	RKI	6		766		
Energy.....kJ	1192		0	RKI	6		3207		
Protein.....g	10.16		0	RKA	1		27.32		
Total lipid (fat).....g	19.37		0	RKA	1		52.09		
Ash.....g	2.30		0	RKA	1		6.18		
Carbohydrate, by difference.....g	17.50		0	RKI	6		47.07		
Fiber, total dietary.....g	1.1		0	RKA	1		2.9		
Sugars, total.....g	0.93		0	RKA	1		2.50		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	51		0	RKA	1		137		
Iron, Fe.....mg	1.74		0	RKA	1		4.69		
Magnesium, Mg.....mg	15		0	RKA	1		39		
Phosphorus, P.....mg	256		0	RKA	1		687		
Potassium, K.....mg	207		0	RKA	1		557		
Sodium, Na.....mg	549		0	RKA	1		1476		
Zinc, Zn.....mg	0.97		0	RKA	1		2.61		
Copper, Cu.....mg	0.082		0	RKA	1		0.222		
Manganese, Mn.....mg	0.119		0	RKA	1		0.320		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		0	RKA	1		0.9		
Thiamin.....mg	0.229		0	RKA	1		0.615		
Riboflavin.....mg	0.352		0	RKA	1		0.946		
Niacin.....mg	2.273		0	RKA	1		6.113		
Pantothenic acid.....mg	0.745		0	RKA	1		2.005		
Vitamin B-6.....mg	0.174		0	RKA	1		0.467		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.57		0	RKA	1		1.54		
Vitamin A, RAE.....µg	70		0	RKA	1		189		
Vitamin A, IU.....IU	234		0	RKA	1		630		
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.405		0	RKI	6		17.230		
4:0.....g									
6:0.....g									
8:0.....g	0.047		0	RKA	1		0.127		
10:0.....g	0.039		0	RKA	1		0.105		
12:0.....g	0.462		0	RKA	1		1.244		

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	0.267		0	RKA	1		0.717		
15:0.....g	0.002		0	RKA	1		0.005		
16:0.....g	4.030		0	RKA	1		10.841		
17:0.....g	0.035		0	RKA	1		0.095		
18:0.....g	1.447		0	RKA	1		3.891		
20:0.....g	0.043		0	RKA	1		0.117		
22:0.....g	0.017		0	RKA	1		0.046		
24:0.....g									
Fatty acids, total monounsaturated.....g	7.372		0	RKI	6		19.830		
14:1.....g	0.000		0	RKA	1		0.000		
15:1.....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated.....g	0.245		0	RKA	1		0.659		
17:1.....g	0.000		0	RKA	1		0.000		
18:1 undifferentiated.....g	7.029		0	RKA	1		18.908		
20:1.....g	0.098		0	RKA	1		0.264		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.195		0	RKI	6		8.594		
18:2 undifferentiated.....g	2.915		0	RKA	1		7.841		
18:3 undifferentiated.....g	0.193		0	RKA	1		0.520		
18:4.....g									
20:2 n-6 c,c.....g	0.045		0	RKA	1		0.121		
20:3 undifferentiated.....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated.....g	0.042		0	RKA	1		0.112		
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	173		0	RKA	1		466		
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 = 269g: 1 item 9.5 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Vitamin D.....µg								
Vitamin K (phylloquinone).....µg								
Dihydrophylloquinone.....µg								
Menaquinone-4.....µg								
<b>Lipids:</b>								
Fatty acids, total saturated.....g	3.803		0	RKI	6		8.328	
Fatty acids, total monounsaturated.....g	3.474		0	RKI	6		7.607	
Fatty acids, total polyunsaturated.....g	0.306		0	RKI	6		0.669	
18:2 undifferentiated.....g								
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	0.588		0	MC	9		1.288	
Cholesterol.....mg	36		0	RKI	6		79	
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 = 219g: 1 item 7.6 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21350  
 McDONALD'S, BIG MAC (w without Big Mac Sauce)

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								
Vitamin K (phylloquinone).....µg								
Dihydrophylloquinone.....µg								
Menaquinone-4.....µg								
<b><u>Lipids:</u></b>								
Fatty acids, total saturated.....g	4.162		0	RKI	6	8.324		
Fatty acids, total monounsaturated.....g	3.802		0	RKI	6	7.604		
Fatty acids, total polyunsaturated.....g	0.334		0	RKI	6	0.669		
Fatty acids, total trans.....g	0.644		0	MC	9	1.288		
Cholesterol.....mg	35		0	RKI	6	69		
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 = 200g: 1 item

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21360

**McDONALD'S, Bacon Egg & Cheese Biscuit**

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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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

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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 = 142g: 1 item 4.9 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21376

McDONALD'S, Bacon Ranch Salad with Grilled Chicken

McDonald's Corporation

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
<b>Proximates:</b>									
Water.....g	81.42		0	RKI	6		248.33		
Energy.....kcal	81		0	MC	9		247		
Energy.....kJ	339		0	MC	9		1034		
Protein.....g	10.28		0	RKI	6		31.35		
Total lipid (fat).....g	3.14		0	RKI	6		9.59		
Ash.....g	1.52		0	RKI	6		4.64		
Carbohydrate, by difference.....g	3.64		0	RKI	6		11.09		
Fiber, total dietary.....g	1.0		0	RKI	6		3.1		
Sugars, total.....g	1.73		0	RKA	1		5.28		
Sucrose.....g	0.49		0	RKI	6		1.48		
Glucose (dextrose).....g	0.55		0	RKI	6		1.67		
Fructose.....g	0.68		0	RKI	6		2.09		
Lactose.....g	0.01		0	RKI	6		0.02		
Maltose.....g	0.00		0	RKI	6		0.00		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	48		0	RKI	6		147		
Iron, Fe.....mg	0.65		0	RKI	6		1.99		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	230		0	MC	9		702		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	10.2		0	RKI	6		31.2		
Thiamin.....mg	0.056		0	RKI	6		0.170		
Riboflavin.....mg	0.083		0	RKI	6		0.255		
Niacin.....mg	3.703		0	RKI	6		11.293		
Pantothenic acid.....mg	0.487		0	RKI	6		1.485		
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	2012		0	RKI	6		6136		
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. 21376

McDONALD'S, Bacon Ranch Salad with Grilled Chicken

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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 saturated.....g	1.235		0	RKI	6			3.768	
Fatty acids, total monounsaturated.....g	1.014		0	RKI	6			3.092	
Fatty acids, total polyunsaturated.....g	0.431		0	RKI	6			1.316	
Fatty acids, total trans.....g	0.091		0	RKI	6			0.279	
Cholesterol.....mg	28		0	RKI	6			86	
Phytosterols.....mg									

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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 = 305g: 1 item 10.8 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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





NDB No. 21378

McDONALD'S, Bacon Ranch Salad without chicken

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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.507		0	RKI	6		3.360		
Fatty acids, total monounsaturated.....g	1.057		0	RKI	6		2.357		
Fatty acids, total polyunsaturated.....g	0.327		0	RKI	6		0.728		
Fatty acids, total trans.....g	0.111		0	MC	9		0.248		
Cholesterol.....mg	12		0	RKI	6		26		
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 = 223g: 1 item 7.8 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21327

**McDONALD'S, Bacon, Egg & Cheese McGRIDDLES**

McDonald's Corporation

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
<b>Proximates:</b>									
Water.....g	45.85		0	RKA	1		75.65		
Energy.....kcal	272		0	RKI	6		448		
Energy.....kJ	1137		0	RKI	6		1875		
Protein.....g	12.03		0	RKA	1		19.86		
Total lipid (fat).....g	13.19		0	RKA	1		21.77		
Ash.....g	2.73		0	RKA	1		4.50		
Carbohydrate, by difference.....g	26.19		0	RKI	6		43.22		
Fiber, total dietary.....g	0.8		0	RKA	1		1.3		
Sugars, total.....g	9.56		0	RKA	1		15.78		
Sucrose.....g	5.22		0	RKA	1		8.61		
Glucose (dextrose).....g	3.13		0	RKA	1		5.16		
Fructose.....g	0.11		0	RKA	1		0.18		
Lactose.....g	0.73		0	RKA	1		1.20		
Maltose.....g	0.38		0	RKA	1		0.63		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	109		0	RKA	1		179		
Iron, Fe.....mg	1.65		0	RKA	1		2.72		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	673		0	MC	9		1110		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.8		0	RKA	1		3.0		
Thiamin.....mg	0.126		0	RKA	1		0.208		
Riboflavin.....mg	0.300		0	RKA	1		0.496		
Niacin.....mg	1.319		0	RKA	1		2.176		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	313		0	RKA	1		516		
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. 21327

McDONALD'S, Bacon, Egg & Cheese McGRIDDLES

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	4.201		0	RKI	6		6.931		
Fatty acids, total monounsaturated.....g	4.686		0	RKI	6		7.731		
Fatty acids, total polyunsaturated.....g	1.775		0	RKI	6		2.929		
Fatty acids, total trans.....g	0.903		0	RKI	6		1.490		
Cholesterol.....mg	147		0	RKA	1		242		
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 = 165g: 1 item 5.8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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



NDB No. 21324  
McDONALD'S, Baked Apple Pie

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									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.995		0	NC	4		3.076		
4:0.....g									
6:0.....g									
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	0.025		1	A	1		0.019		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	1.614		1	A	1		1.243		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	2.246		1	A	1		1.729		
20:0.....g	0.058		1	A	1		0.044		
22:0.....g	0.053		1	A	1		0.041		
24:0.....g									
Fatty acids, total monounsaturated.....g	9.183		0	NC	4		7.071		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	9.183		0	A	1		7.071		
18:1 c.....g	3.754		1	A	1		2.891		
18:1 t.....g	5.429		1	A	1		4.180		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.038		0	NC	4		0.799		
18:2 undifferentiated.....g	1.038		0	AS	1		0.799		
18:2 n-6 c,c.....g	0.341		1	A	1		0.262		
18:2 CLAs.....g									
18:2 t,t.....g	0.697		1	A	1		0.537		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		0	AS	1		0.000		
18:3 n-3 c,c,c (ALA).....g	0.000		1	A	1		0.000		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	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	6.126		0	NC	4		4.717		
Fatty acids, total trans-monoenoic.....g	5.429		0	NC	4		4.180		
Fatty acids, total trans-polyenoic.....g	0.697		0	NC	4		0.537		
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

NDB No. 21324  
McDONALD'S, Baked Apple Pie

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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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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food, or similar food.

**Common Measures:**  
Measure 1 = 77g: 2.7 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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





NDB No. 21310  
McDONALD'S, Barbeque Sauce

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									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.140		0	NC	4		0.039		
4:0.....g									
6:0.....g									
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	0.091		1	A	1		0.026		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.038		1	A	1		0.011		
20:0.....g	0.006		1	A	1		0.002		
22:0.....g	0.005		1	A	1		0.001		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.271		0	NC	4		0.076		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.235		0	A	1		0.066		
18:1 c.....g	0.235		1	A	1		0.066		
18:1 t.....g	0.000		1	A	1		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.036		1	A	1		0.010		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.504		0	NC	4		0.141		
18:2 undifferentiated.....g	0.425		0	AS	1		0.119		
18:2 n-6 c,c.....g	0.420		1	A	1		0.118		
18:2 CLAs.....g									
18:2 t,t.....g	0.005		1	A	1		0.001		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.076		0	AS	1		0.021		
18:3 n-3 c,c,c (ALA).....g	0.076		1	A	1		0.021		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.003		1	A	1		0.001		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	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		0	NC	4		0.001		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g	0.005		0	NC	4		0.001		
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

NDB No. 21310  
McDONALD'S, Barbeque Sauce

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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	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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food, or similar food.

**Common Measures:**  
Measure 1 = 28g: 1 package

**Calories Factors: Protein**                      **Fat**                      **Carbohydrate**

**Food Group:** 21 Fast Foods  
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 measures of food</u>			
	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									
<b><u>Lipids:</u></b>									
Fatty acids, total saturated.....g	4.435		0	RKI	6		5.277		
Fatty acids, total monounsaturated.....g	3.631		0	RKI	6		4.321		
Fatty acids, total polyunsaturated.....g	0.355		0	RKI	6		0.423		
Fatty acids, total trans.....g	0.647		0	MC	9		0.770		
Cholesterol.....mg	35		0	RKA	1		41		
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 = 119g: 1 item 4 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21309

McDONALD'S, Chicken McNUGGETS

McDonald's Corporation

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
<b>Proximates:</b>									
Water.....g	47.13	0.397	6	A	1		30.16	44.77	74.93
Energy.....kcal	302		0	NC	4		193	287	480
Energy.....kJ	1263		0	NC	4		808	1200	2008
Protein (N x 6.25).....g	15.79	0.279	6	A	1		10.11	15.00	25.11
Total lipid (fat).....g	19.81	0.544	6	A	1		12.68	18.82	31.49
Ash.....g	2.19	0.081	6	A	1		1.40	2.08	3.48
Carbohydrate, by difference.....g	15.09		0	NC	4		9.65	14.33	23.99
Fiber, total dietary.....g									
Sugars, total.....g	0.08	0.009	3	A	1		0.05	0.08	0.13
Sucrose.....g	0.08	0.009	3	A	1		0.05	0.08	0.13
Glucose (dextrose).....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11	0.401	6	A	1		7	10	17
Iron, Fe.....mg	0.89	0.036	6	A	1		0.57	0.84	1.41
Magnesium, Mg.....mg	24	0.366	6	A	1		15	23	38
Phosphorus, P.....mg	272	7.019	6	A	1		174	258	432
Potassium, K.....mg	252	5.965	6	A	1		161	239	400
Sodium, Na.....mg	566	26.590	6	A	1		362	538	900
Zinc, Zn.....mg	0.59	0.007	6	A	1		0.38	0.56	0.94
Copper, Cu.....mg	0.049	0.002	6	A	1		0.031	0.046	0.078
Manganese, Mn.....mg	0.140	0.003	6	A	1		0.089	0.133	0.222
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2	0.083	12	A	1		0.7	1.1	1.8
Thiamin.....mg	0.160		1	A	1		0.102	0.152	0.254
Riboflavin.....mg	0.110		1	A	1		0.070	0.104	0.175
Niacin.....mg	7.400		1	A	1		4.736	7.030	11.766
Pantothenic acid.....mg	0.880		1	A	1		0.563	0.836	1.399
Vitamin B-6.....mg	0.398		1	A	1		0.255	0.378	0.633
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.33		1	A	1		0.21	0.31	0.52
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									
<b>Lipids:</b>									

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 Confidence			Measure 1	Measure 2	Measure 3
			Points	Code	Code			
Fatty acids, total saturated.....g	3.261		0	NC	4	2.087	3.098	5.185
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	0.008	0.001	3	A	1	0.005	0.008	0.013
10:0.....g	0.006	0.000	3	A	1	0.004	0.005	0.009
12:0.....g	0.005	0.001	3	A	1	0.003	0.004	0.007
13:0.....g								
14:0.....g	0.035	0.003	3	A	1	0.023	0.034	0.056
15:0.....g	0.006	0.000	3	A	1	0.004	0.006	0.010
16:0.....g	2.058	0.164	3	A	1	1.317	1.955	3.272
17:0.....g	0.015	0.001	3	A	1	0.010	0.014	0.024
18:0.....g	0.991	0.051	3	A	1	0.634	0.941	1.575
20:0.....g	0.074	0.003	3	A	1	0.047	0.070	0.118
22:0.....g	0.039	0.002	3	A	1	0.025	0.037	0.062
24:0.....g	0.025	0.001	3	A	1	0.016	0.023	0.039
Fatty acids, total monounsaturated.....g	8.134		0	NC	4	5.206	7.728	12.933
14:1.....g	0.010	0.001	3	A	1	0.006	0.009	0.015
15:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
16:1 undifferentiated.....g	0.281	0.028	3	AS	1	0.180	0.267	0.446
16:1 c.....g	0.279	0.028	3	A	1	0.179	0.265	0.444
16:1 t.....g	0.002	0.000	3	A	1	0.001	0.002	0.003
17:1.....g	0.010	0.001	3	A	1	0.006	0.009	0.016
18:1 undifferentiated.....g	7.675	0.425	3	AS	1	4.912	7.291	12.203
18:1 c.....g	7.623	0.422	3	A	1	4.879	7.242	12.121
18:1 t.....g	0.052	0.004	3	A	1	0.033	0.049	0.082
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.141	0.006	3	A	1	0.090	0.134	0.224
22:1 undifferentiated.....g	0.004	0.001	3	AS	1	0.003	0.004	0.006
22:1 c.....g	0.004	0.001	3	A	1	0.003	0.004	0.006
22:1 t.....g	0.000	0.000	3	A	1	0.000	0.000	0.000
24:1 c.....g	0.015	0.008	3	A	1	0.010	0.014	0.024
Fatty acids, total polyunsaturated.....g	5.610		0	NC	4	3.590	5.329	8.919
18:2 undifferentiated.....g	5.186	0.314	3	AS	1	3.319	4.927	8.245
18:2 n-6 c,c,c.....g	5.105	0.313	3	A	1	3.267	4.850	8.117
18:2 CLAs.....g	0.020	0.001	3	A	1	0.013	0.019	0.031
18:2 t,t.....g								
18:2 i.....g								
18:2 t not further defined.....g	0.061	0.002	3	A	1	0.039	0.058	0.097
18:3 undifferentiated.....g	0.321	0.015	3	AS	1	0.205	0.305	0.510
18:3 n-3 c,c,c (ALA).....g	0.296	0.016	3	A	1	0.190	0.281	0.471
18:3 n-6 c,c,c.....g	0.025	0.002	3	A	1	0.016	0.023	0.039
18:3i.....g								
18:4.....g	0.001	0.000	3	A	1	0.000	0.001	0.001
20:2 n-6 c,c,c.....g	0.014	0.001	3	A	1	0.009	0.013	0.022
20:3 undifferentiated.....g	0.016	0.002	3	AS	1	0.010	0.015	0.025
20:3 n-3.....g	0.001	0.001	3	A	1	0.001	0.001	0.002
20:3 n-6.....g	0.015	0.001	3	A	1	0.009	0.014	0.023
20:4 undifferentiated.....g	0.049	0.001	3	A	1	0.032	0.047	0.078
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.001	0.000	3	A	1	0.000	0.001	0.001
21:5.....g								
22:4.....g	0.015	0.001	3	A	1	0.010	0.015	0.024
22:5 n-3 (DPA).....g	0.004	0.000	3	A	1	0.003	0.004	0.007
22:6 n-3 (DHA).....g	0.003	0.000	3	A	1	0.002	0.003	0.005
Fatty acids, total trans.....g	0.114		0	NC	4	0.073	0.108	0.182
Fatty acids, total trans-monoenoic.....g	0.053		0	NC	4	0.034	0.051	0.085
Fatty acids, total trans-polyenoic.....g	0.061		0	NC	4	0.039	0.058	0.097
Cholesterol.....mg	44	0.758	12	A	1	28	42	70
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.

**NDB No. 21309**

**McDONALD'S, Chicken McNUGGETS**

**Common Measures:**

Measure 1 = 64g: 4 pieces

Measure 2 = 95g: 6 pieces

Measure 3 = 159g: 10 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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





NDB No. 21311  
McDONALD'S, Creamy Ranch Sauce

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									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.894		0	NC	4		3.394		
4:0.....g									
6:0.....g									
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	0.059		1	A	1		0.025		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	5.199		1	A	1		2.236		
17:0.....g	0.050		1	A	1		0.021		
18:0.....g	2.232		1	A	1		0.960		
20:0.....g	0.173		1	A	1		0.074		
22:0.....g	0.181		1	A	1		0.078		
24:0.....g									
Fatty acids, total monounsaturated.....g	11.094		0	NC	4		4.771		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.057		1	A	1		0.025		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	10.928		0	A	1		4.699		
18:1 c.....g	10.928		1	A	1		4.699		
18:1 t.....g	0.000		1	A	1		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.110		1	A	1		0.047		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	28.178		0	NC	4		12.117		
18:2 undifferentiated.....g	24.943		0	AS	1		10.725		
18:2 n-6 c,c.....g	24.752		1	A	1		10.643		
18:2 CLAs.....g									
18:2 t,t.....g	0.191		1	A	1		0.082		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	3.235		0	AS	1		1.391		
18:3 n-3 c,c,c (ALA).....g	3.235		1	A	1		1.391		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	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	0.191		0	NC	4		0.082		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g	0.191		0	NC	4		0.082		
Cholesterol.....mg	21		1	A	1		9		
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

NDB No. 21311  
McDONALD'S, Creamy Ranch Sauce

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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			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

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food, or similar food.

**Common Measures:**

Measure 1 = 43g: 1.5 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21345

McDONALD'S, DOUBLE QUARTER POUNDER with Cheese

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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.473		0	RKI	6		18.125		
Fatty acids, total monounsaturated.....g	5.855		0	RKI	6		16.394		
Fatty acids, total polyunsaturated.....g	0.480		0	RKI	6		1.345		
Fatty acids, total trans.....g	1.027		0	MC	9		2.876		
Cholesterol.....mg	57		0	RKI	6		161		
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 = 280g: 1 item

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21363

**McDONALD'S, Deluxe Breakfast, with syrup and margarine**

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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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			

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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 = 420g: 1 item 14.8 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21344

McDONALD'S, Double Cheeseburger

McDonald's Corporation

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
<b>Proximates:</b>									
Water.....g	47.00	0.423	6	A	1		72.84		
Energy.....kcal	282		0	NC	4		437		
Energy.....kJ	1180		0	NC	4		1829		
Protein.....g	15.50	0.303	6	A	1		24.02		
Total lipid (fat).....g	16.09	0.245	6	A	1		24.93		
Ash.....g	2.63	0.067	6	A	1		4.08		
Carbohydrate, by difference.....g	18.79		0	NC	4		29.12		
Fiber, total dietary.....g	0.8		0	RKA	1		1.3		
Sugars, total.....g	4.23	0.088	3	A	1		6.56		
Sucrose.....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose).....g	1.33	0.033	3	A	1		2.07		
Fructose.....g	1.93	0.033	3	A	1		3.00		
Lactose.....g	0.60	0.000	3	A	1		0.93		
Maltose.....g	0.37	0.033	3	A	1		0.57		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	178	5.434	6	A	1		276		
Iron, Fe.....mg	2.24	0.062	6	A	1		3.48		
Magnesium, Mg.....mg	21	0.241	6	A	1		33		
Phosphorus, P.....mg	166	1.721	6	A	1		257		
Potassium, K.....mg	216	3.531	6	A	1		335		
Sodium, Na.....mg	668	19.901	6	A	1		1035		
Zinc, Zn.....mg	2.58	0.023	6	A	1		4.00		
Copper, Cu.....mg	0.077	0.003	6	A	1		0.119		
Manganese, Mn.....mg	0.202	0.006	6	A	1		0.313		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		0	RKA	1		0.7		
Thiamin.....mg	0.162		0	RKA	1		0.252		
Riboflavin.....mg	0.247		0	RKA	1		0.384		
Niacin.....mg	3.860		0	RKA	1		5.984		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
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									
<b>Lipids:</b>									

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	Code					
Fatty acids, total saturated.....g	6.998		0	NC	4			10.847		
4:0.....g	0.093	0.002	3	A	1			0.144		
6:0.....g	0.080	0.002	3	A	1			0.124		
8:0.....g	0.057	0.002	3	A	1			0.088		
10:0.....g	0.138	0.003	3	A	1			0.214		
12:0.....g	0.158	0.004	3	A	1			0.244		
13:0.....g										
14:0.....g	0.752	0.003	3	A	1			1.166		
15:0.....g	0.096	0.002	3	A	1			0.149		
16:0.....g	3.545	0.041	3	A	1			5.494		
17:0.....g	0.144	0.007	3	A	1			0.223		
18:0.....g	1.893	0.023	3	A	1			2.934		
20:0.....g	0.023	0.001	3	A	1			0.036		
22:0.....g	0.011	0.000	3	A	1			0.016		
24:0.....g	0.006	0.000	3	A	1			0.010		
Fatty acids, total monounsaturated.....g	5.655		0	NC	4			8.766		
14:1.....g	0.127	0.003	3	A	1			0.196		
15:1.....g	0.000	0.000	3	A	1			0.000		
16:1 undifferentiated.....g	0.391	0.013	3	AS	1			0.605		
16:1 c.....g	0.341	0.013	3	A	1			0.528		
16:1 t.....g	0.050	0.000	3	A	1			0.078		
17:1.....g	0.086	0.005	3	A	1			0.133		
18:1 undifferentiated.....g	4.999	0.015	3	AS	1			7.749		
18:1 c.....g	4.475	0.041	3	A	1			6.936		
18:1 t.....g	0.524	0.046	3	A	1			0.813		
18:1-11 t (18:1t n-7).....g										
20:1.....g	0.046	0.000	3	A	1			0.071		
22:1 undifferentiated.....g	0.005	0.002	3	AS	1			0.007		
22:1 c.....g	0.005	0.002	3	A	1			0.007		
22:1 t.....g	0.000	0.000	3	A	1			0.000		
24:1 c.....g	0.002	0.002	3	A	1			0.004		
Fatty acids, total polyunsaturated.....g	1.351		0	NC	4			2.095		
18:2 undifferentiated.....g	1.147	0.008	3	AS	1			1.778		
18:2 n-6 c,c.....g	0.966	0.006	3	A	1			1.498		
18:2 CLAs.....g	0.080	0.002	3	A	1			0.124		
18:2 t,t.....g										
18:2 i.....g										
18:2 t not further defined.....g	0.101	0.002	3	A	1			0.156		
18:3 undifferentiated.....g	0.123	0.002	3	AS	1			0.191		
18:3 n-3 c,c,c (ALA).....g	0.119	0.003	3	A	1			0.184		
18:3 n-6 c,c,c.....g	0.004	0.002	3	A	1			0.006		
18:3i.....g										
18:4.....g	0.001	0.000	3	A	1			0.002		
20:2 n-6 c,c.....g	0.005	0.000	3	A	1			0.008		
20:3 undifferentiated.....g	0.021	0.000	3	AS	1			0.032		
20:3 n-3.....g	0.002	0.000	3	A	1			0.004		
20:3 n-6.....g	0.018	0.001	3	A	1			0.028		
20:4 undifferentiated.....g	0.031	0.001	3	A	1			0.047		
20:4 n-6.....g										
20:5 n-3 (EPA).....g	0.005	0.000	3	A	1			0.008		
21:5.....g										
22:4.....g	0.007	0.001	3	A	1			0.010		
22:5 n-3 (DPA).....g	0.011	0.001	3	A	1			0.017		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1			0.000		
Fatty acids, total trans.....g	0.675		0	NC	4			1.046		
Fatty acids, total trans-monoenoic.....g	0.574		0	NC	4			0.890		
Fatty acids, total trans-polyenoic.....g	0.101		0	NC	4			0.156		
Cholesterol.....mg	48		0	RKA	1			74		
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.



**NDB No. 21344**

**McDONALD'S, Double Cheeseburger**

**Common Measures:**

Measure 1 = 155g: 1 sandwich

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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
<b>Proximates:</b>									
Water.....g	52.58	0.422	6	A	1		66.26		
Energy.....kcal	228		0	NC	4		287		
Energy.....kJ	955		0	NC	4		1203		
Protein.....g	13.64	0.217	6	A	1		17.18		
Total lipid (fat).....g	9.66	0.215	6	A	1		12.17		
Ash.....g	2.45	0.066	6	A	1		3.08		
Carbohydrate, by difference.....g	21.67		0	NC	4		27.31		
Fiber, total dietary.....g	1.1		0	RKA	1		1.4		
Sugars, total.....g	2.13	0.233	3	A	1		2.69		
Sucrose.....g	0.40	0.000	3	A	1		0.50		
Glucose (dextrose).....g	0.40	0.100	3	A	1		0.50		
Fructose.....g	0.43	0.033	3	A	1		0.55		
Lactose.....g	0.33	0.033	3	A	1		0.42		
Maltose.....g	0.57	0.067	3	A	1		0.71		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	192	18.721	6	A	1		242		
Iron, Fe.....mg	2.30	0.048	6	A	1		2.90		
Magnesium, Mg.....mg	20	0.568	6	A	1		26		
Phosphorus, P.....mg	200	3.468	6	A	1		252		
Potassium, K.....mg	173	4.633	6	A	1		218		
Sodium, Na.....mg	617	10.886	6	A	1		777		
Zinc, Zn.....mg	1.29	0.036	6	A	1		1.62		
Copper, Cu.....mg	0.084	0.002	6	A	1		0.106		
Manganese, Mn.....mg	0.235	0.005	6	A	1		0.296		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2		0	RKA	1		1.5		
Thiamin.....mg	0.262		0	RKA	1		0.330		
Riboflavin.....mg	0.368		0	RKA	1		0.463		
Niacin.....mg	3.102		0	RKA	1		3.909		
Pantothenic acid.....mg	0.836		0	RKA	1		1.054		
Vitamin B-6.....mg	0.145		0	RKA	1		0.182		
Folate, total.....µg	79		0	RKA	1		99		
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	0.59		0	RKA	1		0.75		
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			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points	Code					
Fatty acids, total saturated.....g	3.592		0	NC	4			4.526		
4:0.....g	0.063	0.003	3	A	1			0.079		
6:0.....g	0.054	0.004	3	A	1			0.068		
8:0.....g	0.080	0.009	3	A	1			0.100		
10:0.....g	0.107	0.005	3	A	1			0.135		
12:0.....g	0.098	0.003	3	A	1			0.124		
13:0.....g										
14:0.....g	0.329	0.008	3	A	1			0.414		
15:0.....g	0.037	0.001	3	A	1			0.047		
16:0.....g	2.007	0.020	3	A	1			2.529		
17:0.....g	0.031	0.001	3	A	1			0.039		
18:0.....g	0.760	0.010	3	A	1			0.958		
20:0.....g	0.012	0.001	3	A	1			0.015		
22:0.....g	0.008	0.001	3	A	1			0.010		
24:0.....g	0.005	0.001	3	A	1			0.006		
Fatty acids, total monounsaturated.....g	2.721		0	NC	4			3.429		
14:1.....g	0.033	0.001	3	A	1			0.042		
15:1.....g	0.000	0.000	3	A	1			0.000		
16:1 undifferentiated.....g	0.153	0.007	3	AS	1			0.193		
16:1 c.....g	0.140	0.007	3	A	1			0.177		
16:1 t.....g	0.013	0.001	3	A	1			0.016		
17:1.....g	0.012	0.001	3	A	1			0.015		
18:1 undifferentiated.....g	2.490	0.051	3	AS	1			3.137		
18:1 c.....g	2.427	0.077	3	A	1			3.058		
18:1 t.....g	0.063	0.031	3	A	1			0.080		
18:1-11 t (18:1t n-7).....g										
20:1.....g	0.031	0.002	3	A	1			0.039		
22:1 undifferentiated.....g	0.001	0.001	3	AS	1			0.002		
22:1 c.....g	0.001	0.001	3	A	1			0.002		
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	1.735		0	NC	4			2.186		
18:2 undifferentiated.....g	1.471	0.103	3	AS	1			1.854		
18:2 n-6 c,c.....g	1.416	0.105	3	A	1			1.784		
18:2 CLAs.....g	0.022	0.002	3	A	1			0.028		
18:2 t,t.....g										
18:2 i.....g										
18:2 t not further defined.....g	0.033	0.003	3	A	1			0.041		
18:3 undifferentiated.....g	0.115	0.011	3	AS	1			0.145		
18:3 n-3 c,c,c (ALA).....g	0.114	0.011	3	A	1			0.144		
18:3 n-6 c,c,c.....g	0.001	0.001	3	A	1			0.002		
18:3i.....g										
18:4.....g	0.000	0.000	3	A	1			0.000		
20:2 n-6 c,c.....g	0.010	0.000	3	A	1			0.012		
20:3 undifferentiated.....g	0.015	0.000	3	AS	1			0.018		
20:3 n-3.....g	0.002	0.001	3	A	1			0.003		
20:3 n-6.....g	0.012	0.000	3	A	1			0.016		
20:4 undifferentiated.....g	0.088	0.003	3	A	1			0.111		
20:4 n-6.....g										
20:5 n-3 (EPA).....g	0.002	0.000	3	A	1			0.002		
21:5.....g										
22:4.....g	0.008	0.001	3	A	1			0.010		
22:5 n-3 (DPA).....g	0.006	0.000	3	A	1			0.007		
22:6 n-3 (DHA).....g	0.021	0.000	3	A	1			0.026		
Fatty acids, total trans.....g	0.109		0	NC	4			0.138		
Fatty acids, total trans-monoenoic.....g	0.076		0	NC	4			0.096		
Fatty acids, total trans-polyenoic.....g	0.033		0	NC	4			0.041		
Cholesterol.....mg	165		0	RKA	1			208		
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.

**NDB No.** 21357

**McDONALD'S, Egg McMUFFIN**

**Common Measures:**

Measure 1 = 126g: 1 sandwich

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.833		0	NC	4		3.796		
4:0.....g	0.025	0.005	3	A	1		0.034		
6:0.....g	0.024	0.001	3	A	1		0.032		
8:0.....g	0.020	0.001	3	A	1		0.027		
10:0.....g	0.045	0.003	3	A	1		0.060		
12:0.....g	0.048	0.002	3	A	1		0.064		
13:0.....g									
14:0.....g	0.164	0.006	3	A	1		0.220		
15:0.....g	0.019	0.001	3	A	1		0.026		
16:0.....g	1.613	0.005	3	A	1		2.162		
17:0.....g	0.021	0.000	3	A	1		0.028		
18:0.....g	0.750	0.010	3	A	1		1.005		
20:0.....g	0.048	0.001	3	A	1		0.064		
22:0.....g	0.038	0.000	3	A	1		0.050		
24:0.....g	0.017	0.000	3	A	1		0.023		
Fatty acids, total monounsaturated.....g	4.005		0	NC	4		5.367		
14:1.....g	0.015	0.001	3	A	1		0.020		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.049	0.001	3	AS	1		0.066		
16:1 c.....g	0.044	0.001	3	A	1		0.059		
16:1 t.....g	0.006	0.001	3	A	1		0.008		
17:1.....g	0.009	0.000	3	A	1		0.012		
18:1 undifferentiated.....g	3.849	0.033	3	AS	1		5.158		
18:1 c.....g	3.788	0.031	3	A	1		5.076		
18:1 t.....g	0.061	0.005	3	A	1		0.082		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.070	0.001	3	A	1		0.094		
22:1 undifferentiated.....g	0.007	0.000	3	AS	1		0.010		
22:1 c.....g	0.007	0.000	3	A	1		0.010		
22:1 t.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.005	0.005	3	A	1		0.007		
Fatty acids, total polyunsaturated.....g	5.952		0	NC	4		7.976		
18:2 undifferentiated.....g	5.187	0.121	3	AS	1		6.951		
18:2 n-6 c,c.....g	5.106	0.127	3	A	1		6.842		
18:2 CLAs.....g	0.020	0.002	3	A	1		0.027		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.061	0.005	3	A	1		0.082		
18:3 undifferentiated.....g	0.639	0.017	3	AS	1		0.856		
18:3 n-3 c,c,c (ALA).....g	0.614	0.025	3	A	1		0.823		
18:3 n-6 c,c,c.....g	0.024	0.012	3	A	1		0.033		
18:3i.....g									
18:4.....g	0.002	0.001	3	A	1		0.003		
20:2 n-6 c,c.....g	0.007	0.001	3	A	1		0.009		
20:3 undifferentiated.....g	0.006	0.001	3	AS	1		0.008		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.006	0.001	3	A	1		0.008		
20:4 undifferentiated.....g	0.011	0.001	3	A	1		0.015		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.030	0.000	3	A	1		0.040		
21:5.....g									
22:4.....g	0.005	0.001	3	A	1		0.007		
22:5 n-3 (DPA).....g	0.005	0.000	3	A	1		0.006		
22:6 n-3 (DHA).....g	0.061	0.002	3	A	1		0.081		
Fatty acids, total trans.....g	0.128		0	NC	4		0.171		
Fatty acids, total trans-monoenoic.....g	0.067		0	NC	4		0.089		
Fatty acids, total trans-polyenoic.....g	0.061		0	NC	4		0.082		
Cholesterol.....mg	32		1	A	1		43		
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

NDB No. 21232  
McDONALD'S, FILET-O-FISH

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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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

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food, or similar food.

**Common Measures:**

Measure 1 = 134g: 1 sandwich

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group:** 21 Fast Foods

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





NDB No. 21382

McDONALD'S, FILET-O-FISH (without tartar sauce)

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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	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code			

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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 item

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21380

McDONALD'S, Fruit 'n Yogurt Parfait

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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.041		0	RKI	6		0.060		
Fatty acids, total monounsaturated.....g	0.106		0	RKI	6		0.158		
Fatty acids, total polyunsaturated.....g	0.095		0	RKI	6		0.142		
Fatty acids, total trans.....g	0.052		0	MC	9		0.077		
Cholesterol.....mg	5		0	RKI	6		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:**

Measure 1 = 149g: 1 item 5.2 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21381

McDONALD'S, Fruit 'n Yogurt Parfait (without granola)

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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.004		0	RKI	6		0.005		
Fatty acids, total monounsaturated.....g	0.010		0	RKI	6		0.014		
Fatty acids, total polyunsaturated.....g	0.033		0	RKI	6		0.047		
Fatty acids, total trans.....g	0.054		0	RKA	1		0.077		
Cholesterol.....mg	5		0	RKI	6		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:**

Measure 1 = 142g: 1 item

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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
<b>Proximates:</b>									
Water.....g	44.53	0.518	6	A	1		42.31		
Energy.....kcal	264		0	NC	4		250		
Energy.....kJ	1103		0	NC	4		1048		
Protein.....g	12.92	0.137	6	A	1		12.27		
Total lipid (fat).....g	10.09	0.199	6	A	1		9.58		
Ash.....g	2.18	0.072	6	A	1		2.08		
Carbohydrate, by difference.....g	30.28		0	NC	4		28.76		
Fiber, total dietary.....g	1.3		0	RKA	1		1.2		
Sugars, total.....g	6.03	0.145	3	A	1		5.73		
Sucrose.....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose).....g	2.10	0.058	3	A	1		1.99		
Fructose.....g	3.30	0.058	3	A	1		3.13		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.63	0.033	3	A	1		0.60		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	127	6.469	6	A	1		120		
Iron, Fe.....mg	2.87	0.085	6	A	1		2.73		
Magnesium, Mg.....mg	21	0.438	6	A	1		20		
Phosphorus, P.....mg	107	1.478	6	A	1		101		
Potassium, K.....mg	192	3.274	6	A	1		182		
Sodium, Na.....mg	494	19.871	6	A	1		469		
Zinc, Zn.....mg	1.95	0.016	6	A	1		1.85		
Copper, Cu.....mg	0.096	0.002	6	A	1		0.091		
Manganese, Mn.....mg	0.322	0.012	6	A	1		0.306		
Selenium, Se.....µg	26.2	4.123	4	A	1		24.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6		0	RKA	1		0.6		
Thiamin.....mg	0.247		0	RKA	1		0.234		
Riboflavin.....mg	0.239		0	RKA	1		0.227		
Niacin.....mg	4.544		0	RKA	1		4.317		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	64		0	RKA	1		61		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.83		0	RKA	1		0.79		
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	55		0	RKA	1		53		
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									
<b>Lipids:</b>									

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			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Fatty acids, total saturated.....g	3.504		0	NC	4		3.329		
4:0.....g	0.000	0.000	3	A	1		0.000		
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	0.010	0.001	3	A	1		0.009		
12:0.....g	0.008	0.000	3	A	1		0.007		
13:0.....g									
14:0.....g	0.218	0.008	3	A	1		0.207		
15:0.....g	0.038	0.002	3	A	1		0.036		
16:0.....g	1.928	0.033	3	A	1		1.831		
17:0.....g	0.095	0.007	3	A	1		0.090		
18:0.....g	1.179	0.028	3	A	1		1.120		
20:0.....g	0.015	0.001	3	A	1		0.014		
22:0.....g	0.010	0.000	3	A	1		0.009		
24:0.....g	0.005	0.000	3	A	1		0.005		
Fatty acids, total monounsaturated.....g	3.768		0	NC	4		3.579		
14:1.....g	0.066	0.002	3	A	1		0.063		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.259	0.010	3	AS	1		0.246		
16:1 c.....g	0.232	0.009	3	A	1		0.221		
16:1 t.....g	0.027	0.001	3	A	1		0.026		
17:1.....g	0.064	0.005	3	A	1		0.060		
18:1 undifferentiated.....g	3.335	0.044	3	AS	1		3.168		
18:1 c.....g	2.989	0.043	3	A	1		2.839		
18:1 t.....g	0.346	0.035	3	A	1		0.329		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.035	0.002	3	A	1		0.033		
22:1 undifferentiated.....g	0.006	0.003	3	AS	1		0.006		
22:1 c.....g	0.006	0.003	3	A	1		0.006		
22:1 t.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.003	0.003	3	A	1		0.003		
Fatty acids, total polyunsaturated.....g	1.420		0	NC	4		1.349		
18:2 undifferentiated.....g	1.234	0.007	3	AS	1		1.172		
18:2 n-6 c,c.....g	1.135	0.013	3	A	1		1.078		
18:2 CLAs.....g	0.044	0.003	3	A	1		0.042		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.055	0.003	3	A	1		0.052		
18:3 undifferentiated.....g	0.138	0.004	3	AS	1		0.131		
18:3 n-3 c,c,c (ALA).....g	0.134	0.002	3	A	1		0.127		
18:3 n-6 c,c,c.....g	0.004	0.002	3	A	1		0.004		
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.004	0.000	3	A	1		0.003		
20:3 undifferentiated.....g	0.013	0.001	3	AS	1		0.012		
20:3 n-3.....g	0.001	0.001	3	A	1		0.001		
20:3 n-6.....g	0.011	0.001	3	A	1		0.011		
20:4 undifferentiated.....g	0.017	0.001	3	A	1		0.016		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	3	A	1		0.002		
21:5.....g									
22:4.....g	0.007	0.001	3	A	1		0.007		
22:5 n-3 (DPA).....g	0.006	0.000	3	A	1		0.006		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.428		0	NC	4		0.406		
Fatty acids, total trans-monoenoic.....g	0.373		0	NC	4		0.355		
Fatty acids, total trans-polyenoic.....g	0.055		0	NC	4		0.052		
Cholesterol.....mg	27		0	RKA	1		26		
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.

**NDB No.** 21228

**McDONALD'S, Hamburger**

**Common Measures:**

Measure 1 = 95g: 1 sandwich

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.327		0	NC	4		1.233		
4:0.....g	0.000	0.000	3	A	1		0.000		
6:0.....g	0.000	0.000	3	A	1		0.000		
8:0.....g	0.008	0.002	3	A	1		0.004		
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.004	0.000	3	A	1		0.002		
13:0.....g									
14:0.....g	0.012	0.000	3	A	1		0.006		
15:0.....g	0.006	0.000	3	A	1		0.003		
16:0.....g	1.081	0.050	3	A	1		0.573		
17:0.....g	0.011	0.001	3	A	1		0.006		
18:0.....g	1.038	0.034	3	A	1		0.550		
20:0.....g	0.091	0.003	3	A	1		0.048		
22:0.....g	0.049	0.001	3	A	1		0.026		
24:0.....g	0.027	0.001	3	A	1		0.014		
Fatty acids, total monounsaturated.....g	8.055		0	NC	4		4.269		
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	0.028	0.001	3	AS	1		0.015		
16:1 c.....g	0.028	0.001	3	A	1		0.015		
16:1 t.....g	0.000	0.000	3	A	1		0.000		
17:1.....g	0.008	0.000	3	A	1		0.004		
18:1 undifferentiated.....g	7.848	0.240	3	AS	1		4.160		
18:1 c.....g	7.825	0.242	3	A	1		4.147		
18:1 t.....g	0.023	0.003	3	A	1		0.012		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.154	0.001	3	A	1		0.081		
22:1 undifferentiated.....g	0.003	0.000	3	AS	1		0.002		
22:1 c.....g	0.003	0.000	3	A	1		0.002		
22:1 t.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.015	0.001	3	A	1		0.008		
Fatty acids, total polyunsaturated.....g	5.065		0	NC	4		2.685		
18:2 undifferentiated.....g	4.613	0.292	3	AS	1		2.445		
18:2 n-6 c,c.....g	4.574	0.295	3	A	1		2.424		
18:2 CLAs.....g	0.013	0.001	3	A	1		0.007		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.026	0.003	3	A	1		0.014		
18:3 undifferentiated.....g	0.439	0.026	3	AS	1		0.233		
18:3 n-3 c,c,c (ALA).....g	0.412	0.028	3	A	1		0.218		
18:3 n-6 c,c,c.....g	0.027	0.002	3	A	1		0.014		
18:3i.....g	0.000	0.000	3	A	1		0.000		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.008	0.001	3	A	1		0.004		
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	0.005	0.001	3	A	1		0.002		
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	0.000	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	0.049		0	NC	4		0.026		
Fatty acids, total trans-monoenoic.....g	0.023		0	NC	4		0.012		
Fatty acids, total trans-polyenoic.....g	0.026		0	NC	4		0.014		
Cholesterol.....mg	0		1	A	1		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

NDB No. 21319  
McDONALD'S, Hash Brown

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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	Source	Measure 1	Measure 2	Measure 3
			of Data	Confidence			
		Points	Code	Code			

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food, or similar food.

**Common Measures:**

Measure 1 = 53g: 1 serving 1 patty

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21335  
 McDONALD'S, Hot Caramel Sundae

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									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.468		0	RKI	6		4.492		
4:0.....g									
6:0.....g									
8:0.....g	0.040		0	RKA	1		0.072		
10:0.....g	0.093		0	RKA	1		0.169		
12:0.....g	0.108		0	RKA	1		0.197		
13:0.....g									
14:0.....g	0.385		0	RKA	1		0.701		
15:0.....g	0.040		0	RKA	1		0.073		
16:0.....g	1.184		0	RKA	1		2.156		
17:0.....g	0.025		0	RKA	1		0.046		
18:0.....g	0.586		0	RKA	1		1.066		
20:0.....g	0.007		0	RKA	1		0.012		
22:0.....g	0.000		0	RKA	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.210		0	RKI	6		2.202		
14:1.....g	0.027		0	RKA	1		0.049		
15:1.....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated.....g	0.046		0	RKA	1		0.084		
17:1.....g	0.007		0	RKA	1		0.012		
18:1 undifferentiated.....g	1.130		0	RKA	1		2.057		
20:1.....g	0.000		0	RKA	1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.232		0	RKI	6		0.423		
18:2 undifferentiated.....g	0.208		0	RKA	1		0.379		
18:3 undifferentiated.....g	0.018		0	RKA	1		0.033		
18:4.....g									
20:2 n-6 c,c.....g	0.000		0	RKA	1		0.000		
20:3 undifferentiated.....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated.....g	0.006		0	RKA	1		0.011		
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	0.271		0	RKI	6		0.493		
Cholesterol.....mg	16		0	RKA	1		29		
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 = 182g: 1 item (6.4 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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



NDB No. 21336  
McDONALD'S, Hot Fudge Sundae

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									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.592		0	RKI	6		6.430		
4:0.....g									
6:0.....g									
8:0.....g	0.086		0	RKA	1		0.153		
10:0.....g	0.125		0	RKA	1		0.224		
12:0.....g	0.799		0	RKA	1		1.430		
13:0.....g									
14:0.....g	0.550		0	RKA	1		0.984		
15:0.....g	0.032		0	RKA	1		0.057		
16:0.....g	1.135		0	RKA	1		2.032		
17:0.....g	0.020		0	RKA	1		0.035		
18:0.....g	0.836		0	RKA	1		1.497		
20:0.....g	0.010		0	RKA	1		0.018		
22:0.....g	0.000		0	RKA	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.045		0	RKI	6		1.870		
14:1.....g	0.021		0	RKA	1		0.038		
15:1.....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated.....g	0.035		0	RKA	1		0.063		
17:1.....g	0.007		0	RKA	1		0.012		
18:1 undifferentiated.....g	0.981		0	RKA	1		1.757		
20:1.....g	0.000		0	RKA	1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.220		0	RKI	6		0.394		
18:2 undifferentiated.....g	0.198		0	RKA	1		0.354		
18:3 undifferentiated.....g	0.018		0	RKA	1		0.032		
18:4.....g									
20:2 n-6 c,c.....g	0.000		0	RKA	1		0.000		
20:3 undifferentiated.....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated.....g	0.005		0	RKA	1		0.008		
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	0.242		0	RKI	6		0.434		
Cholesterol.....mg	13		0	RKA	1		24		
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 = 179g: 1 item (6.3 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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





NDB No. 21313  
McDONALD'S, Hot Mustard Sauce

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			
Vitamin D.....µg								
Vitamin K (phylloquinone).....µg								
Dihydrophylloquinone.....µg								
Menaquinone-4.....µg								
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.987		0	NC	4		0.276	
4:0.....g								
6:0.....g								
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	0.654		1	A	1		0.183	
17:0.....g	0.000		1	A	1		0.000	
18:0.....g	0.280		1	A	1		0.079	
20:0.....g	0.027		1	A	1		0.008	
22:0.....g	0.026		1	A	1		0.007	
24:0.....g								
Fatty acids, total monounsaturated.....g	1.724		0	NC	4		0.483	
14:1.....g	0.000		1	A	1		0.000	
15:1.....g	0.000		1	A	1		0.000	
16:1 undifferentiated.....g	0.011		1	A	1		0.003	
17:1.....g	0.000		1	A	1		0.000	
18:1 undifferentiated.....g	1.591		0	AS	1		0.446	
18:1 c.....g	1.591		1	A	1		0.446	
18:1 t.....g	0.000		1	A	1		0.000	
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.121		1	A	1		0.034	
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.406		0	NC	4		0.954	
18:2 undifferentiated.....g	2.979		0	AS	1		0.834	
18:2 n-6 c,c.....g	2.937		1	A	1		0.822	
18:2 CLAs.....g								
18:2 t,t.....g	0.042		1	A	1		0.012	
18:2 i.....g								
18:2 t not further defined.....g								
18:3 undifferentiated.....g	0.427		0	AS	1		0.120	
18:3 n-3 c,c,c (ALA).....g	0.427		1	A	1		0.120	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	
18:3i.....g								
18:4.....g								
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	
20:3 n-3.....g								
20:3 n-6.....g								
20:4 undifferentiated.....g	0.000		1	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	0.042		0	NC	4		0.012	
Fatty acids, total trans-monoenoic.....g								
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

NDB No. 21313  
McDONALD'S, Hot Mustard Sauce

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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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

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food, or similar food.

**Common Measures:**

Measure 1 = 28g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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	Deriv Code					
Vitamin D.....µg									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.158		0	NC	4		1.725		
4:0.....g									
6:0.....g									
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	0.678		1	A	1		1.011		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.443		1	A	1		0.660		
20:0.....g	0.019		1	A	1		0.028		
22:0.....g	0.017		1	A	1		0.026		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.236		0	NC	4		1.842		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.014		1	A	1		0.021		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	1.210		0	A	1		1.802		
18:1 c.....g	1.197		1	A	1		1.784		
18:1 t.....g	0.012		1	A	1		0.019		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.012		1	A	1		0.019		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.978		0	NC	4		4.437		
18:2 undifferentiated.....g	2.657		0	AS	1		3.958		
18:2 n-6 c,c.....g	2.638		1	A	1		3.931		
18:2 CLAs.....g									
18:2 t,t.....g	0.018		1	A	1		0.027		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.321		0	AS	1		0.479		
18:3 n-3 c,c,c (ALA).....g	0.321		1	A	1		0.479		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	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	0.031		0	NC	4		0.045		
Fatty acids, total trans-monoenoic.....g	0.012		0	NC	4		0.019		
Fatty acids, total trans-polyenoic.....g	0.018		0	NC	4		0.027		
Cholesterol.....mg	13		1	A	1		19		
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

NDB No. 21321  
McDONALD'S, Hotcakes (plain)

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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	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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food, or similar food.

**Common Measures:**  
Measure 1 = 149g: 3 hotcakes 5.3 oz

**Calories Factors: Protein**                      **Fat**                      **Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21365

McDONALD'S, Hotcakes (with 2 pats margarine & syrup)

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
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b><u>Lipids:</u></b>									
Fatty acids, total saturated.....g	0.818		0	RKI	6		1.808		
Fatty acids, total monounsaturated.....g	0.863		0	RKI	6		1.907		
Fatty acids, total polyunsaturated.....g	2.087		0	RKI	6		4.613		
Fatty acids, total trans.....g	1.788		0	MC	9		3.951		
Cholesterol.....mg	9		0	RKA	1		19		
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 = 221g: 1 item

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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





NDB No. 21364

**McDONALD'S, Hotcakes and Sausage**

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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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			

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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 item

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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	Deriv Code					
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.772		0	NC	4		0.372		
4:0.....g									
6:0.....g									
8:0.....g	0.032		1	A	1		0.007		
10:0.....g	0.075		1	A	1		0.016		
12:0.....g	0.087		1	A	1		0.018		
13:0.....g									
14:0.....g	0.291		1	A	1		0.061		
15:0.....g	0.030		1	A	1		0.006		
16:0.....g	0.840		1	A	1		0.176		
17:0.....g	0.020		1	A	1		0.004		
18:0.....g	0.396		1	A	1		0.083		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.771		0	NC	4		0.162		
14:1.....g	0.023		1	A	1		0.005		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.038		1	A	1		0.008		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.710		0	AS	1		0.149		
18:1 c.....g	0.700		1	A	1		0.147		
18:1 t.....g	0.011		1	A	1		0.002		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.139		0	NC	4		0.029		
18:2 undifferentiated.....g	0.126		0	AS	1		0.026		
18:2 n-6 c,c.....g	0.099		1	A	1		0.021		
18:2 CLAs.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.027		1	A	1		0.006		
18:3 undifferentiated.....g	0.013		0	AS	1		0.003		
18:3 n-3 c,c,c (ALA).....g	0.013		1	A	1		0.003		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	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	0.037		0	NC	4		0.008		
Fatty acids, total trans-monoenoic.....g	0.011		0	NC	4		0.002		
Fatty acids, total trans-polyenoic.....g	0.027		0	NC	4		0.006		
Cholesterol.....mg	12		1	A	1		3		
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

NDB No. 21343

McDONALD'S, Low Fat Caramel Sauce

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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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

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food, or similar food.

**Common Measures:**

Measure 1 = 21g: .8 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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
<b>Proximates:</b>									
Water.....g	46.11	0.324	6	A	1		60.40		
Energy.....kcal	273		0	NC	4		357		
Energy.....kJ	1140		0	NC	4		1493		
Protein.....g	10.43	0.206	6	A	1		13.66		
Total lipid (fat).....g	13.21	0.302	6	A	1		17.31		
Ash.....g	2.28	0.024	6	A	1		2.99		
Carbohydrate, by difference.....g	27.97		0	NC	4		36.64		
Fiber, total dietary.....g	1.3		0	RKA	1		1.6		
Sugars, total.....g	3.57	0.067	3	A	1		4.67		
Sucrose.....g	0.17	0.033	3	A	1		0.22		
Glucose (dextrose).....g	1.03	0.033	3	A	1		1.35		
Fructose.....g	1.93	0.033	3	A	1		2.53		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.43	0.033	3	A	1		0.57		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	88	4.037	6	A	1		115		
Iron, Fe.....mg	1.74	0.100	6	A	1		2.28		
Magnesium, Mg.....mg	20	0.341	6	A	1		26		
Phosphorus, P.....mg	139	1.751	6	A	1		182		
Potassium, K.....mg	173	3.537	6	A	1		227		
Sodium, Na.....mg	624	5.092	6	A	1		817		
Zinc, Zn.....mg	0.63	0.030	6	A	1		0.83		
Copper, Cu.....mg	0.082	0.002	6	A	1		0.108		
Manganese, Mn.....mg	0.358	0.009	6	A	1		0.469		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.212		0	RKA	1		0.278		
Riboflavin.....mg	0.200		0	RKA	1		0.262		
Niacin.....mg	3.942		0	RKA	1		5.165		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.19		0	RKI	6		0.25		
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:**

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 Confidence			Measure 1	Measure 2	Measure 3
			Points	Code	Code			
Fatty acids, total saturated.....g	2.346		0	NC	4			3.074
4:0.....g	0.000	0.000	3	A	1			0.000
6:0.....g	0.000	0.000	3	A	1			0.000
8:0.....g	0.003	0.000	3	A	1			0.004
10:0.....g	0.006	0.001	3	A	1			0.008
12:0.....g	0.004	0.000	3	A	1			0.005
13:0.....g								
14:0.....g	0.024	0.001	3	A	1			0.031
15:0.....g	0.004	0.002	3	A	1			0.005
16:0.....g	1.552	0.020	3	A	1			2.033
17:0.....g	0.012	0.000	3	A	1			0.015
18:0.....g	0.655	0.009	3	A	1			0.858
20:0.....g	0.041	0.001	3	A	1			0.054
22:0.....g	0.031	0.001	3	A	1			0.040
24:0.....g	0.015	0.000	3	A	1			0.020
Fatty acids, total monounsaturated.....g	4.401		0	NC	4			5.765
14:1.....g	0.006	0.000	3	A	1			0.007
15:1.....g	0.000	0.000	3	A	1			0.000
16:1 undifferentiated.....g	0.180	0.009	3	AS	1			0.235
16:1 c.....g	0.179	0.009	3	A	1			0.234
16:1 t.....g	0.001	0.001	3	A	1			0.001
17:1.....g	0.007	0.000	3	A	1			0.009
18:1 undifferentiated.....g	4.114	0.127	3	AS	1			5.389
18:1 c.....g	4.081	0.128	3	A	1			5.346
18:1 t.....g	0.033	0.001	3	A	1			0.043
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.086	0.016	3	A	1			0.112
22:1 undifferentiated.....g	0.005	0.000	3	AS	1			0.006
22:1 c.....g	0.005	0.000	3	A	1			0.006
22:1 t.....g	0.000	0.000	3	A	1			0.000
24:1 c.....g	0.005	0.005	3	A	1			0.006
Fatty acids, total polyunsaturated.....g	4.964		0	NC	4			6.503
18:2 undifferentiated.....g	4.453	0.179	3	AS	1			5.833
18:2 n-6 c,c.....g	4.396	0.179	3	A	1			5.758
18:2 CLAs.....g	0.012	0.001	3	A	1			0.016
18:2 t,t.....g								
18:2 i.....g								
18:2 t not further defined.....g	0.045	0.001	3	A	1			0.059
18:3 undifferentiated.....g	0.447	0.011	3	AS	1			0.585
18:3 n-3 c,c,c (ALA).....g	0.430	0.016	3	A	1			0.564
18:3 n-6 c,c,c.....g	0.016	0.008	3	A	1			0.021
18:3i.....g								
18:4.....g	0.001	0.001	3	A	1			0.001
20:2 n-6 c,c.....g	0.009	0.000	3	A	1			0.012
20:3 undifferentiated.....g	0.011	0.000	3	AS	1			0.014
20:3 n-3.....g	0.001	0.001	3	A	1			0.001
20:3 n-6.....g	0.010	0.001	3	A	1			0.013
20:4 undifferentiated.....g	0.028	0.001	3	A	1			0.037
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	0.011	0.001	3	A	1			0.014
22:5 n-3 (DPA).....g	0.002	0.001	3	A	1			0.003
22:6 n-3 (DHA).....g	0.003	0.000	3	A	1			0.004
Fatty acids, total trans.....g	0.079		0	NC	4			0.103
Fatty acids, total trans-monoenoic.....g	0.034		0	NC	4			0.044
Fatty acids, total trans-polyenoic.....g	0.045		0	NC	4			0.059
Cholesterol.....mg	27		0	RKI	6			36
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.

**NDB No.** 21355

**McDONALD'S, McCHICKEN Sandwich**

**Common Measures:**

Measure 1 = 131g: 1 sandwich

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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





NDB No. 21356

**McDONALD'S, McCHICKEN Sandwich (without mayonnaise)**

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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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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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 item

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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 D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.402		0	RKI	6		11.839	17.146	
4:0.....g									
6:0.....g									
8:0.....g	0.040		0	RKA	1		0.141	0.204	
10:0.....g	0.094		0	RKA	1		0.326	0.472	
12:0.....g	0.109		0	RKA	1		0.379	0.549	
13:0.....g									
14:0.....g	0.392		0	RKA	1		1.366	1.978	
15:0.....g	0.041		0	RKA	1		0.143	0.207	
16:0.....g	1.577		0	RKA	1		5.487	7.947	
17:0.....g	0.028		0	RKA	1		0.097	0.141	
18:0.....g	1.095		0	RKA	1		3.810	5.517	
20:0.....g	0.022		0	RKA	1		0.078	0.113	
22:0.....g	0.003		0	RKA	1		0.011	0.017	
24:0.....g									
Fatty acids, total monounsaturated.....g	1.670		0	RKI	6		5.811	8.417	
14:1.....g	0.028		0	RKA	1		0.096	0.139	
15:1.....g	0.000		0	RKA	1		0.000	0.000	
16:1 undifferentiated.....g	0.049		0	RKA	1		0.170	0.246	
17:1.....g	0.008		0	RKA	1		0.027	0.039	
18:1 undifferentiated.....g	1.586		0	RKA	1		5.518	7.992	
20:1.....g	0.000		0	RKA	1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.282		0	RKI	6		0.981	1.421	
18:2 undifferentiated.....g	0.254		0	RKA	1		0.884	1.281	
18:3 undifferentiated.....g	0.023		0	RKA	1		0.078	0.113	
18:4.....g									
20:2 n-6 c,c.....g	0.000		0	RKA	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	RKA	1		0.000	0.000	
20:4 undifferentiated.....g	0.005		0	RKA	1		0.018	0.027	
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	0.281		0	RKI	6		0.979	1.418	
Cholesterol.....mg	16		0	RKA	1		56	81	
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 = 348g: 1 regular (12 fl oz)

Measure 2 = 504g: 1 large (16 fl oz)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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 D.....µg									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.577		0	RKI	6		8.683	12.548	
4:0.....g									
6:0.....g									
8:0.....g	0.038		0	RKA	1		0.126	0.183	
10:0.....g	0.087		0	RKA	1		0.295	0.426	
12:0.....g	0.102		0	RKA	1		0.343	0.496	
13:0.....g									
14:0.....g	0.367		0	RKA	1		1.236	1.787	
15:0.....g	0.038		0	RKA	1		0.127	0.184	
16:0.....g	1.254		0	RKA	1		4.226	6.107	
17:0.....g	0.025		0	RKA	1		0.083	0.120	
18:0.....g	0.653		0	RKA	1		2.202	3.182	
20:0.....g	0.010		0	RKA	1		0.034	0.049	
22:0.....g	0.003		0	RKA	1		0.011	0.015	
24:0.....g									
Fatty acids, total monounsaturated.....g	1.716		0	RKI	6		5.784	8.359	
14:1.....g	0.025		0	RKA	1		0.085	0.123	
15:1.....g	0.000		0	RKA	1		0.000	0.000	
16:1 undifferentiated.....g	0.042		0	RKA	1		0.143	0.207	
17:1.....g	0.008		0	RKA	1		0.027	0.039	
18:1 undifferentiated.....g	1.639		0	RKA	1		5.524	7.982	
20:1.....g	0.002		0	RKA	1		0.006	0.008	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.364		0	RKI	6		1.227	1.773	
18:2 undifferentiated.....g	0.339		0	RKA	1		1.141	1.649	
18:3 undifferentiated.....g	0.020		0	RKA	1		0.067	0.097	
18:4.....g									
20:2 n-6 c,c.....g	0.000		0	RKA	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	RKA	1		0.000	0.000	
20:4 undifferentiated.....g	0.005		0	RKA	1		0.018	0.027	
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	0.565		0	RKI	6		1.904	2.752	
Cholesterol.....mg	15		0	RKA	1		52	74	
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 = 337g: 1 regular (12 fl oz)

Measure 2 = 487g: 1 large (16 fl oz)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21346

McDONALD'S, NEWMAN'S OWN Cobb Dressing

McDonald's Corporation

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
<b>Proximates:</b>									
Water.....g	66.41		1	MA	12		41.17		
Energy.....kcal	196		0	MC	9		122		
Energy.....kJ	820		0	MC	9		508		
Protein (N x 6.25).....g	1.69		1	MA	12		1.05		
Total lipid (fat).....g	14.45		1	MA	12		8.96		
Ash.....g	1.96		1	MA	12		1.22		
Carbohydrate, by difference.....g	15.49		0	NC	4		9.61		
Fiber, total dietary.....g	0.3		1	MA	12		0.2		
Sugars, total.....g	7.79		1	MA	12		4.83		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	50		1	MA	12		31		
Iron, Fe.....mg	0.20		1	MA	12		0.12		
Magnesium, Mg.....mg	3		1	MA	12		2		
Phosphorus, P.....mg	31		1	MA	12		19		
Potassium, K.....mg	20		1	MA	12		13		
Sodium, Na.....mg	709		1	MA	12		439		
Zinc, Zn.....mg	0.30		1	MA	12		0.19		
Copper, Cu.....mg	0.000		1	MA	12		0.000		
Manganese, Mn.....mg	0.000		1	MA	12		0.000		
Selenium, Se.....µg	0.3		1	MA	12		0.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		1	MA	12		0.3		
Thiamin.....mg	0.010		1	MA	12		0.006		
Riboflavin.....mg	0.020		1	MA	12		0.012		
Niacin.....mg	0.010		1	MA	12		0.006		
Pantothenic acid.....mg	0.020		1	MA	12		0.012		
Vitamin B-6.....mg	0.000		1	MA	12		0.000		
Folate, total.....µg	0		1	MA	12		0		
Folic acid.....µg									
Folate, food.....µg	0		1	MA	12		0		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.05		1	MA	12		0.03		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	93		1	MA	12		58		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.00		1	MA	12		0.00		
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		1	MA	12		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 21346

McDONALD'S, NEWMAN'S OWN Cobb Dressing

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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	Source Code	measures of food			
			of Data Points	Code		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.770		1	MA	12		1.717		
Fatty acids, total monounsaturated.....g	3.670		1	MA	12		2.275		
Fatty acids, total polyunsaturated.....g	7.910		1	MA	12		4.904		
Fatty acids, total trans.....g	0.010		1	MA	12		0.006		
Cholesterol.....mg	13		1	MA	12		8		
Phytosterols.....mg									

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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 = 62g: 2 fl oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21347

McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing

McDonald's Corporation

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
<b>Proximates:</b>									
Water.....g	54.90		1	MA	12		32.39		
Energy.....kcal	319		0	MC	9		188		
Energy.....kJ	1335		0	MC	9		787		
Protein (N x 6.25).....g	3.56		1	MA	12		2.10		
Total lipid (fat).....g	31.50		1	MA	12		18.59		
Ash.....g	3.19		0	NR	4		1.88		
Carbohydrate, by difference.....g	6.85		0	NC	4		4.04		
Fiber, total dietary.....g	0.1		1	MA	12		0.1		
Sugars, total.....g	3.00		1	MA	12		1.77		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	104		1	MA	12		61		
Iron, Fe.....mg	0.28		1	MA	12		0.17		
Magnesium, Mg.....mg	5		1	MA	12		3		
Phosphorus, P.....mg	65		1	MA	12		39		
Potassium, K.....mg	27		1	MA	12		16		
Sodium, Na.....mg	851		1	MA	12		502		
Zinc, Zn.....mg	0.34		1	MA	12		0.20		
Copper, Cu.....mg	0.120		1	MA	12		0.071		
Manganese, Mn.....mg									
Selenium, Se.....µg	0.2		1	MA	12		0.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MA	12		0.0		
Thiamin.....mg	0.010		1	MA	12		0.006		
Riboflavin.....mg	0.040		1	MA	12		0.024		
Niacin.....mg	0.020		1	MA	12		0.012		
Pantothenic acid.....mg	0.110		1	MA	12		0.065		
Vitamin B-6.....mg	1.090		1	MA	12		0.643		
Folate, total.....µg	4		1	MA	12		2		
Folic acid.....µg									
Folate, food.....µg	4		1	MA	12		2		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.09		1	MA	12		0.05		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	143		1	MA	12		84		
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.860		1	MA	12				



NDB No. 21347

McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing

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					
Fatty acids, total saturated.....g	5.860			MA	12		3.457		
Fatty acids, total monounsaturated.....g	7.750		1	MA	12		4.573		
Fatty acids, total polyunsaturated.....g	16.300		1	MA	12		9.617		
Fatty acids, total trans.....g	0.490		1	MA	12		0.289		
Cholesterol.....mg	35		1	MA	12		21		
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 = 59g: 2 fl oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21348

McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette

McDonald's Corporation

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
<b>Proximates:</b>									
Water.....g	66.05		1	MA	12		31.04		
Energy.....kcal	86		0	MC	9		40		
Energy.....kJ	360		0	MC	9		169		
Protein (N x 6.25).....g	0.19		1	MA	12		0.09		
Total lipid (fat).....g	5.94		1	MA	12		2.79		
Ash.....g	3.17		1	MA	12		1.49		
Carbohydrate, by difference.....g	24.65		0	NC	4		11.59		
Fiber, total dietary.....g	0.4		1	MA	12		0.2		
Sugars, total.....g	6.74		1	MA	12		3.17		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8		1	MA	12		4		
Iron, Fe.....mg	0.28		1	MA	12		0.13		
Magnesium, Mg.....mg	3		1	MA	12		1		
Phosphorus, P.....mg	1		1	MA	12		1		
Potassium, K.....mg	20		1	MA	12		9		
Sodium, Na.....mg	1562		1	MA	12		734		
Zinc, Zn.....mg	0.03		1	MA	12		0.01		
Copper, Cu.....mg	0.010		1	MA	12		0.005		
Manganese, Mn.....mg	0.040		1	MA	12		0.019		
Selenium, Se.....µg	0.1		1	MA	12		0.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.0		1	MA	12		1.9		
Thiamin.....mg	0.000		1	MA	12		0.000		
Riboflavin.....mg	0.000		1	MA	12		0.000		
Niacin.....mg	0.010		1	MA	12		0.005		
Pantothenic acid.....mg	0.000		1	MA	12		0.000		
Vitamin B-6.....mg	0.000		1	MA	12		0.000		
Folate, total.....µg	0		1	MA	12		0		
Folic acid.....µg									
Folate, food.....µg	0		1	MA	12		0		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1	MA	12		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	110		1	MA	12		52		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.01		1	MA	12		0.00		
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		1	MA	12		0		
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 21348

McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette

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				
Fatty acids, total saturated.....g	0.870		1	MA	12		0.409		
Fatty acids, total monounsaturated.....g	2.190		1	MA	12		1.029		
Fatty acids, total polyunsaturated.....g	2.800		1	MA	12		1.316		
Fatty acids, total trans.....g	0.020		1	MA	12		0.009		
Cholesterol.....mg	0		1	MA	12		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 = 47g: 2 fl oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21349

McDONALD'S, NEWMAN'S OWN Ranch Dressing

McDonald's Corporation

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
<b>Proximates:</b>									
Water.....g	51.35		0	NR	4		28.76		
Energy.....kcal	313		0	MC	9		175		
Energy.....kJ	1310		0	MC	9		733		
Protein (N x 6.25).....g	2.62		1	MA	12		1.47		
Total lipid (fat).....g	26.57		1	MA	12		14.88		
Ash.....g	2.71		0	O	4		1.52		
Carbohydrate, by difference.....g	16.75		0	NC	4		9.38		
Fiber, total dietary.....g	0.3		1	MA	12		0.2		
Sugars, total.....g	6.57		1	MA	12		3.68		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	77		1	MA	12		43		
Iron, Fe.....mg	0.25		1	MA	12		0.14		
Magnesium, Mg.....mg	3		1	MA	12		2		
Phosphorus, P.....mg	76		1	MA	12		42		
Potassium, K.....mg	120		1	MA	12		67		
Sodium, Na.....mg	954		1	MA	12		534		
Zinc, Zn.....mg	0.06		1	MA	12		0.03		
Copper, Cu.....mg	0.010		1	MA	12		0.006		
Manganese, Mn.....mg	0.020		1	MA	12		0.011		
Selenium, Se.....µg	0.4		1	MA	12		0.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		1	MA	12		0.4		
Thiamin.....mg	0.010		1	MA	12		0.006		
Riboflavin.....mg	0.140		1	MA	12		0.078		
Niacin.....mg	0.010		1	MA	12		0.006		
Pantothenic acid.....mg	0.110		1	MA	12		0.062		
Vitamin B-6.....mg	0.040		1	MA	12		0.022		
Folate, total.....µg	1		1	MA	12		1		
Folic acid.....µg									
Folate, food.....µg	1		1	MA	12		1		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1	MA	12		0.00		
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	68		1	MA	12		38		
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									
<b>Lipids:</b>									

NDB No. 21349

McDONALD'S, NEWMAN'S OWN Ranch Dressing

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	4.360		1	MA	12	2.442		
Fatty acids, total monounsaturated.....g	15.350		1	MA	12	8.596		
Fatty acids, total polyunsaturated.....g	6.350		1	MA	12	3.556		
Fatty acids, total trans.....g	0.380		1	MA	12	0.213		
Cholesterol.....mg	32		1	MA	12	18		
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 = 56g: 2 fl oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21337  
 McDONALD'S, Peanuts (for Sundaes)

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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.305		0	NC	4		0.581		
4:0.....g									
6:0.....g									
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	4.907		1	A	1		0.344		
17:0.....g	0.056		1	A	1		0.004		
18:0.....g	1.273		1	A	1		0.089		
20:0.....g	0.653		1	A	1		0.046		
22:0.....g	1.415		1	A	1		0.099		
24:0.....g									
Fatty acids, total monounsaturated.....g	25.749		0	NC	4		1.802		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	25.117		0	A	1		1.758		
18:1 c.....g	25.117		1	A	1		1.758		
18:1 t.....g	0.000		1	A	1		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.631		1	A	1		0.044		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.979		0	NC	4		0.979		
18:2 undifferentiated.....g	13.979		0	AS	1		0.979		
18:2 n-6 c,c.....g	13.979		1	A	1		0.979		
18:2 CLAs.....g									
18:2 t,t.....g	0.000		1	A	1		0.000		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		0	AS	1		0.000		
18:3 n-3 c,c,c (ALA).....g	0.000		1	A	1		0.000		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	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	0.000		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									
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

NDB No. 21337  
McDONALD'S, Peanuts (for Sundaes)

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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			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

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food, or similar food.

**Common Measures:**

Measure 1 = 7.0g: .3 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21403

McDONALD'S, Premium Crispy Chicken Classic Sandwich

McDonald's Corporation

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
<b>Proximates:</b>									
Water.....g	51.98		0	RKI	6		119.56		
Energy.....kcal	228		0	RKI	6		524		
Energy.....kJ	953		0	RKI	6		2192		
Protein.....g	12.08		0	RKI	6		27.79		
Total lipid (fat).....g	8.68		0	RKI	6		19.95		
Ash.....g	1.80		0	RKI	6		4.14		
Carbohydrate, by difference.....g	25.46		0	RKI	6		58.56		
Fiber, total dietary.....g	1.4		0	RKA	1		3.3		
Sugars, total.....g	5.37		0	RKI	6		12.34		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	34		0	RKA	1		77		
Iron, Fe.....mg	1.42		0	RKA	1		3.26		
Magnesium, Mg.....mg	27		0	RKA	1		62		
Phosphorus, P.....mg	161		0	RKA	1		370		
Potassium, K.....mg	227		0	RKA	1		523		
Sodium, Na.....mg	430		0	MC	9		989		
Zinc, Zn.....mg	0.66		0	RKA	1		1.52		
Copper, Cu.....mg	0.087		0	RKA	1		0.201		
Manganese, Mn.....mg	0.430		0	RKA	1		0.989		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.5		0	RKA	1		5.8		
Thiamin.....mg	0.199		0	RKA	1		0.459		
Riboflavin.....mg	0.171		0	RKA	1		0.393		
Niacin.....mg	5.542		0	RKA	1		12.747		
Pantothenic acid.....mg	1.026		0	RKA	1		2.359		
Vitamin B-6.....mg									
Folate, total.....µg	45		0	RKA	1		104		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	18		0	RKA	1		42		
Vitamin A, IU.....IU	330		0	RKA	1		758		
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.409		0	RKI	6		3.240		
4:0.....g									
6:0.....g									
8:0.....g	0.000		0	RKA	1		0.000		
10:0.....g	0.000		0	RKA	1		0.000		
12:0.....g	0.000		0	RKA	1		0.000		

McDONALD'S, Premium Crispy Chicken Classic Sandwich

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	0.007		0	RKA	1		0.017		
15:0.....g									
16:0.....g	0.905		0	RKA	1		2.082		
17:0.....g									
18:0.....g	0.430		0	RKA	1		0.988		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.179		0	RKI	6		7.311		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.077		0	RKA	1		0.178		
17:1.....g									
18:1 undifferentiated.....g	3.037		0	RKA	1		6.984		
20:1.....g	0.052		0	RKA	1		0.119		
22:1 undifferentiated.....g	0.013		0	RKA	1		0.030		
22:1 c.....g	0.013		0	RKA	1		0.030		
22:1 t.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.708		0	RKI	6		8.527		
18:2 undifferentiated.....g	3.367		0	RKA	1		7.743		
18:3 undifferentiated.....g	0.302		0	RKA	1		0.695		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.033		0	RKA	1		0.075		
20:5 n-3 (EPA).....g	0.000		0	RKA	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RKA	1		0.000		
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.069		0	RKI	6		0.159		
Cholesterol.....mg	26		0	RKI	6		60		
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 = 230g: 1 item

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 21 Fast Foods**

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



NDB No. 21405

**McDONALD'S, Premium Crispy Chicken Club Sandwich**

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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	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code			

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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 = 254g: 1 item 9 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21407

**McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich**

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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	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
		Points	Code	Code	Code			

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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 = 240g: 1 item 8.5 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21402

McDONALD'S, Premium Grilled Chicken Classic Sandwich

McDonald's Corporation

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
<b>Proximates:</b>									
Water.....g	57.30		0	RKI	6		114.60		
Energy.....kcal	183		0	MC	9		367		
Energy.....kJ	767		0	MC	9		1534		
Protein.....g	14.16		0	RKI	6		28.32		
Total lipid (fat).....g	4.29		0	RKI	6		8.59		
Ash.....g	1.96		0	RKA	1		3.92		
Carbohydrate, by difference.....g	22.28		0	RKI	6		44.57		
Fiber, total dietary.....g	1.4		0	RKA	1		2.9		
Sugars, total.....g	5.01		0	RKI	6		10.02		
Sucrose.....g	0.44		0	RKA	1		0.88		
Glucose (dextrose).....g	1.70		0	RKA	1		3.40		
Fructose.....g	2.09		0	RKA	1		4.18		
Lactose.....g	0.00		0	RKA	1		0.00		
Maltose.....g	0.78		0	RKA	1		1.56		
Galactose.....g	0.00		0	RKA	1		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	37		0	RKA	1		74		
Iron, Fe.....mg	1.48		0	RKA	1		2.96		
Magnesium, Mg.....mg	28		0	RKA	1		55		
Phosphorus, P.....mg	195		0	RKA	1		390		
Potassium, K.....mg	228		0	RKA	1		457		
Sodium, Na.....mg	410		0	MC	9		820		
Zinc, Zn.....mg	0.69		0	RKA	1		1.38		
Copper, Cu.....mg	0.073		0	RKA	1		0.147		
Manganese, Mn.....mg	0.357		0	RKA	1		0.714		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.2		0	RKA	1		6.4		
Thiamin.....mg	0.196		0	RKA	1		0.392		
Riboflavin.....mg	0.190		0	RKA	1		0.380		
Niacin.....mg	6.521		0	RKA	1		13.041		
Pantothenic acid.....mg	0.927		0	RKA	1		1.855		
Vitamin B-6.....mg	0.306		0	RKA	1		0.612		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.15		0	RKI	6		0.30		
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	339		0	RKA	1		678		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.53		0	RKI	6		1.06		
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	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	0.865		0	RKI	6	1.731		
4:0.....g								
6:0.....g								
8:0.....g	0.000		0	RKA	1	0.000		
10:0.....g	0.000		0	RKA	1	0.000		
12:0.....g	0.000		0	RKA	1	0.000		
13:0.....g								
14:0.....g	0.005		0	RKA	1	0.009		
15:0.....g								
16:0.....g	0.608		0	RKA	1	1.215		
17:0.....g								
18:0.....g	0.232		0	RKA	1	0.464		
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	1.157		0	RKI	6	2.313		
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.057		0	RKA	1	0.114		
17:1.....g								
18:1 undifferentiated.....g	1.092		0	RKA	1	2.183		
20:1.....g	0.008		0	RKA	1	0.017		
22:1 undifferentiated.....g	0.000		0	RKA	1	0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.074		0	RKI	6	4.149		
18:2 undifferentiated.....g	1.834		0	RKA	1	3.668		
18:3 undifferentiated.....g	0.211		0	RKA	1	0.423		
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.029		0	RKA	1	0.058		
20:5 n-3 (EPA).....g	0.000		0	RKA	1	0.000		
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0	RKA	1	0.000		
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g	0.049		0	RKI	6	0.098		
Cholesterol.....mg	34		0	RKI	6	68		
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 = 200g: 1 item 7 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 21 Fast Foods**

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



NDB No. 21404

McDONALD'S, Premium Grilled Chicken Club Sandwich

McDonald's Corporation

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
<b>Proximates:</b>									
Water.....g	52.52		0	RKI	6		117.11		
Energy.....kcal	221		0	MC	9		493		
Energy.....kJ	925		0	MC	9		2063		
Protein.....g	17.19		0	RKI	6		38.33		
Total lipid (fat).....g	8.05		0	RKI	6		17.95		
Ash.....g	2.38		0	RKA	1		5.30		
Carbohydrate, by difference.....g	19.87		0	RKI	6		44.31		
Fiber, total dietary.....g	1.2		0	RKI	6		2.7		
Sugars, total.....g	2.89		0	RKI	6		6.44		
Sucrose.....g	0.68		0	RKA	1		1.52		
Glucose (dextrose).....g	1.49		0	RKA	1		3.32		
Fructose.....g									
Lactose.....g	0.00		0	RKA	1		0.01		
Maltose.....g	0.72		0	RKA	1		1.60		
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	95		0	RKA	1		213		
Iron, Fe.....mg	1.37		0	RKA	1		3.06		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	462		0	MC	9		1030		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.4		0	RKA	1		9.9		
Thiamin.....mg	0.172		0	RKA	1		0.384		
Riboflavin.....mg	0.186		0	RKA	1		0.414		
Niacin.....mg	5.575		0	RKA	1		12.432		
Pantothenic acid.....mg	0.826		0	RKA	1		1.841		
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	355		0	RKI	6		792		
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									
<b>Lipids:</b>									

NDB No. 21404

McDONALD'S, Premium Grilled Chicken Club Sandwich

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 saturated.....g	2.890		0	RKI	6		6.444		
Fatty acids, total monounsaturated.....g	2.508		0	RKI	6		5.593		
Fatty acids, total polyunsaturated.....g	2.160		0	RKI	6		4.817		
Fatty acids, total trans.....g	0.071		0	RKI	6		0.158		
Cholesterol.....mg	46		0	RKI	6		102		
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 = 223g: 1 item 7.9 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21406

McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich

McDonald's Corporation

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
<b>Proximates:</b>									
Water.....g	53.61		0	RKI	6		108.28		
Energy.....kcal	204		0	MC	9		412		
Energy.....kJ	854		0	MC	9		1725		
Protein.....g	16.70		0	RKI	6		33.74		
Total lipid (fat).....g	5.41		0	RKI	6		10.94		
Ash.....g	2.37		0	RKA	1		4.78		
Carbohydrate, by difference.....g	21.91		0	RKI	6		44.26		
Fiber, total dietary.....g	1.4		0	RKA	1		2.8		
Sugars, total.....g	5.20		0	RKI	6		10.50		
Sucrose.....g	0.71		0	RKA	1		1.44		
Glucose (dextrose).....g	1.63		0	RKA	1		3.30		
Fructose.....g	1.99		0	RKA	1		4.01		
Lactose.....g	0.11		0	RKA	1		0.22		
Maltose.....g	0.76		0	RKA	1		1.53		
Galactose.....g	0.00		0	RKA	1		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	38		0	RKA	1		77		
Iron, Fe.....mg	1.48		0	RKA	1		3.00		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	495		0	MC	9		1000		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.9		0	RKA	1		10.0		
Thiamin.....mg	0.187		0	RKA	1		0.377		
Riboflavin.....mg	0.183		0	RKA	1		0.370		
Niacin.....mg	6.177		0	RKA	1		12.478		
Pantothenic acid.....mg	0.869		0	RKA	1		1.756		
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	315		0	RKA	1		636		
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. 21406

McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich

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	1.463		0	RKI	6		2.956		
Fatty acids, total monounsaturated.....g	1.865		0	RKI	6		3.767		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g									
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.678		0	RKI	6		3.390		
18:2 undifferentiated.....g									
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	0.072		0	RKI	6		0.145		
Cholesterol.....mg	38		0	RKI	6		76		
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 = 202g: 1 item 7.1 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21234  
 McDONALD'S, QUARTER POUNDER

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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.008		0	RKI	6		6.853		
Fatty acids, total monounsaturated.....g	4.202		0	RKI	6		7.185		
Fatty acids, total polyunsaturated.....g	0.283		0	RKI	6		0.485		
Fatty acids, total trans.....g	0.724		0	MC	9		1.238		
Cholesterol.....mg	39		0	RKI	6		67		
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 = 171g: 1 item

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21235

McDONALD'S, QUARTER POUNDER with Cheese

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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.643		0	RKI	6		11.229		
Fatty acids, total monounsaturated.....g	4.608		0	RKI	6		9.170		
Fatty acids, total polyunsaturated.....g	0.433		0	RKI	6		0.862		
Fatty acids, total trans.....g	0.849		0	MC	9		1.690		
Cholesterol.....mg	47		0	RKI	6		93		
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 = 199g: 1 item 7.1 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21523

McDONALD'S, RANCH SNACK WRAP, Crispy

McDonald's Corporation

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
<b>Proximates:</b>									
Water.....g	47.88	0.984	4	A	1		63.68		
Energy.....kcal	275		0	NC	4		365		
Energy.....kJ	1149		0	NC	4		1528		
Protein.....g	11.48	0.257	4	A	1		15.27		
Total lipid (fat).....g	15.10	0.244	4	A	1		20.08		
Ash.....g	2.32	0.040	4	A	1		3.08		
Carbohydrate, by difference.....g	23.22		0	NC	4		30.88		
Fiber, total dietary.....g	1.3	0.080	3	A	1		1.7		
Sugars, total.....g	2.48	0.140	3	A	1		3.30		
Sucrose.....g	1.47	0.064	3	A	1		1.96		
Glucose (dextrose).....g	0.33	0.088	3	A	1		0.44		
Fructose.....g	0.25	0.050	3	A	1		0.33		
Lactose.....g	0.13	0.028	3	A	1		0.17		
Maltose.....g	0.29	0.062	3	A	1		0.39		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	20.33	0.780	3	A	1		27.04		
<b>Minerals:</b>									
Calcium, Ca.....mg	88	5.390	4	A	1		117		
Iron, Fe.....mg	1.47	0.096	4	A	1		1.95		
Magnesium, Mg.....mg	19	0.377	4	A	1		25		
Phosphorus, P.....mg	186	5.635	4	A	1		247		
Potassium, K.....mg	173	7.443	4	A	1		230		
Sodium, Na.....mg	607	8.836	4	A	1		807		
Zinc, Zn.....mg	0.72	0.040	4	A	1		0.95		
Copper, Cu.....mg	0.069	0.002	4	A	1		0.092		
Manganese, Mn.....mg	0.269	0.013	4	A	1		0.358		
Selenium, Se.....µg	19.2		2	A	1		25.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		1	A	1		0.4		
Thiamin.....mg	0.170		2	A	1		0.226		
Riboflavin.....mg	0.265		2	A	1		0.352		
Niacin.....mg	3.585		2	A	1		4.768		
Pantothenic acid.....mg	0.530		1	A	1		0.705		
Vitamin B-6.....mg	0.166		1	A	1		0.221		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.15		1	A	1		0.20		
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:**

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
			Points	Deriv Code	Code					
Fatty acids, total saturated.....g	3.837		0	NC		4		5.104		
4:0.....g	0.035	0.018	3	A		1		0.047		
6:0.....g	0.037	0.005	3	A		1		0.049		
8:0.....g	0.030	0.003	3	A		1		0.040		
10:0.....g	0.066	0.007	3	A		1		0.088		
12:0.....g	0.074	0.007	3	A		1		0.099		
13:0.....g										
14:0.....g	0.241	0.018	3	A		1		0.320		
15:0.....g	0.026	0.002	3	A		1		0.035		
16:0.....g	1.833	0.059	3	A		1		2.438		
17:0.....g	0.024	0.001	3	A		1		0.031		
18:0.....g	1.373	0.038	3	A		1		1.826		
20:0.....g	0.050	0.003	3	A		1		0.066		
22:0.....g	0.033	0.002	3	A		1		0.043		
24:0.....g	0.016	0.000	3	A		1		0.022		
Fatty acids, total monounsaturated.....g	4.407		0	NC		4		5.861		
14:1.....g	0.023	0.002	3	A		1		0.030		
15:1.....g	0.000	0.000	3	A		1		0.000		
16:1 undifferentiated.....g	0.071	0.003	3	AS		1		0.095		
16:1 c.....g	0.064	0.002	3	A		1		0.086		
16:1 t.....g	0.007	0.001	3	A		1		0.009		
17:1.....g	0.011	0.001	3	A		1		0.014		
18:1 undifferentiated.....g	4.215	0.131	3	AS		1		5.605		
18:1 c.....g	4.120	0.133	3	A		1		5.479		
18:1 t.....g	0.095	0.009	3	A		1		0.126		
18:1-11 t (18:1t n-7).....g										
20:1.....g	0.078	0.003	3	A		1		0.104		
22:1 undifferentiated.....g	0.005	0.001	3	AS		1		0.007		
22:1 c.....g	0.003	0.002	3	A		1		0.004		
22:1 t.....g	0.002	0.000	3	A		1		0.003		
24:1 c.....g	0.004	0.000	3	A		1		0.005		
Fatty acids, total polyunsaturated.....g	4.926		0	NC		4		6.551		
18:2 undifferentiated.....g	4.380	0.148	3	AS		1		5.826		
18:2 n-6 c,c.....g	4.321	0.146	3	A		1		5.747		
18:2 CLAs.....g	0.019	0.001	3	A		1		0.026		
18:2 t,t.....g										
18:2 i.....g										
18:2 t not further defined.....g	0.040	0.004	3	A		1		0.053		
18:3 undifferentiated.....g	0.485	0.024	3	AS		1		0.645		
18:3 n-3 c,c,c (ALA).....g	0.458	0.025	3	A		1		0.609		
18:3 n-6 c,c,c.....g	0.028	0.001	3	A		1		0.037		
18:3i.....g	0.000	0.000	3	A		1		0.000		
18:4.....g	0.001	0.001	3	A		1		0.001		
20:2 n-6 c,c.....g	0.007	0.000	3	A		1		0.009		
20:3 undifferentiated.....g	0.007	0.000	3	AS		1		0.009		
20:3 n-3.....g	0.000	0.000	3	A		1		0.000		
20:3 n-6.....g	0.007	0.000	3	A		1		0.009		
20:4 undifferentiated.....g	0.028	0.002	3	A		1		0.037		
20:4 n-6.....g										
20:5 n-3 (EPA).....g	0.004	0.000	3	A		1		0.006		
21:5.....g										
22:4.....g	0.007	0.001	3	A		1		0.009		
22:5 n-3 (DPA).....g	0.004	0.000	3	A		1		0.005		
22:6 n-3 (DHA).....g	0.003	0.001	3	A		1		0.004		
Fatty acids, total trans.....g	0.144		0	NC		4		0.192		
Fatty acids, total trans-monoenoic.....g	0.104		0	NC		4		0.139		
Fatty acids, total trans-polyenoic.....g	0.040		0	NC		4		0.053		
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.

**NDB No. 21523**

**McDONALD'S, RANCH SNACK WRAP, Crispy**

**Common Measures:**

Measure 1 = 133g: 1 wrap

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21524

McDONALD'S, RANCH SNACK WRAP, Grilled

McDonald's Corporation

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
<b>Proximates:</b>									
Water.....g	55.17	0.693	6	A	1		67.87		
Energy.....kcal	222		0	NC	4		273		
Energy.....kJ	927		0	NC	4		1140		
Protein.....g	13.77	0.162	6	A	1		16.94		
Total lipid (fat).....g	10.31	0.423	6	A	1		12.69		
Ash.....g	2.31	0.053	6	A	1		2.84		
Carbohydrate, by difference.....g	18.43		0	NC	4		22.67		
Fiber, total dietary.....g	0.9	0.167	3	A	1		1.1		
Sugars, total.....g	1.53	0.120	3	A	1		1.88		
Sucrose.....g	0.39	0.205	3	A	1		0.48		
Glucose (dextrose).....g	0.44	0.120	3	A	1		0.54		
Fructose.....g	0.22	0.026	3	A	1		0.27		
Lactose.....g	0.16	0.028	3	A	1		0.19		
Maltose.....g	0.32	0.070	3	A	1		0.40		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	17.60	1.709	3	A	1		21.65		
<b>Minerals:</b>									
Calcium, Ca.....mg	93	5.014	6	A	1		114		
Iron, Fe.....mg	1.45	0.094	6	A	1		1.79		
Magnesium, Mg.....mg	20	0.397	6	A	1		25		
Phosphorus, P.....mg	184	7.563	6	A	1		226		
Potassium, K.....mg	192	5.432	6	A	1		236		
Sodium, Na.....mg	577	17.705	6	A	1		710		
Zinc, Zn.....mg	0.77	0.038	6	A	1		0.95		
Copper, Cu.....mg	0.062	0.002	6	A	1		0.076		
Manganese, Mn.....mg	0.209	0.007	6	A	1		0.257		
Selenium, Se.....µg	23.0		2	A	1		28.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		1	A	1		0.5		
Thiamin.....mg	0.170		2	A	1		0.209		
Riboflavin.....mg	0.255		2	A	1		0.314		
Niacin.....mg	5.875		2	A	1		7.226		
Pantothenic acid.....mg	0.590		2	A	1		0.726		
Vitamin B-6.....mg	0.194		2	A	1		0.238		
Folate, total.....µg	45		2	A	1		55		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.17		2	A	1		0.22		
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:**

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	3.363		0	NC	4		4.137		
4:0.....g	0.057	0.006	3	A	1		0.070		
6:0.....g	0.045	0.005	3	A	1		0.055		
8:0.....g	0.029	0.004	3	A	1		0.036		
10:0.....g	0.073	0.007	3	A	1		0.090		
12:0.....g	0.083	0.010	3	A	1		0.102		
13:0.....g									
14:0.....g	0.251	0.027	3	A	1		0.308		
15:0.....g	0.028	0.003	3	A	1		0.034		
16:0.....g	1.552	0.118	3	A	1		1.909		
17:0.....g	0.022	0.002	3	A	1		0.027		
18:0.....g	1.166	0.072	3	A	1		1.434		
20:0.....g	0.026	0.002	3	A	1		0.032		
22:0.....g	0.023	0.002	3	A	1		0.028		
24:0.....g	0.009	0.001	3	A	1		0.011		
Fatty acids, total monounsaturated.....g	2.313		0	NC	4		2.845		
14:1.....g	0.025	0.003	3	A	1		0.030		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.078	0.007	3	AS	1		0.096		
16:1 c.....g	0.071	0.006	3	A	1		0.087		
16:1 t.....g	0.007	0.001	3	A	1		0.009		
17:1.....g	0.008	0.001	3	A	1		0.010		
18:1 undifferentiated.....g	2.157	0.143	3	AS	1		2.653		
18:1 c.....g	2.072	0.142	3	A	1		2.548		
18:1 t.....g	0.085	0.001	3	A	1		0.105		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.040	0.003	3	A	1		0.049		
22:1 undifferentiated.....g	0.005	0.000	3	AS	1		0.006		
22:1 c.....g	0.003	0.000	3	A	1		0.003		
22:1 t.....g	0.002	0.000	3	A	1		0.002		
24:1 c.....g	0.001	0.000	3	A	1		0.001		
Fatty acids, total polyunsaturated.....g	3.415		0	NC	4		4.200		
18:2 undifferentiated.....g	2.963	0.252	3	AS	1		3.644		
18:2 n-6 c,c.....g	2.911	0.248	3	A	1		3.580		
18:2 CLAs.....g	0.017	0.001	3	A	1		0.020		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.035	0.005	3	A	1		0.043		
18:3 undifferentiated.....g	0.383	0.039	3	AS	1		0.471		
18:3 n-3 c,c,c (ALA).....g	0.364	0.038	3	A	1		0.448		
18:3 n-6 c,c,c.....g	0.019	0.001	3	A	1		0.024		
18:3i.....g	0.000	0.000	3	A	1		0.000		
18:4.....g	0.001	0.000	3	A	1		0.001		
20:2 n-6 c,c.....g	0.005	0.001	3	A	1		0.006		
20:3 undifferentiated.....g	0.009	0.001	3	AS	1		0.011		
20:3 n-3.....g	0.001	0.000	3	A	1		0.001		
20:3 n-6.....g	0.009	0.001	3	A	1		0.011		
20:4 undifferentiated.....g	0.034	0.004	3	A	1		0.042		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.000	3	A	1		0.005		
21:5.....g									
22:4.....g	0.009	0.001	3	A	1		0.011		
22:5 n-3 (DPA).....g	0.004	0.000	3	A	1		0.005		
22:6 n-3 (DHA).....g	0.003	0.000	3	A	1		0.003		
Fatty acids, total trans.....g	0.130		0	NC	4		0.160		
Fatty acids, total trans-monoenoic.....g	0.095		0	NC	4		0.116		
Fatty acids, total trans-polyenoic.....g	0.035		0	NC	4		0.043		
Cholesterol.....mg									
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.134		0	A	1		0.164		
Threonine.....g	0.477		0	A	1		0.587		
Isoleucine.....g	0.553		0	A	1		0.680		

NDB No. 21524

McDONALD'S, RANCH SNACK WRAP, Grilled

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				
Leucine.....g	1.040		0	A	1		1.279		
Lysine.....g	0.992		0	A	1		1.220		
Methionine.....g	0.343		0	A	1		0.422		
Cystine.....g	0.172		0	A	1		0.211		
Phenylalanine.....g	0.839		0	A	1		1.032		
Tyrosine.....g	0.448		0	A	1		0.551		
Valine.....g	0.582		0	A	1		0.716		
Arginine.....g	0.734		0	A	1		0.903		
Histidine.....g	0.410		0	A	1		0.504		
Alanine.....g	0.591		0	A	1		0.727		
Aspartic acid.....g	0.992		0	A	1		1.220		
Glutamic acid.....g	2.614		0	A	1		3.215		
Glycine.....g	0.486		0	A	1		0.598		
Proline.....g	0.982		0	A	1		1.208		
Serine.....g	0.620		0	A	1		0.762		
Hydroxyproline.....g	0.040		1	A	1		0.049		

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 = 123g: 1 wrap

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 21361**  
**McDONALD'S, Sausage Biscuit**  
*McDonald's Corporation*

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
<b>Proximates:</b>									
Water.....g	34.71		0	RKA	1		40.61		
Energy.....kcal	376		0	NC	4		440		
Energy.....kJ	1573		0	NC	4		1840		
Protein.....g	9.62		0	RKA	1		11.26		
Total lipid (fat).....g	25.40		0	RKA	1		29.72		
Ash.....g	3.07		0	RKA	1		3.59		
Carbohydrate, by difference.....g	27.20		0	RKI	6		31.82		
Fiber, total dietary.....g	1.2		0	RKA	1		1.4		
Sugars, total.....g	1.97		0	RKA	1		2.30		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	55		0	RKA	1		65		
Iron, Fe.....mg	2.01		0	RKA	1		2.36		
Magnesium, Mg.....mg	13		0	RKA	1		15		
Phosphorus, P.....mg	323		0	RKA	1		378		
Potassium, K.....mg	177		0	RKA	1		207		
Sodium, Na.....mg	875		0	RKA	1		1024		
Zinc, Zn.....mg	0.86		0	RKA	1		1.01		
Copper, Cu.....mg	0.074		0	RKA	1		0.086		
Manganese, Mn.....mg	0.174		0	RKA	1		0.203		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RKA	1		0.0		
Thiamin.....mg	0.403		0	RKA	1		0.472		
Riboflavin.....mg	0.281		0	RKA	1		0.329		
Niacin.....mg	4.284		0	RKA	1		5.013		
Pantothenic acid.....mg	0.521		0	RKA	1		0.609		
Vitamin B-6.....mg	0.128		0	RKA	1		0.150		
Folate, total.....µg	91		0	RKA	1		107		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.39		0	RKA	1		0.46		
Vitamin A, RAE.....µg	8		0	RKA	1		9		
Vitamin A, IU.....IU	26		0	RKA	1		30		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.75		0	RKA	1		0.87		
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.659		0	RKI	6		12.471		
4:0.....g	0.000		0	RKA	1		0.000		
6:0.....g	0.010		0	RKA	1		0.011		
8:0.....g	0.113		0	RKA	1		0.133		
10:0.....g	0.094		0	RKA	1		0.109		
12:0.....g	1.111		0	RKA	1		1.300		

NDB No. 21361  
**McDONALD'S, Sausage Biscuit**

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	0.598		0	RKA	1		0.700		
15:0.....g	0.005		0	RKA	1		0.006		
16:0.....g	6.601		0	RKA	1		7.723		
17:0.....g	0.054		0	RKA	1		0.064		
18:0.....g	1.999		0	RKA	1		2.339		
20:0.....g	0.054		0	RKA	1		0.063		
22:0.....g	0.011		0	RKA	1		0.013		
24:0.....g									
Fatty acids, total monounsaturated.....g	8.832		0	RKI	6		10.333		
14:1.....g	0.000		0	RKA	1		0.000		
15:1.....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated.....g	0.337		0	RKA	1		0.394		
17:1.....g	0.000		0	RKA	1		0.000		
18:1 undifferentiated.....g	8.372		0	RKA	1		9.795		
20:1.....g	0.123		0	RKA	1		0.144		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.420		0	RKI	6		4.001		
18:2 undifferentiated.....g	3.123		0	RKA	1		3.654		
18:3 undifferentiated.....g	0.193		0	RKA	1		0.226		
18:4.....g									
20:2 n-6 c,c.....g	0.070		0	RKA	1		0.081		
20:3 undifferentiated.....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated.....g	0.033		0	RKA	1		0.039		
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	0.237		0	RKI	6		0.278		
Cholesterol.....mg	29		0	RKA	1		34		
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 = 117g: 1 item 4.1 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21362

McDONALD'S, Sausage Biscuit w with Egg

McDonald's Corporation

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
<b>Proximates:</b>									
Water.....g	44.62		0	RKA	1		72.72		
Energy.....kcal	311		0	MC	9		507		
Energy.....kJ	1301		0	MC	9		2121		
Protein.....g	11.27		0	RKA	1		18.37		
Total lipid (fat).....g	22.26		0	RKA	1		36.29		
Ash.....g	2.57		0	RKA	1		4.19		
Carbohydrate, by difference.....g	19.28		0	RKI	6		31.43		
Fiber, total dietary.....g	0.8		0	RKA	1		1.4		
Sugars, total.....g	1.43		0	RKA	1		2.34		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	58		0	RKA	1		95		
Iron, Fe.....mg	2.03		0	RKA	1		3.31		
Magnesium, Mg.....mg	13		0	RKA	1		21		
Phosphorus, P.....mg	303		0	RKA	1		494		
Potassium, K.....mg	165		0	RKA	1		268		
Sodium, Na.....mg	664		0	RKA	1		1082		
Zinc, Zn.....mg	1.04		0	RKA	1		1.69		
Copper, Cu.....mg	0.078		0	RKA	1		0.128		
Manganese, Mn.....mg	0.130		0	RKA	1		0.211		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RKA	1		0.0		
Thiamin.....mg	0.308		0	RKA	1		0.501		
Riboflavin.....mg	0.381		0	RKA	1		0.621		
Niacin.....mg	2.968		0	RKA	1		4.838		
Pantothenic acid.....mg	0.716		0	RKA	1		1.167		
Vitamin B-6.....mg	0.144		0	RKA	1		0.235		
Folate, total.....µg	85		0	RKA	1		138		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.60		0	RKA	1		0.98		
Vitamin A, RAE.....µg	64		0	RKA	1		105		
Vitamin A, IU.....IU	214		0	RKA	1		349		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.98		0	RKA	1		1.60		
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.628		0	RKI	6		14.064		
4:0.....g	0.000		0	RKA	1		0.000		
6:0.....g	0.007		0	RKA	1		0.011		
8:0.....g	0.078		0	RKA	1		0.127		
10:0.....g	0.064		0	RKA	1		0.105		
12:0.....g	0.764		0	RKA	1		1.245		

McDONALD'S, Sausage Biscuit with Egg

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	0.425		0	RKA	1		0.692		
15:0.....g	0.003		0	RKA	1		0.005		
16:0.....g	5.466		0	RKA	1		8.910		
17:0.....g	0.046		0	RKA	1		0.076		
18:0.....g	1.718		0	RKA	1		2.800		
20:0.....g	0.039		0	RKA	1		0.064		
22:0.....g	0.010		0	RKA	1		0.017		
24:0.....g									
Fatty acids, total monounsaturated.....g	7.748		0	RKI	6		12.630		
14:1.....g	0.000		0	RKA	1		0.000		
15:1.....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated.....g	0.313		0	RKA	1		0.510		
17:1.....g	0.000		0	RKA	1		0.000		
18:1 undifferentiated.....g	7.340		0	RKA	1		11.964		
20:1.....g	0.095		0	RKA	1		0.156		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.169		0	RKI	6		5.166		
18:2 undifferentiated.....g	2.880		0	RKA	1		4.694		
18:3 undifferentiated.....g	0.184		0	RKA	1		0.300		
18:4.....g									
20:2 n-6 c,c.....g	0.060		0	RKA	1		0.097		
20:3 undifferentiated.....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated.....g	0.046		0	RKA	1		0.074		
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	0.287		0	RKI	6		0.469		
Cholesterol.....mg	152		0	RKA	1		247		
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 = 163g: 1 item 5.7 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 21340**  
**McDONALD'S, Sausage Burrito**  
*McDonald's Corporation*

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
<b>Proximates:</b>									
Water.....g	47.55	0.417	6	A	1		51.83		
Energy.....kcal	277		0	NC	4		302		
Energy.....kJ	1159		0	NC	4		1263		
Protein.....g	11.10	0.165	6	A	1		12.10		
Total lipid (fat).....g	15.63	0.349	6	A	1		17.04		
Ash.....g	2.75	0.041	6	A	1		2.99		
Carbohydrate, by difference.....g	22.97		0	NC	4		25.04		
Fiber, total dietary.....g	1.2	0.035	3	A	1		1.3		
Sugars, total.....g	2.57	0.133	3	A	1		2.80		
Sucrose.....g	0.82	0.050	3	A	1		0.89		
Glucose (dextrose).....g	0.33	0.015	3	A	1		0.36		
Fructose.....g	0.19	0.005	3	A	1		0.21		
Lactose.....g	0.84	0.123	3	A	1		0.92		
Maltose.....g	0.39	0.010	3	A	1		0.43		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	17.90	1.136	3	A	1		19.51		
<b>Minerals:</b>									
Calcium, Ca.....mg	132	2.120	6	A	1		144		
Iron, Fe.....mg	2.28	0.132	6	A	1		2.49		
Magnesium, Mg.....mg	18	0.235	6	A	1		20		
Phosphorus, P.....mg	168	2.688	6	A	1		183		
Potassium, K.....mg	150	3.138	6	A	1		164		
Sodium, Na.....mg	744	7.305	6	A	1		811		
Zinc, Zn.....mg	1.09	0.020	6	A	1		1.19		
Copper, Cu.....mg	0.075	0.001	6	A	1		0.082		
Manganese, Mn.....mg	0.218	0.004	6	A	1		0.238		
Selenium, Se.....µg	26.4		2	A	1		28.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.210	0.020	3	A	1		0.229		
Riboflavin.....mg	0.417	0.023	3	A	1		0.454		
Niacin.....mg	2.133	0.310	3	A	1		2.325		
Pantothenic acid.....mg	0.665		2	A	1		0.725		
Vitamin B-6.....mg	0.102	0.003	3	A	1		0.111		
Folate, total.....µg	63		2	A	1		69		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.74	0.053	3	A	1		0.81		
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. 21340  
McDONALD'S, Sausage Burrito

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	6.404		0	NC	4		6.980		
4:0.....g	0.083	0.005	3	A	1		0.091		
6:0.....g	0.065	0.005	3	A	1		0.071		
8:0.....g	0.066	0.004	3	A	1		0.072		
10:0.....g	0.120	0.007	3	A	1		0.131		
12:0.....g	0.121	0.009	3	A	1		0.132		
13:0.....g									
14:0.....g	0.441	0.027	3	A	1		0.481		
15:0.....g	0.045	0.003	3	A	1		0.049		
16:0.....g	3.333	0.149	3	A	1		3.633		
17:0.....g	0.045	0.002	3	A	1		0.049		
18:0.....g	2.030	0.090	3	A	1		2.212		
20:0.....g	0.029	0.001	3	A	1		0.032		
22:0.....g	0.018	0.000	3	A	1		0.019		
24:0.....g	0.007	0.000	3	A	1		0.008		
Fatty acids, total monounsaturated.....g	5.073		0	NC	4		5.530		
14:1.....g	0.038	0.002	3	A	1		0.041		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.250	0.014	3	AS	1		0.272		
16:1 c.....g	0.237	0.012	3	A	1		0.259		
16:1 t.....g	0.013	0.001	3	A	1		0.014		
17:1.....g	0.021	0.001	3	A	1		0.022		
18:1 undifferentiated.....g	4.678	0.216	3	AS	1		5.099		
18:1 c.....g	4.536	0.216	3	A	1		4.945		
18:1 t.....g	0.142	0.002	3	A	1		0.154		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.082	0.005	3	A	1		0.089		
22:1 undifferentiated.....g	0.004	0.001	3	AS	1		0.004		
22:1 c.....g	0.004	0.001	3	A	1		0.004		
22:1 t.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.001	0.000	3	A	1		0.001		
Fatty acids, total polyunsaturated.....g	3.366		0	NC	4		3.669		
18:2 undifferentiated.....g	2.929	0.103	3	AS	1		3.192		
18:2 n-6 c,c.....g	2.853	0.099	3	A	1		3.109		
18:2 CLAs.....g	0.031	0.002	3	A	1		0.034		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.045	0.004	3	A	1		0.049		
18:3 undifferentiated.....g	0.245	0.010	3	AS	1		0.267		
18:3 n-3 c,c,c (ALA).....g	0.230	0.011	3	A	1		0.251		
18:3 n-6 c,c,c.....g	0.014	0.001	3	A	1		0.015		
18:3i.....g	0.001	0.000	3	A	1		0.001		
18:4.....g	0.001	0.000	3	A	1		0.001		
20:2 n-6 c,c.....g	0.040	0.005	3	A	1		0.044		
20:3 undifferentiated.....g	0.022	0.001	3	AS	1		0.024		
20:3 n-3.....g	0.006	0.001	3	A	1		0.006		
20:3 n-6.....g	0.017	0.000	3	A	1		0.018		
20:4 undifferentiated.....g	0.085	0.002	3	A	1		0.093		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.000	3	A	1		0.004		
21:5.....g									
22:4.....g	0.012	0.001	3	A	1		0.013		
22:5 n-3 (DPA).....g	0.007	0.001	3	A	1		0.008		
22:6 n-3 (DHA).....g	0.019	0.000	3	A	1		0.020		
Fatty acids, total trans.....g	0.201		0	NC	4		0.219		
Fatty acids, total trans-monoenoic.....g	0.155		0	NC	4		0.168		
Fatty acids, total trans-polyenoic.....g	0.046		0	NC	4		0.050		
Cholesterol.....mg	137	4.228	4	A	1		150		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.126		0	A	1		0.137		
Threonine.....g	0.408		0	A	1		0.445		
Isoleucine.....g	0.461		0	A	1		0.502		

NDB No. 21340  
McDONALD'S, Sausage Burrito

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			
Leucine.....g	0.901		0	A	1	0.982		
Lysine.....g	0.785		0	A	1	0.856		
Methionine.....g	0.262		0	A	1	0.285		
Cystine.....g	0.209		0	A	1	0.228		
Phenylalanine.....g	0.576		0	A	1	0.628		
Tyrosine.....g	0.398		0	A	1	0.434		
Valine.....g	0.524		0	A	1	0.571		
Arginine.....g	0.586		0	A	1	0.639		
Histidine.....g	0.272		0	A	1	0.297		
Alanine.....g	0.471		0	A	1	0.514		
Aspartic acid.....g	0.817		0	A	1	0.890		
Glutamic acid.....g	2.356		0	A	1	2.568		
Glycine.....g	0.408		0	A	1	0.445		
Proline.....g	1.016		0	A	1	1.107		
Serine.....g	0.681		0	A	1	0.742		
Hydroxyproline.....g	0.040		1	A	1	0.043		

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 = 109g: 1 burrito

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21328  
**McDONALD'S, Sausage McGRIDDLES**

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			
Vitamin D.....µg								
Vitamin K (phylloquinone).....µg								
Dihydrophylloquinone.....µg								
Menaquinone-4.....µg								
<b>Lipids:</b>								
Fatty acids, total saturated.....g	5.435		0	RKI	6		7.337	
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								
17:0.....g								
18:0.....g								
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	7.532		0	RKI	6		10.168	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g								
17:1.....g								
18:1 undifferentiated.....g								
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	2.591		0	RKI	6		3.498	
18:2 undifferentiated.....g								
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	0.956		0	RKI	6		1.291	
Cholesterol.....mg	24		0	RKA	1		32	
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 = 135g: 1 item

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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





NDB No. 21358  
McDONALD'S, Sausage McMUFFIN

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								
Vitamin K (phylloquinone).....µg								
Dihydrophylloquinone.....µg								
Menaquinone-4.....µg								
<b><u>Lipids:</u></b>								
Fatty acids, total saturated.....g	7.253		0	RKI	6	8.341		
Fatty acids, total monounsaturated.....g	7.749		0	RKI	6	8.911		
Fatty acids, total polyunsaturated.....g	3.234		0	RKI	6	3.719		
Fatty acids, total trans.....g	0.481		0	RKI	6	0.554		
Cholesterol.....mg	39		0	RKA	1	45		
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 = 115g: 1 item 4 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21359

**McDONALD'S, Sausage McMUFFIN with Egg**

McDonald's Corporation

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
<b>Proximates:</b>									
Water.....g	49.96		0	RKA	1		82.43		
Energy.....kcal	274		0	RKI	6		452		
Energy.....kJ	1146		0	RKI	6		1892		
Protein.....g	12.59		0	RKA	1		20.78		
Total lipid (fat).....g	17.83		0	RKA	1		29.43		
Ash.....g	2.34		0	RKA	1		3.86		
Carbohydrate, by difference.....g	17.28		0	RKI	6		28.51		
Fiber, total dietary.....g	0.9		0	RKA	1		1.6		
Sugars, total.....g	1.57		0	RKA	1		2.60		
Sucrose.....g	0.09		0	RKA	1		0.15		
Glucose (dextrose).....g	0.38		0	RKA	1		0.63		
Fructose.....g	0.24		0	RKA	1		0.39		
Lactose.....g	0.33		0	RKA	1		0.54		
Maltose.....g	0.51		0	RKA	1		0.83		
Galactose.....g	0.03		0	RKI	6		0.06		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	172		0	RKA	1		284		
Iron, Fe.....mg	1.97		0	RKA	1		3.25		
Magnesium, Mg.....mg	18		0	RKA	1		30		
Phosphorus, P.....mg	171		0	RKA	1		282		
Potassium, K.....mg	171		0	RKA	1		282		
Sodium, Na.....mg	572		0	RKA	1		944		
Zinc, Zn.....mg	1.22		0	RKA	1		2.02		
Copper, Cu.....mg	0.094		0	RKA	1		0.156		
Manganese, Mn.....mg	0.189		0	RKA	1		0.311		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RKA	1		0.0		
Thiamin.....mg	0.262		0	RKA	1		0.433		
Riboflavin.....mg	0.344		0	RKA	1		0.568		
Niacin.....mg	2.930		0	RKA	1		4.834		
Pantothenic acid.....mg	0.818		0	RKA	1		1.350		
Vitamin B-6.....mg	0.149		0	RKA	1		0.246		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.70		0	RKA	1		1.15		
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	335		0	RKA	1		552		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.50		0	RKA	1		0.83		
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									
<b>Lipids:</b>									

NDB No. 21359

**McDONALD'S, Sausage McMUFFIN with Egg**

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				
Fatty acids, total saturated.....g	6.008		0	RKI	6		9.914		
Fatty acids, total monounsaturated.....g	6.581		0	RKI	6		10.859		
Fatty acids, total polyunsaturated.....g	2.768		0	RKI	6		4.567		
Fatty acids, total trans.....g	0.339		0	RKI	6		0.559		
Cholesterol.....mg	154		0	RKA	1		255		
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 = 165g: 1 item 5.8 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21329

McDONALD'S, Sausage, Egg & Cheese McGRIDDLES

McDonald's Corporation

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
<b>Proximates:</b>									
Water.....g	47.03		0	RKA	1		93.58		
Energy.....kcal	283		0	RKI	6		563		
Energy.....kJ	1183		0	RKI	6		2354		
Protein.....g	10.77		0	RKA	1		21.43		
Total lipid (fat).....g	17.73		0	RKA	1		35.27		
Ash.....g	2.44		0	RKA	1		4.85		
Carbohydrate, by difference.....g	22.04		0	RKI	6		43.86		
Fiber, total dietary.....g	0.6		0	RKA	1		1.3		
Sugars, total.....g	7.90		0	RKA	1		15.72		
Sucrose.....g	4.16		0	RKA	1		8.28		
Glucose (dextrose).....g	2.71		0	RKA	1		5.39		
Fructose.....g	0.09		0	RKA	1		0.18		
Lactose.....g	0.61		0	RKA	1		1.22		
Maltose.....g	0.32		0	RKA	1		0.64		
Galactose.....g	0.00		0	RKI	6		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	96		0	RKA	1		191		
Iron, Fe.....mg	1.51		0	RKA	1		3.00		
Magnesium, Mg.....mg	14		0	RKA	1		29		
Phosphorus, P.....mg	307		0	RKA	1		612		
Potassium, K.....mg	146		0	RKA	1		291		
Sodium, Na.....mg	652		0	RKA	1		1298		
Zinc, Zn.....mg	1.03		0	RKA	1		2.06		
Copper, Cu.....mg	0.079		0	RKA	1		0.156		
Manganese, Mn.....mg	0.143		0	RKA	1		0.285		
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RKA	1		0.0		
Thiamin.....mg	0.170		0	RKA	1		0.338		
Riboflavin.....mg	0.290		0	RKA	1		0.577		
Niacin.....mg	2.111		0	RKA	1		4.202		
Pantothenic acid.....mg	0.590		0	RKA	1		1.173		
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.53		0	RKA	1		1.06		
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	264		0	RKA	1		526		
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									
<b>Lipids:</b>									

NDB No. 21329

McDONALD'S, Sausage, Egg & Cheese McGRIDDLES

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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 saturated.....g	5.649		0	RKI	6		11.242		
Fatty acids, total monounsaturated.....g	6.718		0	RKI	6		13.369		
Fatty acids, total polyunsaturated.....g	2.260		0	RKI	6		4.497		
Fatty acids, total trans.....g	0.822		0	RKI	6		1.636		
Cholesterol.....mg	132		0	RKA	1		262		
Phytosterols.....mg									

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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 = 199g: 1 item 7 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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 measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Vitamin D.....IU								
Vitamin K (phylloquinone).....µg								
Dihydrophylloquinone.....µg								
Menaquinone-4.....µg								
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.020		0	RKI	6		0.017	
Fatty acids, total monounsaturated.....g	0.006		0	RKI	6		0.006	
Fatty acids, total polyunsaturated.....g	0.079		0	RKI	6		0.069	
Fatty acids, total trans.....g	0.000		0	RKI	6		0.000	
Cholesterol.....mg	0		0	RKI	6		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 = 87g: 1 item 3.1 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21522

McDONALD'S, Southern Style Chicken Biscuit

McDonald's Corporation

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
<b>Proximates:</b>									
Water.....g	39.40		2	A	1		52.01		
Energy.....kcal	304		0	NC	4		402		
Energy.....kJ	1274		0	NC	4		1682		
Protein.....g	11.93	0.769	3	A	1		15.75		
Total lipid (fat).....g	14.93	0.769	3	A	1		19.71		
Ash.....g	3.17	0.050	3	A	1		4.18		
Carbohydrate, by difference.....g	30.56		0	NC	4		40.34		
Fiber, total dietary.....g	1.4	0.056	3	A	1		1.8		
Sugars, total.....g	2.62	0.127	3	A	1		3.46		
Sucrose.....g	1.84	0.140	3	A	1		2.43		
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	0.66	0.114	3	A	1		0.87		
Maltose.....g	0.12	0.033	3	A	1		0.16		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	25.33	1.774	3	A	1		33.44		
<b>Minerals:</b>									
Calcium, Ca.....mg	44	3.852	3	A	1		58		
Iron, Fe.....mg	1.76	0.042	3	A	1		2.32		
Magnesium, Mg.....mg	18	0.914	3	A	1		23		
Phosphorus, P.....mg	355	8.253	3	A	1		468		
Potassium, K.....mg	206	6.692	3	A	1		272		
Sodium, Na.....mg	868	11.260	3	A	1		1146		
Zinc, Zn.....mg	0.49	0.033	3	A	1		0.65		
Copper, Cu.....mg	0.060	0.008	3	A	1		0.079		
Manganese, Mn.....mg	0.241	0.009	3	A	1		0.319		
Selenium, Se.....µg	10.1		2	A	1		13.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		1	A	1		0.9		
Thiamin.....mg	0.250		2	A	1		0.330		
Riboflavin.....mg	0.275		2	A	1		0.363		
Niacin.....mg	4.715		2	A	1		6.224		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.207		2	A	1		0.273		
Folate, total.....µg	64		2	A	1		84		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.12		2	A	1		0.16		
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:**



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	Code					
Fatty acids, total saturated.....g	5.712		0	NC	4			7.540		
4:0.....g	0.005	0.003	3	A	1			0.007		
6:0.....g	0.002	0.002	3	A	1			0.002		
8:0.....g	0.056	0.002	3	A	1			0.073		
10:0.....g	0.053	0.006	3	A	1			0.070		
12:0.....g	0.658	0.045	3	A	1			0.868		
13:0.....g										
14:0.....g	0.295	0.015	3	A	1			0.389		
15:0.....g	0.008	0.000	3	A	1			0.011		
16:0.....g	3.823	0.030	3	A	1			5.047		
17:0.....g	0.012	0.000	3	A	1			0.016		
18:0.....g	0.702	0.032	3	A	1			0.927		
20:0.....g	0.057	0.003	3	A	1			0.075		
22:0.....g	0.025	0.002	3	A	1			0.033		
24:0.....g	0.017	0.001	3	A	1			0.022		
Fatty acids, total monounsaturated.....g	5.455		0	NC	4			7.201		
14:1.....g	0.001	0.000	3	A	1			0.002		
15:1.....g	0.000	0.000	3	A	1			0.000		
16:1 undifferentiated.....g	0.043	0.001	3	AS	1			0.056		
16:1 c.....g	0.041	0.001	3	A	1			0.055		
16:1 t.....g	0.001	0.000	3	A	1			0.002		
17:1.....g	0.005	0.001	3	A	1			0.006		
18:1 undifferentiated.....g	5.326	0.266	3	AS	1			7.031		
18:1 c.....g	5.287	0.269	3	A	1			6.979		
18:1 t.....g	0.039	0.010	3	A	1			0.052		
18:1-11 t (18:1t n-7).....g										
20:1.....g	0.070	0.006	3	A	1			0.093		
22:1 undifferentiated.....g	0.005	0.001	3	AS	1			0.006		
22:1 c.....g	0.004	0.001	3	A	1			0.006		
22:1 t.....g	0.000	0.000	3	A	1			0.000		
24:1 c.....g	0.005	0.000	3	A	1			0.007		
Fatty acids, total polyunsaturated.....g	3.308		0	NC	4			4.366		
18:2 undifferentiated.....g	3.037	0.243	3	AS	1			4.009		
18:2 n-6 c,c.....g	2.999	0.241	3	A	1			3.959		
18:2 CLAs.....g	0.009	0.001	3	A	1			0.012		
18:2 t,t.....g										
18:2 i.....g										
18:2 t not further defined.....g	0.029	0.006	3	A	1			0.038		
18:3 undifferentiated.....g	0.215	0.029	3	AS	1			0.284		
18:3 n-3 c,c,c (ALA).....g	0.201	0.028	3	A	1			0.265		
18:3 n-6 c,c,c.....g	0.015	0.002	3	A	1			0.019		
18:3i.....g	0.000	0.000	3	A	1			0.000		
18:4.....g	0.000	0.000	3	A	1			0.000		
20:2 n-6 c,c.....g	0.007	0.001	3	A	1			0.009		
20:3 undifferentiated.....g	0.005	0.000	3	AS	1			0.006		
20:3 n-3.....g	0.000	0.000	3	A	1			0.000		
20:3 n-6.....g	0.005	0.000	3	A	1			0.006		
20:4 undifferentiated.....g	0.027	0.002	3	A	1			0.035		
20:4 n-6.....g										
20:5 n-3 (EPA).....g	0.003	0.001	3	A	1			0.004		
21:5.....g										
22:4.....g	0.007	0.001	3	A	1			0.010		
22:5 n-3 (DPA).....g	0.003	0.000	3	A	1			0.004		
22:6 n-3 (DHA).....g	0.003	0.001	3	A	1			0.004		
Fatty acids, total trans.....g	0.070		0	NC	4			0.092		
Fatty acids, total trans-monoenoic.....g	0.041		0	NC	4			0.054		
Fatty acids, total trans-polyenoic.....g	0.029		0	NC	4			0.038		
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.

**NDB No. 21522**

**McDONALD'S, Southern Style Chicken Biscuit**

**Common Measures:**

Measure 1 = 132g: 1 biscuit regular size biscuit

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21314  
McDONALD'S, Spicy Buffalo Sauce

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			
Vitamin D.....µg							
Vitamin K (phylloquinone).....µg							
Dihydrophylloquinone.....µg							
Menaquinone-4.....µg							
<b>Lipids:</b>							
Fatty acids, total saturated.....g	2.277		0	NC	4		0.979
4:0.....g							
6:0.....g							
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	1.527		1	A	1		0.657
17:0.....g	0.000		1	A	1		0.000
18:0.....g	0.641		1	A	1		0.276
20:0.....g	0.052		1	A	1		0.022
22:0.....g	0.056		1	A	1		0.024
24:0.....g							
Fatty acids, total monounsaturated.....g	3.222		0	NC	4		1.386
14:1.....g	0.000		1	A	1		0.000
15:1.....g	0.000		1	A	1		0.000
16:1 undifferentiated.....g	0.000		1	A	1		0.000
17:1.....g	0.000		1	A	1		0.000
18:1 undifferentiated.....g	3.190		0	A	1		1.372
18:1 c.....g	3.190		1	A	1		1.372
18:1 t.....g	0.000		1	A	1		0.000
18:1-11 t (18:1t n-7).....g							
20:1.....g	0.033		1	A	1		0.014
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	8.433		0	NC	4		3.626
18:2 undifferentiated.....g	7.471		0	AS	1		3.212
18:2 n-6 c,c.....g	7.414		1	A	1		3.188
18:2 CLAs.....g							
18:2 t,t.....g	0.056		1	A	1		0.024
18:2 i.....g							
18:2 t not further defined.....g							
18:3 undifferentiated.....g	0.962		0	AS	1		0.414
18:3 n-3 c,c,c (ALA).....g	0.962		1	A	1		0.414
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000
18:3i.....g							
18:4.....g							
20:2 n-6 c,c.....g	0.000		1	A	1		0.000
20:3 undifferentiated.....g	0.000		1	A	1		0.000
20:3 n-3.....g							
20:3 n-6.....g							
20:4 undifferentiated.....g	0.000		1	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	0.056		0	NC	4		0.024
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000
Fatty acids, total trans-polyenoic.....g	0.056		0	NC	4		0.024
Cholesterol.....mg	0		1	A	1		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

NDB No. 21314  
McDONALD'S, Spicy Buffalo Sauce

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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	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3

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food, or similar food.

**Common Measures:**

Measure 1 = 43g: 1.5 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21334  
McDONALD'S, Strawberry Sundae

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									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.008		0	RKI	6		3.573		
4:0.....g									
6:0.....g									
8:0.....g	0.032		0	RKA	1		0.056		
10:0.....g	0.073		0	RKA	1		0.131		
12:0.....g	0.086		0	RKA	1		0.152		
13:0.....g									
14:0.....g	0.308		0	RKA	1		0.549		
15:0.....g	0.032		0	RKA	1		0.057		
16:0.....g	0.967		0	RKA	1		1.721		
17:0.....g	0.020		0	RKA	1		0.035		
18:0.....g	0.485		0	RKA	1		0.863		
20:0.....g	0.005		0	RKA	1		0.010		
22:0.....g	0.000		0	RKA	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.976		0	RKI	6		1.737		
14:1.....g	0.021		0	RKA	1		0.038		
15:1.....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated.....g	0.036		0	RKA	1		0.063		
17:1.....g	0.007		0	RKA	1		0.012		
18:1 undifferentiated.....g	0.912		0	RKA	1		1.624		
20:1.....g	0.000		0	RKA	1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.190		0	RKI	6		0.338		
18:2 undifferentiated.....g	0.171		0	RKA	1		0.304		
18:3 undifferentiated.....g	0.014		0	RKA	1		0.026		
18:4.....g									
20:2 n-6 c,c.....g	0.000		0	RKA	1		0.000		
20:3 undifferentiated.....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated.....g	0.005		0	RKA	1		0.008		
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	0.224		0	RKI	6		0.398		
Cholesterol.....mg	13		0	RKA	1		23		
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 = 178g: 1 item (6.3 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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





NDB No. 21315  
McDONALD'S, Sweet 'N Sour Sauce

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									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.148		0	NC	4		0.041		
4:0.....g									
6:0.....g									
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	0.097		1	A	1		0.027		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.042		1	A	1		0.012		
20:0.....g	0.005		1	A	1		0.001		
22:0.....g	0.004		1	A	1		0.001		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.241		0	NC	4		0.068		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.226		0	A	1		0.063		
18:1 c.....g	0.223		1	A	1		0.062		
18:1 t.....g	0.003		1	A	1		0.001		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.015		1	A	1		0.004		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.514		0	NC	4		0.144		
18:2 undifferentiated.....g	0.451		0	AS	1		0.126		
18:2 n-6 c,c.....g	0.444		1	A	1		0.124		
18:2 CLAs.....g									
18:2 t,t.....g	0.008		1	A	1		0.002		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.063		0	AS	1		0.018		
18:3 n-3 c,c,c (ALA).....g	0.063		1	A	1		0.018		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	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	0.011		0	NC	4		0.003		
Fatty acids, total trans-monoenoic.....g	0.003		0	NC	4		0.001		
Fatty acids, total trans-polyenoic.....g	0.008		0	NC	4		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

NDB No. 21315  
McDONALD'S, Sweet 'N Sour Sauce

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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			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

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food, or similar food.

**Common Measures:**

Measure 1 = 28g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



McDONALD'S, Tangy Honey Mustard Sauce

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									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.895		0	NC	4		0.385		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.039		1	A	1		0.017		
13:0.....g									
14:0.....g	0.018		1	A	1		0.008		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.565		1	A	1		0.243		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.235		1	A	1		0.101		
20:0.....g	0.020		1	A	1		0.009		
22:0.....g	0.018		1	A	1		0.008		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.334		0	NC	4		0.574		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.017		1	A	1		0.007		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	1.220		0	A	1		0.525		
18:1 c.....g	1.220		1	A	1		0.525		
18:1 t.....g	0.000		1	A	1		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.097		1	A	1		0.042		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.679		0	NC	4		1.152		
18:2 undifferentiated.....g	2.298		0	AS	1		0.988		
18:2 n-6 c,c.....g	2.284		1	A	1		0.982		
18:2 CLAs.....g									
18:2 t,t.....g	0.014		1	A	1		0.006		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.381		0	AS	1		0.164		
18:3 n-3 c,c,c (ALA).....g	0.381		1	A	1		0.164		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	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	0.014		0	NC	4		0.006		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g	0.014		0	NC	4		0.006		
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

NDB No. 21316

McDONALD'S, Tangy Honey Mustard Sauce

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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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

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food, or similar food.

**Common Measures:**

Measure 1 = 43g: 1.5 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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 D.....µg									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.410		0	RKI	6		2.169		
4:0.....g									
6:0.....g									
8:0.....g	0.037		0	RKA	1		0.034		
10:0.....g	0.087		0	RKA	1		0.078		
12:0.....g	0.101		0	RKA	1		0.091		
13:0.....g									
14:0.....g	0.365		0	RKA	1		0.328		
15:0.....g	0.038		0	RKA	1		0.034		
16:0.....g	1.171		0	RKA	1		1.054		
17:0.....g	0.023		0	RKA	1		0.021		
18:0.....g	0.580		0	RKA	1		0.522		
20:0.....g	0.007		0	RKA	1		0.006		
22:0.....g	0.001		0	RKA	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	1.206		0	RKI	6		1.085		
14:1.....g	0.025		0	RKA	1		0.023		
15:1.....g	0.000		0	RKA	1		0.000		
16:1 undifferentiated.....g	0.042		0	RKA	1		0.038		
17:1.....g	0.008		0	RKA	1		0.007		
18:1 undifferentiated.....g	1.130		0	RKA	1		1.017		
20:1.....g	0.001		0	RKA	1		0.001		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.297		0	RKI	6		0.267		
18:2 undifferentiated.....g	0.269		0	RKA	1		0.242		
18:3 undifferentiated.....g	0.022		0	RKA	1		0.019		
18:4.....g									
20:2 n-6 c,c.....g	0.000		0	RKA	1		0.000		
20:3 undifferentiated.....g	0.000		0	RKA	1		0.000		
20:4 undifferentiated.....g	0.005		0	RKA	1		0.005		
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	0.280		0	RKI	6		0.252		
Cholesterol.....mg	15		0	RKA	1		14		
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 = 90g: 1 item (3.2 oz)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.271		0	NC	4		1.612	2.657	3.497
4:0.....g	0.085	0.082	6	A	1		0.061	0.100	0.132
6:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0.....g	0.010	0.001	6	A	1		0.007	0.012	0.016
10:0.....g	0.011	0.000	6	A	1		0.008	0.013	0.018
12:0.....g	0.005	0.001	6	A	1		0.004	0.006	0.008
13:0.....g									
14:0.....g	0.012	0.000	6	A	1		0.008	0.014	0.018
15:0.....g	0.005	0.000	6	A	1		0.004	0.006	0.008
16:0.....g	0.961	0.027	6	A	1		0.682	1.124	1.480
17:0.....g	0.011	0.000	6	A	1		0.008	0.013	0.017
18:0.....g	1.015	0.042	6	A	1		0.720	1.187	1.563
20:0.....g	0.084	0.002	6	A	1		0.060	0.099	0.130
22:0.....g	0.046	0.001	6	A	1		0.033	0.054	0.071
24:0.....g	0.024	0.001	6	A	1		0.017	0.029	0.038
Fatty acids, total monounsaturated.....g	7.379		0	NC	4		5.239	8.633	11.363
14:1.....g	0.001	0.000	6	A	1		0.000	0.001	0.001
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.026	0.001	6	AS	1		0.018	0.030	0.040
16:1 c.....g	0.026	0.001	6	A	1		0.018	0.030	0.040
16:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
17:1.....g	0.008	0.000	6	A	1		0.006	0.010	0.013
18:1 undifferentiated.....g	7.191	0.195	6	AS	1		5.106	8.414	11.075
18:1 c.....g	7.160	0.194	6	A	1		5.084	8.377	11.027
18:1 t.....g	0.031	0.001	6	A	1		0.022	0.036	0.048
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.144	0.003	6	A	1		0.102	0.169	0.222
22:1 undifferentiated.....g	0.005	0.000	6	AS	1		0.004	0.006	0.008
22:1 c.....g	0.003	0.000	6	A	1		0.002	0.004	0.005
22:1 t.....g	0.002	0.000	6	A	1		0.002	0.003	0.003
24:1 c.....g	0.003	0.000	6	A	1		0.002	0.004	0.005
Fatty acids, total polyunsaturated.....g	4.727		0	NC	4		3.356	5.530	7.279
18:2 undifferentiated.....g	4.298	0.129	6	AS	1		3.052	5.029	6.619
18:2 n-6 c,c.....g	4.251	0.128	6	A	1		3.018	4.974	6.546
18:2 CLAs.....g	0.017	0.001	6	A	1		0.012	0.020	0.026
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.030	0.001	6	A	1		0.022	0.036	0.047
18:3 undifferentiated.....g	0.413	0.013	6	AS	1		0.293	0.483	0.636
18:3 n-3 c,c,c (ALA).....g	0.382	0.013	6	A	1		0.271	0.447	0.589
18:3 n-6 c,c,c.....g	0.031	0.001	6	A	1		0.022	0.036	0.048
18:3i.....g									
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.009	0.000	6	A	1		0.006	0.010	0.014
20:3 undifferentiated.....g	0.000	0.000	6	AS	1		0.000	0.000	0.001
20:3 n-3.....g	0.000	0.000	6	A	1		0.000	0.000	0.001
20:3 n-6.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.004	0.000	6	A	1		0.003	0.005	0.007
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	0.064		0	NC	4		0.045	0.075	0.098
Fatty acids, total trans-monoenoic.....g	0.033		0	NC	4		0.024	0.039	0.051
Fatty acids, total trans-polyenoic.....g	0.030		0	NC	4		0.022	0.036	0.047
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

NDB No. 21238  
McDONALD'S, french fries

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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			

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food, or similar food.

**Common Measures:**  
Measure 1 = 71g: 1 small serving  
Measure 2 = 117g: 1 medium serving  
Measure 3 = 154g: 1 large serving

**Calories Factors: Protein**                      **Fat**                      **Carbohydrate**

**Food Group:** 21 Fast Foods  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 21283

PAPA JOHN'S 14" Cheese Pizza, Original Crust

Papa John's International, Inc.

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
<b>Proximates:</b>									
Water.....g	44.16	0.557	9	A	1		51.67	414.27	
Energy.....kcal	260		0	NC	4		305	2442	
Energy.....kJ	1089		0	NC	4		1274	10217	
Protein.....g	11.53	0.186	9	A	1		13.49	108.12	
Total lipid (fat).....g	9.25	0.163	9	A	1		10.82	86.77	
Ash.....g	2.32	0.047	9	A	1		2.71	21.72	
Carbohydrate, by difference.....g	32.74		0	NC	4		38.31	307.13	
Fiber, total dietary.....g	1.9	0.139	9	A	1		2.2	17.7	
Sugars, total.....g	5.32	0.086	9	A	1		6.23	49.93	
Sucrose.....g	0.44	0.033	9	A	1		0.51	4.13	
Glucose (dextrose).....g	1.49	0.043	9	A	1		1.74	13.95	
Fructose.....g	1.76	0.033	9	A	1		2.06	16.55	
Lactose.....g	0.26	0.068	9	A	1		0.30	2.40	
Maltose.....g	1.28	0.056	9	A	1		1.50	12.00	
Galactose.....g	0.10	0.008	9	A	1		0.11	0.90	
Starch.....g	23.79	0.538	9	A	1		27.83	223.14	
<b>Minerals:</b>									
Calcium, Ca.....mg	166	9.134	9	A	1		195	1560	
Iron, Fe.....mg	1.97	0.046	9	A	1		2.30	18.44	
Magnesium, Mg.....mg	24	0.273	9	A	1		28	223	
Phosphorus, P.....mg	203	6.603	9	A	1		237	1901	
Potassium, K.....mg	138	3.984	9	A	1		162	1295	
Sodium, Na.....mg	578	12.525	9	A	1		676	5421	
Zinc, Zn.....mg	1.24	0.027	9	A	1		1.45	11.66	
Copper, Cu.....mg	0.125	0.003	9	A	1		0.147	1.176	
Manganese, Mn.....mg	0.338	0.009	9	A	1		0.395	3.167	
Selenium, Se.....µg	27.6	1.416	4	A	1		32.3	258.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin.....mg	0.453	0.018	9	A	1		0.530	4.246	
Riboflavin.....mg	1.225	0.187	9	A	1		1.433	11.489	
Niacin.....mg	3.064	0.071	9	A	1		3.585	28.741	
Pantothenic acid.....mg	0.180	0.002	4	A	1		0.210	1.686	
Vitamin B-6.....mg	0.122	0.005	9	A	1		0.143	1.143	
Folate, total.....µg	77	1.797	4	A	1		90	725	
Folic acid.....µg	45	2.121	4	A	1		53	422	
Folate, food.....µg	33		0	AS	1		38	305	
Folate, DFE.....µg	109		0	NC	4		128	1022	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.68	0.026	9	A	1		0.80	6.38	
Vitamin A, RAE.....µg	60		0	AS	1		70	562	
Retinol.....µg	54	7.974	4	A	1		63	509	
Carotene, beta.....µg	69		1	A	1		80	643	
Carotene, alpha.....µg	0		1	A	1		0	0	
Cryptoxanthin, beta.....µg	0		1	A	1		0	0	
Vitamin A, IU.....IU	295		0	AS	1		345	2769	
Lycopene.....µg	1520		1	A	1		1778	14258	
Lutein + zeaxanthin.....µg	47		1	A	1		55	441	
Vitamin E (alpha-tocopherol).....mg	1.14	0.048	4	A	1		1.34	10.72	
Tocopherol, beta.....mg	0.06	0.007	4	A	1		0.07	0.59	
Tocopherol, gamma.....mg	1.22	0.084	4	A	1		1.43	11.47	
Tocopherol, delta.....mg	0.34	0.018	4	A	1		0.40	3.19	
Tocotrienol, alpha.....mg	0.05	0.026	4	A	1		0.06	0.48	
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		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
Vitamin D (D2 + D3).....µg	0.0	0.000	4	A	1		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0	0.000	4	A	1		0	0	
Vitamin K (phylloquinone).....µg	7.5	0.386	4	A	1		8.8	70.8	
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.871		0	NC	4		4.529	36.311	
4:0.....g									
6:0.....g									
8:0.....g	0.058	0.002	9	A	1		0.068	0.542	
10:0.....g	0.137	0.005	9	A	1		0.161	1.289	
12:0.....g	0.157	0.007	9	A	1		0.184	1.476	
13:0.....g	0.000	0.000	9	A	1		0.000	0.000	
14:0.....g	0.564	0.021	9	A	1		0.660	5.288	
15:0.....g	0.056	0.002	9	A	1		0.065	0.522	
16:0.....g	1.961	0.047	9	A	1		2.295	18.395	
17:0.....g	0.035	0.001	9	A	1		0.041	0.332	
18:0.....g	0.872	0.017	9	A	1		1.021	8.182	
20:0.....g	0.019	0.001	9	A	1		0.022	0.177	
22:0.....g	0.012	0.000	9	A	1		0.013	0.108	
24:0.....g	0.000	0.000	9	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	2.476		0	NC	4		2.897	23.225	
14:1.....g	0.041	0.003	9	A	1		0.048	0.386	
15:1.....g	0.000	0.000	9	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.091	0.004	9	A	1		0.106	0.851	
17:1.....g	0.007	0.001	9	A	1		0.009	0.069	
18:1 undifferentiated.....g	2.316	0.042	9	A	1		2.710	21.723	
20:1.....g	0.021	0.001	9	A	1		0.024	0.196	
22:1 undifferentiated.....g	0.000	0.000	9	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.970		0	NC	4		2.305	18.480	
18:2 undifferentiated.....g	1.590	0.027	9	A	1		1.861	14.918	
18:3 undifferentiated.....g	0.171	0.004	9	A	1		0.200	1.605	
18:3 n-3 c,c,c (ALA).....g	0.167	0.003	9	A	1		0.195	1.564	
18:3 n-6 c,c,c.....g	0.000	0.000	9	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.031	0.002	9	A	1		0.036	0.291	
20:2 n-6 c,c.....g	0.000	0.000	9	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.001	0.001	9	A	1		0.001	0.005	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.010	0.000	9	A	1		0.012	0.097	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	9	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	9	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	9	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	19	0.389	9	A	1		22	176	
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 = 117g: 1 slice

Measure 2 = 938g: 1 pie

NDB No. 21283

PAPA JOHN'S 14" Cheese Pizza, Original Crust

Calories Factors: Protein

Fat

Carbohydrate

**Food Group:** 21 Fast Foods

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.202		0	NC	4		5.396	42.049	
4:0.....g									
6:0.....g									
8:0.....g	0.080	0.004	4	A	1		0.070	0.542	
10:0.....g	0.192	0.011	4	A	1		0.167	1.305	
12:0.....g	0.223	0.015	4	A	1		0.194	1.509	
13:0.....g	0.000	0.000	4	A	1		0.000	0.000	
14:0.....g	0.817	0.052	4	A	1		0.711	5.542	
15:0.....g	0.077	0.006	4	A	1		0.067	0.525	
16:0.....g	3.015	0.118	4	A	1		2.623	20.441	
17:0.....g	0.050	0.004	4	A	1		0.043	0.339	
18:0.....g	1.697	0.028	4	A	1		1.477	11.509	
20:0.....g	0.030	0.000	4	A	1		0.026	0.203	
22:0.....g	0.020	0.000	4	A	1		0.017	0.135	
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	6.002		0	NC	4		5.222	40.694	
14:1.....g	0.062	0.006	4	A	1		0.054	0.423	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.137	0.013	4	A	1		0.120	0.932	
17:1.....g	0.022	0.003	4	A	1		0.019	0.152	
18:1 undifferentiated.....g	5.745	0.041	4	A	1		4.998	38.951	
20:1.....g	0.035	0.003	4	A	1		0.030	0.237	
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.663		0	NC	4		1.447	11.274	
18:2 undifferentiated.....g	1.500	0.014	4	A	1		1.305	10.170	
18:3 undifferentiated.....g	0.102	0.005	4	A	1		0.089	0.695	
18:4.....g	0.047	0.005	4	A	1		0.041	0.322	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.002	0.002	4	A	1		0.002	0.017	
20:4 undifferentiated.....g	0.011	0.003	4	A	1		0.009	0.071	
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	28	0.811	4	A	1		25	191	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.143		0	A	1		0.124	0.966	
Threonine.....g	0.478		0	A	1		0.416	3.238	
Isoleucine.....g	0.547		0	A	1		0.476	3.711	
Leucine.....g	1.105		0	A	1		0.962	7.495	
Lysine.....g	0.740		0	A	1		0.644	5.020	
Methionine.....g	0.225		0	A	1		0.196	1.525	
Cystine.....g	0.130		0	A	1		0.113	0.881	
Phenylalanine.....g	0.663		0	A	1		0.577	4.494	
Tyrosine.....g	0.485		0	A	1		0.422	3.292	
Valine.....g	0.698		0	A	1		0.607	4.729	
Arginine.....g	0.455		0	A	1		0.396	3.086	
Histidine.....g	0.330		0	A	1		0.287	2.238	
Alanine.....g	0.423		0	A	1		0.368	2.866	
Aspartic acid.....g	1.051		0	A	1		0.914	7.126	
Glutamic acid.....g	3.442		0	A	1		2.994	23.336	
Glycine.....g	0.310		0	A	1		0.270	2.104	
Proline.....g	1.366		0	A	1		1.189	9.263	
Serine.....g	0.715		0	A	1		0.622	4.850	
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

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PAPA JOHN'S 14" Cheese Pizza, Thin Crust

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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	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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food, or similar food.

**Common Measures:**

Measure 1 = 87g: 1 slice

Measure 2 = 678g: 1 pie

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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**PAPA JOHN'S 14" Pepperoni Pizza, Original Crust**

*Papa John's International, Inc.*

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
<b>Proximates:</b>									
Water.....g	43.60	0.591	9	A	1		53.62	445.11	
Energy.....kcal	275		0	NC	4		338	2806	
Energy.....kJ	1150		0	NC	4		1414	11739	
Protein.....g	11.97	0.182	9	A	1		14.73	122.24	
Total lipid (fat).....g	11.86	0.226	9	A	1		14.59	121.12	
Ash.....g	2.53	0.048	9	A	1		3.11	25.84	
Carbohydrate, by difference.....g	30.04		0	NC	4		36.95	306.69	
Fiber, total dietary.....g	1.2	0.103	9	A	1		1.5	12.8	
Sugars, total.....g	4.84	0.066	9	A	1		5.95	49.40	
Sucrose.....g	0.38	0.029	9	A	1		0.47	3.89	
Glucose (dextrose).....g	1.38	0.027	9	A	1		1.70	14.08	
Fructose.....g	1.64	0.031	9	A	1		2.01	16.70	
Lactose.....g	0.23	0.090	9	A	1		0.28	2.33	
Maltose.....g	1.13	0.062	9	A	1		1.40	11.58	
Galactose.....g	0.08	0.005	9	A	1		0.10	0.81	
Starch.....g	21.77	0.459	9	A	1		26.77	222.24	
<b>Minerals:</b>									
Calcium, Ca.....mg	152	8.101	9	A	1		187	1552	
Iron, Fe.....mg	1.98	0.053	9	A	1		2.44	20.25	
Magnesium, Mg.....mg	23	0.184	9	A	1		29	238	
Phosphorus, P.....mg	196	5.983	9	A	1		241	2000	
Potassium, K.....mg	150	3.047	9	A	1		185	1532	
Sodium, Na.....mg	671	12.111	9	A	1		825	6849	
Zinc, Zn.....mg	1.34	0.022	9	A	1		1.65	13.68	
Copper, Cu.....mg	0.128	0.004	9	A	1		0.158	1.311	
Manganese, Mn.....mg	0.348	0.006	9	A	1		0.428	3.550	
Selenium, Se.....µg	29.3	0.937	4	A	1		36.1	299.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	
Thiamin.....mg	0.431	0.025	9	A	1		0.530	4.400	
Riboflavin.....mg	0.486	0.094	8	A	1		0.598	4.963	
Niacin.....mg	3.225	0.144	9	A	1		3.967	32.929	
Pantothenic acid.....mg	0.266	0.004	4	A	1		0.327	2.715	
Vitamin B-6.....mg	0.162	0.016	9	A	1		0.200	1.658	
Folate, total.....µg	72	3.966	4	A	1		89	738	
Folic acid.....µg	43	2.972	4	A	1		53	439	
Folate, food.....µg	29		0	AS	1		36	299	
Folate, DFE.....µg	102		0	NC	4		126	1045	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.79	0.045	9	A	1		0.97	8.03	
Vitamin A, RAE.....µg	58		0	AS	1		71	592	
Retinol.....µg	52	10.711	4	A	1		64	530	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	294		0	AS	1		362	3003	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	1.10	0.021	4	A	1		1.36	11.28	
Tocopherol, beta.....mg	0.06	0.002	4	A	1		0.07	0.59	
Tocopherol, gamma.....mg	1.21	0.053	4	A	1		1.49	12.40	
Tocopherol, delta.....mg	0.32	0.006	4	A	1		0.40	3.32	
Tocotrienol, alpha.....mg	0.07	0.005	4	A	1		0.09	0.74	
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0	0.000	4	A	1		0.0	0.0	

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PAPA JOHN'S 14" Pepperoni Pizza, Original Crust

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
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0	0.000	4	A	1	0	0		
Vitamin K (phylloquinone).....µg	6.1	0.459	4	A	1	7.5	62.5		
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1	0.0	0.0		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.908		0	NC	4	6.036	50.106		
4:0.....g									
6:0.....g									
8:0.....g	0.051	0.003	9	A	1	0.063	0.525		
10:0.....g	0.123	0.008	9	A	1	0.151	1.255		
12:0.....g	0.143	0.009	9	A	1	0.176	1.461		
13:0.....g	0.000	0.000	8	A	1	0.000	0.000		
14:0.....g	0.587	0.031	9	A	1	0.722	5.993		
15:0.....g	0.060	0.003	9	A	1	0.073	0.610		
16:0.....g	2.605	0.056	9	A	1	3.204	26.596		
17:0.....g	0.064	0.002	9	A	1	0.079	0.652		
18:0.....g	1.242	0.025	9	A	1	1.528	12.682		
20:0.....g	0.021	0.000	9	A	1	0.025	0.210		
22:0.....g	0.012	0.000	9	A	1	0.015	0.123		
24:0.....g	0.000	0.000	9	A	1	0.000	0.000		
Fatty acids, total monounsaturated.....g	3.912		0	NC	4	4.812	39.946		
14:1.....g	0.052	0.003	9	A	1	0.063	0.527		
15:1.....g	0.000	0.000	9	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.187	0.004	9	A	1	0.231	1.914		
17:1.....g	0.019	0.001	9	A	1	0.023	0.192		
18:1 undifferentiated.....g	3.602	0.038	9	A	1	4.431	36.781		
20:1.....g	0.042	0.001	9	A	1	0.052	0.430		
22:1 undifferentiated.....g	0.010	0.003	9	A	1	0.012	0.101		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.206		0	NC	4	2.714	22.526		
18:2 undifferentiated.....g	1.774	0.024	9	A	1	2.183	18.117		
18:3 undifferentiated.....g	0.180	0.004	9	A	1	0.221	1.838		
18:3 n-3 c,c,c (ALA).....g	0.175	0.003	9	A	1	0.215	1.786		
18:3 n-6 c,c,c.....g	0.000	0.000	9	A	1	0.000	0.000		
18:3i.....g									
18:4.....g	0.042	0.002	9	A	1	0.052	0.430		
20:2 n-6 c,c.....g	0.015	0.001	9	A	1	0.019	0.154		
20:3 undifferentiated.....g	0.001	0.001	9	A	1	0.001	0.006		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.019	0.001	9	A	1	0.023	0.195		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	9	A	1	0.000	0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	9	A	1	0.000	0.000		
22:6 n-3 (DHA).....g	0.000	0.000	9	A	1	0.000	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	26	0.663	9	A	1	31	261		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.127		0	A	1	0.157	1.301		
Threonine.....g	0.480		0	A	1	0.590	4.900		
Isoleucine.....g	0.527		0	A	1	0.649	5.385		
Leucine.....g	1.070		0	A	1	1.316	10.924		
Lysine.....g	0.697		0	A	1	0.858	7.120		
Methionine.....g	0.212		0	A	1	0.261	2.169		
Cystine.....g	0.155		0	A	1	0.191	1.582		
Phenylalanine.....g	0.655		0	A	1	0.806	6.687		
Tyrosine.....g	0.452		0	A	1	0.556	4.619		
Valine.....g	0.655		0	A	1	0.806	6.687		

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PAPA JOHN'S 14" Pepperoni Pizza, Original Crust

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			
Arginine.....g	0.505		0	A	1	0.621	5.155	
Histidine.....g	0.335		0	A	1	0.412	3.419	
Alanine.....g	0.487		0	A	1	0.600	4.976	
Aspartic acid.....g	0.902		0	A	1	1.110	9.214	
Glutamic acid.....g	3.420		0	A	1	4.206	34.917	
Glycine.....g	0.427		0	A	1	0.526	4.364	
Proline.....g	1.372		0	A	1	1.688	14.012	
Serine.....g	0.690		0	A	1	0.849	7.044	
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 = 123g: 1 slice

Measure 2 = 1021g: 1 pie

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



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PAPA JOHN'S 14" The Works Pizza, Original Crust

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	5.6	0.227	4	A	1	8.6	61.2		
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1	0.0	0.0		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.765		0	NC	4	5.760	41.151		
4:0.....g									
6:0.....g									
8:0.....g	0.030	0.000	4	A	1	0.046	0.327		
10:0.....g	0.077	0.005	4	A	1	0.119	0.847		
12:0.....g	0.087	0.005	4	A	1	0.134	0.956		
13:0.....g	0.000	0.000	4	A	1	0.000	0.000		
14:0.....g	0.382	0.013	4	A	1	0.585	4.180		
15:0.....g	0.035	0.003	4	A	1	0.053	0.381		
16:0.....g	2.117	0.055	4	A	1	3.240	23.144		
17:0.....g	0.040	0.000	4	A	1	0.061	0.436		
18:0.....g	0.967	0.018	4	A	1	1.480	10.575		
20:0.....g	0.020	0.000	4	A	1	0.030	0.218		
22:0.....g	0.008	0.001	4	A	1	0.012	0.088		
24:0.....g	0.000	0.000	4	A	1	0.000	0.000		
Fatty acids, total monounsaturated.....g	3.652		0	NC	4	5.588	39.919		
14:1.....g	0.027	0.003	4	A	1	0.042	0.299		
15:1.....g	0.000	0.000	4	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.165	0.006	4	A	1	0.252	1.803		
17:1.....g	0.027	0.003	4	A	1	0.042	0.299		
18:1 undifferentiated.....g	3.385	0.085	4	A	1	5.179	36.998		
20:1.....g	0.045	0.003	4	A	1	0.069	0.491		
22:1 undifferentiated.....g	0.002	0.002	4	A	1	0.004	0.027		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.877		0	NC	4	2.872	20.518		
18:2 undifferentiated.....g	1.675	0.050	4	A	1	2.563	18.307		
18:3 undifferentiated.....g	0.155	0.006	4	A	1	0.237	1.694		
18:4.....g	0.027	0.003	4	A	1	0.042	0.299		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000		
20:4 undifferentiated.....g	0.020	0.000	4	A	1	0.030	0.218		
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1	0.000	0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1	0.000	0.000		
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1	0.000	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	21	0.795	4	A	1	32	232		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.105		0	A	1	0.161	1.147		
Threonine.....g	0.395		0	A	1	0.604	4.317		
Isoleucine.....g	0.415		0	A	1	0.635	4.537		
Leucine.....g	0.830		0	A	1	1.270	9.074		
Lysine.....g	0.545		0	A	1	0.834	5.961		
Methionine.....g	0.167		0	A	1	0.256	1.829		
Cystine.....g	0.140		0	A	1	0.214	1.530		
Phenylalanine.....g	0.520		0	A	1	0.796	5.683		
Tyrosine.....g	0.338		0	A	1	0.516	3.689		
Valine.....g	0.500		0	A	1	0.765	5.467		
Arginine.....g	0.440		0	A	1	0.673	4.810		
Histidine.....g	0.275		0	A	1	0.421	3.005		
Alanine.....g	0.428		0	A	1	0.654	4.674		
Aspartic acid.....g	0.768		0	A	1	1.175	8.392		
Glutamic acid.....g	2.861		0	A	1	4.378	31.275		
Glycine.....g	0.380		0	A	1	0.581	4.153		

NDB No. 21285

PAPA JOHN'S 14" The Works Pizza, Original Crust

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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
Proline.....g	1.030		0	A	1	1.576	11.260	
Serine.....g	0.543		0	A	1	0.830	5.930	
Hydroxyproline.....g								

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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 = 153g: 1 slice

Measure 2 = 1093g: 1 pie

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.040		0	NC	4		4.839	37.197	
4:0.....g									
6:0.....g									
8:0.....g	0.083	0.002	4	A	1		0.080	0.614	
10:0.....g	0.191	0.004	4	A	1		0.183	1.407	
12:0.....g	0.218	0.005	4	A	1		0.210	1.612	
13:0.....g									
14:0.....g	0.745	0.022	4	A	1		0.716	5.501	
15:0.....g	0.076	0.002	4	A	1		0.073	0.560	
16:0.....g	2.498	0.053	4	A	1		2.398	18.433	
17:0.....g	0.048	0.002	4	A	1		0.046	0.357	
18:0.....g	1.146	0.059	4	A	1		1.100	8.457	
20:0.....g	0.021	0.001	4	A	1		0.020	0.154	
22:0.....g	0.014	0.001	4	A	1		0.013	0.100	
24:0.....g									
Fatty acids, total monounsaturated.....g	2.919		0	NC	4		2.802	21.539	
14:1.....g	0.055	0.004	4	A	1		0.053	0.406	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.131	0.008	4	A	1		0.126	0.968	
17:1.....g	0.010	0.006	4	A	1		0.010	0.075	
18:1 undifferentiated.....g	2.697	0.126	4	A	1		2.589	19.906	
20:1.....g	0.025	0.001	4	A	1		0.024	0.185	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.839		0	NC	4		1.766	13.575	
18:2 undifferentiated.....g	1.628	0.194	4	A	1		1.563	12.013	
18:3 undifferentiated.....g	0.196		0	AS	1		0.188	1.448	
18:3 n-3 c,c,c (ALA).....g	0.196	0.026	4	A	1		0.188	1.448	
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.015	0.001	4	A	1		0.015	0.114	
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	24	1.644	4	A	1		23	177	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.128		0	A	1		0.123	0.946	
Threonine.....g	0.411		0	A	1		0.394	3.030	
Isoleucine.....g	0.565		0	A	1		0.542	4.167	
Leucine.....g	1.140		0	A	1		1.094	8.412	
Lysine.....g	0.771		0	A	1		0.740	5.691	
Methionine.....g	0.264		0	A	1		0.253	1.949	
Cystine.....g	0.163		0	A	1		0.157	1.206	
Phenylalanine.....g	0.665		0	A	1		0.638	4.905	
Tyrosine.....g	0.522		0	A	1		0.502	3.856	
Valine.....g	0.721		0	A	1		0.692	5.323	
Arginine.....g	0.487		0	A	1		0.467	3.592	
Histidine.....g	0.355		0	A	1		0.341	2.623	
Alanine.....g	0.419		0	A	1		0.403	3.094	
Aspartic acid.....g	0.840		0	A	1		0.807	6.200	
Glutamic acid.....g	3.539		0	A	1		3.397	26.118	
Glycine.....g	0.341		0	A	1		0.327	2.517	



NDB No. 21271

PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust

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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
Proline.....g	1.358		0	A	1	1.304	10.024	
Serine.....g	0.701		0	A	1	0.673	5.175	
Hydroxyproline.....g								

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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 = 96g: 1 slice

Measure 2 = 738g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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		
	Mean	Std. Error	Number			measures of food			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.184		0	NC	4		5.184	37.737	
4:0.....g									
6:0.....g									
8:0.....g	0.082	0.003	4	A	1		0.082	0.598	
10:0.....g	0.187	0.007	4	A	1		0.187	1.359	
12:0.....g	0.212	0.009	4	A	1		0.212	1.541	
13:0.....g									
14:0.....g	0.723	0.025	4	A	1		0.723	5.265	
15:0.....g	0.074	0.001	4	A	1		0.074	0.537	
16:0.....g	2.611	0.070	4	A	1		2.611	19.006	
17:0.....g	0.048	0.001	4	A	1		0.048	0.353	
18:0.....g	1.203	0.009	4	A	1		1.203	8.761	
20:0.....g	0.025	0.002	4	A	1		0.025	0.185	
22:0.....g	0.018	0.001	4	A	1		0.018	0.132	
24:0.....g									
Fatty acids, total monounsaturated.....g	3.213		0	NC	4		3.213	23.392	
14:1.....g	0.053	0.004	4	A	1		0.053	0.384	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.124	0.007	4	A	1		0.124	0.902	
17:1.....g	0.012	0.007	4	A	1		0.012	0.087	
18:1 undifferentiated.....g	2.997	0.112	4	A	1		2.997	21.821	
20:1.....g	0.027	0.002	4	A	1		0.027	0.198	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.752		0	NC	4		2.752	20.035	
18:2 undifferentiated.....g	2.433	0.216	4	A	1		2.433	17.714	
18:3 undifferentiated.....g	0.304		0	AS	1		0.304	2.213	
18:3 n-3 c,c,c (ALA).....g	0.304	0.031	4	A	1		0.304	2.213	
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.015	0.001	4	A	1		0.015	0.109	
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	21	0.233	4	A	1		21	156	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.125		0	A	1		0.125	0.909	
Threonine.....g	0.379		0	A	1		0.379	2.762	
Isoleucine.....g	0.518		0	A	1		0.518	3.774	
Leucine.....g	1.044		0	A	1		1.044	7.599	
Lysine.....g	0.693		0	A	1		0.693	5.044	
Methionine.....g	0.266		0	A	1		0.266	1.933	
Cystine.....g	0.156		0	A	1		0.156	1.137	
Phenylalanine.....g	0.615		0	A	1		0.615	4.477	
Tyrosine.....g	0.479		0	A	1		0.479	3.490	
Valine.....g	0.658		0	A	1		0.658	4.791	
Arginine.....g	0.451		0	A	1		0.451	3.286	
Histidine.....g	0.326		0	A	1		0.326	2.371	
Alanine.....g	0.386		0	A	1		0.386	2.813	
Aspartic acid.....g	0.753		0	A	1		0.753	5.484	
Glutamic acid.....g	3.323		0	A	1		3.323	24.191	
Glycine.....g	0.322		0	A	1		0.322	2.342	

NDB No. 21272

PIZZA HUT 12" Cheese Pizza, Pan Crust

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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
Proline.....g	1.253		0	A	1	1.253	9.125	
Serine.....g	0.648		0	A	1	0.648	4.720	
Hydroxyproline.....g								

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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 = 100g: 1 slice

Measure 2 = 728g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21273

PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.896		0	NC	4		4.758	39.513	
4:0.....g									
6:0.....g									
8:0.....g	0.119	0.004	4	A	1		0.082	0.685	
10:0.....g	0.271	0.009	4	A	1		0.187	1.551	
12:0.....g	0.308	0.009	4	A	1		0.212	1.765	
13:0.....g									
14:0.....g	1.051	0.024	4	A	1		0.725	6.021	
15:0.....g	0.106	0.004	4	A	1		0.073	0.609	
16:0.....g	3.347	0.095	4	A	1		2.309	19.178	
17:0.....g	0.066	0.003	4	A	1		0.046	0.381	
18:0.....g	1.588	0.097	4	A	1		1.096	9.100	
20:0.....g	0.025	0.000	4	A	1		0.017	0.145	
22:0.....g	0.014	0.000	4	A	1		0.010	0.080	
24:0.....g									
Fatty acids, total monounsaturated.....g	3.807		0	NC	4		2.627	21.814	
14:1.....g	0.076	0.002	4	A	1		0.053	0.438	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.167	0.002	4	A	1		0.115	0.955	
17:1.....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated.....g	3.534	0.170	4	A	1		2.438	20.250	
20:1.....g	0.030	0.000	4	A	1		0.021	0.171	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.698		0	NC	4		1.172	9.729	
18:2 undifferentiated.....g	1.496	0.051	4	A	1		1.032	8.570	
18:3 undifferentiated.....g	0.180		0	AS	1		0.124	1.033	
18:3 n-3 c,c,c (ALA).....g	0.177	0.007	4	A	1		0.122	1.015	
18:3 n-6 c,c,c.....g	0.003	0.003	4	A	1		0.002	0.017	
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.022	0.002	4	A	1		0.015	0.126	
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	34	2.069	4	A	1		23	193	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.158		0	A	1		0.109	0.903	
Threonine.....g	0.502		0	A	1		0.346	2.875	
Isoleucine.....g	0.696		0	A	1		0.480	3.989	
Leucine.....g	1.388		0	A	1		0.958	7.952	
Lysine.....g	0.993		0	A	1		0.685	5.692	
Methionine.....g	0.325		0	A	1		0.224	1.863	
Cystine.....g	0.170		0	A	1		0.117	0.975	
Phenylalanine.....g	0.795		0	A	1		0.549	4.558	
Tyrosine.....g	0.686		0	A	1		0.473	3.930	
Valine.....g	0.901		0	A	1		0.622	5.164	
Arginine.....g	0.582		0	A	1		0.402	3.337	
Histidine.....g	0.427		0	A	1		0.295	2.449	
Alanine.....g	0.491		0	A	1		0.339	2.812	
Aspartic acid.....g	1.031		0	A	1		0.711	5.908	
Glutamic acid.....g	4.076		0	A	1		2.813	23.356	
Glycine.....g	0.378		0	A	1		0.261	2.165	

NDB No. 21273

PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust

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	1.616		0	A	1		1.115	9.257	
Serine.....g	0.849		0	A	1		0.586	4.865	
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 = 69g: 1 slice

Measure 2 = 573g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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





PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.161		0	NC	4		4.955	38.397	
4:0.....g									
6:0.....g									
8:0.....g	0.060	0.001	4	A	1		0.057	0.444	
10:0.....g	0.138	0.003	4	A	1		0.133	1.028	
12:0.....g	0.158	0.004	4	A	1		0.152	1.177	
13:0.....g									
14:0.....g	0.589	0.015	4	A	1		0.565	4.380	
15:0.....g	0.058	0.001	4	A	1		0.056	0.433	
16:0.....g	2.764	0.076	4	A	1		2.653	20.562	
17:0.....g	0.052	0.002	4	A	1		0.050	0.387	
18:0.....g	1.309	0.058	4	A	1		1.257	9.740	
20:0.....g	0.022	0.001	4	A	1		0.021	0.161	
22:0.....g	0.011	0.000	4	A	1		0.011	0.085	
24:0.....g									
Fatty acids, total monounsaturated.....g	4.018		0	NC	4		3.858	29.896	
14:1.....g	0.043	0.002	4	A	1		0.041	0.319	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.203	0.011	4	A	1		0.195	1.514	
17:1.....g	0.014	0.008	4	A	1		0.014	0.108	
18:1 undifferentiated.....g	3.703	0.151	4	A	1		3.555	27.550	
20:1.....g	0.054	0.003	4	A	1		0.052	0.405	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.034		0	NC	4		1.953	15.135	
18:2 undifferentiated.....g	1.792	0.064	4	A	1		1.721	13.336	
18:3 undifferentiated.....g	0.190		0	AS	1		0.182	1.411	
18:3 n-3 c,c,c (ALA).....g	0.190	0.008	4	A	1		0.182	1.411	
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.025	0.001	4	A	1		0.024	0.190	
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.027	0.001	4	A	1		0.026	0.199	
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	26	1.200	4	A	1		25	193	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.123		0	A	1		0.118	0.916	
Threonine.....g	0.418		0	A	1		0.401	3.110	
Isoleucine.....g	0.538		0	A	1		0.516	3.999	
Leucine.....g	1.068		0	A	1		1.025	7.944	
Lysine.....g	0.764		0	A	1		0.734	5.686	
Methionine.....g	0.272		0	A	1		0.261	2.025	
Cystine.....g	0.176		0	A	1		0.169	1.311	
Phenylalanine.....g	0.625		0	A	1		0.600	4.649	
Tyrosine.....g	0.483		0	A	1		0.464	3.593	
Valine.....g	0.670		0	A	1		0.643	4.984	
Arginine.....g	0.538		0	A	1		0.517	4.006	
Histidine.....g	0.361		0	A	1		0.346	2.684	
Alanine.....g	0.490		0	A	1		0.470	3.644	
Aspartic acid.....g	0.855		0	A	1		0.821	6.359	
Glutamic acid.....g	3.343		0	A	1		3.209	24.868	
Glycine.....g	0.451		0	A	1		0.433	3.353	

NDB No. 21274

PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust

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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
Proline.....g	1.230		0	A	1	1.180	9.148	
Serine.....g	0.658		0	A	1	0.631	4.893	
Hydroxyproline.....g								

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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 = 96g: 1 slice

Measure 2 = 744g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.271		0	NC	4		5.060	41.004	
4:0.....g									
6:0.....g									
8:0.....g	0.055	0.003	4	A	1		0.053	0.428	
10:0.....g	0.127	0.007	4	A	1		0.122	0.988	
12:0.....g	0.144	0.008	4	A	1		0.138	1.120	
13:0.....g									
14:0.....g	0.541	0.025	4	A	1		0.520	4.211	
15:0.....g	0.053	0.002	4	A	1		0.051	0.416	
16:0.....g	2.876	0.042	4	A	1		2.761	22.377	
17:0.....g	0.051	0.001	4	A	1		0.049	0.400	
18:0.....g	1.372	0.015	4	A	1		1.317	10.676	
20:0.....g	0.030	0.001	4	A	1		0.029	0.233	
22:0.....g	0.020	0.001	4	A	1		0.019	0.157	
24:0.....g									
Fatty acids, total monounsaturated.....g	4.415		0	NC	4		4.238	34.349	
14:1.....g	0.039	0.003	4	A	1		0.038	0.305	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.184	0.004	4	A	1		0.176	1.429	
17:1.....g	0.017	0.010	4	A	1		0.016	0.130	
18:1 undifferentiated.....g	4.114	0.028	4	A	1		3.950	32.011	
20:1.....g	0.061	0.001	4	A	1		0.059	0.474	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.465		0	NC	4		3.327	26.961	
18:2 undifferentiated.....g	3.058	0.159	4	A	1		2.936	23.791	
18:3 undifferentiated.....g	0.357		0	AS	1		0.343	2.779	
18:3 n-3 c,c,c (ALA).....g	0.357	0.023	4	A	1		0.343	2.779	
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.025	0.000	4	A	1		0.024	0.196	
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.025	0.000	4	A	1		0.024	0.195	
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	25	1.076	4	A	1		24	191	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.116		0	A	1		0.112	0.905	
Threonine.....g	0.374		0	A	1		0.359	2.910	
Isoleucine.....g	0.487		0	A	1		0.467	3.786	
Leucine.....g	0.952		0	A	1		0.914	7.405	
Lysine.....g	0.652		0	A	1		0.625	5.069	
Methionine.....g	0.247		0	A	1		0.237	1.918	
Cystine.....g	0.178		0	A	1		0.171	1.387	
Phenylalanine.....g	0.564		0	A	1		0.541	4.387	
Tyrosine.....g	0.427		0	A	1		0.410	3.321	
Valine.....g	0.604		0	A	1		0.580	4.702	
Arginine.....g	0.485		0	A	1		0.466	3.776	
Histidine.....g	0.322		0	A	1		0.309	2.505	
Alanine.....g	0.434		0	A	1		0.416	3.373	
Aspartic acid.....g	0.739		0	A	1		0.710	5.751	
Glutamic acid.....g	3.160		0	A	1		3.034	24.588	
Glycine.....g	0.400		0	A	1		0.384	3.111	

NDB No. 21275

PIZZA HUT 12" Pepperoni Pizza, Pan Crust

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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
Proline.....g	1.134		0	A	1	1.089	8.825	
Serine.....g	0.588		0	A	1	0.564	4.572	
Hydroxyproline.....g								

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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 = 96g: 1 slice

Measure 2 = 778g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.554		0	NC	4		5.783	50.410	24.636
4:0.....g									
6:0.....g									
8:0.....g	0.047	0.006	4	A	1		0.059	0.517	0.253
10:0.....g	0.109	0.013	4	A	1		0.139	1.209	0.591
12:0.....g	0.124	0.015	4	A	1		0.158	1.377	0.673
13:0.....g									
14:0.....g	0.489	0.051	4	A	1		0.621	5.415	2.647
15:0.....g	0.049	0.005	4	A	1		0.062	0.542	0.265
16:0.....g	2.482	0.080	4	A	1		3.153	27.481	13.430
17:0.....g	0.050	0.003	4	A	1		0.063	0.553	0.270
18:0.....g	1.180	0.022	4	A	1		1.499	13.067	6.386
20:0.....g	0.020	0.001	4	A	1		0.025	0.220	0.108
22:0.....g	0.002	0.002	4	A	1		0.003	0.027	0.013
24:0.....g									
Fatty acids, total monounsaturated.....g	3.953		0	NC	4		5.021	43.763	21.387
14:1.....g	0.039	0.005	4	A	1		0.049	0.428	0.209
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.200	0.001	4	A	1		0.254	2.211	1.081
17:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	3.667	0.104	4	A	1		4.657	40.593	19.838
20:1.....g	0.048	0.003	4	A	1		0.061	0.531	0.259
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.729		0	NC	4		2.196	19.138	9.353
18:2 undifferentiated.....g	1.527	0.059	4	A	1		1.940	16.906	8.262
18:3 undifferentiated.....g	0.152		0	AS	1		0.193	1.685	0.823
18:3 n-3 c,c,c (ALA).....g	0.152	0.005	4	A	1		0.193	1.685	0.823
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.025	0.002	4	A	1		0.032	0.276	0.135
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.025	0.001	4	A	1		0.031	0.271	0.133
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	20	1.046	4	A	1		25	220	108
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.105		0	A	1		0.134	1.166	0.570
Threonine.....g	0.384		0	A	1		0.488	4.255	2.079
Isoleucine.....g	0.485		0	A	1		0.616	5.368	2.623
Leucine.....g	0.931		0	A	1		1.182	10.306	5.037
Lysine.....g	0.710		0	A	1		0.901	7.855	3.839
Methionine.....g	0.213		0	A	1		0.271	2.358	1.152
Cystine.....g	0.153		0	A	1		0.194	1.690	0.826
Phenylalanine.....g	0.545		0	A	1		0.693	6.037	2.950
Tyrosine.....g	0.425		0	A	1		0.540	4.705	2.299
Valine.....g	0.599		0	A	1		0.760	6.629	3.239
Arginine.....g	0.532		0	A	1		0.675	5.887	2.877
Histidine.....g	0.323		0	A	1		0.411	3.580	1.749
Alanine.....g	0.476		0	A	1		0.605	5.274	2.577
Aspartic acid.....g	0.831		0	A	1		1.055	9.196	4.494
Glutamic acid.....g	2.845		0	A	1		3.614	31.498	15.394
Glycine.....g	0.442		0	A	1		0.561	4.888	2.389

NDB No. 21276

PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust

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	1.009		0	A	1	1.281	11.169	5.459	
Serine.....g	0.585		0	A	1	0.743	6.477	3.165	
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 = 127g: 1 slice
- Measure 2 = 1107g: 1 pizza
- Measure 3 = 541g: .5 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate<sup>4</sup>**

**Food Group:** 21 Fast Foods

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



NDB No. 21293

PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust

Pizza Hut, Inc.

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
<b>Proximates:</b>									
Water.....g	41.48	0.832	6	A	1		43.56	348.87	
Energy.....kcal	275		0	NC	4		289	2316	
Energy.....kJ	1152		0	NC	4		1210	9688	
Protein.....g	11.98	0.178	6	A	1		12.58	100.78	
Total lipid (fat).....g	10.42	0.178	6	A	1		10.94	87.60	
Ash.....g	2.69	0.056	6	A	1		2.83	22.65	
Carbohydrate, by difference.....g	33.42		0	NC	4		35.09	281.09	
Fiber, total dietary.....g	2.4	0.133	3	A	1		2.6	20.5	
Sugars, total.....g	3.13	0.133	3	A	1		3.29	26.35	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	0.57	0.067	3	A	1		0.59	4.77	
Fructose.....g	0.93	0.088	3	A	1		0.98	7.85	
Lactose.....g	0.33	0.033	3	A	1		0.35	2.80	
Maltose.....g	1.17	0.067	3	A	1		1.22	9.81	
Galactose.....g	0.13	0.033	3	A	1		0.14	1.12	
Starch.....g	27.53	1.734	3	A	1		28.91	231.56	
<b>Minerals:</b>									
Calcium, Ca.....mg	209	10.717	6	A	1		219	1755	
Iron, Fe.....mg	2.62	0.094	6	A	1		2.75	22.05	
Magnesium, Mg.....mg	24	0.666	6	A	1		25	199	
Phosphorus, P.....mg	228	8.856	6	A	1		239	1916	
Potassium, K.....mg	183	5.645	6	A	1		192	1539	
Sodium, Na.....mg	674	14.692	6	A	1		707	5666	
Zinc, Zn.....mg	1.44	0.037	6	A	1		1.51	12.11	
Copper, Cu.....mg	0.103	0.003	6	A	1		0.108	0.865	
Manganese, Mn.....mg	0.396	0.008	6	A	1		0.416	3.330	
Selenium, Se.....µg	16.8		1	A	1		17.6	141.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.0		1	A	1		2.1	16.6	
Thiamin.....mg	0.460		1	A	1		0.483	3.869	
Riboflavin.....mg	0.220		1	A	1		0.231	1.850	
Niacin.....mg	4.300		1	A	1		4.515	36.163	
Pantothenic acid.....mg	0.330	0.010	4	A	1		0.347	2.779	
Vitamin B-6.....mg	0.080		1	A	1		0.084	0.673	
Folate, total.....µg	108	4.385	4	A	1		113	906	
Folic acid.....µg	60	3.797	4	A	1		62	500	
Folate, food.....µg	48		0	NC	4		51	406	
Folate, DFE.....µg	149		0	NC	4		157	1256	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.38		1	A	1		0.40	3.20	
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	0.57	0.027	4	A	1		0.60	4.79	
Tocopherol, beta.....mg	0.04	0.006	4	A	1		0.04	0.31	
Tocopherol, gamma.....mg	1.13	0.032	4	A	1		1.19	9.52	
Tocopherol, delta.....mg	0.36	0.005	4	A	1		0.38	3.07	
Tocotrienol, alpha.....mg	0.04	0.006	4	A	1		0.05	0.38	
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00	0.004	4	A	1		0.00	0.03	
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	NR	4		0.0	0.0	

PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust

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
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0	0.000	4	A	1	0	0		
Vitamin K (phylloquinone).....µg	7.7	0.464	4	A	1	8.1	65.0		
Dihydrophylloquinone.....µg	0.0	0.000	4	A	1	0.0	0.0		
Menquinone-4.....µg	1.3	0.111	4	A	1	1.3	10.7		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.819		0	NC	4	5.060	40.526		
4:0.....g	0.107	0.006	6	A	1	0.113	0.901		
6:0.....g	0.086	0.004	6	A	1	0.090	0.720		
8:0.....g	0.059	0.002	6	A	1	0.062	0.496		
10:0.....g	0.150	0.006	6	A	1	0.157	1.261		
12:0.....g	0.187	0.008	6	A	1	0.197	1.577		
13:0.....g									
14:0.....g	0.641	0.027	6	A	1	0.673	5.392		
15:0.....g	0.068	0.003	6	A	1	0.072	0.573		
16:0.....g	2.548	0.063	6	A	1	2.676	21.430		
17:0.....g	0.046	0.002	6	A	1	0.048	0.384		
18:0.....g	0.877	0.010	6	A	1	0.920	7.373		
20:0.....g	0.024	0.000	6	A	1	0.025	0.200		
22:0.....g	0.013	0.001	6	A	1	0.014	0.112		
24:0.....g	0.009	0.000	6	A	1	0.009	0.074		
Fatty acids, total monounsaturated.....g	3.050		0	NC	4	3.203	25.654		
14:1.....g	0.051	0.003	6	A	1	0.054	0.429		
15:1.....g	0.000	0.000	6	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.130	0.007	6	AS	1	0.136	1.093		
16:1 c.....g	0.106	0.005	6	A	1	0.111	0.891		
16:1 t.....g	0.024	0.002	6	A	1	0.025	0.202		
17:1.....g	0.016	0.001	6	A	1	0.016	0.132		
18:1 undifferentiated.....g	2.808	0.045	6	AS	1	2.948	23.612		
18:1 c.....g	2.640	0.046	6	A	1	2.772	22.205		
18:1 t.....g	0.167	0.004	6	A	1	0.176	1.407		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.043	0.002	6	A	1	0.045	0.364		
22:1 undifferentiated.....g	0.002	0.000	6	AS	1	0.002	0.014		
22:1 c.....g	0.002	0.000	6	A	1	0.002	0.014		
22:1 t.....g	0.000	0.000	6	A	1	0.000	0.000		
24:1 c.....g	0.001	0.000	6	A	1	0.001	0.010		
Fatty acids, total polyunsaturated.....g	1.530		0	NC	4	1.606	12.864		
18:2 undifferentiated.....g	1.319	0.079	6	AS	1	1.385	11.091		
18:2 n-6 c,c.....g	1.217	0.081	6	A	1	1.278	10.236		
18:2 CLAs.....g	0.040	0.002	6	A	1	0.043	0.341		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.061	0.002	6	A	1	0.064	0.514		
18:3 undifferentiated.....g	0.168	0.011	6	AS	1	0.176	1.413		
18:3 n-3 c,c,c (ALA).....g	0.165	0.011	6	A	1	0.174	1.392		
18:3 n-6 c,c,c.....g	0.003	0.001	6	A	1	0.003	0.021		
18:3i.....g									
18:4.....g	0.002	0.000	6	A	1	0.002	0.013		
20:2 n-6 c,c.....g	0.004	0.000	6	A	1	0.004	0.031		
20:3 undifferentiated.....g	0.011	0.000	6	AS	1	0.011	0.091		
20:3 n-3.....g	0.001	0.000	6	A	1	0.001	0.004		
20:3 n-6.....g	0.010	0.001	6	A	1	0.011	0.087		
20:4 undifferentiated.....g	0.013	0.001	6	A	1	0.013	0.106		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.001	6	A	1	0.005	0.036		
21:5.....g									
22:4.....g	0.004	0.000	6	A	1	0.005	0.036		
22:5 n-3 (DPA).....g	0.004	0.000	6	A	1	0.004	0.035		
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1	0.000	0.003		
Fatty acids, total trans.....g	0.252		0	NC	4	0.265	2.123		
Fatty acids, total trans-monoenoic.....g	0.191		0	NC	4	0.201	1.609		

NDB No. 21293

PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust

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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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.061		0	NC	4		0.064	0.514	
Cholesterol.....mg	18	1.706	3	A	1	19	149		
Phytosterols.....mg									

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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 slice

Measure 2 = 841g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21294

PIZZA HUT 14" Cheese Pizza, Pan Crust

Pizza Hut, Inc.

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
<b>Proximates:</b>									
Water.....g	42.68	0.683	6	A	1		47.81	382.87	
Energy.....kcal	276		0	NC	4		309	2476	
Energy.....kJ	1155		0	NC	4		1294	10360	
Protein.....g	10.85	0.138	6	A	1		12.15	97.32	
Total lipid (fat).....g	11.25	0.334	6	A	1		12.60	100.91	
Ash.....g	2.37	0.082	6	A	1		2.65	21.24	
Carbohydrate, by difference.....g	32.85		0	NC	4		36.79	294.65	
Fiber, total dietary.....g	2.1	0.176	3	A	1		2.3	18.5	
Sugars, total.....g	2.47	0.067	3	A	1		2.76	22.13	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	0.40	0.000	3	A	1		0.45	3.59	
Fructose.....g	0.47	0.033	3	A	1		0.52	4.19	
Lactose.....g	0.40	0.058	3	A	1		0.45	3.59	
Maltose.....g	1.07	0.088	3	A	1		1.19	9.57	
Galactose.....g	0.13	0.033	3	A	1		0.15	1.20	
Starch.....g	25.00		2	A	1		28.00	224.25	
<b>Minerals:</b>									
Calcium, Ca.....mg	192	8.815	6	A	1		215	1719	
Iron, Fe.....mg	2.47	0.101	6	A	1		2.77	22.20	
Magnesium, Mg.....mg	21	0.128	6	A	1		24	193	
Phosphorus, P.....mg	216	6.670	6	A	1		242	1939	
Potassium, K.....mg	170	3.870	6	A	1		190	1522	
Sodium, Na.....mg	580	8.647	6	A	1		649	5200	
Zinc, Zn.....mg	1.31	0.042	6	A	1		1.47	11.77	
Copper, Cu.....mg	0.098	0.004	6	A	1		0.110	0.884	
Manganese, Mn.....mg	0.395	0.010	6	A	1		0.443	3.545	
Selenium, Se.....µg	16.0		1	A	1		17.9	143.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.9		1	A	1		2.2	17.3	
Thiamin.....mg	0.390		1	A	1		0.437	3.498	
Riboflavin.....mg	0.220		1	A	1		0.246	1.973	
Niacin.....mg	3.480		1	A	1		3.898	31.216	
Pantothenic acid.....mg	0.231	0.012	4	A	1		0.259	2.071	
Vitamin B-6.....mg	0.080		1	A	1		0.090	0.718	
Folate, total.....µg	106	6.811	4	A	1		119	953	
Folic acid.....µg	66	3.979	4	A	1		74	592	
Folate, food.....µg	40		0	NC	4		45	361	
Folate, DFE.....µg	152		0	NC	4		171	1367	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.33		1	A	1		0.37	2.96	
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	0.74	0.037	4	A	1		0.83	6.66	
Tocopherol, beta.....mg	0.05	0.003	4	A	1		0.06	0.49	
Tocopherol, gamma.....mg	2.74	0.346	4	A	1		3.07	24.55	
Tocopherol, delta.....mg	0.79	0.067	4	A	1		0.88	7.06	
Tocotrienol, alpha.....mg	0.03	0.005	4	A	1		0.03	0.25	
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.01	0.004	4	A	1		0.01	0.07	
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	NR	4		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	0.000	4	A	1	0	0		
Vitamin K (phylloquinone).....µg	17.0	2.706	4	A	1	19.1	152.7		
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1	0.0	0.0		
Menquinone-4.....µg	1.1	0.233	4	A	1	1.3	10.3		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.390		0	NC	4	4.917	39.378		
4:0.....g	0.105	0.008	6	A	1	0.118	0.946		
6:0.....g	0.084	0.004	6	A	1	0.094	0.753		
8:0.....g	0.057	0.002	6	A	1	0.063	0.508		
10:0.....g	0.143	0.006	6	A	1	0.160	1.284		
12:0.....g	0.173	0.009	6	A	1	0.194	1.556		
13:0.....g									
14:0.....g	0.592	0.031	6	A	1	0.663	5.309		
15:0.....g	0.064	0.004	6	A	1	0.071	0.571		
16:0.....g	2.198	0.057	6	A	1	2.462	19.714		
17:0.....g	0.044	0.002	6	A	1	0.050	0.399		
18:0.....g	0.871	0.024	6	A	1	0.976	7.813		
20:0.....g	0.024	0.001	6	A	1	0.027	0.220		
22:0.....g	0.021	0.001	6	A	1	0.023	0.187		
24:0.....g	0.009	0.001	6	A	1	0.010	0.082		
Fatty acids, total monounsaturated.....g	2.755		0	NC	4	3.086	24.717		
14:1.....g	0.048	0.003	6	A	1	0.054	0.434		
15:1.....g	0.000	0.000	6	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.121	0.007	6	AS	1	0.135	1.084		
16:1 c.....g	0.099	0.006	6	A	1	0.111	0.887		
16:1 t.....g	0.022	0.001	6	A	1	0.025	0.197		
17:1.....g	0.016	0.001	6	A	1	0.018	0.142		
18:1 undifferentiated.....g	2.521	0.083	6	AS	1	2.824	22.613		
18:1 c.....g	2.343	0.071	6	A	1	2.624	21.017		
18:1 t.....g	0.178	0.028	6	A	1	0.199	1.597		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.046	0.003	6	A	1	0.052	0.413		
22:1 undifferentiated.....g	0.002	0.000	6	AS	1	0.002	0.016		
22:1 c.....g	0.002	0.000	6	A	1	0.002	0.016		
22:1 t.....g	0.000	0.000	6	A	1	0.000	0.000		
24:1 c.....g	0.002	0.001	6	A	1	0.002	0.015		
Fatty acids, total polyunsaturated.....g	3.118		0	NC	4	3.492	27.969		
18:2 undifferentiated.....g	2.724	0.230	6	AS	1	3.051	24.439		
18:2 n-6 c,c.....g	2.627	0.231	6	A	1	2.942	23.561		
18:2 CLAs.....g	0.039	0.001	6	A	1	0.044	0.353		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.058	0.002	6	A	1	0.066	0.525		
18:3 undifferentiated.....g	0.353	0.031	6	AS	1	0.395	3.163		
18:3 n-3 c,c,c (ALA).....g	0.350	0.031	6	A	1	0.392	3.139		
18:3 n-6 c,c,c.....g	0.003	0.000	6	A	1	0.003	0.024		
18:3i.....g									
18:4.....g	0.001	0.000	6	A	1	0.001	0.012		
20:2 n-6 c,c.....g	0.004	0.000	6	A	1	0.005	0.040		
20:3 undifferentiated.....g	0.010	0.001	6	AS	1	0.011	0.088		
20:3 n-3.....g	0.000	0.000	6	A	1	0.000	0.003		
20:3 n-6.....g	0.009	0.000	6	A	1	0.011	0.085		
20:4 undifferentiated.....g	0.011	0.001	6	A	1	0.012	0.100		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.001	6	A	1	0.005	0.039		
21:5.....g									
22:4.....g	0.005	0.000	6	A	1	0.006	0.045		
22:5 n-3 (DPA).....g	0.004	0.000	6	A	1	0.004	0.036		
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1	0.000	0.000		
Fatty acids, total trans.....g	0.258		0	NC	4	0.290	2.319		
Fatty acids, total trans-monoenoic.....g	0.200		0	NC	4	0.224	1.794		

NDB No. 21294

PIZZA HUT 14" Cheese Pizza, Pan Crust

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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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.058		0	NC	4		0.066	0.525	
Cholesterol.....mg	18	0.649	3	A	1	21	164		
Phytosterols.....mg									

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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 = 112g: 1 slice

Measure 2 = 897g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.825		0	NC	4		6.815	54.581	
4:0.....g	0.175	0.005	3	A	1		0.205	1.640	
6:0.....g	0.143	0.002	3	A	1		0.167	1.336	
8:0.....g	0.091	0.001	3	A	1		0.106	0.850	
10:0.....g	0.233	0.002	3	A	1		0.272	2.180	
12:0.....g	0.275	0.002	3	A	1		0.321	2.574	
13:0.....g									
14:0.....g	0.898	0.000	3	A	1		1.051	8.417	
15:0.....g	0.096	0.000	3	A	1		0.113	0.903	
16:0.....g	2.820	0.010	3	A	1		3.299	26.423	
17:0.....g	0.059	0.000	3	A	1		0.069	0.549	
18:0.....g	0.997	0.009	3	A	1		1.166	9.338	
20:0.....g	0.020	0.001	3	A	1		0.023	0.186	
22:0.....g	0.012	0.000	3	A	1		0.014	0.112	
24:0.....g	0.008	0.000	3	A	1		0.009	0.072	
Fatty acids, total monounsaturated.....g	2.771		0	NC	4		3.242	25.965	
14:1.....g	0.092	0.002	3	A	1		0.108	0.865	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.168	0.003	3	AS	1		0.197	1.576	
16:1 c.....g	0.139	0.003	3	A	1		0.162	1.299	
16:1 t.....g	0.030	0.000	3	A	1		0.035	0.277	
17:1.....g	0.019	0.000	3	A	1		0.023	0.180	
18:1 undifferentiated.....g	2.463	0.012	3	AS	1		2.882	23.080	
18:1 c.....g	2.273	0.012	3	A	1		2.659	21.298	
18:1 t.....g	0.190	0.001	3	A	1		0.223	1.783	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.027	0.000	3	A	1		0.032	0.256	
22:1 undifferentiated.....g	0.001	0.001	3	AS	1		0.001	0.006	
22:1 c.....g	0.001	0.001	3	A	1		0.001	0.006	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.547		0	NC	4		1.810	14.499	
18:2 undifferentiated.....g	1.348	0.048	3	AS	1		1.577	12.626	
18:2 n-6 c,c.....g	1.234	0.043	3	A	1		1.443	11.559	
18:2 CLAs.....g	0.042	0.001	3	A	1		0.049	0.396	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.072	0.004	3	A	1		0.084	0.671	
18:3 undifferentiated.....g	0.155	0.008	3	AS	1		0.181	1.452	
18:3 n-3 c,c,c (ALA).....g	0.150	0.008	3	A	1		0.176	1.408	
18:3 n-6 c,c,c.....g	0.004	0.000	3	A	1		0.004	0.034	
18:3i.....g	0.001	0.000	3	A	1		0.001	0.009	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.003	0.000	3	A	1		0.004	0.028	
20:3 undifferentiated.....g	0.011	0.001	3	AS	1		0.013	0.106	
20:3 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6.....g	0.011	0.001	3	A	1		0.013	0.106	
20:4 undifferentiated.....g	0.017	0.000	3	A	1		0.020	0.162	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	3	A	1		0.004	0.028	
21:5.....g									
22:4.....g	0.004	0.000	3	A	1		0.005	0.037	
22:5 n-3 (DPA).....g	0.006	0.001	3	A	1		0.007	0.056	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.292		0	NC	4		0.342	2.740	
Fatty acids, total trans-monoenoic.....g	0.220		0	NC	4		0.257	2.060	
Fatty acids, total trans-polyenoic.....g	0.073		0	NC	4		0.085	0.681	
Cholesterol.....mg	30	1.662	3	A	1		35	282	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.124		0	A	1		0.145	1.163	
Threonine.....g	0.392		0	A	1		0.458	3.671	



NDB No. 21512

PIZZA HUT 14" Cheese Pizza, Stuffed Crust

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	0.573		0	A	1	0.671	5.373	
Leucine.....g	1.070		0	A	1	1.252	10.030	
Lysine.....g	0.593		0	A	1	0.693	5.552	
Methionine.....g	0.268		0	A	1	0.313	2.507	
Cystine.....g								
Phenylalanine.....g	0.640		0	A	1	0.749	6.000	
Tyrosine.....g	0.401		0	A	1	0.470	3.760	
Valine.....g	0.707		0	A	1	0.827	6.627	
Arginine.....g	0.440		0	A	1	0.514	4.119	
Histidine.....g	0.315		0	A	1	0.369	2.955	
Alanine.....g	0.382		0	A	1	0.447	3.582	
Aspartic acid.....g	0.812		0	A	1	0.950	7.612	
Glutamic acid.....g	3.393		0	A	1	3.969	31.789	
Glycine.....g	0.306		0	A	1	0.358	2.865	
Proline.....g	1.739		0	A	1	2.035	16.298	
Serine.....g	0.583		0	A	1	0.682	5.463	
Hydroxyproline.....g	0.000		1	A	1	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 = 117g: 1 slice

Measure 2 = 937g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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	7.7	0.250	4	A	1	6.1	49.2		
Dihydrophyloquinone.....µg	0.7	0.108	4	A	1	0.6	4.5		
Menaquinone-4.....µg	2.8	0.185	4	A	1	2.2	17.6		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.103		0	NC	4	4.821	39.121		
4:0.....g	0.165	0.008	6	A	1	0.130	1.059		
6:0.....g	0.131	0.004	6	A	1	0.104	0.843		
8:0.....g	0.089	0.002	6	A	1	0.070	0.572		
10:0.....g	0.224	0.005	6	A	1	0.177	1.439		
12:0.....g	0.271	0.006	6	A	1	0.214	1.735		
13:0.....g									
14:0.....g	0.920	0.023	6	A	1	0.727	5.898		
15:0.....g	0.098	0.003	6	A	1	0.078	0.629		
16:0.....g	2.929	0.067	6	A	1	2.314	18.778		
17:0.....g	0.064	0.002	6	A	1	0.051	0.412		
18:0.....g	1.153	0.024	6	A	1	0.911	7.391		
20:0.....g	0.024	0.000	6	A	1	0.019	0.156		
22:0.....g	0.018	0.000	6	A	1	0.014	0.114		
24:0.....g	0.009	0.000	6	A	1	0.007	0.058		
Fatty acids, total monounsaturated.....g	3.265		0	NC	4	2.579	20.930		
14:1.....g	0.076	0.004	6	A	1	0.060	0.489		
15:1.....g	0.000	0.000	6	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.165	0.008	6	AS	1	0.131	1.061		
16:1 c.....g	0.133	0.007	6	A	1	0.105	0.856		
16:1 t.....g	0.032	0.002	6	A	1	0.025	0.205		
17:1.....g	0.022	0.001	6	A	1	0.017	0.139		
18:1 undifferentiated.....g	2.962	0.053	6	AS	1	2.340	18.987		
18:1 c.....g	2.726	0.050	6	A	1	2.154	17.475		
18:1 t.....g	0.236	0.004	6	A	1	0.186	1.513		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.037	0.003	6	A	1	0.029	0.235		
22:1 undifferentiated.....g	0.002	0.000	6	AS	1	0.001	0.012		
22:1 c.....g	0.002	0.000	6	A	1	0.001	0.012		
22:1 t.....g	0.000	0.000	6	A	1	0.000	0.000		
24:1 c.....g	0.001	0.000	6	A	1	0.001	0.006		
Fatty acids, total polyunsaturated.....g	2.327		0	NC	4	1.838	14.915		
18:2 undifferentiated.....g	2.024	0.082	6	AS	1	1.599	12.974		
18:2 n-6 c,c.....g	1.884	0.082	6	A	1	1.488	12.075		
18:2 CLAs.....g	0.058	0.002	6	A	1	0.046	0.371		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.082	0.003	6	A	1	0.065	0.528		
18:3 undifferentiated.....g	0.247	0.013	6	AS	1	0.195	1.581		
18:3 n-3 c,c,c (ALA).....g	0.243	0.013	6	A	1	0.192	1.557		
18:3 n-6 c,c,c.....g	0.004	0.000	6	A	1	0.003	0.025		
18:3i.....g									
18:4.....g	0.002	0.000	6	A	1	0.002	0.014		
20:2 n-6 c,c.....g	0.004	0.000	6	A	1	0.004	0.029		
20:3 undifferentiated.....g	0.014	0.000	6	AS	1	0.011	0.092		
20:3 n-3.....g	0.001	0.000	6	A	1	0.001	0.009		
20:3 n-6.....g	0.013	0.001	6	A	1	0.010	0.083		
20:4 undifferentiated.....g	0.018	0.001	6	A	1	0.015	0.119		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.001	6	A	1	0.003	0.027		
21:5.....g									
22:4.....g	0.005	0.000	6	A	1	0.004	0.032		
22:5 n-3 (DPA).....g	0.006	0.000	6	A	1	0.005	0.038		
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1	0.000	0.002		
Fatty acids, total trans.....g	0.350		0	NC	4	0.277	2.246		
Fatty acids, total trans-monoenoic.....g	0.268		0	NC	4	0.212	1.718		

NDB No. 21295

PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust

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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
Fatty acids, total trans-polyenoic.....g	0.082		0	NC	4	0.065		0.528
Cholesterol.....mg	30	2.454	3	A	1	23		191
Phytosterols.....mg								

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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 = 79g: 1 slice

Measure 2 = 641g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21296

PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust

Pizza Hut, Inc.

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
<b>Proximates:</b>									
Water.....g	40.15	0.402	6	A	1		44.16	354.52	
Energy.....kcal	291		0	NC	4		320	2570	
Energy.....kJ	1218		0	NC	4		1340	10755	
Protein.....g	12.23	0.154	6	A	1		13.46	108.02	
Total lipid (fat).....g	12.63	0.178	6	A	1		13.90	111.55	
Ash.....g	2.87	0.038	6	A	1		3.16	25.39	
Carbohydrate, by difference.....g	32.11		0	NC	4		35.32	283.52	
Fiber, total dietary.....g	2.6	0.145	3	A	1		2.8	22.7	
Sugars, total.....g	2.82	0.080	3	A	1		3.11	24.94	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	0.53	0.033	3	A	1		0.59	4.71	
Fructose.....g	0.83	0.033	3	A	1		0.92	7.36	
Lactose.....g	0.27	0.067	3	A	1		0.29	2.35	
Maltose.....g	1.10	0.058	3	A	1		1.21	9.71	
Galactose.....g	0.09	0.009	3	A	1		0.10	0.81	
Starch.....g	25.97	0.956	3	A	1		28.56	229.29	
<b>Minerals:</b>									
Calcium, Ca.....mg	166	7.631	6	A	1		183	1467	
Iron, Fe.....mg	2.71	0.094	6	A	1		2.98	23.96	
Magnesium, Mg.....mg	24	0.600	6	A	1		26	211	
Phosphorus, P.....mg	206	5.181	6	A	1		226	1816	
Potassium, K.....mg	207	2.638	6	A	1		228	1826	
Sodium, Na.....mg	759	5.783	6	A	1		835	6699	
Zinc, Zn.....mg	1.49	0.028	6	A	1		1.64	13.16	
Copper, Cu.....mg	0.106	0.003	6	A	1		0.117	0.939	
Manganese, Mn.....mg	0.418	0.006	6	A	1		0.460	3.691	
Selenium, Se.....µg	19.0		1	A	1		20.9	167.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		1	A	1		1.1	8.9	
Thiamin.....mg	0.550		1	A	1		0.605	4.857	
Riboflavin.....mg	0.240		1	A	1		0.264	2.119	
Niacin.....mg	4.820		1	A	1		5.302	42.561	
Pantothenic acid.....mg	0.400	0.004	4	A	1		0.440	3.534	
Vitamin B-6.....mg	0.090		1	A	1		0.099	0.795	
Folate, total.....µg	112	7.805	4	A	1		123	985	
Folic acid.....µg	68	7.246	4	A	1		75	600	
Folate, food.....µg	44		0	NC	4		48	384	
Folate, DFE.....µg	159		0	NC	4		175	1405	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.51		1	A	1		0.56	4.50	
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	0.65	0.047	4	A	1		0.72	5.78	
Tocopherol, beta.....mg	0.05	0.003	4	A	1		0.05	0.42	
Tocopherol, gamma.....mg	1.14	0.065	4	A	1		1.26	10.11	
Tocopherol, delta.....mg	0.35	0.015	4	A	1		0.39	3.11	
Tocotrienol, alpha.....mg	0.02	0.009	4	A	1		0.03	0.22	
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.01	0.004	4	A	1		0.01	0.07	
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	NR	4		0.0	0.0	

PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust

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
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0	0.000	4	A	1	0	0		
Vitamin K (phylloquinone).....µg	8.5	0.705	4	A	1	9.3	75.1		
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1	0.0	0.0		
Menquinone-4.....µg	2.5	0.065	4	A	1	2.8	22.5		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.404		0	NC	4	5.944	47.717		
4:0.....g	0.090	0.004	6	A	1	0.099	0.792		
6:0.....g	0.071	0.002	6	A	1	0.078	0.627		
8:0.....g	0.049	0.002	6	A	1	0.054	0.433		
10:0.....g	0.123	0.004	6	A	1	0.135	1.088		
12:0.....g	0.151	0.005	6	A	1	0.166	1.333		
13:0.....g									
14:0.....g	0.557	0.021	6	A	1	0.613	4.923		
15:0.....g	0.058	0.003	6	A	1	0.064	0.512		
16:0.....g	2.997	0.070	6	A	1	3.297	26.468		
17:0.....g	0.057	0.002	6	A	1	0.062	0.500		
18:0.....g	1.195	0.024	6	A	1	1.314	10.550		
20:0.....g	0.030	0.001	6	A	1	0.033	0.265		
22:0.....g	0.014	0.000	6	A	1	0.016	0.125		
24:0.....g	0.008	0.000	6	A	1	0.009	0.072		
Fatty acids, total monounsaturated.....g	4.338		0	NC	4	4.772	38.309		
14:1.....g	0.046	0.002	6	A	1	0.050	0.403		
15:1.....g	0.000	0.000	6	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.197	0.005	6	AS	1	0.217	1.744		
16:1 c.....g	0.176	0.005	6	A	1	0.194	1.554		
16:1 t.....g	0.021	0.001	6	A	1	0.024	0.190		
17:1.....g	0.027	0.001	6	A	1	0.030	0.243		
18:1 undifferentiated.....g	3.967	0.077	6	AS	1	4.364	35.030		
18:1 c.....g	3.785	0.076	6	A	1	4.163	33.420		
18:1 t.....g	0.182	0.005	6	A	1	0.201	1.610		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.075	0.004	6	A	1	0.083	0.665		
22:1 undifferentiated.....g	0.022	0.001	6	AS	1	0.025	0.197		
22:1 c.....g	0.022	0.001	6	A	1	0.025	0.197		
22:1 t.....g	0.000	0.000	6	A	1	0.000	0.000		
24:1 c.....g	0.003	0.001	6	A	1	0.003	0.026		
Fatty acids, total polyunsaturated.....g	2.022		0	NC	4	2.224	17.854		
18:2 undifferentiated.....g	1.748	0.049	6	AS	1	1.923	15.438		
18:2 n-6 c,c.....g	1.652	0.050	6	A	1	1.817	14.587		
18:2 CLAs.....g	0.041	0.002	6	A	1	0.046	0.366		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.055	0.001	6	A	1	0.060	0.484		
18:3 undifferentiated.....g	0.186	0.008	6	AS	1	0.205	1.642		
18:3 n-3 c,c,c (ALA).....g	0.182	0.008	6	A	1	0.201	1.611		
18:3 n-6 c,c,c.....g	0.004	0.000	6	A	1	0.004	0.031		
18:3i.....g									
18:4.....g	0.002	0.000	6	A	1	0.002	0.015		
20:2 n-6 c,c.....g	0.025	0.001	6	A	1	0.028	0.225		
20:3 undifferentiated.....g	0.015	0.001	6	AS	1	0.017	0.137		
20:3 n-3.....g	0.004	0.000	6	A	1	0.004	0.032		
20:3 n-6.....g	0.012	0.000	6	A	1	0.013	0.104		
20:4 undifferentiated.....g	0.025	0.001	6	A	1	0.027	0.219		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	6	A	1	0.004	0.031		
21:5.....g									
22:4.....g	0.009	0.000	6	A	1	0.010	0.076		
22:5 n-3 (DPA).....g	0.006	0.000	6	A	1	0.006	0.051		
22:6 n-3 (DHA).....g	0.001	0.000	6	A	1	0.001	0.007		
Fatty acids, total trans.....g	0.259		0	NC	4	0.285	2.284		
Fatty acids, total trans-monoenoic.....g	0.204		0	NC	4	0.224	1.800		

NDB No. 21296

PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust

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
Fatty acids, total trans-polyenoic.....g	0.055		0	NC	4		0.060	0.484	
Cholesterol.....mg	26	2.186	3	A	1		28	228	
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 = 110g: 1 slice

Measure 2 = 883g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21297

PIZZA HUT 14" Pepperoni Pizza, Pan Crust

Pizza Hut, Inc.

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
<b>Proximates:</b>									
Water.....g	41.17	0.311	6	A	1		46.52	374.20	
Energy.....kcal	291		0	NC	4		328	2642	
Energy.....kJ	1216		0	NC	4		1374	11053	
Protein.....g	11.47	0.123	6	A	1		12.96	104.23	
Total lipid (fat).....g	13.07	0.353	6	A	1		14.77	118.78	
Ash.....g	2.51	0.066	6	A	1		2.83	22.80	
Carbohydrate, by difference.....g	31.79		0	NC	4		35.92	288.99	
Fiber, total dietary.....g	2.0	0.088	3	A	1		2.2	17.9	
Sugars, total.....g	1.95	0.137	3	A	1		2.20	17.72	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	0.33	0.033	3	A	1		0.38	3.03	
Fructose.....g	0.37	0.033	3	A	1		0.41	3.33	
Lactose.....g	0.37	0.088	3	A	1		0.41	3.33	
Maltose.....g	0.80	0.058	3	A	1		0.90	7.27	
Galactose.....g	0.08	0.009	3	A	1		0.09	0.75	
Starch.....g	26.80	0.709	3	A	1		30.28	243.61	
<b>Minerals:</b>									
Calcium, Ca.....mg	147	7.120	6	A	1		166	1335	
Iron, Fe.....mg	2.57	0.085	6	A	1		2.90	23.33	
Magnesium, Mg.....mg	22	0.133	6	A	1		25	201	
Phosphorus, P.....mg	193	4.872	6	A	1		218	1754	
Potassium, K.....mg	187	3.280	6	A	1		211	1701	
Sodium, Na.....mg	676	8.155	6	A	1		764	6142	
Zinc, Zn.....mg	1.36	0.021	6	A	1		1.54	12.39	
Copper, Cu.....mg	0.104	0.002	6	A	1		0.118	0.950	
Manganese, Mn.....mg	0.425	0.010	6	A	1		0.480	3.860	
Selenium, Se.....µg	15.5		1	A	1		17.5	140.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		1	A	1		1.2	9.4	
Thiamin.....mg	0.420		1	A	1		0.475	3.818	
Riboflavin.....mg	0.210		1	A	1		0.237	1.909	
Niacin.....mg	3.750		1	A	1		4.238	34.088	
Pantothenic acid.....mg	0.323	0.022	4	A	1		0.365	2.938	
Vitamin B-6.....mg	0.090		1	A	1		0.102	0.818	
Folate, total.....µg	103	4.211	4	A	1		116	934	
Folic acid.....µg	57	3.010	4	A	1		65	520	
Folate, food.....µg	46		0	NC	4		51	414	
Folate, DFE.....µg	143		0	NC	4		161	1298	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.51		1	A	1		0.58	4.64	
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	0.92	0.077	4	A	1		1.05	8.41	
Tocopherol, beta.....mg	0.06	0.004	4	A	1		0.07	0.54	
Tocopherol, gamma.....mg	3.02	0.368	4	A	1		3.42	27.47	
Tocopherol, delta.....mg	0.94	0.086	4	A	1		1.06	8.57	
Tocotrienol, alpha.....mg	0.02	0.009	4	A	1		0.03	0.23	
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.04	0.021	4	A	1		0.04	0.33	
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	NR	4		0.0	0.0	



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
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0	0.000	4	A	1	0	0		
Vitamin K (phylloquinone).....µg	21.5	3.410	4	A	1	24.3	195.4		
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1	0.0	0.0		
Menquinone-4.....µg	2.1	0.344	4	A	1	2.4	19.1		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.823		0	NC	4	5.450	43.838		
4:0.....g	0.084	0.007	6	A	1	0.095	0.768		
6:0.....g	0.066	0.004	6	A	1	0.074	0.597		
8:0.....g	0.045	0.002	6	A	1	0.050	0.406		
10:0.....g	0.112	0.004	6	A	1	0.127	1.021		
12:0.....g	0.134	0.004	6	A	1	0.151	1.218		
13:0.....g									
14:0.....g	0.501	0.011	6	A	1	0.566	4.554		
15:0.....g	0.053	0.001	6	A	1	0.060	0.482		
16:0.....g	2.574	0.047	6	A	1	2.908	23.396		
17:0.....g	0.053	0.001	6	A	1	0.060	0.483		
18:0.....g	1.141	0.019	6	A	1	1.290	10.375		
20:0.....g	0.027	0.001	6	A	1	0.031	0.248		
22:0.....g	0.020	0.001	6	A	1	0.023	0.186		
24:0.....g	0.009	0.000	6	A	1	0.010	0.080		
Fatty acids, total monounsaturated.....g	3.844		0	NC	4	4.343	34.939		
14:1.....g	0.041	0.001	6	A	1	0.046	0.371		
15:1.....g	0.000	0.000	6	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.179	0.004	6	AS	1	0.202	1.625		
16:1 c.....g	0.159	0.004	6	A	1	0.180	1.448		
16:1 t.....g	0.019	0.001	6	A	1	0.022	0.177		
17:1.....g	0.026	0.001	6	A	1	0.030	0.238		
18:1 undifferentiated.....g	3.506	0.073	6	AS	1	3.962	31.873		
18:1 c.....g	3.342	0.069	6	A	1	3.776	30.376		
18:1 t.....g	0.165	0.005	6	A	1	0.186	1.497		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.074	0.002	6	A	1	0.084	0.676		
22:1 undifferentiated.....g	0.015	0.003	6	AS	1	0.017	0.136		
22:1 c.....g	0.015	0.003	6	A	1	0.017	0.136		
22:1 t.....g	0.000	0.000	6	A	1	0.000	0.000		
24:1 c.....g	0.002	0.001	6	A	1	0.002	0.020		
Fatty acids, total polyunsaturated.....g	3.409		0	NC	4	3.853	30.992		
18:2 undifferentiated.....g	2.976	0.170	6	AS	1	3.363	27.056		
18:2 n-6 c,c.....g	2.885	0.170	6	A	1	3.260	26.223		
18:2 CLAs.....g	0.039	0.001	6	A	1	0.044	0.357		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.052	0.002	6	A	1	0.059	0.476		
18:3 undifferentiated.....g	0.350	0.025	6	AS	1	0.396	3.183		
18:3 n-3 c,c,c (ALA).....g	0.347	0.025	6	A	1	0.392	3.156		
18:3 n-6 c,c,c.....g	0.003	0.000	6	A	1	0.003	0.027		
18:3i.....g									
18:4.....g	0.001	0.000	6	A	1	0.002	0.012		
20:2 n-6 c,c.....g	0.024	0.001	6	A	1	0.027	0.215		
20:3 undifferentiated.....g	0.014	0.001	6	AS	1	0.016	0.126		
20:3 n-3.....g	0.003	0.001	6	A	1	0.003	0.024		
20:3 n-6.....g	0.011	0.001	6	A	1	0.013	0.101		
20:4 undifferentiated.....g	0.025	0.001	6	A	1	0.028	0.227		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.001	6	A	1	0.004	0.032		
21:5.....g									
22:4.....g	0.009	0.001	6	A	1	0.010	0.080		
22:5 n-3 (DPA).....g	0.005	0.000	6	A	1	0.006	0.048		
22:6 n-3 (DHA).....g	0.001	0.000	6	A	1	0.001	0.005		
Fatty acids, total trans.....g	0.236		0	NC	4	0.267	2.150		
Fatty acids, total trans-monoenoic.....g	0.184		0	NC	4	0.208	1.674		

NDB No. 21297

PIZZA HUT 14" Pepperoni Pizza, Pan Crust

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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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.052		0	NC	4		0.059	0.476	
Cholesterol.....mg	23	0.977	3	A	1	27	213		
Phytosterols.....mg									

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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 = 113g: 1 slice

Measure 2 = 909g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 21491**  
**PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust**  
*Pizza Hut, Inc.*

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
<b>Proximates:</b>									
Water.....g	33.57	0.401	6	A	1		26.85	212.81	
Energy.....kcal	333		0	NC	4		266	2109	
Energy.....kJ	1392		0	NC	4		1114	8825	
Protein.....g	14.13	0.174	6	A	1		11.31	89.61	
Total lipid (fat).....g	16.17	0.429	6	A	1		12.93	102.50	
Ash.....g	3.48	0.079	6	A	1		2.78	22.05	
Carbohydrate, by difference.....g	32.66		0	NC	4		26.12	207.03	
Fiber, total dietary.....g	2.1	0.067	3	A	1		1.7	13.1	
Sugars, total.....g	2.79	0.050	3	A	1		2.23	17.70	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	0.53	0.033	3	A	1		0.43	3.38	
Fructose.....g	0.87	0.033	3	A	1		0.69	5.49	
Lactose.....g	0.40	0.115	3	A	1		0.32	2.54	
Maltose.....g	0.87	0.033	3	A	1		0.69	5.49	
Galactose.....g	0.12	0.038	3	A	1		0.10	0.79	
Starch.....g	25.63	0.694	3	A	1		20.51	162.52	
<b>Minerals:</b>									
Calcium, Ca.....mg	196	9.283	6	A	1		157	1245	
Iron, Fe.....mg	2.78	0.025	6	A	1		2.22	17.63	
Magnesium, Mg.....mg	25	0.403	6	A	1		20	157	
Phosphorus, P.....mg	244	6.922	6	A	1		195	1544	
Potassium, K.....mg	222	5.847	6	A	1		177	1404	
Sodium, Na.....mg	967	14.741	6	A	1		773	6130	
Zinc, Zn.....mg	1.63	0.043	6	A	1		1.30	10.31	
Copper, Cu.....mg	0.116	0.005	6	A	1		0.093	0.734	
Manganese, Mn.....mg	0.431	0.007	6	A	1		0.345	2.734	
Selenium, Se.....µg	23.0		1	A	1		18.4	145.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.8		1	A	1		2.2	17.5	
Thiamin.....mg	0.340		1	A	1		0.272	2.156	
Riboflavin.....mg	0.230		1	A	1		0.184	1.458	
Niacin.....mg	4.550		1	A	1		3.640	28.847	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.110		1	A	1		0.088	0.697	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.71		1	A	1		0.57	4.50	
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:**

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
			Points	Deriv Code	Code					
Fatty acids, total saturated.....g	6.674		0	NC	4		5.339	42.314		
4:0.....g	0.095	0.011	6	A	1		0.076	0.603		
6:0.....g	0.079	0.007	6	A	1		0.063	0.503		
8:0.....g	0.055	0.004	6	A	1		0.044	0.351		
10:0.....g	0.146	0.007	6	A	1		0.117	0.925		
12:0.....g	0.179	0.006	6	A	1		0.143	1.137		
13:0.....g										
14:0.....g	0.704	0.021	6	A	1		0.564	4.467		
15:0.....g	0.074	0.003	6	A	1		0.059	0.467		
16:0.....g	3.563	0.112	6	A	1		2.850	22.588		
17:0.....g	0.077	0.003	6	A	1		0.061	0.486		
18:0.....g	1.636	0.044	6	A	1		1.309	10.375		
20:0.....g	0.033	0.001	6	A	1		0.026	0.207		
22:0.....g	0.019	0.000	6	A	1		0.015	0.123		
24:0.....g	0.009	0.000	6	A	1		0.007	0.059		
Fatty acids, total monounsaturated.....g	5.305		0	NC	4		4.244	33.637		
14:1.....g	0.055	0.003	6	A	1		0.044	0.351		
15:1.....g	0.000	0.000	6	A	1		0.000	0.000		
16:1 undifferentiated.....g	0.259	0.008	6	AS	1		0.207	1.642		
16:1 c.....g	0.230	0.006	6	A	1		0.184	1.461		
16:1 t.....g	0.028	0.002	6	A	1		0.023	0.181		
17:1.....g	0.038	0.002	6	A	1		0.030	0.239		
18:1 undifferentiated.....g	4.826	0.146	6	AS	1		3.861	30.597		
18:1 c.....g	4.579	0.141	6	A	1		3.663	29.030		
18:1 t.....g	0.247	0.008	6	A	1		0.198	1.567		
18:1-11 t (18:1t n-7).....g										
20:1.....g	0.094	0.003	6	A	1		0.075	0.594		
22:1 undifferentiated.....g	0.030	0.002	6	AS	1		0.024	0.193		
22:1 c.....g	0.030	0.002	6	A	1		0.024	0.193		
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000		
24:1 c.....g	0.003	0.001	6	A	1		0.003	0.021		
Fatty acids, total polyunsaturated.....g	3.132		0	NC	4		2.506	19.860		
18:2 undifferentiated.....g	2.732	0.052	6	AS	1		2.185	17.320		
18:2 n-6 c,c.....g	2.607	0.054	6	A	1		2.086	16.530		
18:2 CLAs.....g	0.055	0.001	6	A	1		0.044	0.351		
18:2 t,t.....g										
18:2 i.....g										
18:2 t not further defined.....g	0.069	0.004	6	A	1		0.055	0.439		
18:3 undifferentiated.....g	0.271	0.008	6	AS	1		0.217	1.717		
18:3 n-3 c,c,c (ALA).....g	0.266	0.008	6	A	1		0.213	1.685		
18:3 n-6 c,c,c.....g	0.005	0.000	6	A	1		0.004	0.032		
18:3i.....g										
18:4.....g	0.002	0.001	6	A	1		0.001	0.010		
20:2 n-6 c,c.....g	0.040	0.002	6	A	1		0.032	0.253		
20:3 undifferentiated.....g	0.023	0.001	6	AS	1		0.018	0.144		
20:3 n-3.....g	0.006	0.000	6	A	1		0.005	0.037		
20:3 n-6.....g	0.017	0.001	6	A	1		0.013	0.107		
20:4 undifferentiated.....g	0.037	0.002	6	A	1		0.029	0.233		
20:4 n-6.....g										
20:5 n-3 (EPA).....g	0.004	0.000	6	A	1		0.003	0.026		
21:5.....g										
22:4.....g	0.013	0.000	6	A	1		0.010	0.082		
22:5 n-3 (DPA).....g	0.008	0.000	6	A	1		0.007	0.053		
22:6 n-3 (DHA).....g	0.002	0.000	6	A	1		0.001	0.011		
Fatty acids, total trans.....g	0.345		0	NC	4		0.276	2.186		
Fatty acids, total trans-monoenoic.....g	0.276		0	NC	4		0.221	1.748		
Fatty acids, total trans-polyenoic.....g	0.069		0	NC	4		0.055	0.439		
Cholesterol.....mg	37	1.650	3	A	1		29	232		
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.

**NDB No. 21491**

**PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust**

**Common Measures:**

Measure 1 = 80g: 1 slice

Measure 2 = 634g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21497

PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust

Pizza Hut, Inc.

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
<b>Proximates:</b>									
Water.....g	42.57	0.384	6	A	1		50.65	405.23	
Energy.....kcal	287		0	NC	4		341	2730	
Energy.....kJ	1200		0	NC	4		1428	11424	
Protein.....g	11.92	0.178	6	A	1		14.18	113.45	
Total lipid (fat).....g	13.50	0.208	6	A	1		16.06	128.52	
Ash.....g	2.62	0.077	6	A	1		3.12	24.97	
Carbohydrate, by difference.....g	29.39		0	NC	4		34.98	279.82	
Fiber, total dietary.....g	2.3	0.186	3	A	1		2.8	22.2	
Sugars, total.....g	2.72	0.080	3	A	1		3.24	25.94	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	0.53	0.067	3	A	1		0.63	5.08	
Fructose.....g	0.87	0.088	3	A	1		1.03	8.25	
Lactose.....g	0.23	0.033	3	A	1		0.28	2.22	
Maltose.....g	1.00	0.100	3	A	1		1.19	9.52	
Galactose.....g	0.09	0.009	3	A	1		0.11	0.87	
Starch.....g	23.97	1.217	3	A	1		28.52	228.16	
<b>Minerals:</b>									
Calcium, Ca.....mg	150	5.164	6	A	1		179	1428	
Iron, Fe.....mg	2.45	0.060	6	A	1		2.92	23.36	
Magnesium, Mg.....mg	23	0.560	6	A	1		28	222	
Phosphorus, P.....mg	191	4.271	6	A	1		228	1821	
Potassium, K.....mg	211	7.537	6	A	1		251	2009	
Sodium, Na.....mg	671	11.885	6	A	1		799	6391	
Zinc, Zn.....mg	1.40	0.027	6	A	1		1.66	13.31	
Copper, Cu.....mg	0.104	0.003	6	A	1		0.123	0.987	
Manganese, Mn.....mg	0.363	0.005	6	A	1		0.433	3.461	
Selenium, Se.....µg	18.5		1	A	1		22.0	176.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.8		1	A	1		3.3	26.4	
Thiamin.....mg	0.360		1	A	1		0.428	3.427	
Riboflavin.....mg	0.220		1	A	1		0.262	2.094	
Niacin.....mg	4.250		1	A	1		5.058	40.460	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.090		1	A	1		0.107	0.857	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.49		1	A	1		0.58	4.66	
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									
<b>Lipids:</b>									

PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust

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	Code					
Fatty acids, total saturated.....g	5.459		0	NC	4			6.496	51.968	
4:0.....g	0.082	0.010	6	A	1			0.097	0.777	
6:0.....g	0.067	0.006	6	A	1			0.079	0.635	
8:0.....g	0.045	0.002	6	A	1			0.053	0.425	
10:0.....g	0.113	0.003	6	A	1			0.134	1.073	
12:0.....g	0.137	0.003	6	A	1			0.163	1.307	
13:0.....g										
14:0.....g	0.519	0.014	6	A	1			0.618	4.944	
15:0.....g	0.051	0.002	6	A	1			0.061	0.487	
16:0.....g	3.092	0.057	6	A	1			3.679	29.433	
17:0.....g	0.050	0.001	6	A	1			0.059	0.476	
18:0.....g	1.251	0.028	6	A	1			1.489	11.911	
20:0.....g	0.029	0.001	6	A	1			0.034	0.274	
22:0.....g	0.014	0.000	6	A	1			0.016	0.129	
24:0.....g	0.007	0.000	6	A	1			0.009	0.070	
Fatty acids, total monounsaturated.....g	4.732		0	NC	4			5.631	45.045	
14:1.....g	0.037	0.002	6	A	1			0.044	0.351	
15:1.....g	0.000	0.000	6	A	1			0.000	0.000	
16:1 undifferentiated.....g	0.215	0.010	6	AS	1			0.256	2.045	
16:1 c.....g	0.196	0.010	6	A	1			0.234	1.869	
16:1 t.....g	0.018	0.001	6	A	1			0.022	0.176	
17:1.....g	0.024	0.001	6	A	1			0.029	0.232	
18:1 undifferentiated.....g	4.372	0.133	6	AS	1			5.202	41.620	
18:1 c.....g	4.223	0.134	6	A	1			5.025	40.201	
18:1 t.....g	0.149	0.005	6	A	1			0.177	1.418	
18:1-11 t (18:1t n-7).....g										
20:1.....g	0.079	0.002	6	A	1			0.095	0.757	
22:1 undifferentiated.....g	0.002	0.000	6	AS	1			0.003	0.022	
22:1 c.....g	0.002	0.000	6	A	1			0.003	0.022	
22:1 t.....g	0.000	0.000	6	A	1			0.000	0.000	
24:1 c.....g	0.002	0.001	6	A	1			0.002	0.019	
Fatty acids, total polyunsaturated.....g	2.318		0	NC	4			2.759	22.070	
18:2 undifferentiated.....g	2.015	0.106	6	AS	1			2.397	19.179	
18:2 n-6 c,c.....g	1.923	0.107	6	A	1			2.289	18.312	
18:2 CLAs.....g	0.038	0.001	6	A	1			0.045	0.363	
18:2 t,t.....g										
18:2 i.....g										
18:2 t not further defined.....g	0.053	0.002	6	A	1			0.063	0.505	
18:3 undifferentiated.....g	0.184	0.010	6	AS	1			0.220	1.756	
18:3 n-3 c,c,c (ALA).....g	0.180	0.010	6	A	1			0.214	1.714	
18:3 n-6 c,c,c.....g	0.004	0.000	6	A	1			0.005	0.043	
18:3i.....g										
18:4.....g	0.001	0.000	6	A	1			0.001	0.011	
20:2 n-6 c,c.....g	0.040	0.003	6	A	1			0.048	0.381	
20:3 undifferentiated.....g	0.022	0.001	6	AS	1			0.026	0.206	
20:3 n-3.....g	0.006	0.000	6	A	1			0.008	0.060	
20:3 n-6.....g	0.015	0.001	6	A	1			0.018	0.146	
20:4 undifferentiated.....g	0.032	0.001	6	A	1			0.039	0.309	
20:4 n-6.....g										
20:5 n-3 (EPA).....g	0.004	0.001	6	A	1			0.005	0.038	
21:5.....g										
22:4.....g	0.011	0.001	6	A	1			0.013	0.106	
22:5 n-3 (DPA).....g	0.006	0.001	6	A	1			0.007	0.057	
22:6 n-3 (DHA).....g	0.001	0.000	6	A	1			0.002	0.013	
Fatty acids, total trans.....g	0.220		0	NC	4			0.262	2.099	
Fatty acids, total trans-monoenoic.....g	0.167		0	NC	4			0.199	1.594	
Fatty acids, total trans-polyenoic.....g	0.053		0	NC	4			0.063	0.505	
Cholesterol.....mg	26	1.501	3	A	1			31	245	
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.

**NDB No. 21497**

**PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust**

**Common Measures:**

Measure 1 = 119g: 1 slice

Measure 2 = 952g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21498

PIZZA HUT 14" Sausage Pizza, Pan Crust

Pizza Hut, Inc.

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
<b>Proximates:</b>									
Water.....g	43.33	0.457	6	A	1		54.17	434.63	
Energy.....kcal	287		0	NC	4		359	2881	
Energy.....kJ	1202		0	NC	4		1503	12056	
Protein.....g	11.08	0.174	6	A	1		13.85	111.17	
Total lipid (fat).....g	13.85	0.312	6	A	1		17.31	138.92	
Ash.....g	2.18	0.093	6	A	1		2.72	21.83	
Carbohydrate, by difference.....g	29.56		0	NC	4		36.95	296.45	
Fiber, total dietary.....g	2.0	0.033	3	A	1		2.5	19.7	
Sugars, total.....g	1.82	0.234	3	A	1		2.27	18.21	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	0.33	0.033	3	A	1		0.42	3.34	
Fructose.....g	0.37	0.033	3	A	1		0.46	3.68	
Lactose.....g	0.33	0.067	3	A	1		0.42	3.34	
Maltose.....g	0.70	0.153	3	A	1		0.88	7.02	
Galactose.....g	0.08	0.009	3	A	1		0.10	0.83	
Starch.....g	23.47	0.639	3	A	1		29.33	235.37	
<b>Minerals:</b>									
Calcium, Ca.....mg	132	4.078	6	A	1		165	1322	
Iron, Fe.....mg	2.39	0.021	6	A	1		2.99	24.02	
Magnesium, Mg.....mg	21	0.304	6	A	1		27	215	
Phosphorus, P.....mg	179	2.765	6	A	1		223	1792	
Potassium, K.....mg	192	3.701	6	A	1		240	1924	
Sodium, Na.....mg	596	9.694	6	A	1		745	5981	
Zinc, Zn.....mg	1.25	0.029	6	A	1		1.56	12.52	
Copper, Cu.....mg	0.101	0.002	6	A	1		0.126	1.011	
Manganese, Mn.....mg	0.375	0.008	6	A	1		0.468	3.758	
Selenium, Se.....µg	15.8		1	A	1		19.8	158.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.6		1	A	1		2.0	16.2	
Thiamin.....mg	0.400		1	A	1		0.500	4.012	
Riboflavin.....mg	0.200		1	A	1		0.250	2.006	
Niacin.....mg	3.830		1	A	1		4.787	38.415	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.090		1	A	1		0.113	0.903	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.48		1	A	1		0.60	4.81	
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									
<b>Lipids:</b>									

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	Code					
Fatty acids, total saturated.....g	4.855		0	NC	4			6.068	48.692	
4:0.....g	0.073	0.005	6	A	1			0.091	0.732	
6:0.....g	0.056	0.003	6	A	1			0.070	0.565	
8:0.....g	0.039	0.001	6	A	1			0.049	0.391	
10:0.....g	0.099	0.003	6	A	1			0.124	0.995	
12:0.....g	0.117	0.004	6	A	1			0.147	1.177	
13:0.....g										
14:0.....g	0.450	0.014	6	A	1			0.563	4.518	
15:0.....g	0.045	0.002	6	A	1			0.056	0.453	
16:0.....g	2.676	0.060	6	A	1			3.345	26.844	
17:0.....g	0.047	0.001	6	A	1			0.059	0.470	
18:0.....g	1.191	0.033	6	A	1			1.489	11.946	
20:0.....g	0.029	0.001	6	A	1			0.036	0.291	
22:0.....g	0.020	0.001	6	A	1			0.025	0.201	
24:0.....g	0.008	0.000	6	A	1			0.011	0.085	
Fatty acids, total monounsaturated.....g	4.273		0	NC	4			5.342	42.861	
14:1.....g	0.033	0.002	6	A	1			0.041	0.331	
15:1.....g	0.000	0.000	6	A	1			0.000	0.002	
16:1 undifferentiated.....g	0.197	0.009	6	AS	1			0.247	1.979	
16:1 c.....g	0.181	0.009	6	A	1			0.226	1.814	
16:1 t.....g	0.016	0.001	6	A	1			0.021	0.165	
17:1.....g	0.024	0.001	6	A	1			0.030	0.244	
18:1 undifferentiated.....g	3.934	0.105	6	AS	1			4.917	39.455	
18:1 c.....g	3.805	0.103	6	A	1			4.756	38.164	
18:1 t.....g	0.129	0.004	6	A	1			0.161	1.291	
18:1-11 t (18:1t n-7).....g										
20:1.....g	0.080	0.003	6	A	1			0.101	0.807	
22:1 undifferentiated.....g	0.003	0.000	6	AS	1			0.003	0.027	
22:1 c.....g	0.003	0.000	6	A	1			0.003	0.027	
22:1 t.....g	0.000	0.000	6	A	1			0.000	0.000	
24:1 c.....g	0.002	0.000	6	A	1			0.002	0.017	
Fatty acids, total polyunsaturated.....g	3.723		0	NC	4			4.654	37.345	
18:2 undifferentiated.....g	3.258	0.183	6	AS	1			4.073	32.683	
18:2 n-6 c,c.....g	3.168	0.181	6	A	1			3.960	31.773	
18:2 CLAs.....g	0.036	0.001	6	A	1			0.045	0.361	
18:2 t,t.....g										
18:2 i.....g										
18:2 t not further defined.....g	0.055	0.003	6	A	1			0.068	0.548	
18:3 undifferentiated.....g	0.352	0.030	6	AS	1			0.440	3.529	
18:3 n-3 c,c,c (ALA).....g	0.348	0.030	6	A	1			0.435	3.489	
18:3 n-6 c,c,c.....g	0.004	0.000	6	A	1			0.005	0.040	
18:3i.....g										
18:4.....g	0.001	0.000	6	A	1			0.001	0.005	
20:2 n-6 c,c.....g	0.038	0.003	6	A	1			0.048	0.383	
20:3 undifferentiated.....g	0.020	0.001	6	AS	1			0.025	0.197	
20:3 n-3.....g	0.006	0.001	6	A	1			0.007	0.060	
20:3 n-6.....g	0.014	0.001	6	A	1			0.017	0.137	
20:4 undifferentiated.....g	0.030	0.002	6	A	1			0.038	0.306	
20:4 n-6.....g										
20:5 n-3 (EPA).....g	0.004	0.001	6	A	1			0.005	0.037	
21:5.....g										
22:4.....g	0.011	0.001	6	A	1			0.014	0.112	
22:5 n-3 (DPA).....g	0.007	0.000	6	A	1			0.008	0.067	
22:6 n-3 (DHA).....g	0.002	0.000	6	A	1			0.002	0.017	
Fatty acids, total trans.....g	0.200		0	NC	4			0.250	2.004	
Fatty acids, total trans-monoenoic.....g	0.145		0	NC	4			0.181	1.456	
Fatty acids, total trans-polyenoic.....g	0.055		0	NC	4			0.068	0.548	
Cholesterol.....mg	23	2.198	3	A	1			29	234	
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.

**NDB No. 21498**

**PIZZA HUT 14" Sausage Pizza, Pan Crust**

**Common Measures:**

Measure 1 = 125g: 1 slice

Measure 2 = 1003g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21496

PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust

Pizza Hut, Inc.

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
<b>Proximates:</b>									
Water.....g	37.28	0.526	6	A	1		34.30	274.78	
Energy.....kcal	323		0	NC	4		297	2378	
Energy.....kJ	1350		0	NC	4		1242	9950	
Protein.....g	13.95	0.382	6	A	1		12.83	102.81	
Total lipid (fat).....g	16.90	0.448	6	A	1		15.55	124.55	
Ash.....g	3.16	0.075	6	A	1		2.91	23.31	
Carbohydrate, by difference.....g	28.70		0	NC	4		26.41	211.54	
Fiber, total dietary.....g	2.4	0.088	3	A	1		2.2	17.4	
Sugars, total.....g	2.62	0.114	3	A	1		2.41	19.34	
Sucrose.....g	0.03	0.033	3	A	1		0.03	0.25	
Glucose (dextrose).....g	0.53	0.033	3	A	1		0.49	3.93	
Fructose.....g	0.80	0.058	3	A	1		0.74	5.90	
Lactose.....g	0.33	0.088	3	A	1		0.31	2.46	
Maltose.....g	0.80	0.058	3	A	1		0.74	5.90	
Galactose.....g	0.12	0.038	3	A	1		0.11	0.92	
Starch.....g	24.30	1.234	3	A	1		22.36	179.09	
<b>Minerals:</b>									
Calcium, Ca.....mg	193	5.994	6	A	1		178	1422	
Iron, Fe.....mg	2.38	0.038	6	A	1		2.19	17.58	
Magnesium, Mg.....mg	24	0.537	6	A	1		22	176	
Phosphorus, P.....mg	238	6.091	6	A	1		219	1753	
Potassium, K.....mg	220	5.477	6	A	1		202	1621	
Sodium, Na.....mg	839	15.391	6	A	1		772	6185	
Zinc, Zn.....mg	1.54	0.043	6	A	1		1.42	11.36	
Copper, Cu.....mg	0.101	0.002	6	A	1		0.093	0.742	
Manganese, Mn.....mg	0.354	0.006	6	A	1		0.325	2.606	
Selenium, Se.....µg	17.5		1	A	1		16.1	129.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.0		1	A	1		2.8	22.0	
Thiamin.....mg	0.360		1	A	1		0.331	2.653	
Riboflavin.....mg	0.220		1	A	1		0.202	1.621	
Niacin.....mg	4.500		1	A	1		4.140	33.165	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.080		1	A	1		0.074	0.590	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.49		1	A	1		0.45	3.61	
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:**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number			Confidence	measures of food		
			of Data	Deriv	Source		Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Fatty acids, total saturated.....g	6.698		0	NC	4		6.162	49.366	
4:0.....g	0.120	0.012	6	A	1		0.110	0.883	
6:0.....g	0.094	0.007	6	A	1		0.086	0.690	
8:0.....g	0.063	0.003	6	A	1		0.058	0.462	
10:0.....g	0.158	0.003	6	A	1		0.145	1.163	
12:0.....g	0.186	0.005	6	A	1		0.171	1.373	
13:0.....g									
14:0.....g	0.703	0.020	6	A	1		0.646	5.177	
15:0.....g	0.070	0.002	6	A	1		0.064	0.513	
16:0.....g	3.583	0.112	6	A	1		3.296	26.407	
17:0.....g	0.067	0.002	6	A	1		0.062	0.497	
18:0.....g	1.595	0.046	6	A	1		1.468	11.758	
20:0.....g	0.031	0.001	6	A	1		0.028	0.227	
22:0.....g	0.017	0.000	6	A	1		0.015	0.124	
24:0.....g	0.008	0.000	6	A	1		0.008	0.061	
Fatty acids, total monounsaturated.....g	5.444		0	NC	4		5.008	40.122	
14:1.....g	0.051	0.003	6	A	1		0.047	0.380	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.270	0.015	6	AS	1		0.249	1.994	
16:1 c.....g	0.245	0.014	6	A	1		0.225	1.806	
16:1 t.....g	0.025	0.001	6	A	1		0.023	0.188	
17:1.....g	0.033	0.002	6	A	1		0.030	0.241	
18:1 undifferentiated.....g	4.995	0.206	6	AS	1		4.596	36.816	
18:1 c.....g	4.808	0.197	6	A	1		4.423	35.435	
18:1 t.....g	0.187	0.015	6	A	1		0.172	1.381	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.090	0.004	6	A	1		0.083	0.667	
22:1 undifferentiated.....g	0.002	0.000	6	AS	1		0.002	0.017	
22:1 c.....g	0.002	0.000	6	A	1		0.002	0.017	
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.001	0.001	6	A	1		0.001	0.009	
Fatty acids, total polyunsaturated.....g	3.330		0	NC	4		3.064	24.542	
18:2 undifferentiated.....g	2.901	0.088	6	AS	1		2.669	21.383	
18:2 n-6 c,c,c.....g	2.781	0.088	6	A	1		2.559	20.497	
18:2 CLAs.....g	0.050	0.001	6	A	1		0.046	0.372	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.070	0.002	6	A	1		0.064	0.513	
18:3 undifferentiated.....g	0.267	0.010	6	AS	1		0.246	1.971	
18:3 n-3 c,c,c (ALA).....g	0.262	0.010	6	A	1		0.241	1.930	
18:3 n-6 c,c,c.....g	0.006	0.000	6	A	1		0.005	0.042	
18:3i.....g									
18:4.....g	0.001	0.000	6	A	1		0.001	0.007	
20:2 n-6 c,c,c.....g	0.053	0.003	6	A	1		0.048	0.388	
20:3 undifferentiated.....g	0.028	0.001	6	AS	1		0.026	0.206	
20:3 n-3.....g	0.008	0.000	6	A	1		0.008	0.063	
20:3 n-6.....g	0.019	0.001	6	A	1		0.018	0.144	
20:4 undifferentiated.....g	0.044	0.002	6	A	1		0.040	0.324	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.007	0.004	6	A	1		0.006	0.052	
21:5.....g									
22:4.....g	0.015	0.001	6	A	1		0.014	0.109	
22:5 n-3 (DPA).....g	0.009	0.000	6	A	1		0.009	0.070	
22:6 n-3 (DHA).....g	0.003	0.000	6	A	1		0.002	0.018	
Fatty acids, total trans.....g	0.282		0	NC	4		0.260	2.082	
Fatty acids, total trans-monoenoic.....g	0.213		0	NC	4		0.196	1.569	
Fatty acids, total trans-polyenoic.....g	0.070		0	NC	4		0.064	0.513	
Cholesterol.....mg	37	2.973	3	A	1		34	272	
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.

**NDB No. 21496**

**PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust**

**Common Measures:**

Measure 1 = 92g: 1 slice

Measure 2 = 737g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 21 Fast Foods**

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	8.1	0.253	4	A	1	10.0	107.0		
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1	0.0	0.0		
Menquinone-4.....µg	2.0	0.096	4	A	1	2.5	26.9		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.217		0	NC	4	5.187	55.370		
4:0.....g									
6:0.....g									
8:0.....g	0.035	0.003	4	A	1	0.043	0.458		
10:0.....g	0.082	0.005	4	A	1	0.101	1.083		
12:0.....g	0.100	0.007	4	A	1	0.123	1.312		
13:0.....g									
14:0.....g	0.437	0.018	4	A	1	0.538	5.744		
15:0.....g	0.042	0.003	4	A	1	0.052	0.557		
16:0.....g	2.367	0.060	4	A	1	2.912	31.085		
17:0.....g	0.050	0.000	4	A	1	0.062	0.657		
18:0.....g	1.082	0.045	4	A	1	1.331	14.213		
20:0.....g	0.020	0.000	4	A	1	0.024	0.261		
22:0.....g	0.000	0.000	4	A	1	0.000	0.000		
24:0.....g	0.000	0.000	4	A	1	0.000	0.000		
Fatty acids, total monounsaturated.....g	3.805		0	NC	4	4.680	49.954		
14:1.....g	0.035	0.003	4	A	1	0.043	0.458		
15:1.....g	0.000	0.000	4	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.215	0.010	4	A	1	0.264	2.822		
17:1.....g	0.030	0.000	4	A	1	0.037	0.393		
18:1 undifferentiated.....g	3.480	0.191	4	A	1	4.280	45.691		
20:1.....g	0.045	0.003	4	A	1	0.055	0.590		
22:1 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.875		0	NC	4	2.306	24.614		
18:2 undifferentiated.....g	1.625	0.046	4	A	1	1.999	21.336		
18:3 undifferentiated.....g	0.167	0.003	4	A	1	0.206	2.199		
18:4.....g	0.030	0.000	4	A	1	0.037	0.393		
20:2 n-6 c,c.....g	0.027	0.005	4	A	1	0.034	0.360		
20:3 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000		
20:4 undifferentiated.....g	0.025	0.005	4	A	1	0.031	0.327		
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1	0.000	0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1	0.000	0.000		
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1	0.000	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	28	0.951	4	A	1	34	362		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.138		0	A	1	0.170	1.810		
Threonine.....g	0.504		0	A	1	0.620	6.617		
Isoleucine.....g	0.527		0	A	1	0.648	6.913		
Leucine.....g	0.976		0	A	1	1.200	12.809		
Lysine.....g	0.711		0	A	1	0.875	9.339		
Methionine.....g	0.200		0	A	1	0.246	2.628		
Cystine.....g	0.133		0	A	1	0.163	1.741		
Phenylalanine.....g	0.570		0	A	1	0.701	7.478		
Tyrosine.....g	0.381		0	A	1	0.469	5.004		
Valine.....g	0.624		0	A	1	0.768	8.198		
Arginine.....g	0.534		0	A	1	0.656	7.006		
Histidine.....g	0.331		0	A	1	0.407	4.344		
Alanine.....g	0.489		0	A	1	0.601	6.417		
Aspartic acid.....g	1.047		0	A	1	1.288	13.753		
Glutamic acid.....g	2.923		0	A	1	3.595	38.378		
Glycine.....g	0.438		0	A	1	0.539	5.757		



NDB No. 21298

PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust

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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	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Proline.....g	1.020		0	A	1		1.254	13.387	
Serine.....g	0.587		0	A	1		0.722	7.709	
Hydroxyproline.....g									

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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 = 123g: 1 slice

Measure 2 = 1313g: 1 pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21525

PIZZA HUT, breadstick, parmesan garlic

Pizza Hut, Inc.

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
<b>Proximates:</b>									
Water.....g	28.38	0.894	4	A	1		12.21		
Energy.....kcal	343		0	NC	4		147		
Energy.....kJ	1434		0	NC	4		617		
Protein.....g	12.20	0.747	4	A	1		5.25		
Total lipid (fat).....g	12.88	0.694	4	A	1		5.54		
Ash.....g	2.05	0.111	4	A	1		0.88		
Carbohydrate, by difference.....g	44.48		0	NC	4		19.13		
Fiber, total dietary.....g	2.4		2	A	1		1.0		
Sugars, total.....g	1.11		2	A	1		0.48		
Sucrose.....g	0.00		2	A	1		0.00		
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	1.11		2	A	1		0.48		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	38.85		2	A	1		16.71		
<b>Minerals:</b>									
Calcium, Ca.....mg	87	25.663	3	A	1		37		
Iron, Fe.....mg	4.65	0.200	3	A	1		2.00		
Magnesium, Mg.....mg	22	0.291	3	A	1		9		
Phosphorus, P.....mg	129	20.298	3	A	1		56		
Potassium, K.....mg	132	5.667	3	A	1		57		
Sodium, Na.....mg	539	14.438	3	A	1		232		
Zinc, Zn.....mg	1.02	0.120	3	A	1		0.44		
Copper, Cu.....mg	0.107	0.003	3	A	1		0.046		
Manganese, Mn.....mg	0.488	0.015	3	A	1		0.210		
Selenium, Se.....µg	22.0		1	A	1		9.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.493	0.158	3	A	1		0.212		
Riboflavin.....mg	0.560	0.006	3	A	1		0.241		
Niacin.....mg	7.080	0.423	3	A	1		3.044		
Pantothenic acid.....mg	0.390		1	A	1		0.168		
Vitamin B-6.....mg	0.103		2	A	1		0.044		
Folate, total.....µg	147	6.429	3	A	1		63		
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									
<b>Lipids:</b>									

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	Code					
Fatty acids, total saturated.....g	2.966		0	NC		4		1.275		
4:0.....g	0.038	0.020	3	A		1		0.016		
6:0.....g	0.028	0.016	3	A		1		0.012		
8:0.....g	0.016	0.007	3	A		1		0.007		
10:0.....g	0.042	0.023	3	A		1		0.018		
12:0.....g	0.061	0.026	3	A		1		0.026		
13:0.....g										
14:0.....g	0.221	0.087	3	A		1		0.095		
15:0.....g	0.025	0.008	3	A		1		0.011		
16:0.....g	1.777	0.139	3	A		1		0.764		
17:0.....g	0.023	0.004	3	A		1		0.010		
18:0.....g	0.666	0.028	3	A		1		0.286		
20:0.....g	0.032	0.004	3	A		1		0.014		
22:0.....g	0.022	0.012	3	A		1		0.009		
24:0.....g	0.014	0.002	3	A		1		0.006		
Fatty acids, total monounsaturated.....g	2.778		0	NC		4		1.195		
14:1.....g	0.021	0.007	3	A		1		0.009		
15:1.....g	0.000	0.000	3	A		1		0.000		
16:1 undifferentiated.....g	0.067	0.013	3	AS		1		0.029		
16:1 c.....g	0.060	0.011	3	A		1		0.026		
16:1 t.....g	0.007	0.002	3	A		1		0.003		
17:1.....g	0.009	0.001	3	A		1		0.004		
18:1 undifferentiated.....g	2.626	0.182	3	AS		1		1.129		
18:1 c.....g	2.572	0.200	3	A		1		1.106		
18:1 t.....g	0.054	0.020	3	A		1		0.023		
18:1-11 t (18:1t n-7).....g										
20:1.....g	0.053	0.006	3	A		1		0.023		
22:1 undifferentiated.....g	0.002	0.001	3	AS		1		0.001		
22:1 c.....g	0.000	0.000	3	A		1		0.000		
22:1 t.....g	0.002	0.001	3	A		1		0.001		
24:1 c.....g	0.000	0.000	3	A		1		0.000		
Fatty acids, total polyunsaturated.....g	6.160		0	NC		4		2.649		
18:2 undifferentiated.....g	5.410	0.875	3	AS		1		2.326		
18:2 n-6 c,c.....g	5.362	0.877	3	A		1		2.306		
18:2 CLAs.....g	0.018	0.003	3	A		1		0.008		
18:2 t,t.....g										
18:2 i.....g										
18:2 t not further defined.....g	0.030	0.001	3	A		1		0.013		
18:3 undifferentiated.....g	0.724	0.121	3	AS		1		0.311		
18:3 n-3 c,c,c (ALA).....g	0.696	0.117	3	A		1		0.299		
18:3 n-6 c,c,c.....g	0.028	0.004	3	A		1		0.012		
18:3i.....g	0.000	0.000	3	A		1		0.000		
18:4.....g	0.000	0.000	3	A		1		0.000		
20:2 n-6 c,c.....g	0.004	0.000	3	A		1		0.002		
20:3 undifferentiated.....g	0.003	0.002	3	AS		1		0.001		
20:3 n-3.....g	0.000	0.000	3	A		1		0.000		
20:3 n-6.....g	0.003	0.002	3	A		1		0.001		
20:4 undifferentiated.....g	0.010	0.000	3	A		1		0.004		
20:4 n-6.....g										
20:5 n-3 (EPA).....g	0.004	0.000	3	A		1		0.002		
21:5.....g										
22:4.....g	0.002	0.001	3	A		1		0.001		
22:5 n-3 (DPA).....g	0.002	0.001	3	A		1		0.001		
22:6 n-3 (DHA).....g	0.000	0.000	3	A		1		0.000		
Fatty acids, total trans.....g	0.093		0	NC		4		0.040		
Fatty acids, total trans-monoenoic.....g	0.063		0	NC		4		0.027		
Fatty acids, total trans-polyenoic.....g	0.030		0	NC		4		0.013		
Cholesterol.....mg	7		1	A		1		3		
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.

**NDB No. 21525**

**PIZZA HUT, breadstick, parmesan garlic**

**Common Measures:**

Measure 1 = 43g: 1 breadstick

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21416  
 POPEYES, Coleslaw

Popeyes Chicken and Biscuits

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
<b>Proximates:</b>									
Water.....g	72.84	0.855	4	A	1		87.41	138.40	
Energy.....kcal	161		0	NC	4		193	306	
Energy.....kJ	674		0	NC	4		809	1280	
Protein.....g	0.98	0.030	4	A	1		1.18	1.87	
Total lipid (fat).....g	11.18	0.408	4	A	1		13.42	21.24	
Ash.....g	0.87	0.020	4	A	1		1.04	1.65	
Carbohydrate, by difference.....g	14.12		0	NC	4		16.95	26.83	
Fiber, total dietary.....g	1.7	0.222	4	A	1		2.1	3.3	
Sugars, total.....g	10.83	0.303	4	A	1		13.00	20.59	
Sucrose.....g	7.74	0.269	4	A	1		9.29	14.71	
Glucose (dextrose).....g	1.65	0.106	4	A	1		1.99	3.14	
Fructose.....g	1.44	0.064	4	A	1		1.73	2.74	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	31	1.597	4	A	1		38	60	
Iron, Fe.....mg	0.23	0.008	4	A	1		0.27	0.43	
Magnesium, Mg.....mg	7	0.221	4	A	1		9	14	
Phosphorus, P.....mg	20	0.354	4	A	1		23	37	
Potassium, K.....mg	118	5.297	4	A	1		142	225	
Sodium, Na.....mg	218	4.500	4	A	1		261	413	
Zinc, Zn.....mg	0.12	0.004	4	A	1		0.15	0.23	
Copper, Cu.....mg	0.014	0.002	4	A	1		0.017	0.027	
Manganese, Mn.....mg	0.083	0.008	4	A	1		0.100	0.159	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	14.7	0.766	4	A	1		17.6	27.9	
Thiamin.....mg	0.015	0.000	4	A	1		0.018	0.028	
Riboflavin.....mg	0.025	0.006	4	A	1		0.030	0.047	
Niacin.....mg	0.206	0.024	4	A	1		0.247	0.391	
Pantothenic acid.....mg	0.250	0.007	4	A	1		0.300	0.475	
Vitamin B-6.....mg	0.102	0.005	4	A	1		0.123	0.194	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1	A	1		0.00	0.00	
Vitamin A, RAE.....µg	56		0	AS	1		67	106	
Vitamin A, IU.....IU	185		2	AS	1		223	352	
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	1.887		0	NC	4		2.264	3.585	
4:0.....g	0.004	0.000	4	A	1		0.005	0.008	
6:0.....g	0.010	0.005	4	A	1		0.012	0.019	
8:0.....g	0.008	0.001	4	A	1		0.010	0.016	
10:0.....g	0.013	0.001	4	A	1		0.015	0.024	
12:0.....g	0.002	0.000	4	A	1		0.002	0.003	
13:0.....g									
14:0.....g	0.005	0.003	4	A	1		0.006	0.009	
15:0.....g	0.004	0.001	4	A	1		0.005	0.008	
16:0.....g	1.196	0.025	4	A	1		1.435	2.272	
17:0.....g	0.024	0.002	4	A	1		0.028	0.045	
18:0.....g	0.517	0.006	4	A	1		0.621	0.983	
20:0.....g	0.040	0.002	4	A	1		0.048	0.076	
22:0.....g	0.042	0.004	4	A	1		0.050	0.079	
24:0.....g	0.023	0.002	4	A	1		0.027	0.043	
Fatty acids, total monounsaturated.....g	3.339		0	NC	4		4.006	6.343	
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.027	0.001	4	AS	1		0.032	0.051	
16:1 c.....g	0.026	0.001	4	A	1		0.031	0.049	
16:1 t.....g	0.001	0.000	4	A	1		0.001	0.001	
17:1.....g	0.012	0.001	4	A	1		0.014	0.023	
18:1 undifferentiated.....g	2.553	0.038	4	AS	1		3.063	4.850	
18:1 c.....g	2.549	0.039	4	A	1		3.059	4.843	
18:1 t.....g	0.003	0.002	4	A	1		0.004	0.007	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.732	0.012	4	A	1		0.878	1.390	
22:1 undifferentiated.....g	0.010	0.003	4	AS	1		0.012	0.019	
22:1 c.....g	0.005	0.001	4	A	1		0.006	0.010	
22:1 t.....g	0.005	0.002	4	A	1		0.006	0.009	
24:1 c.....g	0.006	0.002	4	A	1		0.007	0.011	
Fatty acids, total polyunsaturated.....g	5.852		0	NC	4		7.022	11.118	
18:2 undifferentiated.....g	5.745	0.143	4	AS	1		6.894	10.915	
18:2 n-6 c,c.....g	5.686	0.138	4	A	1		6.824	10.804	
18:2 CLAs.....g	0.024	0.003	4	A	1		0.028	0.045	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.035	0.003	4	A	1		0.042	0.066	
18:3 undifferentiated.....g	0.062	0.011	4	AS	1		0.074	0.117	
18:3 n-3 c,c,c (ALA).....g	0.035	0.009	4	A	1		0.041	0.066	
18:3 n-6 c,c,c.....g	0.027	0.003	4	A	1		0.033	0.052	
18:3i.....g									
18:4.....g	0.006	0.001	4	A	1		0.008	0.012	
20:2 n-6 c,c.....g	0.003	0.000	4	A	1		0.004	0.006	
20:3 undifferentiated.....g	0.013	0.002	4	AS	1		0.015	0.024	
20:3 n-3.....g	0.002	0.000	4	A	1		0.003	0.005	
20:3 n-6.....g	0.010	0.002	4	A	1		0.013	0.020	
20:4 undifferentiated.....g	0.007	0.000	4	A	1		0.008	0.013	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.011	0.005	4	A	1		0.013	0.020	
21:5.....g									
22:4.....g	0.002	0.002	4	A	1		0.003	0.004	
22:5 n-3 (DPA).....g	0.001	0.000	4	A	1		0.001	0.002	
22:6 n-3 (DHA).....g	0.001	0.001	4	A	1		0.002	0.002	
Fatty acids, total trans.....g	0.044		0	NC	4		0.052	0.083	
Fatty acids, total trans-monoenoic.....g	0.009		0	NC	4		0.011	0.017	
Fatty acids, total trans-polyenoic.....g	0.035		0	NC	4		0.042	0.066	
Cholesterol.....mg	7	0.545	4	A	1		8	13	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.007		0	A	1		0.009	0.014	
Threonine.....g	0.030		0	A	1		0.036	0.057	
Isoleucine.....g	0.030		0	A	1		0.036	0.057	

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			
Leucine.....g	0.030		0	A	1	0.036	0.057	
Lysine.....g	0.030		0	A	1	0.036	0.057	
Methionine.....g	0.007		0	A	1	0.009	0.014	
Cystine.....g	0.010		0	A	1	0.012	0.019	
Phenylalanine.....g	0.020		0	A	1	0.024	0.038	
Tyrosine.....g	0.010		0	A	1	0.012	0.019	
Valine.....g	0.040		0	A	1	0.048	0.076	
Arginine.....g	0.050		0	A	1	0.060	0.095	
Histidine.....g	0.020		0	A	1	0.024	0.038	
Alanine.....g	0.050		0	A	1	0.060	0.095	
Aspartic acid.....g	0.070		0	A	1	0.084	0.133	
Glutamic acid.....g	0.110		0	A	1	0.132	0.209	
Glycine.....g	0.020		0	A	1	0.024	0.038	
Proline.....g	0.010		0	A	1	0.012	0.019	
Serine.....g	0.040		0	A	1	0.048	0.076	
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 = 120g: 1 package

Measure 2 = 190g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21456

POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading

Popeyes Chicken and Biscuits

Refuse:17% Cartilage and bone

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
<b>Proximates:</b>									
Water.....g	49.48		0	RKA	1		95.99	65.31	48.99
Energy.....kcal	274		0	RKI	6		532	362	271
Energy.....kJ	1147		0	RKI	6		2226	1514	1136
Protein.....g	21.67		0	RKA	1		42.05	28.61	21.46
Total lipid (fat).....g	16.47		0	RKA	1		31.95	21.74	16.30
Ash.....g	2.55		0	RKA	1		4.95	3.37	2.53
Carbohydrate, by difference.....g	9.83		0	RKI	6		19.06	12.97	9.73
Fiber, total dietary.....g	0.4		0	RKA	1		0.8	0.6	0.4
Sugars, total.....g	0.00		0	RKA	1		0.00	0.00	0.00
Sucrose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00		0	RKA	1		0.00	0.00	0.00
Fructose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Lactose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Maltose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Galactose.....g	0.00		0	RKA	1		0.00	0.00	0.00
Starch.....g	7.87		0	RKA	1		15.26	10.39	7.79
<b>Minerals:</b>									
Calcium, Ca.....mg	23		0	RKI	6		45	30	23
Iron, Fe.....mg	0.74		0	RKI	6		1.43	0.97	0.73
Magnesium, Mg.....mg	25		0	RKI	6		48	33	25
Phosphorus, P.....mg	191		0	RKI	6		370	252	189
Potassium, K.....mg	283		0	RKI	6		549	374	280
Sodium, Na.....mg	540		0	RKI	6		1048	713	535
Zinc, Zn.....mg	0.76		0	RKI	6		1.48	1.01	0.76
Copper, Cu.....mg	0.043		0	RKI	6		0.083	0.056	0.042
Manganese, Mn.....mg	0.109		0	RKI	6		0.211	0.144	0.108
Selenium, Se.....µg	29.4		0	RKI	6		57.1	38.8	29.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.102		0	RKI	6		0.198	0.135	0.101
Riboflavin.....mg	0.164		0	RKI	6		0.319	0.217	0.163
Niacin.....mg	8.988		0	RKI	6		17.437	11.864	8.898
Pantothenic acid.....mg	1.401		0	RKI	6		2.717	1.849	1.387
Vitamin B-6.....mg	0.389		0	RKI	6		0.754	0.513	0.385
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.36		0	RKI	6		0.70	0.48	0.36
Vitamin A, RAE.....µg	16		0	RKA	1		31	21	16
Vitamin A, IU.....IU	53		0	RKA	1		104	70	53
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									
<b>Lipids:</b>									



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					
Fatty acids, total saturated.....g	5.765		0	RKI	6		11.185	7.610	5.708
4:0.....g	0.003		0	RKA	1		0.005	0.004	0.003
6:0.....g	0.001		0	RKA	1		0.002	0.001	0.001
8:0.....g	0.003		0	RKA	1		0.005	0.003	0.003
10:0.....g	0.007		0	RKA	1		0.014	0.009	0.007
12:0.....g	0.013		0	RKA	1		0.025	0.017	0.013
13:0.....g									
14:0.....g	0.275		0	RKA	1		0.533	0.363	0.272
15:0.....g	0.041		0	RKA	1		0.079	0.054	0.040
16:0.....g	3.687		0	RKA	1		7.153	4.867	3.650
17:0.....g	0.093		0	RKA	1		0.180	0.123	0.092
18:0.....g	1.619		0	RKA	1		3.140	2.137	1.602
20:0.....g	0.015		0	RKA	1		0.030	0.020	0.015
22:0.....g	0.005		0	RKA	1		0.010	0.007	0.005
24:0.....g	0.004		0	RKA	1		0.007	0.005	0.004
Fatty acids, total monounsaturated.....g	7.281		0	RKI	6		14.126	9.611	7.209
14:1.....g	0.066		0	RKA	1		0.128	0.087	0.065
15:1.....g	0.003		0	RKA	1		0.006	0.004	0.003
16:1 undifferentiated.....g	0.866		0	RKA	1		1.680	1.143	0.857
17:1.....g	0.050		0	RKA	1		0.098	0.066	0.050
18:1 undifferentiated.....g	6.227		0	RKA	1		12.081	8.220	6.165
20:1.....g	0.061		0	RKA	1		0.118	0.080	0.060
22:1 undifferentiated.....g	0.003		0	RKA	1		0.006	0.004	0.003
24:1 c.....g	0.004		0	RKA	1		0.009	0.006	0.004
Fatty acids, total polyunsaturated.....g	1.832		0	RKI	6		3.554	2.418	1.814
18:2 undifferentiated.....g	1.628		0	RKA	1		3.158	2.148	1.611
18:3 undifferentiated.....g	0.093		0	RKA	1		0.180	0.122	0.092
18:4.....g	0.003		0	RKA	1		0.005	0.004	0.003
20:2 n-6 c,c.....g	0.015		0	RKA	1		0.029	0.020	0.015
20:3 undifferentiated.....g	0.027		0	RKA	1		0.052	0.035	0.026
20:4 undifferentiated.....g	0.043		0	RKA	1		0.084	0.057	0.043
20:5 n-3 (EPA).....g	0.002		0	RKA	1		0.004	0.003	0.002
21:5.....g									
22:4.....g	0.014		0	RKA	1		0.026	0.018	0.013
22:5 n-3 (DPA).....g	0.005		0	RKA	1		0.009	0.006	0.005
22:6 n-3 (DHA).....g	0.003		0	RKA	1		0.005	0.004	0.003
Fatty acids, total trans.....g	0.488		0	RKI	6		0.947	0.645	0.483
Cholesterol.....mg	98		0	RKI	6		189	129	97
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.166		0	RKA	1		0.322	0.219	0.164
Threonine.....g	0.715		0	RKA	1		1.387	0.944	0.708
Isoleucine.....g	0.636		0	RKA	1		1.234	0.840	0.630
Leucine.....g	1.321		0	RKA	1		2.564	1.744	1.308
Lysine.....g	0.940		0	RKA	1		1.824	1.241	0.931
Methionine.....g	0.314		0	RKA	1		0.609	0.414	0.311
Cystine.....g	0.251		0	RKA	1		0.487	0.331	0.249
Phenylalanine.....g	0.829		0	RKA	1		1.608	1.094	0.821
Tyrosine.....g	0.663		0	RKA	1		1.287	0.875	0.657
Valine.....g	0.790		0	RKA	1		1.532	1.042	0.782
Arginine.....g	1.226		0	RKA	1		2.378	1.618	1.213
Histidine.....g	0.516		0	RKA	1		1.002	0.682	0.511
Alanine.....g	1.235		0	RKA	1		2.395	1.630	1.222
Aspartic acid.....g	1.472		0	RKA	1		2.856	1.943	1.458
Glutamic acid.....g	5.068		0	RKA	1		9.832	6.690	5.017
Glycine.....g	1.822		0	RKA	1		3.535	2.405	1.804
Proline.....g	1.739		0	RKA	1		3.374	2.296	1.722
Serine.....g	0.844		0	RKA	1		1.638	1.114	0.836
Hydroxyproline.....g	0.588		0	RKI	6		1.140	0.776	0.582

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. 21456**

**POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading**

**Common Measures:**

Measure 1 = 194g: 1 breast, with skin

Measure 2 = 132g: 1 breast, without skin

Measure 3 = 99g: 1 breast, bone and skin removed

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21442

POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breadding removed

Popeyes Chicken and Biscuits

Refuse:50% Skin, subcutaneous fat and breadding, 32%; Cartilage and bone, 17%; Handling loss, 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
<b>Proximates:</b>									
Water.....g	64.77	0.520	6	A	1		85.49	64.12	
Energy.....kcal	157		0	NC	4		207	155	
Energy.....kJ	655		0	NC	4		865	648	
Protein.....g	28.98	0.580	6	A	1		38.25	28.69	
Total lipid (fat).....g	4.52	0.405	6	A	1		5.96	4.47	
Ash.....g	2.26	0.060	6	A	1		2.98	2.24	
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	20	2.506	6	A	1		27	20	
Iron, Fe.....mg	0.55	0.029	6	A	1		0.73	0.55	
Magnesium, Mg.....mg	29	0.778	6	A	1		39	29	
Phosphorus, P.....mg	219	4.949	6	A	1		289	217	
Potassium, K.....mg	327	6.200	6	A	1		432	324	
Sodium, Na.....mg	526	38.246	6	A	1		694	521	
Zinc, Zn.....mg	0.97	0.044	6	A	1		1.28	0.96	
Copper, Cu.....mg	0.052	0.005	6	A	1		0.069	0.052	
Manganese, Mn.....mg	0.030	0.002	6	A	1		0.039	0.029	
Selenium, Se.....µg	35.2	5.372	3	A	1		46.5	34.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.107	0.010	3	A	1		0.141	0.106	
Riboflavin.....mg	0.240	0.006	3	A	1		0.317	0.238	
Niacin.....mg	9.393	0.419	3	A	1		12.399	9.299	
Pantothenic acid.....mg	1.500		2	A	1		1.980	1.485	
Vitamin B-6.....mg	0.370	0.035	3	A	1		0.488	0.366	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg	99.7		1	A	1		131.6	98.7	
Betaine.....mg	8.0		1	A	1		10.5	7.9	
Vitamin B-12.....µg	0.33	0.055	3	A	1		0.44	0.33	
Vitamin A, RAE.....µg	4		0	AS	1		5	4	
Vitamin A, IU.....IU	12		0	AS	1		16	12	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.21	0.061	3	A	1		0.28	0.21	
Tocopherol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.06	0.065	3	A	1		0.09	0.06	
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
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									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.368		0	NC	4		1.805	1.354	
4:0.....g	0.007	0.000	4	A	1		0.010	0.007	
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	

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
10:0.....g	0.017	0.001	4	A	1		0.023	0.017	
12:0.....g	0.005	0.001	4	A	1		0.006	0.004	
13:0.....g									
14:0.....g	0.049	0.005	4	A	1		0.065	0.048	
15:0.....g	0.009	0.001	4	A	1		0.012	0.009	
16:0.....g	0.868	0.044	4	A	1		1.145	0.859	
17:0.....g	0.017	0.002	4	A	1		0.022	0.017	
18:0.....g	0.389	0.025	4	A	1		0.513	0.385	
20:0.....g	0.004	0.002	4	A	1		0.006	0.004	
22:0.....g	0.003	0.001	4	A	1		0.004	0.003	
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	1.789		0	NC	4		2.361	1.771	
14:1.....g	0.014	0.001	4	A	1		0.018	0.014	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.178	0.010	4	AS	1		0.235	0.176	
16:1 c.....g	0.173	0.010	4	A	1		0.228	0.171	
16:1 t.....g	0.005	0.001	4	A	1		0.007	0.005	
17:1.....g	0.009	0.001	4	A	1		0.012	0.009	
18:1 undifferentiated.....g	1.561	0.217	4	AS	1		2.061	1.546	
18:1 c.....g	1.491	0.217	4	A	1		1.969	1.477	
18:1 t.....g	0.070	0.009	4	A	1		0.092	0.069	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.024	0.006	4	A	1		0.032	0.024	
22:1 undifferentiated.....g	0.002	0.001	4	AS	1		0.003	0.002	
22:1 c.....g	0.002	0.001	4	A	1		0.003	0.002	
22:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.596		0	NC	4		0.786	0.590	
18:2 undifferentiated.....g	0.474	0.092	4	AS	1		0.625	0.469	
18:2 n-6 c,c.....g	0.460	0.091	4	A	1		0.608	0.456	
18:2 CLAs.....g	0.006	0.001	4	A	1		0.007	0.005	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.008	0.001	4	A	1		0.010	0.008	
18:3 undifferentiated.....g	0.035	0.019	4	AS	1		0.046	0.034	
18:3 n-3 c,c,c (ALA).....g	0.033	0.018	4	A	1		0.044	0.033	
18:3 n-6 c,c,c.....g	0.001	0.001	4	A	1		0.002	0.001	
18:3i.....g	0.000	0.000	4	A	1		0.000	0.000	
18:4.....g	0.001	0.000	4	A	1		0.001	0.000	
20:2 n-6 c,c.....g	0.008	0.000	4	A	1		0.010	0.008	
20:3 undifferentiated.....g	0.018	0.001	4	AS	1		0.024	0.018	
20:3 n-3.....g	0.002	0.000	4	A	1		0.002	0.001	
20:3 n-6.....g	0.016	0.001	4	A	1		0.022	0.016	
20:4 undifferentiated.....g	0.043	0.004	4	A	1		0.057	0.042	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.010	0.001	4	A	1		0.014	0.010	
22:5 n-3 (DPA).....g	0.004	0.000	4	A	1		0.006	0.004	
22:6 n-3 (DHA).....g	0.003	0.000	4	A	1		0.005	0.003	
Fatty acids, total trans.....g	0.083		0	NC	4		0.109	0.082	
Fatty acids, total trans-monoenoic.....g	0.075		0	NC	4		0.099	0.074	
Fatty acids, total trans-polyenoic.....g	0.008		0	NC	4		0.010	0.008	
Cholesterol.....mg	97	7.130	3	A	1		128	96	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.222		0	A	1		0.292	0.219	
Threonine.....g	0.956		0	A	1		1.262	0.947	
Isoleucine.....g	0.851		0	A	1		1.123	0.842	
Leucine.....g	1.767		0	A	1		2.332	1.749	
Lysine.....g	1.257		0	A	1		1.660	1.245	
Methionine.....g	0.420		0	A	1		0.554	0.415	
Cystine.....g	0.336		0	A	1		0.443	0.332	

NDB No. 21442

POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed

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			
Phenylalanine.....g	1.108		0	A	1	1.463	1.097	
Tyrosine.....g	0.887		0	A	1	1.171	0.878	
Valine.....g	1.056		0	A	1	1.394	1.045	
Arginine.....g	1.639		0	A	1	2.163	1.622	
Histidine.....g	0.690		0	A	1	0.911	0.683	
Alanine.....g	1.651		0	A	1	2.179	1.634	
Aspartic acid.....g	1.969		0	A	1	2.598	1.949	
Glutamic acid.....g	6.776		0	A	1	8.945	6.709	
Glycine.....g	2.436		0	A	1	3.216	2.412	
Proline.....g	2.326		0	A	1	3.070	2.302	
Serine.....g	1.129		0	A	1	1.490	1.118	
Hydroxyproline.....g	0.759		0	BFPN	4	1.001	0.751	

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 = 132g: 1 breast without skin

Measure 2 = 99g: 1 breast bone and skin removed

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21457

**POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading**

*Popeyes Chicken and Biscuits*

**Refuse:**20% Cartilage and bone

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
<b>Proximates:</b>									
Water.....g	48.14		0	RKA	1		36.58	28.40	21.18
Energy.....kcal	293		0	RKI	6		223	173	129
Energy.....kJ	1228		0	RKI	6		933	724	540
Protein.....g	20.44		0	RKA	1		15.53	12.06	8.99
Total lipid (fat).....g	19.14		0	RKA	1		14.55	11.30	8.42
Ash.....g	2.44		0	RKA	1		1.86	1.44	1.08
Carbohydrate, by difference.....g	9.84		0	RKI	6		7.48	5.81	4.33
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	20		0	RKI	6		15	12	9
Iron, Fe.....mg	1.06		0	RKI	6		0.80	0.62	0.46
Magnesium, Mg.....mg	22		0	RKI	6		16	13	10
Phosphorus, P.....mg	171		0	RKI	6		130	101	75
Potassium, K.....mg	261		0	RKI	6		198	154	115
Sodium, Na.....mg	588		0	RKI	6		447	347	259
Zinc, Zn.....mg	1.76		0	RKI	6		1.34	1.04	0.77
Copper, Cu.....mg	0.074		0	RKI	6		0.057	0.044	0.033
Manganese, Mn.....mg	0.121		0	RKI	6		0.092	0.071	0.053
Selenium, Se.....µg	27.9		0	RKI	6		21.2	16.5	12.3
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.101		0	RKI	6		0.077	0.060	0.045
Riboflavin.....mg	0.250		0	RKI	6		0.190	0.148	0.110
Niacin.....mg	5.443		0	RKI	6		4.136	3.211	2.395
Pantothenic acid.....mg	1.205		0	RKI	6		0.916	0.711	0.530
Vitamin B-6.....mg	0.235		0	RKI	6		0.178	0.138	0.103
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.62		0	RKI	6		0.47	0.37	0.27
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									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.591		0	RKI	6		5.009	3.889	2.900
4:0.....g	0.003		0	RKA	1		0.002	0.001	0.001
6:0.....g	0.001		0	RKA	1		0.001	0.001	0.001
8:0.....g	0.003		0	RKA	1		0.002	0.002	0.001
10:0.....g	0.008		0	RKA	1		0.006	0.005	0.003
12:0.....g	0.015		0	RKA	1		0.012	0.009	0.007

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	0.306		0	RKA	1	0.233	0.181	0.135	
15:0.....g	0.045		0	RKA	1	0.034	0.027	0.020	
16:0.....g	4.248		0	RKA	1	3.229	2.507	1.869	
17:0.....g	0.103		0	RKA	1	0.078	0.061	0.045	
18:0.....g	1.830		0	RKA	1	1.390	1.079	0.805	
20:0.....g	0.018		0	RKA	1	0.014	0.011	0.008	
22:0.....g	0.007		0	RKA	1	0.005	0.004	0.003	
24:0.....g	0.005		0	RKA	1	0.004	0.003	0.002	
Fatty acids, total monounsaturated.....g	8.488		0	RKI	6	6.451	5.008	3.735	
14:1.....g	0.075		0	RKA	1	0.057	0.045	0.033	
15:1.....g	0.003		0	RKA	1	0.002	0.002	0.001	
16:1 undifferentiated.....g	1.061		0	RKA	1	0.807	0.626	0.467	
16:1 c.....g	1.031		0	RKA	1	0.784	0.608	0.454	
16:1 t.....g	0.030		0	RKA	1	0.023	0.018	0.013	
17:1.....g	0.053		0	RKA	1	0.040	0.031	0.023	
18:1 undifferentiated.....g	7.215		0	RKA	1	5.484	4.257	3.175	
18:1 c.....g	6.764		0	RKA	1	5.141	3.991	2.976	
18:1 t.....g	0.451		0	RKA	1	0.343	0.266	0.199	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.070		0	RKA	1	0.053	0.041	0.031	
22:1 undifferentiated.....g	0.004		0	RKA	1	0.003	0.002	0.002	
22:1 c.....g	0.004		0	RKA	1	0.003	0.002	0.002	
22:1 t.....g	0.000		0	RKA	1	0.000	0.000	0.000	
24:1 c.....g	0.006		0	RKA	1	0.004	0.003	0.003	
Fatty acids, total polyunsaturated.....g	2.226		0	RKI	6	1.692	1.313	0.979	
18:2 undifferentiated.....g	1.970		0	RKA	1	1.497	1.162	0.867	
18:2 n-6 c,c.....g	1.875		0	RKA	1	1.425	1.106	0.825	
18:2 CLAs.....g	0.042		0	RKA	1	0.032	0.025	0.018	
18:2 t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.053		0	RKA	1	0.040	0.031	0.023	
18:3 undifferentiated.....g	0.113		0	RKA	1	0.086	0.066	0.050	
18:3 n-3 c,c,c (ALA).....g	0.093		0	RKA	1	0.071	0.055	0.041	
18:3 n-6 c,c,c.....g	0.019		0	RKA	1	0.015	0.011	0.008	
18:3i.....g									
18:4.....g	0.003		0	RKA	1	0.003	0.002	0.002	
20:2 n-6 c,c.....g	0.017		0	RKA	1	0.013	0.010	0.007	
20:3 undifferentiated.....g	0.030		0	RKA	1	0.023	0.018	0.013	
20:3 n-3.....g	0.001		0	RKA	1	0.001	0.001	0.001	
20:3 n-6.....g	0.029		0	RKA	1	0.022	0.017	0.013	
20:4 undifferentiated.....g	0.062		0	RKA	1	0.047	0.036	0.027	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003		0	RKA	1	0.002	0.002	0.001	
21:5.....g									
22:4.....g	0.018		0	RKA	1	0.014	0.011	0.008	
22:5 n-3 (DPA).....g	0.006		0	RKA	1	0.005	0.004	0.003	
22:6 n-3 (DHA).....g	0.003		0	RKA	1	0.002	0.002	0.001	
Fatty acids, total trans.....g	0.535		0	RKI	6	0.407	0.316	0.235	
Fatty acids, total trans-monoenoic.....g	0.482		0	RKI	6	0.366	0.284	0.212	
Fatty acids, total trans-polyenoic.....g	0.053		0	RKI	6	0.040	0.031	0.023	
Cholesterol.....mg	108		0	RKI	6	82	63	47	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.156		0	RKA	1	0.119	0.092	0.069	
Threonine.....g	0.674		0	RKA	1	0.512	0.398	0.297	
Isoleucine.....g	0.600		0	RKA	1	0.456	0.354	0.264	
Leucine.....g	1.246		0	RKA	1	0.947	0.735	0.548	
Lysine.....g	0.887		0	RKA	1	0.674	0.523	0.390	
Methionine.....g	0.296		0	RKA	1	0.225	0.175	0.130	
Cystine.....g	0.237		0	RKA	1	0.180	0.140	0.104	
Phenylalanine.....g	0.782		0	RKA	1	0.594	0.461	0.344	
Tyrosine.....g	0.625		0	RKA	1	0.475	0.369	0.275	

NDB No. 21457

**POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading**

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	0.745		0	RKA	1	0.566	0.439	0.328
Arginine.....g	1.156		0	RKA	1	0.878	0.682	0.509
Histidine.....g	0.487		0	RKA	1	0.370	0.287	0.214
Alanine.....g	1.164		0	RKA	1	0.885	0.687	0.512
Aspartic acid.....g	1.388		0	RKA	1	1.055	0.819	0.611
Glutamic acid.....g	4.779		0	RKA	1	3.632	2.819	2.103
Glycine.....g	1.718		0	RKA	1	1.306	1.014	0.756
Proline.....g	1.640		0	RKA	1	1.246	0.968	0.722
Serine.....g	0.796		0	RKA	1	0.605	0.470	0.350
Hydroxyproline.....g	0.528		0	RKI	6	0.402	0.312	0.233

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 drumstick, with skin
- Measure 2 = 59g: 1 drumstick, without skin
- Measure 3 = 44g: 1 drumstick, bone and skin removed

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21443

POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed

Popeyes Chicken and Biscuits

Refuse:42% Skin, subcutaneous fat and breading, 22%; Cartilage and bone, 20%

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
<b>Proximates:</b>									
Water.....g	64.18	0.357	6	A	1		28.24	37.87	
Energy.....kcal	170		0	NC	4		75	101	
Energy.....kJ	713		0	NC	4		314	421	
Protein.....g	26.51	0.419	6	A	1		11.66	15.64	
Total lipid (fat).....g	7.14	0.184	6	A	1		3.14	4.21	
Ash.....g	2.13	0.107	6	A	1		0.94	1.26	
Carbohydrate, by difference.....g	0.04		0	NC	4		0.02	0.02	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	16		0	BFNN	4		7	9	
Iron, Fe.....mg	1.06		0	BFNN	4		0.46	0.62	
Magnesium, Mg.....mg	25		0	BFNN	4		11	15	
Phosphorus, P.....mg	206		0	BFNN	4		91	122	
Potassium, K.....mg	321		0	BFNN	4		141	189	
Sodium, Na.....mg	478		0	BFNN	4		210	282	
Zinc, Zn.....mg	2.59		0	BFNN	4		1.14	1.53	
Copper, Cu.....mg	0.084		0	BFNN	4		0.037	0.049	
Manganese, Mn.....mg	0.046		0	BFNN	4		0.020	0.027	
Selenium, Se.....µg	34.6		0	BFNN	4		15.2	20.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.107		0	BFPN	4		0.047	0.063	
Riboflavin.....mg	0.341		0	BFPN	4		0.150	0.201	
Niacin.....mg	6.150		0	BFPN	4		2.706	3.629	
Pantothenic acid.....mg	1.469		0	BFPN	4		0.646	0.867	
Vitamin B-6.....mg	0.296		0	BFPN	4		0.130	0.174	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.85		0	BFPN	4		0.37	0.50	
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									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.282		0	NC	4		1.004	1.346	
4:0.....g	0.002	0.000	6	A	1		0.001	0.001	
6:0.....g	0.001	0.000	6	A	1		0.000	0.001	
8:0.....g	0.001	0.000	6	A	1		0.001	0.001	
10:0.....g	0.004	0.000	6	A	1		0.002	0.003	
12:0.....g	0.007	0.001	6	A	1		0.003	0.004	

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	0.077	0.004	6	A	1	0.034	0.046		
15:0.....g	0.012	0.001	6	A	1	0.005	0.007		
16:0.....g	1.526	0.049	6	A	1	0.671	0.900		
17:0.....g	0.024	0.001	6	A	1	0.010	0.014		
18:0.....g	0.612	0.020	6	A	1	0.269	0.361		
20:0.....g	0.007	0.000	6	A	1	0.003	0.004		
22:0.....g	0.005	0.000	6	A	1	0.002	0.003		
24:0.....g	0.004	0.000	6	A	1	0.002	0.002		
Fatty acids, total monounsaturated.....g	3.079		0	NC	4	1.355	1.817		
14:1.....g	0.020	0.001	6	A	1	0.009	0.012		
15:1.....g	0.002	0.000	6	A	1	0.001	0.001		
16:1 undifferentiated.....g	0.448	0.012	6	AS	1	0.197	0.265		
16:1 c.....g	0.440	0.012	6	A	1	0.194	0.260		
16:1 t.....g	0.008	0.000	6	A	1	0.004	0.005		
17:1.....g	0.013	0.002	6	A	1	0.006	0.008		
18:1 undifferentiated.....g	2.558	0.077	6	AS	1	1.126	1.509		
18:1 c.....g	2.455	0.073	6	A	1	1.080	1.449		
18:1 t.....g	0.103	0.005	6	A	1	0.045	0.061		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.028	0.001	6	A	1	0.012	0.016		
22:1 undifferentiated.....g	0.002	0.000	6	AS	1	0.001	0.001		
22:1 c.....g	0.002	0.000	6	A	1	0.001	0.001		
22:1 t.....g	0.000	0.000	6	A	1	0.000	0.000		
24:1 c.....g	0.007	0.000	6	A	1	0.003	0.004		
Fatty acids, total polyunsaturated.....g	1.011		0	NC	4	0.445	0.596		
18:2 undifferentiated.....g	0.838	0.041	6	AS	1	0.369	0.494		
18:2 n-6 c,c.....g	0.808	0.040	6	A	1	0.356	0.477		
18:2 CLAs.....g	0.012	0.001	6	A	1	0.005	0.007		
18:2 t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.018	0.001	6	A	1	0.008	0.011		
18:3 undifferentiated.....g	0.042	0.003	6	AS	1	0.019	0.025		
18:3 n-3 c,c,c (ALA).....g	0.035	0.003	6	A	1	0.015	0.020		
18:3 n-6 c,c,c.....g	0.008	0.000	6	A	1	0.003	0.005		
18:3i.....g									
18:4.....g	0.002	0.000	6	A	1	0.001	0.001		
20:2 n-6 c,c.....g	0.009	0.000	6	A	1	0.004	0.006		
20:3 undifferentiated.....g	0.023	0.000	6	AS	1	0.010	0.013		
20:3 n-3.....g	0.001	0.000	6	A	1	0.000	0.001		
20:3 n-6.....g	0.022	0.000	6	A	1	0.010	0.013		
20:4 undifferentiated.....g	0.066	0.002	6	A	1	0.029	0.039		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	6	A	1	0.001	0.001		
21:5.....g									
22:4.....g	0.019	0.001	6	A	1	0.008	0.011		
22:5 n-3 (DPA).....g	0.006	0.000	6	A	1	0.003	0.003		
22:6 n-3 (DHA).....g	0.003	0.000	6	A	1	0.001	0.002		
Fatty acids, total trans.....g	0.130		0	NC	4	0.057	0.076		
Fatty acids, total trans-monoenoic.....g	0.112		0	NC	4	0.049	0.066		
Fatty acids, total trans-polyenoic.....g	0.018		0	NC	4	0.008	0.011		
Cholesterol.....mg	127		0	BFSN	4	56	75		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.203		0	A	1	0.089	0.120		
Threonine.....g	0.875		0	A	1	0.385	0.516		
Isoleucine.....g	0.778		0	A	1	0.342	0.459		
Leucine.....g	1.616		0	A	1	0.711	0.954		
Lysine.....g	1.150		0	A	1	0.506	0.679		
Methionine.....g	0.384		0	A	1	0.169	0.226		
Cystine.....g	0.307		0	A	1	0.135	0.181		
Phenylalanine.....g	1.014		0	A	1	0.446	0.598		
Tyrosine.....g	0.811		0	A	1	0.357	0.479		

NDB No. 21443

POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed

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	0.966		0	A	1	0.425	0.570	
Arginine.....g	1.499		0	A	1	0.660	0.885	
Histidine.....g	0.632		0	A	1	0.278	0.373	
Alanine.....g	1.510		0	A	1	0.664	0.891	
Aspartic acid.....g	1.801		0	A	1	0.792	1.062	
Glutamic acid.....g	6.199		0	A	1	2.728	3.657	
Glycine.....g	2.228		0	A	1	0.981	1.315	
Proline.....g	2.127		0	A	1	0.936	1.255	
Serine.....g	1.033		0	A	1	0.454	0.609	
Hydroxyproline.....g	0.686		0	BFPN	4	0.302	0.405	

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 = 44g: 1 drumstick, bone and skin removed

Measure 2 = 59g: 1 drumstick, without skin

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	11.750		0	NC					4
4:0.....g	0.000	0.000	5	A					1
6:0.....g	0.000	0.000	5	A					1
8:0.....g	0.005	0.001	5	A					1
10:0.....g	0.014	0.001	5	A					1
12:0.....g	0.022	0.001	5	A					1
13:0.....g									
14:0.....g	0.617	0.016	5	A					1
15:0.....g	0.099	0.002	5	A					1
16:0.....g	7.004	0.210	5	A					1
17:0.....g	0.259	0.006	5	A					1
18:0.....g	3.679	0.100	5	A					1
20:0.....g	0.033	0.001	5	A					1
22:0.....g	0.014	0.001	5	A					1
24:0.....g	0.005	0.000	5	A					1
Fatty acids, total monounsaturated.....g	14.151		0	NC					4
14:1.....g	0.167	0.006	5	A					1
15:1.....g	0.000	0.000	5	A					1
16:1 undifferentiated.....g	1.351	0.051	5	AS					1
16:1 c.....g	1.275	0.051	5	A					1
16:1 t.....g	0.076	0.002	5	A					1
17:1.....g	0.150	0.004	5	A					1
18:1 undifferentiated.....g	12.332	0.334	5	AS					1
18:1 c.....g	11.293	0.334	5	A					1
18:1 t.....g	1.039	0.011	5	A					1
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.144	0.004	5	A					1
22:1 undifferentiated.....g	0.004	0.000	5	AS					1
22:1 c.....g	0.004	0.000	5	A					1
22:1 t.....g	0.000	0.000	5	A					1
24:1 c.....g	0.005	0.000	5	A					1
Fatty acids, total polyunsaturated.....g	3.094		0	NC					4
18:2 undifferentiated.....g	2.803	0.074	5	AS					1
18:2 n-6 c,c.....g	2.590	0.077	5	A					1
18:2 CLAs.....g	0.089	0.006	5	A					1
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.124	0.003	5	A					1
18:3 undifferentiated.....g	0.154	0.002	5	AS					1
18:3 n-3 c,c,c (ALA).....g	0.146	0.001	5	A					1
18:3 n-6 c,c,c.....g	0.007	0.000	5	A					1
18:3i.....g	0.001	0.000	5	A					1
18:4.....g	0.004	0.000	5	A					1
20:2 n-6 c,c.....g	0.019	0.000	5	A					1
20:3 undifferentiated.....g	0.032	0.001	5	AS					1
20:3 n-3.....g	0.002	0.000	5	A					1
20:3 n-6.....g	0.030	0.001	5	A					1
20:4 undifferentiated.....g	0.054	0.002	5	A					1
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	5	A					1
21:5.....g									
22:4.....g	0.015	0.001	5	A					1
22:5 n-3 (DPA).....g	0.007	0.000	5	A					1
22:6 n-3 (DHA).....g	0.002	0.000	5	A					1
Fatty acids, total trans.....g	1.240		0	NC					4
Fatty acids, total trans-monoenoic.....g	1.115		0	NC					4
Fatty acids, total trans-polyenoic.....g	0.125		0	NC					4
Cholesterol.....mg	82	5.550	3	A					1
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.107		0	A					1
Threonine.....g	0.461		0	A					1

NDB No. 21444

POPEYES, Fried Chicken, Mild, Skin and Breeding

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
Isoleucine.....g	0.410		0	A		1			
Leucine.....g	0.851		0	A		1			
Lysine.....g	0.606		0	A		1			
Methionine.....g	0.202		0	A		1			
Cystine.....g	0.162		0	A		1			
Phenylalanine.....g	0.534		0	A		1			
Tyrosine.....g	0.427		0	A		1			
Valine.....g	0.509		0	A		1			
Arginine.....g	0.789		0	A		1			
Histidine.....g	0.333		0	A		1			
Alanine.....g	0.795		0	A		1			
Aspartic acid.....g	0.948		0	A		1			
Glutamic acid.....g	3.264		0	A		1			
Glycine.....g	1.173		0	A		1			
Proline.....g	1.120		0	A		1			
Serine.....g	0.544		0	A		1			
Hydroxyproline.....g	0.315		0	BFPN		4			

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:** 21 Fast Foods

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.344		0	RKI	6		10.134	6.095	3.966
4:0.....g	0.002		0	RKA	1		0.003	0.002	0.001
6:0.....g	0.001		0	RKA	1		0.001	0.000	0.000
8:0.....g	0.003		0	RKA	1		0.004	0.002	0.002
10:0.....g	0.009		0	RKA	1		0.012	0.007	0.005
12:0.....g	0.014		0	RKA	1		0.019	0.011	0.007
13:0.....g									
14:0.....g	0.350		0	RKA	1		0.483	0.290	0.189
15:0.....g	0.055		0	RKA	1		0.076	0.046	0.030
16:0.....g	4.553		0	RKA	1		6.283	3.779	2.459
17:0.....g	0.141		0	RKA	1		0.194	0.117	0.076
18:0.....g	2.187		0	RKA	1		3.018	1.815	1.181
20:0.....g	0.020		0	RKA	1		0.027	0.016	0.011
22:0.....g	0.007		0	RKA	1		0.010	0.006	0.004
24:0.....g	0.003		0	RKA	1		0.004	0.002	0.002
Fatty acids, total monounsaturated.....g	9.129		0	RKI	6		12.598	7.577	4.930
14:1.....g	0.096		0	RKA	1		0.132	0.079	0.052
15:1.....g	0.000		0	RKA	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.949		0	RKA	1		1.310	0.788	0.513
17:1.....g	0.084		0	RKA	1		0.116	0.070	0.045
18:1 undifferentiated.....g	7.898		0	RKA	1		10.899	6.555	4.265
20:1.....g	0.097		0	RKA	1		0.134	0.081	0.053
22:1 undifferentiated.....g	0.003		0	RKA	1		0.004	0.002	0.001
24:1 c.....g	0.002		0	RKA	1		0.003	0.002	0.001
Fatty acids, total polyunsaturated.....g	2.297		0	RKI	6		3.169	1.906	1.240
18:2 undifferentiated.....g	2.054		0	RKA	1		2.834	1.705	1.109
18:3 undifferentiated.....g	0.107		0	RKA	1		0.148	0.089	0.058
18:4.....g	0.003		0	RKA	1		0.004	0.003	0.002
20:2 n-6 c,c.....g	0.015		0	RKA	1		0.021	0.012	0.008
20:3 undifferentiated.....g	0.027		0	RKA	1		0.037	0.022	0.015
20:4 undifferentiated.....g	0.063		0	RKA	1		0.087	0.052	0.034
20:5 n-3 (EPA).....g	0.002		0	RKA	1		0.003	0.002	0.001
21:5.....g									
22:4.....g	0.016		0	RKA	1		0.022	0.013	0.008
22:5 n-3 (DPA).....g	0.006		0	RKA	1		0.009	0.005	0.003
22:6 n-3 (DHA).....g	0.003		0	RKA	1		0.004	0.002	0.002
Fatty acids, total trans.....g	0.672		0	RKI	6		0.927	0.558	0.363
Cholesterol.....mg	107		0	RKA	1		147	88	58
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.145		0	RKA	1		0.200	0.120	0.078
Threonine.....g	0.626		0	RKA	1		0.863	0.519	0.338
Isoleucine.....g	0.557		0	RKA	1		0.768	0.462	0.301
Leucine.....g	1.156		0	RKA	1		1.596	0.960	0.624
Lysine.....g	0.823		0	RKA	1		1.135	0.683	0.444
Methionine.....g	0.275		0	RKA	1		0.379	0.228	0.148
Cystine.....g	0.220		0	RKA	1		0.303	0.182	0.119
Phenylalanine.....g	0.725		0	RKA	1		1.001	0.602	0.392
Tyrosine.....g	0.580		0	RKA	1		0.801	0.482	0.313
Valine.....g	0.691		0	RKA	1		0.954	0.573	0.373
Arginine.....g	1.072		0	RKA	1		1.480	0.890	0.579
Histidine.....g	0.452		0	RKA	1		0.623	0.375	0.244
Alanine.....g	1.080		0	RKA	1		1.491	0.897	0.583
Aspartic acid.....g	1.288		0	RKA	1		1.778	1.069	0.696
Glutamic acid.....g	4.434		0	RKA	1		6.119	3.681	2.395
Glycine.....g	1.594		0	RKA	1		2.200	1.323	0.861
Proline.....g	1.522		0	RKA	1		2.100	1.263	0.822
Serine.....g	0.739		0	RKA	1		1.019	0.613	0.399
Hydroxyproline.....g	0.474		0	RKI	6		0.654	0.393	0.256

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. 21458

POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading

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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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

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food, or similar food.

**Common Measures:**

Measure 1 = 138g: 1 thigh with skin

Measure 2 = 83g: 1 thigh without skin

Measure 3 = 54g: 1 thigh bone and skin removed

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21445

POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed

Popeyes Chicken and Biscuits

Refuse:60% Skin, subcutaneous fat and breading, 40%; Cartilage and bone, 20%

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
<b>Proximates:</b>									
Water.....g	63.18	0.623	6	A	1		52.44	34.12	
Energy.....kcal	188		0	NC	4		156	101	
Energy.....kJ	785		0	NC	4		652	424	
Protein.....g	24.31	0.151	6	A	1		20.18	13.13	
Total lipid (fat).....g	9.66	0.369	6	A	1		8.02	5.22	
Ash.....g	2.00	0.115	6	A	1		1.66	1.08	
Carbohydrate, by difference.....g	0.85		0	NC	4		0.71	0.46	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	34	7.164	6	A	1		28	18	
Iron, Fe.....mg	1.03	0.022	6	A	1		0.85	0.55	
Magnesium, Mg.....mg	24	0.327	6	A	1		20	13	
Phosphorus, P.....mg	187	3.240	6	A	1		155	101	
Potassium, K.....mg	294	3.114	6	A	1		244	159	
Sodium, Na.....mg	601	14.401	6	A	1		499	325	
Zinc, Zn.....mg	2.01	0.036	6	A	1		1.67	1.09	
Copper, Cu.....mg	0.098	0.002	6	A	1		0.082	0.053	
Manganese, Mn.....mg	0.037	0.002	6	A	1		0.031	0.020	
Selenium, Se.....µg	34.2	3.412	3	A	1		28.4	18.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.111	0.003	3	A	1		0.092	0.060	
Riboflavin.....mg	0.407	0.015	3	A	1		0.337	0.220	
Niacin.....mg	6.020	0.243	3	A	1		4.997	3.251	
Pantothenic acid.....mg	1.605		2	A	1		1.332	0.867	
Vitamin B-6.....mg	0.364	0.031	3	A	1		0.302	0.197	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.59	0.055	3	A	1		0.49	0.32	
Vitamin A, RAE.....µg	13		0	AS	1		11	7	
Vitamin A, IU.....IU	44		0	AS	1		37	24	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.28	0.097	3	A	1		0.23	0.15	
Tocopherol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.05	0.028	3	A	1		0.05	0.03	
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
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									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.938		0	NC	4		2.438	1.586	
4:0.....g	0.004	0.000	6	A	1		0.003	0.002	
6:0.....g	0.001	0.000	6	A	1		0.001	0.001	
8:0.....g	0.001	0.000	6	A	1		0.001	0.001	

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
10:0.....g	0.003	0.000	6	A	1		0.002	0.002	
12:0.....g	0.006	0.000	6	A	1		0.005	0.003	
13:0.....g									
14:0.....g	0.083	0.004	6	A	1		0.069	0.045	
15:0.....g	0.012	0.001	6	A	1		0.010	0.007	
16:0.....g	2.101	0.047	6	A	1		1.744	1.135	
17:0.....g	0.023	0.002	6	A	1		0.019	0.012	
18:0.....g	0.696	0.024	6	A	1		0.577	0.376	
20:0.....g	0.006	0.000	6	A	1		0.005	0.003	
22:0.....g	0.001	0.000	6	A	1		0.001	0.001	
24:0.....g	0.001	0.000	6	A	1		0.001	0.001	
Fatty acids, total monounsaturated.....g	4.107		0	NC	4		3.409	2.218	
14:1.....g	0.025	0.001	6	A	1		0.020	0.013	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.548	0.011	6	AS	1		0.455	0.296	
16:1 c.....g	0.542	0.011	6	A	1		0.450	0.292	
16:1 t.....g	0.007	0.001	6	A	1		0.006	0.004	
17:1.....g	0.018	0.001	6	A	1		0.015	0.010	
18:1 undifferentiated.....g	3.464	0.100	6	AS	1		2.875	1.870	
18:1 c.....g	3.379	0.097	6	A	1		2.805	1.825	
18:1 t.....g	0.084	0.006	6	A	1		0.070	0.046	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.051	0.001	6	A	1		0.042	0.028	
22:1 undifferentiated.....g	0.002	0.000	6	AS	1		0.001	0.001	
22:1 c.....g	0.002	0.000	6	A	1		0.001	0.001	
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.499		0	NC	4		1.244	0.809	
18:2 undifferentiated.....g	1.305	0.038	6	AS	1		1.083	0.704	
18:2 n-6 c,c.....g	1.280	0.038	6	A	1		1.063	0.691	
18:2 CLAs.....g	0.012	0.001	6	A	1		0.010	0.006	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.013	0.001	6	A	1		0.010	0.007	
18:3 undifferentiated.....g	0.061	0.004	6	AS	1		0.050	0.033	
18:3 n-3 c,c,c (ALA).....g	0.060	0.004	6	A	1		0.049	0.032	
18:3 n-6 c,c,c.....g	0.001	0.000	6	A	1		0.001	0.001	
18:3i.....g	0.000	0.000	6	A	1		0.000	0.000	
18:4.....g	0.002	0.000	6	A	1		0.001	0.001	
20:2 n-6 c,c.....g	0.011	0.000	6	A	1		0.009	0.006	
20:3 undifferentiated.....g	0.022	0.001	6	AS	1		0.018	0.012	
20:3 n-3.....g	0.001	0.000	6	A	1		0.001	0.001	
20:3 n-6.....g	0.021	0.001	6	A	1		0.017	0.011	
20:4 undifferentiated.....g	0.071	0.003	6	A	1		0.059	0.038	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	6	A	1		0.002	0.001	
21:5.....g									
22:4.....g	0.016	0.000	6	A	1		0.013	0.009	
22:5 n-3 (DPA).....g	0.006	0.000	6	A	1		0.005	0.003	
22:6 n-3 (DHA).....g	0.004	0.000	6	A	1		0.003	0.002	
Fatty acids, total trans.....g	0.104		0	NC	4		0.086	0.056	
Fatty acids, total trans-monoenoic.....g	0.091		0	NC	4		0.075	0.049	
Fatty acids, total trans-polyenoic.....g	0.013		0	NC	4		0.010	0.007	
Cholesterol.....mg	131	5.341	3	A	1		108	70	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.183		0	A	1		0.152	0.099	
Threonine.....g	0.791		0	A	1		0.656	0.427	
Isoleucine.....g	0.704		0	A	1		0.584	0.380	
Leucine.....g	1.461		0	A	1		1.213	0.789	
Lysine.....g	1.040		0	A	1		0.863	0.562	
Methionine.....g	0.347		0	A	1		0.288	0.187	
Cystine.....g	0.278		0	A	1		0.230	0.150	

NDB No. 21445

POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed

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			
Phenylalanine.....g	0.917		0	A	1	0.761	0.495
Tyrosine.....g	0.733		0	A	1	0.609	0.396
Valine.....g	0.873		0	A	1	0.725	0.472
Arginine.....g	1.355		0	A	1	1.125	0.732
Histidine.....g	0.571		0	A	1	0.474	0.308
Alanine.....g	1.365		0	A	1	1.133	0.737
Aspartic acid.....g	1.628		0	A	1	1.351	0.879
Glutamic acid.....g	5.605		0	A	1	4.652	3.027
Glycine.....g	2.015		0	A	1	1.672	1.088
Proline.....g	1.923		0	A	1	1.596	1.039
Serine.....g	0.934		0	A	1	0.775	0.504
Hydroxyproline.....g	0.633		0	BFPN	4	0.526	0.342

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 = 83g: 1 thigh thigh without skin

Measure 2 = 54g: 1 thigh bone and skin removed

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.021		0	RKI	6		4.572	2.807	1.364
4:0.....g	0.000		0	RKA	1		0.000	0.000	0.000
6:0.....g	0.000		0	RKA	1		0.000	0.000	0.000
8:0.....g	0.003		0	RKA	1		0.002	0.001	0.000
10:0.....g	0.009		0	RKA	1		0.005	0.003	0.002
12:0.....g	0.015		0	RKA	1		0.008	0.005	0.002
13:0.....g									
14:0.....g	0.400		0	RKA	1		0.228	0.140	0.068
15:0.....g	0.063		0	RKA	1		0.036	0.022	0.011
16:0.....g	4.874		0	RKA	1		2.778	1.706	0.829
17:0.....g	0.164		0	RKA	1		0.094	0.057	0.028
18:0.....g	2.456		0	RKA	1		1.400	0.860	0.417
20:0.....g	0.023		0	RKA	1		0.013	0.008	0.004
22:0.....g	0.010		0	RKA	1		0.006	0.004	0.002
24:0.....g	0.005		0	RKA	1		0.003	0.002	0.001
Fatty acids, total monounsaturated.....g	9.796		0	RKI	6		5.584	3.429	1.665
14:1.....g	0.108		0	RKA	1		0.062	0.038	0.018
15:1.....g	0.000		0	RKA	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.976		0	RKA	1		0.556	0.342	0.166
17:1.....g	0.095		0	RKA	1		0.054	0.033	0.016
18:1 undifferentiated.....g	8.504		0	RKA	1		4.847	2.976	1.446
20:1.....g	0.104		0	RKA	1		0.059	0.036	0.018
22:1 undifferentiated.....g	0.003		0	RKA	1		0.002	0.001	0.000
24:1 c.....g	0.006		0	RKA	1		0.003	0.002	0.001
Fatty acids, total polyunsaturated.....g	2.362		0	RKI	6		1.346	0.827	0.401
18:2 undifferentiated.....g	2.101		0	RKA	1		1.198	0.735	0.357
18:3 undifferentiated.....g	0.110		0	RKA	1		0.063	0.039	0.019
18:4.....g	0.003		0	RKA	1		0.001	0.001	0.000
20:2 n-6 c,c.....g	0.016		0	RKA	1		0.009	0.006	0.003
20:3 undifferentiated.....g	0.031		0	RKA	1		0.018	0.011	0.005
20:4 undifferentiated.....g	0.066		0	RKA	1		0.038	0.023	0.011
20:5 n-3 (EPA).....g	0.003		0	RKA	1		0.001	0.001	0.000
21:5.....g									
22:4.....g	0.018		0	RKA	1		0.011	0.006	0.003
22:5 n-3 (DPA).....g	0.008		0	RKA	1		0.004	0.003	0.001
22:6 n-3 (DHA).....g	0.004		0	RKA	1		0.002	0.001	0.001
Fatty acids, total trans.....g	0.791		0	RKI	6		0.451	0.277	0.134
Cholesterol.....mg	114		0	RKA	1		65	40	19
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.156		0	RKA	1		0.089	0.055	0.027
Threonine.....g	0.673		0	RKA	1		0.384	0.236	0.114
Isoleucine.....g	0.599		0	RKA	1		0.341	0.210	0.102
Leucine.....g	1.244		0	RKA	1		0.709	0.435	0.211
Lysine.....g	0.885		0	RKA	1		0.504	0.310	0.150
Methionine.....g	0.295		0	RKA	1		0.168	0.103	0.050
Cystine.....g	0.236		0	RKA	1		0.135	0.083	0.040
Phenylalanine.....g	0.780		0	RKA	1		0.445	0.273	0.133
Tyrosine.....g	0.624		0	RKA	1		0.356	0.218	0.106
Valine.....g	0.743		0	RKA	1		0.424	0.260	0.126
Arginine.....g	1.154		0	RKA	1		0.658	0.404	0.196
Histidine.....g	0.486		0	RKA	1		0.277	0.170	0.083
Alanine.....g	1.162		0	RKA	1		0.662	0.407	0.198
Aspartic acid.....g	1.386		0	RKA	1		0.790	0.485	0.236
Glutamic acid.....g	4.770		0	RKA	1		2.719	1.670	0.811
Glycine.....g	1.715		0	RKA	1		0.977	0.600	0.292
Proline.....g	1.637		0	RKA	1		0.933	0.573	0.278
Serine.....g	0.795		0	RKA	1		0.453	0.278	0.135
Hydroxyproline.....g	0.510		0	RKI	6		0.291	0.179	0.087

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. 21459

POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading

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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			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

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food, or similar food.

**Common Measures:**

Measure 1 = 57g: 1 wing, with skin

Measure 2 = 35g: 1 wing, without skin

Measure 3 = 17g: 1 wing, bone and skin removed

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21446

**POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed**

*Popeyes Chicken and Biscuits*

**Refuse:**72% Skin, subcutaneous fat and breading, 38%; Cartilage and bone, 32%; Handling loss, 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
<b>Proximates:</b>									
Water.....g	55.85	0.828	6	A	1		8.94		
Energy.....kcal	212		0	NC	4		34		
Energy.....kJ	888		0	NC	4		142		
Protein.....g	28.94	0.324	6	A	1		4.63		
Total lipid (fat).....g	9.42	0.698	6	A	1		1.51		
Ash.....g	2.89	0.136	6	A	1		0.46		
Carbohydrate, by difference.....g	2.90		0	NC	4		0.46		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	38	6.018	6	A	1		6		
Iron, Fe.....mg	0.92	0.019	6	A	1		0.15		
Magnesium, Mg.....mg	26	0.591	6	A	1		4		
Phosphorus, P.....mg	188	4.264	6	A	1		30		
Potassium, K.....mg	314	5.760	6	A	1		50		
Sodium, Na.....mg	814	45.365	6	A	1		130		
Zinc, Zn.....mg	2.02	0.056	6	A	1		0.32		
Copper, Cu.....mg	0.093	0.014	6	A	1		0.015		
Manganese, Mn.....mg	0.041	0.003	6	A	1		0.006		
Selenium, Se.....µg	42.7	4.103	3	A	1		6.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.098	0.007	3	A	1		0.016		
Riboflavin.....mg	0.297	0.009	3	A	1		0.047		
Niacin.....mg	8.127	0.530	3	A	1		1.300		
Pantothenic acid.....mg	1.350		2	A	1		0.216		
Vitamin B-6.....mg	0.300	0.006	3	A	1		0.048		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg	141.2		1	A	1		22.6		
Betaine.....mg	18.3		1	A	1		2.9		
Vitamin B-12.....µg	0.75	0.059	3	A	1		0.12		
Vitamin A, RAE.....µg	10		0	AS	1		2		
Vitamin A, IU.....IU	35		0	AS	1		6		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.39	0.057	3	A	1		0.06		
Tocopherol, beta.....mg	0.00	0.000	3	A	1		0.00		
Tocopherol, gamma.....mg	0.11	0.020	3	A	1		0.02		
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00		
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	0.07	0.002	3	A	1		0.01		
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									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.079		0	NC	4		0.493		
4:0.....g	0.000	0.000	6	A	1		0.000		
6:0.....g	0.000	0.000	6	A	1		0.000		
8:0.....g	0.000	0.000	6	A	1		0.000		



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
10:0.....g	0.002	0.000	6	A	1		0.000		
12:0.....g	0.006	0.001	6	A	1		0.001		
13:0.....g									
14:0.....g	0.111	0.009	6	A	1		0.018		
15:0.....g	0.017	0.001	6	A	1		0.003		
16:0.....g	2.050	0.167	6	A	1		0.328		
17:0.....g	0.039	0.004	6	A	1		0.006		
18:0.....g	0.834	0.060	6	A	1		0.133		
20:0.....g	0.010	0.001	6	A	1		0.002		
22:0.....g	0.006	0.000	6	A	1		0.001		
24:0.....g	0.004	0.000	6	A	1		0.001		
Fatty acids, total monounsaturated.....g	4.024		0	NC	4		0.644		
14:1.....g	0.031	0.002	6	A	1		0.005		
15:1.....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated.....g	0.480	0.036	6	AS	1		0.077		
16:1 c.....g	0.466	0.035	6	A	1		0.075		
16:1 t.....g	0.013	0.001	6	A	1		0.002		
17:1.....g	0.023	0.002	6	A	1		0.004		
18:1 undifferentiated.....g	3.430	0.285	6	AS	1		0.549		
18:1 c.....g	3.270	0.272	6	A	1		0.523		
18:1 t.....g	0.160	0.015	6	A	1		0.026		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.050	0.004	6	A	1		0.008		
22:1 undifferentiated.....g	0.002	0.000	6	AS	1		0.000		
22:1 c.....g	0.002	0.000	6	A	1		0.000		
22:1 t.....g	0.000	0.000	6	A	1		0.000		
24:1 c.....g	0.007	0.000	6	A	1		0.001		
Fatty acids, total polyunsaturated.....g	1.391		0	NC	4		0.222		
18:2 undifferentiated.....g	1.171	0.137	6	AS	1		0.187		
18:2 n-6 c,c.....g	1.134	0.134	6	A	1		0.181		
18:2 CLAs.....g	0.014	0.001	6	A	1		0.002		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.023	0.002	6	A	1		0.004		
18:3 undifferentiated.....g	0.053	0.007	6	AS	1		0.008		
18:3 n-3 c,c,c (ALA).....g	0.052	0.007	6	A	1		0.008		
18:3 n-6 c,c,c.....g	0.001	0.000	6	A	1		0.000		
18:3i.....g	0.000	0.000	6	A	1		0.000		
18:4.....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c.....g	0.013	0.001	6	A	1		0.002		
20:3 undifferentiated.....g	0.030	0.001	6	AS	1		0.005		
20:3 n-3.....g	0.001	0.000	6	A	1		0.000		
20:3 n-6.....g	0.030	0.001	6	A	1		0.005		
20:4 undifferentiated.....g	0.082	0.003	6	A	1		0.013		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	6	A	1		0.001		
21:5.....g									
22:4.....g	0.022	0.001	6	A	1		0.004		
22:5 n-3 (DPA).....g	0.009	0.000	6	A	1		0.001		
22:6 n-3 (DHA).....g	0.006	0.000	6	A	1		0.001		
Fatty acids, total trans.....g	0.196		0	NC	4		0.031		
Fatty acids, total trans-monoenoic.....g	0.173		0	NC	4		0.028		
Fatty acids, total trans-polyenoic.....g	0.023		0	NC	4		0.004		
Cholesterol.....mg	156	1.159	3	A	1		25		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.221		0	A	1		0.035		
Threonine.....g	0.955		0	A	1		0.153		
Isoleucine.....g	0.849		0	A	1		0.136		
Leucine.....g	1.764		0	A	1		0.282		
Lysine.....g	1.255		0	A	1		0.201		
Methionine.....g	0.419		0	A	1		0.067		
Cystine.....g	0.335		0	A	1		0.054		

NDB No. 21446

POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed

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			
Phenylalanine.....g	1.107		0	A	1	0.177		
Tyrosine.....g	0.886		0	A	1	0.142		
Valine.....g	1.054		0	A	1	0.169		
Arginine.....g	1.636		0	A	1	0.262		
Histidine.....g	0.689		0	A	1	0.110		
Alanine.....g	1.648		0	A	1	0.264		
Aspartic acid.....g	1.966		0	A	1	0.315		
Glutamic acid.....g	6.767		0	A	1	1.083		
Glycine.....g	2.432		0	A	1	0.389		
Proline.....g	2.322		0	A	1	0.372		
Serine.....g	1.127		0	A	1	0.180		
Hydroxyproline.....g	0.769		0	BFPN	4	0.123		

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 = 16g: 1 wing without skin, bone and breading

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21417

**POPEYES, Mild Chicken Strips, analyzed 2006**

*Popeyes Chicken and Biscuits*

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
<b>Proximates:</b>									
Water.....g	45.18	0.641	4	A	1		24.40		
Energy.....kcal	271		0	NC	4		146		
Energy.....kJ	1135		0	NC	4		613		
Protein.....g	19.20	0.393	4	A	1		10.37		
Total lipid (fat).....g	13.01	0.512	4	A	1		7.03		
Ash.....g	3.29	0.046	3	A	1		1.77		
Carbohydrate, by difference.....g	19.31		0	NC	4		10.43		
Fiber, total dietary.....g	0.8		2	A	1		0.5		
Sugars, total.....g	0.00		2	A	1		0.00		
Sucrose.....g	0.00		2	A	1		0.00		
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	18.15	0.603	4	A	1		9.80		
<b>Minerals:</b>									
Calcium, Ca.....mg	12	0.227	4	A	1		6		
Iron, Fe.....mg	0.91	0.084	4	A	1		0.49		
Magnesium, Mg.....mg	26	0.163	4	A	1		14		
Phosphorus, P.....mg	265	3.772	4	A	1		143		
Potassium, K.....mg	269	3.816	4	A	1		145		
Sodium, Na.....mg	922	18.085	4	A	1		498		
Zinc, Zn.....mg	0.59	0.006	4	A	1		0.32		
Copper, Cu.....mg	0.062	0.001	4	A	1		0.033		
Manganese, Mn.....mg	0.207	0.006	4	A	1		0.112		
Selenium, Se.....µg	19.7	0.411	4	A	1		10.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.120	0.014	4	A	1		0.065		
Riboflavin.....mg	0.122	0.009	4	A	1		0.066		
Niacin.....mg	8.317	0.406	4	A	1		4.491		
Pantothenic acid.....mg	1.060	0.040	4	A	1		0.572		
Vitamin B-6.....mg	0.486	0.019	4	A	1		0.263		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.11	0.019	4	A	1		0.06		
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									
<b>Lipids:</b>									

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	5.442		0	NC	4		2.938		
4:0.....g	0.004	0.001	4	A	1		0.002		
6:0.....g	0.005	0.002	4	A	1		0.003		
8:0.....g	0.004	0.000	4	A	1		0.002		
10:0.....g	0.016	0.004	4	A	1		0.008		
12:0.....g	0.008	0.001	4	A	1		0.004		
13:0.....g									
14:0.....g	0.313	0.011	4	A	1		0.169		
15:0.....g	0.051	0.002	4	A	1		0.027		
16:0.....g	3.052	0.056	4	A	1		1.648		
17:0.....g	0.150	0.004	4	A	1		0.081		
18:0.....g	1.761	0.053	4	A	1		0.951		
20:0.....g	0.017	0.001	4	A	1		0.009		
22:0.....g	0.013	0.002	4	A	1		0.007		
24:0.....g	0.048	0.035	4	A	1		0.026		
Fatty acids, total monounsaturated.....g	6.201		0	NC	4		3.348		
14:1.....g	0.087	0.004	4	A	1		0.047		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.618	0.022	4	AS	1		0.333		
16:1 c.....g	0.579	0.021	4	A	1		0.312		
16:1 t.....g	0.039	0.002	4	A	1		0.021		
17:1.....g	0.116	0.002	4	A	1		0.063		
18:1 undifferentiated.....g	5.279	0.075	4	AS	1		2.851		
18:1 c.....g	4.729	0.067	4	A	1		2.554		
18:1 t.....g	0.550	0.018	4	A	1		0.297		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.087	0.004	4	A	1		0.047		
22:1 undifferentiated.....g	0.009	0.003	4	AS	1		0.005		
22:1 c.....g	0.005	0.002	4	A	1		0.003		
22:1 t.....g	0.004	0.001	4	A	1		0.002		
24:1 c.....g	0.005	0.001	4	A	1		0.003		
Fatty acids, total polyunsaturated.....g	1.257		0	NC	4		0.679		
18:2 undifferentiated.....g	1.082	0.020	4	AS	1		0.584		
18:2 n-6 c,c.....g	0.943	0.021	4	A	1		0.509		
18:2 CLAs.....g	0.058	0.008	4	A	1		0.031		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.081	0.004	4	A	1		0.044		
18:3 undifferentiated.....g	0.013	0.002	4	AS	1		0.007		
18:3 n-3 c,c,c (ALA).....g	0.006	0.001	4	A	1		0.003		
18:3 n-6 c,c,c.....g	0.007	0.002	4	A	1		0.004		
18:3i.....g									
18:4.....g	0.018	0.004	4	A	1		0.010		
20:2 n-6 c,c.....g	0.012	0.002	4	A	1		0.006		
20:3 undifferentiated.....g	0.023	0.004	4	AS	1		0.013		
20:3 n-3.....g	0.003	0.001	4	A	1		0.001		
20:3 n-6.....g	0.021	0.003	4	A	1		0.011		
20:4 undifferentiated.....g	0.050	0.003	4	A	1		0.027		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.026	0.021	4	A	1		0.014		
21:5.....g									
22:4.....g	0.011	0.002	4	A	1		0.006		
22:5 n-3 (DPA).....g	0.006	0.002	4	A	1		0.003		
22:6 n-3 (DHA).....g	0.016	0.014	4	A	1		0.009		
Fatty acids, total trans.....g	0.675		0	NC	4		0.364		
Fatty acids, total trans-monoenoic.....g	0.593		0	NC	4		0.320		
Fatty acids, total trans-polyenoic.....g	0.081		0	NC	4		0.044		
Cholesterol.....mg	52	0.328	4	A	1		28		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.230		0	A	1		0.124		
Threonine.....g	0.770		0	A	1		0.416		
Isoleucine.....g	0.820		0	A	1		0.443		

NDB No. 21417

POPEYES, Mild Chicken Strips, analyzed 2006

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
			Points	Code	Code				
Leucine.....g	1.450		0	A	1		0.783		
Lysine.....g	1.360		0	A	1		0.734		
Methionine.....g	0.460		0	A	1		0.248		
Cystine.....g	0.260		0	A	1		0.140		
Phenylalanine.....g	0.780		0	A	1		0.421		
Tyrosine.....g	0.500		0	A	1		0.270		
Valine.....g	0.870		0	A	1		0.470		
Arginine.....g	1.100		0	A	1		0.594		
Histidine.....g	0.620		0	A	1		0.335		
Alanine.....g	1.010		0	A	1		0.545		
Aspartic acid.....g	1.600		0	A	1		0.864		
Glutamic acid.....g	3.960		0	A	1		2.138		
Glycine.....g	0.790		0	A	1		0.427		
Proline.....g	1.010		0	A	1		0.545		
Serine.....g	0.760		0	A	1		0.410		
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 = 54g: 1 strip

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21418

**POPEYES, Spicy Chicken Strips, analyzed 2006**

*Popeyes Chicken and Biscuits*

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
<b>Proximates:</b>									
Water.....g	47.11	0.975	4	A	1		24.97		
Energy.....kcal	253		0	NC	4		134		
Energy.....kJ	1060		0	NC	4		562		
Protein.....g	19.61	0.156	4	A	1		10.39		
Total lipid (fat).....g	11.20	0.503	4	A	1		5.94		
Ash.....g	3.56	0.034	4	A	1		1.89		
Carbohydrate, by difference.....g	18.52		0	NC	4		9.81		
Fiber, total dietary.....g	1.2		2	A	1		0.6		
Sugars, total.....g	0.00		2	A	1		0.00		
Sucrose.....g	0.00		2	A	1		0.00		
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	17.55	0.661	4	A	1		9.30		
<b>Minerals:</b>									
Calcium, Ca.....mg	12	0.125	4	A	1		6		
Iron, Fe.....mg	1.01	0.067	4	A	1		0.54		
Magnesium, Mg.....mg	28	0.596	4	A	1		15		
Phosphorus, P.....mg	276	8.190	4	A	1		146		
Potassium, K.....mg	289	8.396	4	A	1		153		
Sodium, Na.....mg	997	30.249	4	A	1		528		
Zinc, Zn.....mg	0.60	0.011	4	A	1		0.32		
Copper, Cu.....mg	0.071	0.002	4	A	1		0.038		
Manganese, Mn.....mg	0.222	0.004	4	A	1		0.117		
Selenium, Se.....µg	18.9	1.101	4	A	1		10.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.117	0.012	4	A	1		0.062		
Riboflavin.....mg	0.130	0.009	4	A	1		0.069		
Niacin.....mg	8.690	0.300	4	A	1		4.606		
Pantothenic acid.....mg	1.100	0.041	4	A	1		0.583		
Vitamin B-6.....mg	0.426	0.007	4	A	1		0.226		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.20	0.017	4	A	1		0.11		
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. 21418  
 POPEYES, Spicy Chicken Strips, analyzed 2006

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	4.743		0	NC	4		2.514		
4:0.....g	0.004	0.001	4	A	1		0.002		
6:0.....g	0.012	0.002	4	A	1		0.006		
8:0.....g	0.006	0.000	4	A	1		0.003		
10:0.....g	0.019	0.002	4	A	1		0.010		
12:0.....g	0.009	0.001	4	A	1		0.005		
13:0.....g									
14:0.....g	0.277	0.019	4	A	1		0.147		
15:0.....g	0.044	0.004	4	A	1		0.023		
16:0.....g	2.652	0.174	4	A	1		1.406		
17:0.....g	0.138	0.009	4	A	1		0.073		
18:0.....g	1.553	0.117	4	A	1		0.823		
20:0.....g	0.015	0.001	4	A	1		0.008		
22:0.....g	0.009	0.001	4	A	1		0.005		
24:0.....g	0.004	0.001	4	A	1		0.002		
Fatty acids, total monounsaturated.....g	5.321		0	NC	4		2.820		
14:1.....g	0.072	0.009	4	A	1		0.038		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.515	0.032	4	AS	1		0.273		
16:1 c.....g	0.495	0.038	4	A	1		0.262		
16:1 t.....g	0.021	0.008	4	A	1		0.011		
17:1.....g	0.102	0.008	4	A	1		0.054		
18:1 undifferentiated.....g	4.554	0.333	4	AS	1		2.414		
18:1 c.....g	4.076	0.291	4	A	1		2.160		
18:1 t.....g	0.478	0.045	4	A	1		0.254		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.067	0.008	4	A	1		0.035		
22:1 undifferentiated.....g	0.007	0.001	4	AS	1		0.004		
22:1 c.....g	0.005	0.001	4	A	1		0.002		
22:1 t.....g	0.003	0.001	4	A	1		0.001		
24:1 c.....g	0.003	0.001	4	A	1		0.002		
Fatty acids, total polyunsaturated.....g	1.112		0	NC	4		0.589		
18:2 undifferentiated.....g	0.977	0.059	4	AS	1		0.518		
18:2 n-6 c,c.....g	0.865	0.049	4	A	1		0.459		
18:2 CLAs.....g	0.045	0.004	4	A	1		0.024		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.066	0.007	4	A	1		0.035		
18:3 undifferentiated.....g	0.015	0.001	4	AS	1		0.008		
18:3 n-3 c,c,c (ALA).....g	0.008	0.001	4	A	1		0.004		
18:3 n-6 c,c,c.....g	0.007	0.000	4	A	1		0.004		
18:3i.....g									
18:4.....g	0.010	0.001	4	A	1		0.005		
20:2 n-6 c,c.....g	0.007	0.001	4	A	1		0.004		
20:3 undifferentiated.....g	0.023	0.002	4	AS	1		0.012		
20:3 n-3.....g	0.002	0.001	4	A	1		0.001		
20:3 n-6.....g	0.021	0.001	4	A	1		0.011		
20:4 undifferentiated.....g	0.055	0.002	4	A	1		0.029		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.000	4	A	1		0.002		
21:5.....g									
22:4.....g	0.011	0.001	4	A	1		0.006		
22:5 n-3 (DPA).....g	0.004	0.001	4	A	1		0.002		
22:6 n-3 (DHA).....g	0.004	0.000	4	A	1		0.002		
Fatty acids, total trans.....g	0.568		0	NC	4		0.301		
Fatty acids, total trans-monoenoic.....g	0.502		0	NC	4		0.266		
Fatty acids, total trans-polyenoic.....g	0.066		0	NC	4		0.035		
Cholesterol.....mg	53	1.529	4	A	1		28		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.235		0	A	1		0.125		
Threonine.....g	0.780		0	A	1		0.413		
Isoleucine.....g	0.809		0	A	1		0.429		

NDB No. 21418

POPEYES, Spicy Chicken Strips, analyzed 2006

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				
Leucine.....g	1.469		0	A	1		0.779		
Lysine.....g	1.389		0	A	1		0.736		
Methionine.....g	0.475		0	A	1		0.252		
Cystine.....g	0.262		0	A	1		0.139		
Phenylalanine.....g	0.787		0	A	1		0.417		
Tyrosine.....g	0.512		0	A	1		0.272		
Valine.....g	0.857		0	A	1		0.454		
Arginine.....g	1.097		0	A	1		0.581		
Histidine.....g	0.630		0	A	1		0.334		
Alanine.....g	1.012		0	A	1		0.536		
Aspartic acid.....g	1.647		0	A	1		0.873		
Glutamic acid.....g	3.562		0	A	1		1.888		
Glycine.....g	0.777		0	A	1		0.412		
Proline.....g	0.992		0	A	1		0.526		
Serine.....g	0.767		0	A	1		0.407		
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 = 53g: 1 strip

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	11.515		0	NC	4		6.909		
4:0.....g	0.014	0.000	3	A	1		0.008		
6:0.....g	0.007	0.000	3	A	1		0.004		
8:0.....g	0.009	0.000	3	A	1		0.006		
10:0.....g	0.014	0.001	3	A	1		0.008		
12:0.....g	0.064	0.002	3	A	1		0.039		
13:0.....g									
14:0.....g	0.235	0.004	3	A	1		0.141		
15:0.....g	0.016	0.000	3	A	1		0.009		
16:0.....g	9.706	0.113	3	A	1		5.824		
17:0.....g	0.026	0.001	3	A	1		0.015		
18:0.....g	1.298	0.071	3	A	1		0.779		
20:0.....g	0.077	0.003	3	A	1		0.046		
22:0.....g	0.030	0.003	3	A	1		0.018		
24:0.....g	0.019	0.001	3	A	1		0.012		
Fatty acids, total monounsaturated.....g	5.686		0	NC	4		3.411		
14:1.....g	0.001	0.001	3	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.025	0.001	3	AS	1		0.015		
16:1 c.....g	0.025	0.001	3	A	1		0.015		
16:1 t.....g	0.000	0.000	3	A	1		0.000		
17:1.....g	0.006	0.000	3	A	1		0.004		
18:1 undifferentiated.....g	5.621	0.155	3	AS	1		3.373		
18:1 c.....g	5.578	0.148	3	A	1		3.347		
18:1 t.....g	0.043	0.007	3	A	1		0.026		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.033	0.002	3	A	1		0.020		
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	4.379		0	NC	4		2.627		
18:2 undifferentiated.....g	3.957	0.495	3	AS	1		2.374		
18:2 n-6 c,c.....g	3.916	0.494	3	A	1		2.349		
18:2 CLAs.....g	0.011	0.000	3	A	1		0.007		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.030	0.001	3	A	1		0.018		
18:3 undifferentiated.....g	0.416	0.070	3	AS	1		0.249		
18:3 n-3 c,c,c (ALA).....g	0.401	0.069	3	A	1		0.241		
18:3 n-6 c,c,c.....g	0.015	0.001	3	A	1		0.009		
18:3i.....g	0.000	0.000	3	A	1		0.000		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.001	0.000	3	A	1		0.001		
20:3 undifferentiated.....g	0.001	0.001	3	AS	1		0.000		
20:3 n-3.....g	0.001	0.001	3	A	1		0.000		
20:3 n-6.....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated.....g	0.004	0.001	3	A	1		0.003		
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	0.000	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	0.073		0	NC	4		0.044		
Fatty acids, total trans-monoenoic.....g	0.043		0	NC	4		0.026		
Fatty acids, total trans-polyenoic.....g	0.030		0	NC	4		0.018		
Cholesterol.....mg	2		2	A	1		1		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.073		0	A	1		0.044		
Threonine.....g	0.178		0	A	1		0.107		

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	0.230		0	A	1	0.138		
Leucine.....g	0.439		0	A	1	0.264		
Lysine.....g	0.188		0	A	1	0.113		
Methionine.....g	0.105		0	A	1	0.063		
Cystine.....g	0.125		0	A	1	0.075		
Phenylalanine.....g	0.293		0	A	1	0.176		
Tyrosine.....g	0.157		0	A	1	0.094		
Valine.....g	0.272		0	A	1	0.163		
Arginine.....g	0.209		0	A	1	0.126		
Histidine.....g	0.125		0	A	1	0.075		
Alanine.....g	0.188		0	A	1	0.113		
Aspartic acid.....g	0.314		0	A	1	0.188		
Glutamic acid.....g	1.915		0	A	1	1.149		
Glycine.....g	0.188		0	A	1	0.113		
Proline.....g	0.649		0	A	1	0.389		
Serine.....g	0.283		0	A	1	0.170		
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 = 60g: 1 biscuit

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21224

Pizza, cheese topping, regular crust, frozen, 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	0.0	0.0	
Vitamin D.....IU	0		0	Z	7	0	0	0	
Vitamin K (phylloquinone).....µg	6.6		0	BFCN	4	5.3	10.0	9.6	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.272		0	NC	4	3.460	6.451	6.237	
4:0.....g	0.275		0	BFFN	4	0.223	0.416	0.402	
6:0.....g	0.053		0	BFFN	4	0.043	0.080	0.078	
8:0.....g	0.083		0	BFFN	4	0.067	0.125	0.121	
10:0.....g	0.112		2	A	1	0.091	0.169	0.164	
12:0.....g	0.152	0.005	7	A	1	0.123	0.229	0.221	
13:0.....g									
14:0.....g	0.453	0.043	8	A	1	0.367	0.685	0.662	
15:0.....g									
16:0.....g	2.039	0.145	8	A	1	1.652	3.079	2.977	
17:0.....g									
18:0.....g	1.105	0.134	8	A	1	0.895	1.668	1.613	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.246		0	NC	4	3.439	6.412	6.199	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.129	0.011	7	A	1	0.105	0.195	0.189	
17:1.....g									
18:1 undifferentiated.....g	4.092	0.517	8	A	1	3.314	6.179	5.974	
20:1.....g	0.025		0	BFFN	4	0.020	0.037	0.036	
22:1 undifferentiated.....g	0.000		0	BFFN	4	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.903		0	NC	4	1.541	2.873	2.778	
18:2 undifferentiated.....g	1.680	0.180	8	A	1	1.361	2.537	2.453	
18:3 undifferentiated.....g	0.167	0.025	7	A	1	0.135	0.252	0.244	
18:4.....g	0.041		0	BFFN	4	0.033	0.062	0.060	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0	BFFN	4	0.012	0.022	0.021	
20:5 n-3 (EPA).....g	0.000		0	BFFN	4	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFFN	4	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	14	0.369	5	A	1	12	22	21	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.170		2	A	1	0.137	0.256	0.247	
Threonine.....g	0.379		2	A	1	0.307	0.572	0.553	
Isoleucine.....g	0.469		2	A	1	0.379	0.707	0.684	
Leucine.....g	0.871		2	A	1	0.705	1.314	1.271	
Lysine.....g	0.589		2	A	1	0.477	0.889	0.859	
Methionine.....g	0.184		2	A	1	0.149	0.278	0.269	
Cystine.....g	0.106		2	A	1	0.085	0.159	0.154	
Phenylalanine.....g	0.529		2	A	1	0.428	0.799	0.772	
Tyrosine.....g	0.320		2	A	1	0.259	0.483	0.467	
Valine.....g	0.596		2	A	1	0.483	0.900	0.870	
Arginine.....g	0.398		2	A	1	0.322	0.601	0.581	
Histidine.....g	0.279		2	A	1	0.226	0.421	0.407	
Alanine.....g	0.328		2	A	1	0.265	0.495	0.478	
Aspartic acid.....g	0.645		2	A	1	0.522	0.973	0.941	
Glutamic acid.....g	2.852		2	A	1	2.310	4.306	4.163	
Glycine.....g	0.272		2	A	1	0.220	0.410	0.396	

NDB No. 21224

Pizza, cheese topping, regular crust, frozen, 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
Proline.....g	1.243		2	A	1	1.006	1.876	1.814
Serine.....g	0.558		2	A	1	0.452	0.842	0.814
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	BFCN	4	0.0	0.0	0.0
Caffeine.....mg	0		0	BFCN	4	0	0	0
Theobromine.....mg	0		0	BFCN	4	0	0	0

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**Common Measures:**

Measure 1 = 81g: 1 serving 9 servings per 24 oz package

Measure 2 = 151g: 1 serving 3 servings per 15.1 oz package

Measure 3 = 146g: 1 serving 2 servings per 9.8 oz package

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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



NDB No. 21225

Pizza, cheese topping, rising crust, frozen, 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	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	7.5		0	BFCN	4		10.4	11.1	62.4
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.825		0	NC	4		5.316	5.699	31.897
4:0.....g	0.197		0	BFFN	4		0.274	0.294	1.643
6:0.....g	0.038		0	BFFN	4		0.053	0.057	0.317
8:0.....g	0.059		0	BFFN	4		0.082	0.088	0.493
10:0.....g	0.122	0.012	3	A	1		0.169	0.181	1.015
12:0.....g	0.164	0.016	4	A	1		0.228	0.245	1.370
13:0.....g									
14:0.....g	0.517	0.040	4	A	1		0.719	0.771	4.314
15:0.....g									
16:0.....g	1.820	0.127	4	A	1		2.530	2.712	15.181
17:0.....g									
18:0.....g	0.907	0.056	4	A	1		1.261	1.351	7.564
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.198		0	NC	4		3.055	3.275	18.329
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.121	0.009	3	A	1		0.168	0.180	1.009
17:1.....g									
18:1 undifferentiated.....g	2.059	0.163	4	A	1		2.862	3.068	17.172
20:1.....g	0.018		0	BFFN	4		0.025	0.026	0.148
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.381		0	NC	4		1.920	2.058	11.521
18:2 undifferentiated.....g	1.155	0.185	4	A	1		1.605	1.720	9.629
18:3 undifferentiated.....g	0.187		1	A	1		0.260	0.279	1.560
18:4.....g	0.030		0	BFFN	4		0.041	0.044	0.247
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.010		0	BFFN	4		0.014	0.015	0.086
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	16	1.238	4	A	1		23	24	137
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.188		2	A	1		0.261	0.280	1.568
Threonine.....g	0.451		2	A	1		0.627	0.672	3.761
Isoleucine.....g	0.576		2	A	1		0.801	0.858	4.804
Leucine.....g	1.077		2	A	1		1.496	1.604	8.978
Lysine.....g	0.649		2	A	1		0.901	0.966	5.408
Methionine.....g	0.207		2	A	1		0.288	0.308	1.726
Cystine.....g	0.131		2	A	1		0.182	0.195	1.093
Phenylalanine.....g	0.661		2	A	1		0.918	0.984	5.509
Tyrosine.....g	0.382		2	A	1		0.530	0.568	3.182
Valine.....g	0.713		2	A	1		0.990	1.062	5.942
Arginine.....g	0.474		2	A	1		0.659	0.706	3.953
Histidine.....g	0.330		2	A	1		0.458	0.491	2.748
Alanine.....g	0.412		2	A	1		0.573	0.614	3.436
Aspartic acid.....g	0.754		2	A	1		1.047	1.123	6.284
Glutamic acid.....g	3.727		2	A	1		5.181	5.553	31.083
Glycine.....g	0.345		2	A	1		0.479	0.513	2.873



NDB No. 21225

Pizza, cheese topping, rising crust, frozen, 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
Proline.....g	1.557		2	A	1		2.164	2.319	12.981
Serine.....g	0.684		2	A	1		0.951	1.019	5.705
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFCN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFCN	4		0	0	0
Theobromine.....mg	0		0	BFCN	4		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 = 139g: 1 serving 6 servings per 29.25 oz package

Measure 2 = 149g: 1 serving 4 servings per 19.7 oz package

Measure 3 = 834g: 1 package 29.25 oz pizza

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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

NDB No. 21505

Pizza, cheese topping, thin crust, frozen, 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
<b>Proximates:</b>									
Water.....g	46.01	0.154	12	A	1		31.74	255.79	
Energy.....kcal	263		0	NC	4		181	1460	
Energy.....kJ	1098		0	NC	4		758	6105	
Protein.....g	11.91	0.089	12	A	1		8.22	66.23	
Total lipid (fat).....g	11.07	0.128	12	A	1		7.64	61.56	
Ash.....g	2.21	0.017	12	A	1		1.52	12.28	
Carbohydrate, by difference.....g	28.80		0	NC	4		19.87	160.13	
Fiber, total dietary.....g	3.0		2	A	1		2.1	16.7	
Sugars, total.....g	3.71	0.036	6	A	1		2.56	20.62	
Sucrose.....g	0.10	0.000	6	A	1		0.07	0.56	
Glucose (dextrose).....g	0.88	0.023	6	A	1		0.61	4.92	
Fructose.....g	1.25	0.028	6	A	1		0.86	6.97	
Lactose.....g	0.38	0.039	6	A	1		0.26	2.11	
Maltose.....g	0.85	0.028	6	A	1		0.59	4.75	
Galactose.....g	0.24	0.024	6	A	1		0.16	1.33	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	228	6.005	12	A	1		157	1266	
Iron, Fe.....mg	2.14	0.092	12	A	1		1.47	11.87	
Magnesium, Mg.....mg	24	0.335	12	A	1		17	134	
Phosphorus, P.....mg	215	1.793	12	A	1		148	1193	
Potassium, K.....mg	201	3.359	12	A	1		139	1118	
Sodium, Na.....mg	471	4.708	12	A	1		325	2620	
Zinc, Zn.....mg	1.49	0.029	12	A	1		1.03	8.28	
Copper, Cu.....mg	0.091	0.002	12	A	1		0.063	0.505	
Manganese, Mn.....mg	0.328	0.006	12	A	1		0.226	1.821	
Selenium, Se.....µg	21.4	0.520	3	A	1		14.8	119.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		1	A	1		0.1	0.7	
Thiamin.....mg	0.103	0.018	3	A	1		0.071	0.575	
Riboflavin.....mg	0.127	0.003	3	A	1		0.087	0.704	
Niacin.....mg	1.283	0.022	3	A	1		0.885	7.135	
Pantothenic acid.....mg	0.497	0.027	3	A	1		0.343	2.761	
Vitamin B-6.....mg	0.130	0.000	3	A	1		0.090	0.723	
Folate, total.....µg	87		0	BFNN	4		60	483	
Folic acid.....µg	51		0	BFNN	4		35	283	
Folate, food.....µg	36		0	BFNN	4		25	200	
Folate, DFE.....µg	122		0	NC	4		85	681	
Choline, total.....mg	18.9		0	BFZN	4		13.0	104.9	
Betaine.....mg									
Vitamin B-12.....µg	0.62	0.023	3	A	1		0.43	3.45	
Vitamin B-12, added.....µg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE.....µg	72		0	NC	4		50	399	
Retinol.....µg	64	3.665	3	A	1		44	354	
Carotene, beta.....µg	97		0	BFZN	4		67	540	
Carotene, alpha.....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0	0	
Vitamin A, IU.....IU	374		0	NC	4		258	2081	
Lycopene.....µg	2013		0	BFZN	4		1389	11194	
Lutein + zeaxanthin.....µg	30		0	BFZN	4		21	169	
Vitamin E (alpha-tocopherol).....mg	0.74	0.103	3	A	1		0.51	4.13	
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta.....mg	0.05	0.010	3	A	1		0.03	0.28	
Tocopherol, gamma.....mg	1.05	0.119	3	A	1		0.73	5.86	
Tocopherol, delta.....mg	0.30	0.018	3	A	1		0.21	1.69	
Tocotrienol, alpha.....mg	0.00	0.003	3	A	1		0.00	0.02	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	

NDB No. 21505

Pizza, cheese topping, thin crust, frozen, 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	0.01	0.007	3	A	1		0.00	0.04	
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	BFZN	4		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	NR	4		0	0	
Vitamin K (phylloquinone).....µg	4.2	0.259	3	A	1		2.9	23.3	
Dihydrophyloquinone.....µg	2.8	0.150	3	A	1		1.9	15.6	
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.698		0	NC	4		3.931	31.678	
4:0.....g	0.159	0.002	6	A	1		0.110	0.884	
6:0.....g	0.125	0.002	6	A	1		0.086	0.692	
8:0.....g	0.075	0.002	6	A	1		0.051	0.414	
10:0.....g	0.183	0.002	6	A	1		0.126	1.019	
12:0.....g	0.205	0.004	6	A	1		0.142	1.142	
13:0.....g									
14:0.....g	0.713	0.011	6	A	1		0.492	3.962	
15:0.....g	0.076	0.002	6	A	1		0.052	0.421	
16:0.....g	3.096	0.040	6	A	1		2.136	17.212	
17:0.....g	0.048	0.002	6	A	1		0.033	0.266	
18:0.....g	0.976	0.011	6	A	1		0.674	5.428	
20:0.....g	0.020	0.000	6	A	1		0.014	0.111	
22:0.....g	0.010	0.000	6	A	1		0.007	0.054	
24:0.....g	0.007	0.000	6	A	1		0.005	0.041	
Fatty acids, total monounsaturated.....g	3.028		0	NC	4		2.089	16.834	
14:1.....g	0.054	0.000	6	A	1		0.037	0.298	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.143	0.002	6	AS	1		0.098	0.793	
16:1 c.....g	0.123	0.002	6	A	1		0.085	0.682	
16:1 t.....g	0.020	0.000	6	A	1		0.014	0.111	
17:1.....g	0.010	0.000	6	A	1		0.007	0.056	
18:1 undifferentiated.....g	2.799	0.019	6	AS	1		1.931	15.561	
18:1 c.....g	2.609	0.017	6	A	1		1.800	14.506	
18:1 t.....g	0.190	0.002	6	A	1		0.131	1.055	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.021	0.001	6	A	1		0.015	0.118	
22:1 undifferentiated.....g	0.002	0.000	6	AS	1		0.001	0.009	
22:1 c.....g	0.002	0.000	6	A	1		0.001	0.009	
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.695		0	NC	4		1.169	9.423	
18:2 undifferentiated.....g	1.547	0.013	6	AS	1		1.067	8.600	
18:2 n-6 c,c.....g	1.432	0.013	6	A	1		0.988	7.960	
18:2 CLAs.....g	0.048	0.001	6	A	1		0.033	0.265	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.068	0.001	6	A	1		0.047	0.376	
18:3 undifferentiated.....g	0.110	0.002	6	AS	1		0.076	0.610	
18:3 n-3 c,c,c (ALA).....g	0.106	0.002	6	A	1		0.073	0.591	
18:3 n-6 c,c,c.....g	0.003	0.000	6	A	1		0.002	0.019	
18:3i.....g									
18:4.....g	0.002	0.000	6	A	1		0.001	0.012	
20:2 n-6 c,c.....g	0.004	0.000	6	A	1		0.003	0.022	
20:3 undifferentiated.....g	0.010	0.000	6	AS	1		0.007	0.055	
20:3 n-3.....g	0.000	0.000	6	A	1		0.000	0.001	
20:3 n-6.....g	0.009	0.000	6	A	1		0.007	0.053	
20:4 undifferentiated.....g	0.010	0.000	6	A	1		0.007	0.056	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	6	A	1		0.002	0.018	
21:5.....g									
22:4.....g	0.003	0.000	6	A	1		0.002	0.017	
22:5 n-3 (DPA).....g	0.006	0.000	6	A	1		0.004	0.031	

NDB No. 21505

Pizza, cheese topping, thin crust, frozen, 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					
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.002	
Fatty acids, total trans.....g	0.277		0	NC	4		0.191	1.542	
Fatty acids, total trans-monoenoic.....g	0.210		0	NC	4		0.145	1.166	
Fatty acids, total trans-polyenoic.....g	0.068		0	NC	4		0.047	0.376	
Cholesterol.....mg	21		2	A	1		15	118	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	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 = 69g: 1 slice

Measure 2 = 556g: 1 pie

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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	BFFN	4	0.0	0.0	0.0	
Vitamin D.....IU	0		0	BFFN	4	0	0	0	
Vitamin K (phylloquinone).....µg	8.2		0	BFFN	4	11.7	10.5	14.5	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.083		0	NC	4	7.269	6.557	8.997	
4:0.....g	0.194		0	BFFN	4	0.278	0.251	0.344	
6:0.....g	0.037		0	BFFN	4	0.054	0.048	0.066	
8:0.....g	0.052		0	BFFN	4	0.074	0.067	0.092	
10:0.....g	0.112		1	A	1	0.160	0.144	0.198	
12:0.....g	0.121	0.009	4	A	1	0.173	0.156	0.214	
13:0.....g									
14:0.....g	0.442	0.026	5	A	1	0.633	0.571	0.783	
15:0.....g									
16:0.....g	2.663	0.044	5	A	1	3.808	3.435	4.713	
17:0.....g									
18:0.....g	1.462	0.074	5	A	1	2.090	1.886	2.587	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.890		0	NC	4	8.423	7.598	10.425	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.273	0.011	5	A	1	0.390	0.352	0.483	
17:1.....g									
18:1 undifferentiated.....g	5.559	0.241	5	A	1	7.950	7.172	9.840	
20:1.....g	0.056		0	BFFN	4	0.080	0.072	0.099	
22:1 undifferentiated.....g	0.002		0	BFFN	4	0.002	0.002	0.003	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.578		0	NC	4	3.686	3.325	4.563	
18:2 undifferentiated.....g	2.291	0.226	5	A	1	3.276	2.955	4.055	
18:3 undifferentiated.....g	0.220	0.056	4	A	1	0.314	0.283	0.389	
18:4.....g	0.038		0	BFFN	4	0.054	0.049	0.067	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.029		0	BFFN	4	0.042	0.037	0.051	
20:5 n-3 (EPA).....g	0.000		0	BFFN	4	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4	0.000	0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFFN	4	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	16	2.147	3	A	1	23	21	29	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFFN	4	0.0	0.0	0.0	
Caffeine.....mg	0		0	BFFN	4	0	0	0	
Theobromine.....mg	0		0	BFFN	4	0	0	0	

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**Common Measures:**

Measure 1 = 143g: 1 serving 5 servings per 24.2 oz package

Measure 2 = 129g: 1 serving 5 servings per 22.85 oz package

Measure 3 = 177g: 1 serving 2 servings per 10.9 oz package

**NDB No. 21226**

**Pizza, meat and vegetable topping, regular crust, frozen, cooked**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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NDB No. 21227

Pizza, meat and vegetable topping, rising crust, frozen, cooked

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, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	BFFN	4		0.0	0.0	0.0
Vitamin D.....IU	0		0	BFFN	4		0	0	0
Vitamin K (phylloquinone).....µg	6.7		0	BFFN	4		11.3	9.9	9.2
Dihydrophylloquinone.....µg									
Menquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.586		0	NC	4		7.795	6.832	6.328
4:0.....g	0.158		0	BFFN	4		0.269	0.236	0.218
6:0.....g	0.030		0	BFFN	4		0.052	0.045	0.042
8:0.....g	0.042		0	BFFN	4		0.072	0.063	0.058
10:0.....g	0.100		0	BFFN	4		0.170	0.149	0.138
12:0.....g	0.126		1	A	1		0.214	0.188	0.174
13:0.....g									
14:0.....g	0.426		2	A	1		0.723	0.634	0.587
15:0.....g									
16:0.....g	2.418		2	A	1		4.111	3.603	3.337
17:0.....g									
18:0.....g	1.286		2	A	1		2.185	1.915	1.774
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.343		0	NC	4		7.383	6.471	5.993
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.281		2	A	1		0.478	0.419	0.388
17:1.....g									
18:1 undifferentiated.....g	4.015		2	A	1		6.826	5.982	5.541
20:1.....g	0.046		0	BFFN	4		0.078	0.068	0.063
22:1 undifferentiated.....g	0.001		0	BFFN	4		0.002	0.002	0.002
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.890		0	NC	4		3.213	2.816	2.608
18:2 undifferentiated.....g	1.669		2	A	1		2.837	2.487	2.303
18:3 undifferentiated.....g	0.167		2	A	1		0.283	0.248	0.230
18:4.....g	0.031		0	BFFN	4		0.052	0.046	0.043
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.024		0	BFFN	4		0.040	0.035	0.033
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	19		1	A	1		33	29	27
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFFN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFFN	4		0	0	0
Theobromine.....mg	0		0	BFFN	4		0	0	0

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**Common Measures:**

Measure 1 = 170g: 1 serving 6 servings per 34.98 oz package

Measure 2 = 149g: 1 serving 6 servings per 30.7 oz package

Measure 3 = 138g: 1 serving 3 servings per 14.3 oz package

**NDB No. 21227**

**Pizza, meat and vegetable topping, rising crust, frozen, cooked**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.283		0	NC	4		4.411	5.439	
4:0.....g	0.059	0.019	17	A	1		0.061	0.075	
6:0.....g	0.051	0.011	17	A	1		0.053	0.065	
8:0.....g	0.037	0.007	17	A	1		0.038	0.047	
10:0.....g	0.097	0.013	17	A	1		0.100	0.123	
12:0.....g	0.119	0.013	17	A	1		0.123	0.151	
13:0.....g									
14:0.....g	0.452	0.040	17	A	1		0.466	0.575	
15:0.....g	0.045	0.005	17	A	1		0.046	0.057	
16:0.....g	2.293	0.293	17	A	1		2.361	2.912	
17:0.....g	0.040	0.008	17	A	1		0.041	0.050	
18:0.....g	1.046	0.100	17	A	1		1.078	1.329	
20:0.....g	0.019	0.007	17	A	1		0.020	0.025	
22:0.....g	0.014	0.004	17	A	1		0.015	0.018	
24:0.....g	0.007	0.001	17	A	1		0.007	0.009	
Fatty acids, total monounsaturated.....g	3.355		0	NC	4		3.456	4.261	
14:1.....g	0.033	0.003	17	A	1		0.034	0.042	
15:1.....g	0.000	0.000	17	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.170	0.014	17	AS	1		0.175	0.215	
16:1 c.....g	0.156	0.010	17	A	1		0.160	0.198	
16:1 t.....g	0.014	0.004	17	A	1		0.014	0.018	
17:1.....g	0.011	0.011	17	A	1		0.012	0.014	
18:1 undifferentiated.....g	3.079	0.543	17	AS	1		3.172	3.911	
18:1 c.....g	2.945	0.523	17	A	1		3.034	3.741	
18:1 t.....g	0.134	0.020	17	A	1		0.138	0.170	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.053	0.017	17	A	1		0.055	0.068	
22:1 undifferentiated.....g	0.006	0.004	17	AS	1		0.006	0.008	
22:1 c.....g	0.006	0.004	17	A	1		0.006	0.008	
22:1 t.....g	0.000	0.000	17	A	1		0.000	0.000	
24:1 c.....g	0.002	0.000	17	A	1		0.002	0.002	
Fatty acids, total polyunsaturated.....g	2.496		0	NC	4		2.571	3.170	
18:2 undifferentiated.....g	2.195	0.619	17	AS	1		2.261	2.788	
18:2 n-6 c,c.....g	2.117	0.601	17	A	1		2.180	2.688	
18:2 CLAs.....g	0.032	0.006	17	A	1		0.033	0.041	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.046	0.012	17	A	1		0.048	0.059	
18:3 undifferentiated.....g	0.226	0.077	17	AS	1		0.233	0.287	
18:3 n-3 c,c,c (ALA).....g	0.223	0.077	17	A	1		0.230	0.283	
18:3 n-6 c,c,c.....g	0.003	0.000	17	A	1		0.003	0.004	
18:3i.....g									
18:4.....g	0.001	0.000	17	A	1		0.001	0.001	
20:2 n-6 c,c.....g	0.021	0.011	17	A	1		0.022	0.027	
20:3 undifferentiated.....g	0.014	0.003	17	AS	1		0.015	0.018	
20:3 n-3.....g	0.004	0.001	17	A	1		0.004	0.005	
20:3 n-6.....g	0.011	0.002	17	A	1		0.011	0.014	
20:4 undifferentiated.....g	0.018	0.008	17	A	1		0.019	0.023	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.001	17	A	1		0.003	0.003	
21:5.....g									
22:4.....g	0.009	0.000	17	A	1		0.010	0.012	
22:5 n-3 (DPA).....g	0.005	0.001	17	A	1		0.006	0.007	
22:6 n-3 (DHA).....g	0.001	0.000	17	A	1		0.001	0.002	
Fatty acids, total trans.....g	0.194		0	NC	4		0.200	0.247	
Fatty acids, total trans-monoenoic.....g	0.148		0	NC	4		0.152	0.188	
Fatty acids, total trans-polyenoic.....g	0.046		0	NC	4		0.048	0.059	
Cholesterol.....mg	21	2.442	9	A	1		22	27	
Phytosterols.....mg	0		0	Z	7		0	0	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFNN	4		0.0	0.0	
Caffeine.....mg	0		0	BFNN	4		0	0	

NDB No. 22902

Pizza, meat topping, thick crust, frozen, cooked

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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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Theobromine.....mg	0		0	BFNN	4		0		0

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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 = 103g: 1 slice 1/8 of 12" pizza

Measure 2 = 127g: 1 slice 1/8 of 14" pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



Pizza, pepperoni topping, regular crust, frozen, 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	BFFN	4		0.0	0.0	
Vitamin D.....IU	0		0	BFFN	4		0	0	
Vitamin K (phylloquinone).....µg	7.1		0	BFFN	4		9.0	37.7	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.827		0	NC	4		6.130	25.679	
4:0.....g	0.089	0.001	4	A	1		0.113	0.473	
6:0.....g	0.065	0.000	4	A	1		0.083	0.348	
8:0.....g	0.038	0.000	4	A	1		0.048	0.200	
10:0.....g	0.099	0.005	4	A	1		0.125	0.525	
12:0.....g	0.113	0.006	4	A	1		0.144	0.601	
13:0.....g									
14:0.....g	0.469	0.012	4	A	1		0.595	2.494	
15:0.....g	0.045	0.000	4	A	1		0.057	0.240	
16:0.....g	2.832	0.013	4	A	1		3.596	15.064	
17:0.....g	0.043	0.002	4	A	1		0.054	0.226	
18:0.....g	0.999	0.006	4	A	1		1.268	5.313	
20:0.....g	0.022	0.000	4	A	1		0.027	0.115	
22:0.....g	0.009	0.000	4	A	1		0.012	0.049	
24:0.....g	0.006	0.000	4	A	1		0.007	0.031	
Fatty acids, total monounsaturated.....g	4.100		0	NC	4		5.207	21.813	
14:1.....g	0.049	0.003	4	A	1		0.062	0.260	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.228	0.004	4	AS	1		0.290	1.213	
16:1 c.....g	0.213	0.005	4	A	1		0.270	1.131	
16:1 t.....g	0.015	0.001	4	A	1		0.020	0.082	
17:1.....g	0.019	0.001	4	A	1		0.025	0.104	
18:1 undifferentiated.....g	3.719	0.011	4	AS	1		4.723	19.783	
18:1 c.....g	3.570	0.005	4	A	1		4.534	18.994	
18:1 t.....g	0.148	0.006	4	A	1		0.189	0.790	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.066	0.003	4	A	1		0.084	0.352	
22:1 undifferentiated.....g	0.017	0.001	4	AS	1		0.021	0.090	
22:1 c.....g	0.017	0.001	4	A	1		0.021	0.089	
22:1 t.....g	0.000	0.000	4	A	1		0.000	0.001	
24:1 c.....g	0.002	0.000	4	A	1		0.003	0.012	
Fatty acids, total polyunsaturated.....g	2.700		0	NC	4		3.429	14.363	
18:2 undifferentiated.....g	2.482	0.046	4	AS	1		3.152	13.203	
18:2 n-6 c,c.....g	2.404	0.041	4	A	1		3.053	12.789	
18:2 CLAs.....g	0.032	0.003	4	A	1		0.040	0.168	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.046	0.002	4	A	1		0.059	0.246	
18:3 undifferentiated.....g	0.139	0.000	4	AS	1		0.177	0.740	
18:3 n-3 c,c,c (ALA).....g	0.134	0.000	4	A	1		0.170	0.712	
18:3 n-6 c,c,c.....g	0.005	0.000	4	A	1		0.006	0.027	
18:3i.....g	0.000	0.000	4	A	1		0.000	0.001	
18:4.....g	0.000	0.000	4	A	1		0.000	0.001	
20:2 n-6 c,c.....g	0.023	0.001	4	A	1		0.029	0.120	
20:3 undifferentiated.....g	0.013	0.000	4	AS	1		0.017	0.069	
20:3 n-3.....g	0.003	0.000	4	A	1		0.004	0.015	
20:3 n-6.....g	0.010	0.000	4	A	1		0.013	0.054	
20:4 undifferentiated.....g	0.025	0.001	4	A	1		0.031	0.132	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.000	4	A	1		0.005	0.019	
21:5.....g									
22:4.....g	0.008	0.000	4	A	1		0.010	0.040	
22:5 n-3 (DPA).....g	0.005	0.000	4	A	1		0.006	0.027	
22:6 n-3 (DHA).....g	0.001	0.001	4	A	1		0.001	0.005	
Fatty acids, total trans.....g	0.210		0	NC	4		0.267	1.119	
Fatty acids, total trans-monoenoic.....g	0.164		0	NC	4		0.208	0.873	

NDB No. 22903

Pizza, pepperoni topping, regular crust, frozen, 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	0.046		0	NC	4		0.059	0.246	
Cholesterol.....mg	27	0.132	5	A	1		35	146	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFFN	4		0.0	0.0	
Caffeine.....mg	0		0	BFFN	4		0	0	
Theobromine.....mg	0		0	BFFN	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 = 127g: .25 pizza 12" diameter

Measure 2 = 532g: 1 pizza 12" diameter

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.917		0	NC	4		2.837	5.675	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.004	0.000	3	A	1		0.005	0.011	
12:0.....g	0.003	0.000	3	A	1		0.005	0.010	
13:0.....g									
14:0.....g	0.060	0.002	3	A	1		0.089	0.179	
15:0.....g	0.004	0.000	3	A	1		0.005	0.011	
16:0.....g	1.254	0.014	3	A	1		1.855	3.711	
17:0.....g	0.014	0.000	3	A	1		0.021	0.041	
18:0.....g	0.554	0.025	3	A	1		0.820	1.641	
20:0.....g	0.013	0.000	3	A	1		0.020	0.039	
22:0.....g	0.007	0.001	3	A	1		0.010	0.021	
24:0.....g	0.004	0.000	3	A	1		0.006	0.012	
Fatty acids, total monounsaturated.....g	2.356		0	NC	4		3.487	6.974	
14:1.....g	0.001	0.000	3	A	1		0.002	0.004	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.120	0.004	3	AS	1		0.178	0.355	
16:1 c.....g	0.120	0.004	3	A	1		0.177	0.354	
16:1 t.....g	0.000	0.000	3	A	1		0.000	0.001	
17:1.....g	0.010	0.001	3	A	1		0.015	0.030	
18:1 undifferentiated.....g	2.180	0.033	3	AS	1		3.227	6.453	
18:1 c.....g	2.159	0.034	3	A	1		3.196	6.392	
18:1 t.....g	0.021	0.002	3	A	1		0.031	0.062	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.042	0.002	3	A	1		0.062	0.124	
22:1 undifferentiated.....g	0.002	0.000	3	AS	1		0.002	0.005	
22:1 c.....g	0.002	0.000	3	A	1		0.002	0.005	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.001	0.000	3	A	1		0.001	0.002	
Fatty acids, total polyunsaturated.....g	1.617		0	NC	4		2.394	4.787	
18:2 undifferentiated.....g	1.439	0.080	3	AS	1		2.130	4.260	
18:2 n-6 c,c.....g	1.421	0.078	3	A	1		2.103	4.205	
18:2 CLAs.....g	0.009	0.001	3	A	1		0.013	0.026	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.010	0.002	3	A	1		0.015	0.030	
18:3 undifferentiated.....g	0.105	0.002	3	AS	1		0.155	0.310	
18:3 n-3 c,c,c (ALA).....g	0.101	0.002	3	A	1		0.149	0.299	
18:3 n-6 c,c,c.....g	0.004	0.000	3	A	1		0.005	0.011	
18:3i.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.027	0.005	3	A	1		0.040	0.080	
20:3 undifferentiated.....g	0.011	0.002	3	AS	1		0.016	0.031	
20:3 n-3.....g	0.003	0.001	3	A	1		0.005	0.010	
20:3 n-6.....g	0.007	0.001	3	A	1		0.010	0.020	
20:4 undifferentiated.....g	0.021	0.002	3	A	1		0.031	0.061	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.001	
21:5.....g									
22:4.....g	0.009	0.002	3	A	1		0.014	0.027	
22:5 n-3 (DPA).....g	0.003	0.000	3	A	1		0.005	0.010	
22:6 n-3 (DHA).....g	0.002	0.000	3	A	1		0.002	0.005	
Fatty acids, total trans.....g	0.031		0	NC	4		0.046	0.092	
Fatty acids, total trans-monoenoic.....g	0.021		0	NC	4		0.031	0.063	
Fatty acids, total trans-polyenoic.....g	0.010		0	NC	4		0.015	0.030	
Cholesterol.....mg	13	0.840	3	A	1		19	39	
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

NDB No. 21161

SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato

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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	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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food, or similar food.

**Common Measures:**

Measure 1 = 148g: 6 inch sub

Measure 2 = 296g: 12 inch sub

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.570		0	NC	4		1.180	2.354	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	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		0.001	0.001	
12:0.....g	0.001	0.000	3	A	1		0.001	0.003	
13:0.....g									
14:0.....g	0.015	0.001	3	A	1		0.031	0.062	
15:0.....g	0.004	0.000	3	A	1		0.008	0.015	
16:0.....g	0.376	0.009	3	A	1		0.777	1.551	
17:0.....g	0.007	0.000	3	A	1		0.014	0.029	
18:0.....g	0.153	0.001	3	A	1		0.317	0.633	
20:0.....g	0.005	0.000	3	A	1		0.010	0.020	
22:0.....g	0.006	0.001	3	A	1		0.012	0.025	
24:0.....g	0.004	0.000	3	A	1		0.008	0.015	
Fatty acids, total monounsaturated.....g	0.615		0	NC	4		1.274	2.541	
14:1.....g	0.002	0.000	3	A	1		0.003	0.007	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.030	0.001	3	AS	1		0.063	0.125	
16:1 c.....g	0.030	0.001	3	A	1		0.061	0.122	
16:1 t.....g	0.001	0.001	3	A	1		0.001	0.003	
17:1.....g	0.005	0.000	3	A	1		0.010	0.020	
18:1 undifferentiated.....g	0.568	0.016	3	AS	1		1.175	2.344	
18:1 c.....g	0.545	0.016	3	A	1		1.127	2.249	
18:1 t.....g	0.023	0.001	3	A	1		0.047	0.095	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.009	0.001	3	A	1		0.019	0.038	
22:1 undifferentiated.....g	0.001	0.000	3	AS	1		0.002	0.004	
22:1 c.....g	0.001	0.000	3	A	1		0.002	0.004	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.001	0.000	3	A	1		0.001	0.003	
Fatty acids, total polyunsaturated.....g	0.844		0	NC	4		1.748	3.487	
18:2 undifferentiated.....g	0.744	0.021	3	AS	1		1.540	3.073	
18:2 n-6 c,c.....g	0.734	0.021	3	A	1		1.520	3.032	
18:2 CLAs.....g	0.003	0.000	3	A	1		0.006	0.012	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.007	0.001	3	A	1		0.014	0.029	
18:3 undifferentiated.....g	0.069	0.003	3	AS	1		0.143	0.285	
18:3 n-3 c,c,c (ALA).....g	0.067	0.003	3	A	1		0.138	0.275	
18:3 n-6 c,c,c.....g	0.002	0.000	3	A	1		0.005	0.010	
18:3i.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.003	0.000	3	A	1		0.006	0.012	
20:3 undifferentiated.....g	0.004	0.001	3	AS	1		0.009	0.018	
20:3 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6.....g	0.004	0.001	3	A	1		0.008	0.015	
20:4 undifferentiated.....g	0.014	0.001	3	A	1		0.029	0.058	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.001	3	A	1		0.002	0.004	
21:5.....g									
22:4.....g	0.005	0.001	3	A	1		0.011	0.022	
22:5 n-3 (DPA).....g	0.003	0.001	3	A	1		0.006	0.012	
22:6 n-3 (DHA).....g	0.001	0.001	3	A	1		0.001	0.003	
Fatty acids, total trans.....g	0.031		0	NC	4		0.063	0.126	
Fatty acids, total trans-monoenoic.....g	0.024		0	NC	4		0.049	0.097	
Fatty acids, total trans-polyenoic.....g	0.007		0	NC	4		0.014	0.029	
Cholesterol.....mg	16	0.186	3	A	1		33	66	
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

NDB No. 21152

SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato

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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	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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food, or similar food.

**Common Measures:**

Measure 1 = 207g: 6 inch sub

Measure 2 = 413g: 12 inch sub

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.626		0	NC	4		1.151	2.303	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.001	0.001	3	A	1		0.002	0.004	
12:0.....g	0.001	0.001	3	A	1		0.001	0.002	
13:0.....g									
14:0.....g	0.014	0.001	3	A	1		0.026	0.053	
15:0.....g	0.002	0.000	3	A	1		0.004	0.007	
16:0.....g	0.428	0.014	3	A	1		0.787	1.574	
17:0.....g	0.004	0.000	3	A	1		0.007	0.015	
18:0.....g	0.162	0.009	3	A	1		0.298	0.596	
20:0.....g	0.006	0.001	3	A	1		0.011	0.022	
22:0.....g	0.005	0.000	3	A	1		0.009	0.018	
24:0.....g	0.003	0.000	3	A	1		0.006	0.012	
Fatty acids, total monounsaturated.....g	0.763		0	NC	4		1.404	2.809	
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	0.039	0.002	3	AS	1		0.071	0.142	
16:1 c.....g	0.039	0.002	3	A	1		0.071	0.142	
16:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.003	0.000	3	A	1		0.006	0.011	
18:1 undifferentiated.....g	0.706	0.017	3	AS	1		1.300	2.599	
18:1 c.....g	0.701	0.017	3	A	1		1.289	2.578	
18:1 t.....g	0.006	0.000	3	A	1		0.010	0.021	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.014	0.001	3	A	1		0.026	0.051	
22:1 undifferentiated.....g	0.001	0.000	3	AS	1		0.002	0.004	
22:1 c.....g	0.001	0.000	3	A	1		0.002	0.004	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.001	0.001	
Fatty acids, total polyunsaturated.....g	0.831		0	NC	4		1.530	3.060	
18:2 undifferentiated.....g	0.735	0.026	3	AS	1		1.353	2.706	
18:2 n-6 c,c.....g	0.726	0.026	3	A	1		1.335	2.670	
18:2 CLAs.....g	0.002	0.001	3	A	1		0.004	0.009	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.007	0.000	3	A	1		0.013	0.027	
18:3 undifferentiated.....g	0.065	0.004	3	AS	1		0.119	0.238	
18:3 n-3 c,c,c (ALA).....g	0.062	0.004	3	A	1		0.114	0.228	
18:3 n-6 c,c,c.....g	0.003	0.000	3	A	1		0.005	0.010	
18:3i.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.006	0.001	3	A	1		0.011	0.022	
20:3 undifferentiated.....g	0.005	0.001	3	AS	1		0.009	0.018	
20:3 n-3.....g	0.001	0.000	3	A	1		0.002	0.004	
20:3 n-6.....g	0.004	0.001	3	A	1		0.007	0.015	
20:4 undifferentiated.....g	0.012	0.000	3	A	1		0.023	0.045	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.007	0.000	3	A	1		0.012	0.025	
22:5 n-3 (DPA).....g	0.001	0.000	3	A	1		0.002	0.005	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.001	0.001	
Fatty acids, total trans.....g	0.013		0	NC	4		0.024	0.048	
Fatty acids, total trans-monoenoic.....g	0.006		0	NC	4		0.010	0.021	
Fatty acids, total trans-polyenoic.....g	0.007		0	NC	4		0.013	0.027	
Cholesterol.....mg	12	0.326	3	A	1		23	46	
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



NDB No. 21209

SUBWAY, black forest ham sub on white bread with lettuce and tomato

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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	Source	Measure 1	Measure 2	Measure 3
			of Data	Confidence			
			Points	Code			

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food, or similar food.

**Common Measures:**

Measure 1 = 184g: 6 inch sub

Measure 2 = 368g: 12 inch sub

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21213

SUBWAY, cold cut sub on white bread w with lettuce and tomato

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.554		0	NC	4		6.965	13.895	
4:0.....g	0.013	0.006	3	A	1		0.025	0.051	
6:0.....g	0.009	0.004	3	A	1		0.017	0.034	
8:0.....g	0.006	0.003	3	A	1		0.012	0.023	
10:0.....g	0.024	0.007	3	A	1		0.046	0.092	
12:0.....g	0.023	0.008	3	A	1		0.046	0.091	
13:0.....g									
14:0.....g	0.178	0.030	3	A	1		0.348	0.695	
15:0.....g	0.016	0.003	3	A	1		0.031	0.062	
16:0.....g	2.077	0.100	3	A	1		4.071	8.121	
17:0.....g	0.041	0.003	3	A	1		0.081	0.161	
18:0.....g	1.138	0.058	3	A	1		2.231	4.451	
20:0.....g	0.017	0.000	3	A	1		0.034	0.068	
22:0.....g	0.008	0.000	3	A	1		0.016	0.031	
24:0.....g	0.004	0.000	3	A	1		0.008	0.016	
Fatty acids, total monounsaturated.....g	3.716		0	NC	4		7.283	14.529	
14:1.....g	0.017	0.003	3	A	1		0.033	0.065	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.191	0.008	3	AS	1		0.374	0.746	
16:1 c.....g	0.183	0.007	3	A	1		0.358	0.714	
16:1 t.....g	0.008	0.001	3	A	1		0.016	0.032	
17:1.....g	0.026	0.001	3	A	1		0.051	0.102	
18:1 undifferentiated.....g	3.408	0.097	3	AS	1		6.680	13.326	
18:1 c.....g	3.316	0.092	3	A	1		6.499	12.964	
18:1 t.....g	0.093	0.010	3	A	1		0.181	0.362	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.066	0.002	3	A	1		0.129	0.258	
22:1 undifferentiated.....g	0.008	0.000	3	AS	1		0.016	0.032	
22:1 c.....g	0.008	0.000	3	A	1		0.016	0.032	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.927		0	NC	4		3.776	7.533	
18:2 undifferentiated.....g	1.698	0.020	3	AS	1		3.328	6.638	
18:2 n-6 c,c.....g	1.665	0.023	3	A	1		3.264	6.511	
18:2 CLAs.....g	0.014	0.002	3	A	1		0.028	0.056	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.018	0.002	3	A	1		0.036	0.071	
18:3 undifferentiated.....g	0.107	0.002	3	AS	1		0.210	0.420	
18:3 n-3 c,c,c (ALA).....g	0.104	0.002	3	A	1		0.204	0.407	
18:3 n-6 c,c,c.....g	0.003	0.000	3	A	1		0.007	0.013	
18:3i.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.048	0.001	3	A	1		0.093	0.186	
20:3 undifferentiated.....g	0.017	0.002	3	AS	1		0.033	0.066	
20:3 n-3.....g	0.004	0.002	3	A	1		0.008	0.017	
20:3 n-6.....g	0.013	0.001	3	A	1		0.025	0.049	
20:4 undifferentiated.....g	0.036	0.002	3	A	1		0.070	0.139	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	3	A	1		0.002	0.004	
21:5.....g									
22:4.....g	0.013	0.001	3	A	1		0.026	0.052	
22:5 n-3 (DPA).....g	0.005	0.000	3	A	1		0.010	0.021	
22:6 n-3 (DHA).....g	0.002	0.000	3	A	1		0.003	0.007	
Fatty acids, total trans.....g	0.119		0	NC	4		0.234	0.466	
Fatty acids, total trans-monoenoic.....g	0.101		0	NC	4		0.198	0.394	
Fatty acids, total trans-polyenoic.....g	0.018		0	NC	4		0.036	0.071	
Cholesterol.....mg	27	0.775	3	A	1		54	107	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.100		0	A	1		0.196	0.392	
Threonine.....g	0.331		0	A	1		0.648	1.293	

NDB No. 21213

SUBWAY, cold cut sub on white bread with lettuce and tomato

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				
Isoleucine.....g	0.431		0	A	1		0.844	1.685	
Leucine.....g	0.752		0	A	1		1.473	2.938	
Lysine.....g	0.491		0	A	1		0.962	1.920	
Methionine.....g	0.210		0	A	1		0.412	0.822	
Cystine.....g									
Phenylalanine.....g	0.431		0	A	1		0.844	1.685	
Tyrosine.....g	0.260		0	A	1		0.510	1.018	
Valine.....g	0.501		0	A	1		0.982	1.959	
Arginine.....g	0.501		0	A	1		0.982	1.959	
Histidine.....g	0.301		0	A	1		0.589	1.175	
Alanine.....g	0.481		0	A	1		0.942	1.880	
Aspartic acid.....g	0.741		0	A	1		1.453	2.899	
Glutamic acid.....g	2.455		0	A	1		4.812	9.599	
Glycine.....g	0.451		0	A	1		0.884	1.763	
Proline.....g	1.022		0	A	1		2.003	3.996	
Serine.....g	0.411		0	A	1		0.805	1.606	
Hydroxyproline.....g	0.070		1	A	1		0.137	0.274	

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 = 196g: 6 inch sub

Measure 2 = 391g: 12 inch sub

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



SUBWAY, meatball marinara sub on white bread (no toppings)

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.124		0	NC	4		6.529	13.059	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.004	0.001	3	A	1		0.008	0.017	
12:0.....g	0.006	0.000	3	A	1		0.013	0.026	
13:0.....g									
14:0.....g	0.215	0.006	3	A	1		0.449	0.897	
15:0.....g	0.035	0.002	3	A	1		0.073	0.146	
16:0.....g	1.775	0.054	3	A	1		3.710	7.420	
17:0.....g	0.088	0.003	3	A	1		0.183	0.366	
18:0.....g	0.980	0.035	3	A	1		2.048	4.095	
20:0.....g	0.010	0.000	3	A	1		0.021	0.043	
22:0.....g	0.007	0.000	3	A	1		0.015	0.031	
24:0.....g	0.004	0.000	3	A	1		0.009	0.018	
Fatty acids, total monounsaturated.....g	3.573		0	NC	4		7.468	14.935	
14:1.....g	0.062	0.002	3	A	1		0.130	0.261	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.275	0.008	3	AS	1		0.574	1.148	
16:1 c.....g	0.255	0.008	3	A	1		0.533	1.066	
16:1 t.....g	0.020	0.001	3	A	1		0.041	0.082	
17:1.....g	0.059	0.002	3	A	1		0.122	0.245	
18:1 undifferentiated.....g	3.148	0.094	3	AS	1		6.579	13.158	
18:1 c.....g	2.784	0.088	3	A	1		5.818	11.637	
18:1 t.....g	0.364	0.014	3	A	1		0.761	1.521	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.027	0.001	3	A	1		0.057	0.114	
22:1 undifferentiated.....g	0.001	0.000	3	AS	1		0.003	0.006	
22:1 c.....g	0.001	0.000	3	A	1		0.003	0.006	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.001	0.000	3	A	1		0.002	0.004	
Fatty acids, total polyunsaturated.....g	1.125		0	NC	4		2.352	4.704	
18:2 undifferentiated.....g	0.998	0.054	3	AS	1		2.085	4.170	
18:2 n-6 c,c.....g	0.921	0.052	3	A	1		1.924	3.848	
18:2 CLAs.....g	0.040	0.001	3	A	1		0.083	0.166	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.037	0.002	3	A	1		0.078	0.156	
18:3 undifferentiated.....g	0.101	0.005	3	AS	1		0.210	0.421	
18:3 n-3 c,c,c (ALA).....g	0.096	0.005	3	A	1		0.201	0.403	
18:3 n-6 c,c,c.....g	0.004	0.001	3	A	1		0.008	0.017	
18:3i.....g	0.000	0.000	3	A	1		0.001	0.001	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.003	0.000	3	A	1		0.006	0.011	
20:3 undifferentiated.....g	0.006	0.001	3	AS	1		0.013	0.026	
20:3 n-3.....g	0.000	0.000	3	A	1		0.001	0.001	
20:3 n-6.....g	0.006	0.001	3	A	1		0.012	0.025	
20:4 undifferentiated.....g	0.009	0.001	3	A	1		0.019	0.037	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	3	A	1		0.002	0.004	
21:5.....g									
22:4.....g	0.005	0.001	3	A	1		0.010	0.021	
22:5 n-3 (DPA).....g	0.003	0.000	3	A	1		0.007	0.014	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.421		0	NC	4		0.880	1.760	
Fatty acids, total trans-monoenoic.....g	0.384		0	NC	4		0.802	1.603	
Fatty acids, total trans-polyenoic.....g	0.038		0	NC	4		0.079	0.157	
Cholesterol.....mg	15	0.627	3	A	1		32	64	
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

NDB No. 21157

SUBWAY, meatball marinara sub on white bread (no toppings)

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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	Source	Measure 1	Measure 2	Measure 3
			of Data Points	Confidence Code			

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food, or similar food.

**Common Measures:**

Measure 1 = 209g: 6 inch sub

Measure 2 = 418g: 12 inch sub

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.724		0	NC	4		1.433	2.865	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	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		0.001	0.001	
12:0.....g	0.000	0.000	3	A	1		0.001	0.001	
13:0.....g									
14:0.....g	0.010	0.002	3	A	1		0.020	0.039	
15:0.....g	0.002	0.000	3	A	1		0.004	0.008	
16:0.....g	0.549	0.068	3	A	1		1.088	2.175	
17:0.....g	0.003	0.001	3	A	1		0.006	0.012	
18:0.....g	0.145	0.016	3	A	1		0.286	0.573	
20:0.....g	0.005	0.001	3	A	1		0.010	0.020	
22:0.....g	0.006	0.001	3	A	1		0.012	0.024	
24:0.....g	0.003	0.000	3	A	1		0.006	0.012	
Fatty acids, total monounsaturated.....g	0.932		0	NC	4		1.845	3.691	
14:1.....g	0.002	0.001	3	A	1		0.005	0.009	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.094	0.015	3	AS	1		0.185	0.371	
16:1 c.....g	0.094	0.015	3	A	1		0.185	0.371	
16:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.002	0.001	3	A	1		0.004	0.008	
18:1 undifferentiated.....g	0.817	0.110	3	AS	1		1.617	3.234	
18:1 c.....g	0.809	0.108	3	A	1		1.601	3.202	
18:1 t.....g	0.008	0.002	3	A	1		0.016	0.031	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.016	0.002	3	A	1		0.031	0.062	
22:1 undifferentiated.....g	0.001	0.000	3	AS	1		0.002	0.004	
22:1 c.....g	0.001	0.000	3	A	1		0.002	0.004	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.001	0.000	3	A	1		0.002	0.004	
Fatty acids, total polyunsaturated.....g	0.952		0	NC	4		1.885	3.769	
18:2 undifferentiated.....g	0.841	0.060	3	AS	1		1.664	3.329	
18:2 n-6 c,c.....g	0.831	0.059	3	A	1		1.646	3.292	
18:2 CLAs.....g	0.003	0.000	3	A	1		0.005	0.011	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.007	0.000	3	A	1		0.013	0.026	
18:3 undifferentiated.....g	0.068	0.004	3	AS	1		0.135	0.270	
18:3 n-3 c,c,c (ALA).....g	0.066	0.004	3	A	1		0.131	0.261	
18:3 n-6 c,c,c.....g	0.002	0.000	3	A	1		0.005	0.009	
18:3i.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.004	0.000	3	A	1		0.008	0.016	
20:3 undifferentiated.....g	0.008	0.002	3	AS	1		0.015	0.030	
20:3 n-3.....g	0.001	0.000	3	A	1		0.001	0.003	
20:3 n-6.....g	0.007	0.002	3	A	1		0.014	0.028	
20:4 undifferentiated.....g	0.018	0.001	3	A	1		0.036	0.072	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	3	A	1		0.001	0.003	
21:5.....g									
22:4.....g	0.008	0.000	3	A	1		0.016	0.033	
22:5 n-3 (DPA).....g	0.002	0.000	3	A	1		0.004	0.008	
22:6 n-3 (DHA).....g	0.002	0.001	3	A	1		0.004	0.008	
Fatty acids, total trans.....g	0.015		0	NC	4		0.029	0.058	
Fatty acids, total trans-monoenoic.....g	0.008		0	NC	4		0.016	0.031	
Fatty acids, total trans-polyenoic.....g	0.007		0	NC	4		0.013	0.026	
Cholesterol.....mg	23	0.756	3	A	1		45	89	
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

NDB No. 21211

SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato

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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	Source	Measure 1	Measure 2	Measure 3
			of Data	Confidence			
			Points	Code			

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food, or similar food.

**Common Measures:**

Measure 1 = 198g: 6 inch sub

Measure 2 = 396g: 12 inch sub

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.972		0	NC	4		1.847	3.703	
4:0.....g	0.007	0.007	3	A	1		0.013	0.025	
6:0.....g	0.004	0.004	3	A	1		0.008	0.015	
8:0.....g	0.003	0.003	3	A	1		0.005	0.010	
10:0.....g	0.010	0.006	3	A	1		0.019	0.038	
12:0.....g	0.010	0.007	3	A	1		0.018	0.037	
13:0.....g									
14:0.....g	0.055	0.025	3	A	1		0.104	0.208	
15:0.....g	0.009	0.003	3	A	1		0.016	0.033	
16:0.....g	0.517	0.090	3	A	1		0.983	1.971	
17:0.....g	0.015	0.003	3	A	1		0.029	0.058	
18:0.....g	0.328	0.051	3	A	1		0.624	1.251	
20:0.....g	0.006	0.001	3	A	1		0.011	0.023	
22:0.....g	0.006	0.000	3	A	1		0.011	0.021	
24:0.....g	0.003	0.000	3	A	1		0.006	0.013	
Fatty acids, total monounsaturated.....g	0.789		0	NC	4		1.499	3.006	
14:1.....g	0.010	0.003	3	A	1		0.019	0.038	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.049	0.008	3	AS	1		0.094	0.188	
16:1 c.....g	0.045	0.007	3	A	1		0.085	0.170	
16:1 t.....g	0.005	0.001	3	A	1		0.009	0.018	
17:1.....g	0.010	0.001	3	A	1		0.020	0.039	
18:1 undifferentiated.....g	0.708	0.100	3	AS	1		1.345	2.697	
18:1 c.....g	0.669	0.092	3	A	1		1.270	2.547	
18:1 t.....g	0.039	0.009	3	A	1		0.075	0.150	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.009	0.002	3	A	1		0.018	0.036	
22:1 undifferentiated.....g	0.001	0.001	3	AS	1		0.001	0.003	
22:1 c.....g	0.001	0.001	3	A	1		0.001	0.003	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.002	0.002	3	A	1		0.003	0.006	
Fatty acids, total polyunsaturated.....g	0.718		0	NC	4		1.364	2.735	
18:2 undifferentiated.....g	0.617	0.014	3	AS	1		1.172	2.350	
18:2 n-6 c,c.....g	0.603	0.010	3	A	1		1.146	2.298	
18:2 CLAs.....g	0.006	0.002	3	A	1		0.011	0.023	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.008	0.002	3	A	1		0.015	0.029	
18:3 undifferentiated.....g	0.065	0.003	3	AS	1		0.123	0.246	
18:3 n-3 c,c,c (ALA).....g	0.063	0.004	3	A	1		0.120	0.241	
18:3 n-6 c,c,c.....g	0.001	0.001	3	A	1		0.003	0.005	
18:3i.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.001	0.001	3	A	1		0.002	0.004	
20:3 undifferentiated.....g	0.007	0.000	3	AS	1		0.013	0.025	
20:3 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6.....g	0.006	0.000	3	A	1		0.012	0.024	
20:4 undifferentiated.....g	0.014	0.000	3	A	1		0.027	0.053	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.001	3	A	1		0.007	0.014	
21:5.....g									
22:4.....g	0.003	0.000	3	A	1		0.006	0.013	
22:5 n-3 (DPA).....g	0.006	0.001	3	A	1		0.012	0.024	
22:6 n-3 (DHA).....g	0.001	0.000	3	A	1		0.003	0.005	
Fatty acids, total trans.....g	0.052		0	NC	4		0.098	0.197	
Fatty acids, total trans-monoenoic.....g	0.044		0	NC	4		0.084	0.168	
Fatty acids, total trans-polyenoic.....g	0.008		0	NC	4		0.015	0.029	
Cholesterol.....mg	18	0.751	3	A	1		35	70	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.143		0	A	1		0.273	0.547	
Threonine.....g	0.420		0	A	1		0.798	1.600	

NDB No. 21210

**SUBWAY, roast beef sub on white bread with lettuce and tomato**

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	0.553		0	A	1	1.051	2.108	
Leucine.....g	0.953		0	A	1	1.810	3.630	
Lysine.....g	0.697		0	A	1	1.324	2.655	
Methionine.....g	0.266		0	A	1	0.506	1.015	
Cystine.....g								
Phenylalanine.....g	0.522		0	A	1	0.993	1.990	
Tyrosine.....g	0.328		0	A	1	0.623	1.249	
Valine.....g	0.615		0	A	1	1.168	2.342	
Arginine.....g	0.645		0	A	1	1.226	2.459	
Histidine.....g	0.379		0	A	1	0.720	1.444	
Alanine.....g	0.604		0	A	1	1.148	2.303	
Aspartic acid.....g	0.932		0	A	1	1.772	3.552	
Glutamic acid.....g	2.828		0	A	1	5.373	10.774	
Glycine.....g	0.502		0	A	1	0.954	1.913	
Proline.....g	1.117		0	A	1	2.122	4.255	
Serine.....g	0.492		0	A	1	0.934	1.873	
Hydroxyproline.....g	0.060		1	A	1	0.114	0.228	

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: 6 inch sub

Measure 2 = 381g: 12 inch sub

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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			
	Mean	Std. Error	Number			Source Code	Confidence Code	measures of food		
			of Data Points	Deriv Code				Measure 1	Measure 2	Measure 3
<b>Lipids:</b>										
Fatty acids, total saturated.....g	2.032		0	NC		4		4.084		8.149
4:0.....g	0.031	0.006	3	A		1		0.063		0.125
6:0.....g	0.021	0.005	3	A		1		0.042		0.084
8:0.....g	0.012	0.003	3	A		1		0.023		0.047
10:0.....g	0.031	0.007	3	A		1		0.062		0.124
12:0.....g	0.039	0.008	3	A		1		0.079		0.158
13:0.....g										
14:0.....g	0.205	0.025	3	A		1		0.412		0.822
15:0.....g	0.025	0.002	3	A		1		0.051		0.101
16:0.....g	1.134	0.063	3	A		1		2.279		4.547
17:0.....g	0.037	0.001	3	A		1		0.075		0.149
18:0.....g	0.480	0.024	3	A		1		0.964		1.923
20:0.....g	0.008	0.000	3	A		1		0.015		0.031
22:0.....g	0.005	0.000	3	A		1		0.011		0.021
24:0.....g	0.004	0.000	3	A		1		0.008		0.016
Fatty acids, total monounsaturated.....g	1.736		0	NC		4		3.490		6.963
14:1.....g	0.033	0.002	3	A		1		0.067		0.134
15:1.....g	0.000	0.000	3	A		1		0.000		0.000
16:1 undifferentiated.....g	0.126	0.007	3	AS		1		0.253		0.505
16:1 c.....g	0.120	0.004	3	A		1		0.241		0.481
16:1 t.....g	0.006	0.003	3	A		1		0.012		0.024
17:1.....g	0.025	0.001	3	A		1		0.050		0.100
18:1 undifferentiated.....g	1.536	0.036	3	AS		1		3.087		6.159
18:1 c.....g	1.382	0.030	3	A		1		2.777		5.540
18:1 t.....g	0.154	0.006	3	A		1		0.310		0.619
18:1-11 t (18:1t n-7).....g										
20:1.....g	0.015	0.001	3	A		1		0.029		0.059
22:1 undifferentiated.....g	0.001	0.000	3	AS		1		0.002		0.004
22:1 c.....g	0.001	0.000	3	A		1		0.002		0.004
22:1 t.....g	0.000	0.000	3	A		1		0.000		0.000
24:1 c.....g	0.001	0.000	3	A		1		0.001		0.003
Fatty acids, total polyunsaturated.....g	0.844		0	NC		4		1.696		3.384
18:2 undifferentiated.....g	0.733	0.011	3	AS		1		1.472		2.937
18:2 n-6 c,c.....g	0.693	0.012	3	A		1		1.393		2.779
18:2 CLAs.....g	0.017	0.001	3	A		1		0.035		0.069
18:2 t,t.....g										
18:2 i.....g										
18:2 t not further defined.....g	0.022	0.000	3	A		1		0.045		0.089
18:3 undifferentiated.....g	0.070	0.000	3	AS		1		0.140		0.279
18:3 n-3 c,c,c (ALA).....g	0.067	0.001	3	A		1		0.135		0.270
18:3 n-6 c,c,c.....g	0.002	0.001	3	A		1		0.004		0.008
18:3i.....g	0.000	0.000	3	A		1		0.001		0.001
18:4.....g	0.000	0.000	3	A		1		0.000		0.000
20:2 n-6 c,c.....g	0.002	0.000	3	A		1		0.005		0.009
20:3 undifferentiated.....g	0.007	0.000	3	AS		1		0.014		0.028
20:3 n-3.....g	0.000	0.000	3	A		1		0.000		0.000
20:3 n-6.....g	0.007	0.000	3	A		1		0.014		0.028
20:4 undifferentiated.....g	0.019	0.002	3	A		1		0.039		0.077
20:4 n-6.....g										
20:5 n-3 (EPA).....g	0.002	0.000	3	A		1		0.005		0.009
21:5.....g										
22:4.....g	0.005	0.001	3	A		1		0.010		0.020
22:5 n-3 (DPA).....g	0.005	0.000	3	A		1		0.011		0.021
22:6 n-3 (DHA).....g	0.001	0.000	3	A		1		0.001		0.003
Fatty acids, total trans.....g	0.183		0	NC		4		0.367		0.733
Fatty acids, total trans-monoenoic.....g	0.160		0	NC		4		0.322		0.643
Fatty acids, total trans-polyenoic.....g	0.023		0	NC		4		0.045		0.091
Cholesterol.....mg	24	1.295	3	A		1		49		97
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

NDB No. 21159

SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato

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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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

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food, or similar food.

**Common Measures:**

Measure 1 = 201g: 6 inch sub

Measure 2 = 401g: 12 inch sub

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.505		0	NC	4		1.151	2.307	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.001	0.002	
10:0.....g	0.001	0.000	3	A	1		0.002	0.005	
12:0.....g	0.001	0.001	3	A	1		0.002	0.003	
13:0.....g									
14:0.....g	0.007	0.000	3	A	1		0.017	0.034	
15:0.....g	0.002	0.000	3	A	1		0.005	0.009	
16:0.....g	0.372	0.014	3	A	1		0.848	1.700	
17:0.....g	0.002	0.000	3	A	1		0.005	0.011	
18:0.....g	0.106	0.003	3	A	1		0.242	0.484	
20:0.....g	0.005	0.000	3	A	1		0.011	0.022	
22:0.....g	0.005	0.000	3	A	1		0.012	0.024	
24:0.....g	0.003	0.000	3	A	1		0.007	0.014	
Fatty acids, total monounsaturated.....g	0.642		0	NC	4		1.463	2.933	
14:1.....g	0.001	0.000	3	A	1		0.003	0.006	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.048	0.004	3	AS	1		0.110	0.221	
16:1 c.....g	0.048	0.004	3	A	1		0.110	0.221	
16:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.002	0.000	3	A	1		0.004	0.008	
18:1 undifferentiated.....g	0.564	0.031	3	AS	1		1.285	2.576	
18:1 c.....g	0.557	0.028	3	A	1		1.271	2.547	
18:1 t.....g	0.006	0.003	3	A	1		0.014	0.029	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.014	0.001	3	A	1		0.032	0.064	
22:1 undifferentiated.....g	0.011	0.001	3	AS	1		0.026	0.051	
22:1 c.....g	0.011	0.001	3	A	1		0.026	0.051	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.002	0.000	3	A	1		0.004	0.008	
Fatty acids, total polyunsaturated.....g	0.831		0	NC	4		1.894	3.796	
18:2 undifferentiated.....g	0.724	0.007	3	AS	1		1.651	3.310	
18:2 n-6 c,c.....g	0.717	0.007	3	A	1		1.635	3.278	
18:2 CLAs.....g	0.001	0.001	3	A	1		0.002	0.005	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.006	0.001	3	A	1		0.014	0.027	
18:3 undifferentiated.....g	0.063	0.001	3	AS	1		0.143	0.287	
18:3 n-3 c,c,c (ALA).....g	0.061	0.001	3	A	1		0.138	0.277	
18:3 n-6 c,c,c.....g	0.002	0.000	3	A	1		0.005	0.011	
18:3i.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.003	0.000	3	A	1		0.008	0.015	
20:3 undifferentiated.....g	0.005	0.001	3	AS	1		0.011	0.023	
20:3 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6.....g	0.005	0.001	3	A	1		0.011	0.023	
20:4 undifferentiated.....g	0.022	0.001	3	A	1		0.049	0.099	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	3	A	1		0.002	0.005	
21:5.....g									
22:4.....g	0.008	0.001	3	A	1		0.019	0.038	
22:5 n-3 (DPA).....g	0.003	0.000	3	A	1		0.007	0.014	
22:6 n-3 (DHA).....g	0.001	0.000	3	A	1		0.003	0.006	
Fatty acids, total trans.....g	0.012		0	NC	4		0.028	0.056	
Fatty acids, total trans-monoenoic.....g	0.006		0	NC	4		0.014	0.029	
Fatty acids, total trans-polyenoic.....g	0.006		0	NC	4		0.014	0.027	
Cholesterol.....mg	22	1.171	3	A	1		49	99	
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

NDB No. 21150

SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce

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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	Source	Measure 1	Measure 2	Measure 3
			of Data	Confidence			
		Points	Code	Code			

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food, or similar food.

**Common Measures:**

Measure 1 = 228g: 6 inch sub

Measure 2 = 457g: 12 inch sub

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.192		0	NC	4		5.196	10.391	
4:0.....g	0.005	0.005	3	A	1		0.012	0.024	
6:0.....g	0.003	0.003	3	A	1		0.007	0.015	
8:0.....g	0.002	0.002	3	A	1		0.004	0.009	
10:0.....g	0.008	0.006	3	A	1		0.018	0.036	
12:0.....g	0.006	0.006	3	A	1		0.015	0.030	
13:0.....g									
14:0.....g	0.038	0.016	3	A	1		0.091	0.182	
15:0.....g	0.008	0.001	3	A	1		0.018	0.036	
16:0.....g	1.368	0.070	3	A	1		3.242	6.484	
17:0.....g	0.017	0.001	3	A	1		0.040	0.079	
18:0.....g	0.644	0.023	3	A	1		1.526	3.052	
20:0.....g	0.039	0.004	3	A	1		0.092	0.184	
22:0.....g	0.039	0.003	3	A	1		0.091	0.183	
24:0.....g	0.016	0.001	3	A	1		0.039	0.077	
Fatty acids, total monounsaturated.....g	2.835		0	NC	4		6.719	13.439	
14:1.....g	0.002	0.002	3	A	1		0.004	0.009	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.037	0.003	3	AS	1		0.088	0.177	
16:1 c.....g	0.035	0.003	3	A	1		0.082	0.165	
16:1 t.....g	0.003	0.000	3	A	1		0.006	0.012	
17:1.....g	0.008	0.001	3	A	1		0.019	0.039	
18:1 undifferentiated.....g	2.739	0.193	3	AS	1		6.490	12.981	
18:1 c.....g	2.727	0.196	3	A	1		6.464	12.927	
18:1 t.....g	0.011	0.003	3	A	1		0.027	0.054	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.046	0.011	3	A	1		0.110	0.220	
22:1 undifferentiated.....g	0.003	0.001	3	AS	1		0.007	0.013	
22:1 c.....g	0.003	0.001	3	A	1		0.007	0.013	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	6.897		0	NC	4		16.345	32.690	
18:2 undifferentiated.....g	5.939	0.523	3	AS	1		14.075	28.150	
18:2 n-6 c,c.....g	5.902	0.521	3	A	1		13.988	27.976	
18:2 CLAs.....g	0.005	0.001	3	A	1		0.011	0.022	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.032	0.008	3	A	1		0.076	0.151	
18:3 undifferentiated.....g	0.770	0.070	3	AS	1		1.825	3.651	
18:3 n-3 c,c,c (ALA).....g	0.736	0.066	3	A	1		1.745	3.491	
18:3 n-6 c,c,c.....g	0.034	0.004	3	A	1		0.080	0.160	
18:3i.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.003	0.002	3	A	1		0.008	0.016	
20:2 n-6 c,c.....g	0.006	0.000	3	A	1		0.014	0.028	
20:3 undifferentiated.....g	0.001	0.001	3	AS	1		0.002	0.004	
20:3 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6.....g	0.001	0.001	3	A	1		0.002	0.004	
20:4 undifferentiated.....g	0.022	0.002	3	A	1		0.052	0.103	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.025	0.009	3	A	1		0.060	0.119	
21:5.....g									
22:4.....g	0.003	0.000	3	A	1		0.007	0.015	
22:5 n-3 (DPA).....g	0.004	0.001	3	A	1		0.010	0.021	
22:6 n-3 (DHA).....g	0.123	0.025	3	A	1		0.291	0.581	
Fatty acids, total trans.....g	0.046		0	NC	4		0.108	0.217	
Fatty acids, total trans-monoenoic.....g	0.014		0	NC	4		0.033	0.066	
Fatty acids, total trans-polyenoic.....g	0.032		0	NC	4		0.076	0.151	
Cholesterol.....mg	28	2.195	3	A	1		66	133	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.118		0	A	1		0.279	0.559	
Threonine.....g	0.440		0	A	1		1.042	2.084	

NDB No. 21214

SUBWAY, tuna sub on white bread with lettuce and tomato

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				
Isoleucine.....g	0.547		0	A	1		1.296	2.592	
Leucine.....g	0.901		0	A	1		2.135	4.270	
Lysine.....g	0.729		0	A	1		1.728	3.457	
Methionine.....g	0.300		0	A	1		0.712	1.423	
Cystine.....g									
Phenylalanine.....g	0.515		0	A	1		1.220	2.440	
Tyrosine.....g	0.343		0	A	1		0.813	1.626	
Valine.....g	0.643		0	A	1		1.525	3.050	
Arginine.....g	0.601		0	A	1		1.423	2.847	
Histidine.....g	0.686		0	A	1		1.626	3.253	
Alanine.....g	0.590		0	A	1		1.398	2.796	
Aspartic acid.....g	0.965		0	A	1		2.287	4.575	
Glutamic acid.....g	2.434		0	A	1		5.769	11.539	
Glycine.....g	0.493		0	A	1		1.169	2.338	
Proline.....g	0.965		0	A	1		2.287	4.575	
Serine.....g	0.482		0	A	1		1.144	2.287	
Hydroxyproline.....g	0.000		1	A	1		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 = 237g: 6 inch sub

Measure 2 = 474g: 12 inch sub

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



SUBWAY, turkey breast sub on white bread with lettuce and tomato

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.476		0	NC	4		0.875	1.745	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	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		0.001	0.001	
12:0.....g	0.001	0.000	3	A	1		0.001	0.002	
13:0.....g									
14:0.....g	0.007	0.000	3	A	1		0.013	0.026	
15:0.....g	0.003	0.000	3	A	1		0.005	0.010	
16:0.....g	0.339	0.017	3	A	1		0.623	1.243	
17:0.....g	0.004	0.000	3	A	1		0.007	0.015	
18:0.....g	0.107	0.006	3	A	1		0.197	0.393	
20:0.....g	0.005	0.000	3	A	1		0.009	0.018	
22:0.....g	0.006	0.000	3	A	1		0.012	0.023	
24:0.....g	0.004	0.000	3	A	1		0.007	0.015	
Fatty acids, total monounsaturated.....g	0.521		0	NC	4		0.958	1.911	
14:1.....g	0.001	0.001	3	A	1		0.001	0.002	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.020	0.003	3	AS	1		0.037	0.073	
16:1 c.....g	0.020	0.003	3	A	1		0.037	0.073	
16:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.002	0.000	3	A	1		0.004	0.007	
18:1 undifferentiated.....g	0.486	0.030	3	AS	1		0.894	1.783	
18:1 c.....g	0.478	0.030	3	A	1		0.879	1.754	
18:1 t.....g	0.008	0.001	3	A	1		0.015	0.029	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.011	0.000	3	A	1		0.019	0.039	
22:1 undifferentiated.....g	0.001	0.000	3	AS	1		0.002	0.004	
22:1 c.....g	0.001	0.000	3	A	1		0.002	0.004	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.001	0.000	3	A	1		0.001	0.002	
Fatty acids, total polyunsaturated.....g	1.037		0	NC	4		1.907	3.804	
18:2 undifferentiated.....g	0.919	0.027	3	AS	1		1.690	3.371	
18:2 n-6 c,c.....g	0.908	0.027	3	A	1		1.670	3.331	
18:2 CLAs.....g	0.001	0.001	3	A	1		0.002	0.005	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.010	0.001	3	A	1		0.018	0.035	
18:3 undifferentiated.....g	0.088	0.001	3	AS	1		0.162	0.323	
18:3 n-3 c,c,c (ALA).....g	0.084	0.001	3	A	1		0.155	0.309	
18:3 n-6 c,c,c.....g	0.004	0.000	3	A	1		0.007	0.013	
18:3i.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.003	0.000	3	A	1		0.005	0.010	
20:3 undifferentiated.....g	0.002	0.001	3	AS	1		0.004	0.009	
20:3 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6.....g	0.002	0.001	3	A	1		0.004	0.009	
20:4 undifferentiated.....g	0.014	0.001	3	A	1		0.025	0.050	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	3	A	1		0.001	0.002	
21:5.....g									
22:4.....g	0.008	0.000	3	A	1		0.014	0.028	
22:5 n-3 (DPA).....g	0.002	0.000	3	A	1		0.004	0.007	
22:6 n-3 (DHA).....g	0.001	0.000	3	A	1		0.002	0.004	
Fatty acids, total trans.....g	0.018		0	NC	4		0.032	0.065	
Fatty acids, total trans-monoenoic.....g	0.008		0	NC	4		0.015	0.029	
Fatty acids, total trans-polyenoic.....g	0.010		0	NC	4		0.018	0.035	
Cholesterol.....mg	10	0.144	3	A	1		19	37	
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



NDB No. 21207

SUBWAY, turkey breast sub on white bread with lettuce and tomato

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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	Source	Measure 1	Measure 2	Measure 3
			of Data	Confidence			
			Points	Code			

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food, or similar food.

**Common Measures:**

Measure 1 = 184g: 6 inch sub

Measure 2 = 367g: 12 inch sub

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21611

School Lunch, chicken nuggets, whole grain breaded

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.830		0	LC	8		2.490		
4:0.....g	0.001		0	FLC	4		0.001		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.004		0	FLC	4		0.003		
10:0.....g	0.003		0	FLC	4		0.003		
12:0.....g	0.005		0	FLC	4		0.004		
13:0.....g									
14:0.....g	0.041		0	FLC	4		0.036		
15:0.....g									
16:0.....g	2.191		0	FLC	4		1.928		
17:0.....g									
18:0.....g	0.494		0	FLC	4		0.435		
20:0.....g	0.036		0	FLC	4		0.032		
22:0.....g	0.022		0	FLC	4		0.020		
24:0.....g	0.015		0	FLC	4		0.013		
Fatty acids, total monounsaturated.....g	3.593		0	LC	8		3.162		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.273		0	FLC	4		0.240		
17:1.....g									
18:1 undifferentiated.....g	3.248		0	FLC	4		2.858		
20:1.....g	0.052		0	FLC	4		0.045		
22:1 undifferentiated.....g	0.003		0	FLC	4		0.003		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.189		0	LC	8		3.686		
18:2 undifferentiated.....g	3.865		0	FLC	4		3.401		
18:3 undifferentiated.....g	0.267		0	FLC	4		0.235		
18:4.....g	0.001		0	FLC	4		0.001		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.026		0	FLC	4		0.023		
20:5 n-3 (EPA).....g	0.002		0	FLC	4		0.002		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.003		0	FLC	4		0.002		
22:6 n-3 (DHA).....g	0.002		0	FLC	4		0.002		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	50		0	LC	8		44		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		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 = 88g: 5 pieces

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 21 Fast Foods

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



NDB No. 21610  
 School Lunch, chicken patty, whole grain breaded

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.642		0	LC	8		2.272		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLC	4		0.000		
15:0.....g									
16:0.....g	2.162		0	FLC	4		1.859		
17:0.....g									
18:0.....g	0.481		0	FLC	4		0.413		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	4.396		0	LC	8		3.780		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.361		0	FLC	4		0.310		
17:1.....g									
18:1 undifferentiated.....g	4.035		0	FLC	4		3.470		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.593		0	LC	8		5.670		
18:2 undifferentiated.....g	6.419		0	FLC	4		5.520		
18:3 undifferentiated.....g	0.175		0	FLC	4		0.150		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	36		0	LC	8		31		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		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 = 86g: 1 patty

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21145

School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen

The Schwan Food Company

school lunch

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
<b>Proximates:</b>									
Water.....g	48.02		1	MC	9		74.43	59.54	
Energy.....kcal	243		1	MC	9		377	302	
Energy.....kJ	1018		0	MC	9		1578	1262	
Protein (N x 6.25).....g	13.89		1	MC	9		21.53	17.22	
Total lipid (fat).....g	8.81		1	MC	9		13.66	10.92	
Ash.....g	2.18		1	MC	9		3.38	2.70	
Carbohydrate, by difference.....g	27.10		1	MC	9		42.01	33.60	
Fiber, total dietary.....g	2.7		1	MC	9		4.2	3.4	
Sugars, total.....g	4.77		1	MC	9		7.39	5.91	
Sucrose.....g									
Glucose (dextrose).....g	1.34		1	MC	9		2.08	1.66	
Fructose.....g	0.95		1	MC	9		1.47	1.18	
Lactose.....g	0.59		1	MC	9		0.91	0.73	
Maltose.....g	1.89		1	MC	9		2.93	2.34	
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	183		1	MC	9		284	227	
Iron, Fe.....mg	2.50		1	MC	9		3.88	3.10	
Magnesium, Mg.....mg	38		1	MC	9		59	47	
Phosphorus, P.....mg	270		1	MC	9		419	335	
Potassium, K.....mg	288		1	MC	9		446	357	
Sodium, Na.....mg	400		1	MC	9		620	496	
Zinc, Zn.....mg	1.74		1	MC	9		2.70	2.16	
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		1	MC	9		0.6	0.5	
Thiamin.....mg	0.230		1	MC	9		0.357	0.285	
Riboflavin.....mg	0.170		1	MC	9		0.264	0.211	
Niacin.....mg	3.080		1	MC	9		4.774	3.819	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.099		1	MC	9		0.153	0.123	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.00		1	MC	9		3.09	2.47	
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	217		1	MC	9		336	269	
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. 21145

School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen

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	4.140		1	MC	9		6.417	5.134	
Fatty acids, total monounsaturated.....g	2.290		1	MC	9		3.550	2.840	
Fatty acids, total polyunsaturated.....g	1.040		1	MC	9		1.612	1.290	
Fatty acids, total trans.....g	0.300		1	MC	9		0.465	0.372	
Cholesterol.....mg	18		1	MC	9		27	22	
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 slice 1/8 per pizza

Measure 2 = 124g: 1 slice 1/10 per pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21146

School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen

The Schwan Food Company

school lunch

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
<b>Proximates:</b>									
Water.....g	47.57		1	MC	9		74.21	58.99	
Energy.....kcal	248		1	MC	9		387	307	
Energy.....kJ	1037		0	MC	9		1618	1286	
Protein (N x 6.25).....g	13.63		1	MC	9		21.26	16.90	
Total lipid (fat).....g	9.33		1	MC	9		14.55	11.57	
Ash.....g	2.12		1	MC	9		3.31	2.63	
Carbohydrate, by difference.....g	27.35		1	MC	9		42.67	33.91	
Fiber, total dietary.....g	4.1		1	MC	9		6.3	5.0	
Sugars, total.....g	3.83		1	MC	9		5.97	4.75	
Sucrose.....g									
Glucose (dextrose).....g	0.80		1	MC	9		1.25	0.99	
Fructose.....g	1.04		1	MC	9		1.62	1.29	
Lactose.....g	0.76		1	MC	9		1.19	0.94	
Maltose.....g	1.23		1	MC	9		1.92	1.53	
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	147		1	MC	9		229	182	
Iron, Fe.....mg	2.40		1	MC	9		3.74	2.98	
Magnesium, Mg.....mg	39		1	MC	9		60	48	
Phosphorus, P.....mg	290		1	MC	9		452	360	
Potassium, K.....mg	293		1	MC	9		457	363	
Sodium, Na.....mg	450		1	MC	9		702	558	
Zinc, Zn.....mg	1.83		1	MC	9		2.85	2.27	
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		1	MC	9		0.3	0.2	
Thiamin.....mg	0.200		1	MC	9		0.312	0.248	
Riboflavin.....mg	0.270		1	MC	9		0.421	0.335	
Niacin.....mg	2.393		1	MC	9		3.733	2.967	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.136		1	MC	9		0.212	0.169	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.13		1	MC	9		1.76	1.40	
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	244		1	MC	9		381	303	
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. 21146

School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen

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	3.990		1	MC	9	6.224	4.948	
Fatty acids, total monounsaturated.....g	2.750		1	MC	9	4.290	3.410	
Fatty acids, total polyunsaturated.....g	1.150		1	MC	9	1.794	1.426	
Fatty acids, total trans.....g	0.290		1	MC	9	0.452	0.360	
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 = 156g: 1 slice 1/8 per pizza

Measure 2 = 124g: 1 slice 1/10 per pizza

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21149

School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen

The Schwan Food Company

school lunch

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
<b>Proximates:</b>									
Water.....g	50.20		1	MC	9		45.68		
Energy.....kcal	240		1	MC	9		218		
Energy.....kJ	1004		0	MC	9		914		
Protein (N x 6.25).....g	10.39		1	MC	9		9.45		
Total lipid (fat).....g	10.04		1	MC	9		9.14		
Ash.....g	2.38		1	MC	9		2.17		
Carbohydrate, by difference.....g	26.99		1	MC	9		24.56		
Fiber, total dietary.....g	2.0		1	MC	9		1.8		
Sugars, total.....g	5.87		1	MC	9		5.34		
Sucrose.....g									
Glucose (dextrose).....g	1.08		1	MC	9		0.98		
Fructose.....g	1.32		1	MC	9		1.20		
Lactose.....g	0.75		1	MC	9		0.68		
Maltose.....g	2.72		1	MC	9		2.48		
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	176		1	MC	9		160		
Iron, Fe.....mg	2.10		1	MC	9		1.91		
Magnesium, Mg.....mg	28		1	MC	9		25		
Phosphorus, P.....mg	210		1	MC	9		191		
Potassium, K.....mg	229		1	MC	9		208		
Sodium, Na.....mg	600		1	MC	9		546		
Zinc, Zn.....mg	1.94		1	MC	9		1.77		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
Thiamin.....mg	0.260		1	MC	9		0.237		
Riboflavin.....mg	0.280		1	MC	9		0.255		
Niacin.....mg	3.125		1	MC	9		2.844		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.097		1	MC	9		0.088		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.03		1	MC	9		0.94		
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	395		1	MC	9		359		
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. 21149

School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen

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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 saturated.....g	3.470		1	MC	9		3.158		
Fatty acids, total monounsaturated.....g	2.470		1	MC	9		2.248		
Fatty acids, total polyunsaturated.....g	2.980		1	MC	9		2.712		
Fatty acids, total trans.....g	0.170		1	MC	9		0.155		
Cholesterol.....mg	20		1	MC	9		18		
Phytosterols.....mg									

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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 piece 3.2 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21147

School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen

The Schwan Food Company

school lunch

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
<b>Proximates:</b>									
Water.....g	48.83		1	MC	9		63.48		
Energy.....kcal	233		1	MC	9		303		
Energy.....kJ	975		0	MC	9		1268		
Protein (N x 6.25).....g	12.08		1	MC	9		15.70		
Total lipid (fat).....g	7.51		1	MC	9		9.76		
Ash.....g	2.31		1	MC	9		3.00		
Carbohydrate, by difference.....g	29.27		1	MC	9		38.05		
Fiber, total dietary.....g	3.8		1	MC	9		5.0		
Sugars, total.....g	6.76		1	MC	9		8.79		
Sucrose.....g									
Glucose (dextrose).....g	2.04		1	MC	9		2.65		
Fructose.....g	2.10		1	MC	9		2.73		
Lactose.....g	0.81		1	MC	9		1.05		
Maltose.....g	1.81		1	MC	9		2.35		
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	207		1	MC	9		269		
Iron, Fe.....mg	2.40		1	MC	9		3.12		
Magnesium, Mg.....mg	48		1	MC	9		63		
Phosphorus, P.....mg	300		1	MC	9		390		
Potassium, K.....mg	331		1	MC	9		430		
Sodium, Na.....mg	400		1	MC	9		520		
Zinc, Zn.....mg	1.87		1	MC	9		2.43		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
Thiamin.....mg	0.270		1	MC	9		0.351		
Riboflavin.....mg	0.330		1	MC	9		0.429		
Niacin.....mg	2.846		1	MC	9		3.700		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.155		1	MC	9		0.202		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.42		1	MC	9		1.84		
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	324		1	MC	9		421		
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. 21147

School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen

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	2.790		1	MC	9	3.627		
Fatty acids, total monounsaturated.....g	1.700		1	MC	9	2.210		
Fatty acids, total polyunsaturated.....g	2.300		1	MC	9	2.990		
Fatty acids, total trans.....g	0.200		1	MC	9	0.260		
Cholesterol.....mg	12		1	MC	9	15		
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 = 130g: 1 piece 4" x 6"

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21148

School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen

The Schwan Food Company

school lunch

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
<b>Proximates:</b>									
Water.....g	48.47		1	MC	9		61.56		
Energy.....kcal	238		1	MC	9		302		
Energy.....kJ	994		0	MC	9		1262		
Protein (N x 6.25).....g	12.14		1	MC	9		15.42		
Total lipid (fat).....g	8.19		1	MC	9		10.40		
Ash.....g	2.36		1	MC	9		3.00		
Carbohydrate, by difference.....g	28.84		1	MC	9		36.63		
Fiber, total dietary.....g	4.1		1	MC	9		5.2		
Sugars, total.....g	7.24		1	MC	9		9.19		
Sucrose.....g									
Glucose (dextrose).....g	1.92		1	MC	9		2.44		
Fructose.....g	2.07		1	MC	9		2.63		
Lactose.....g	0.67		1	MC	9		0.85		
Maltose.....g	2.58		1	MC	9		3.28		
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	192		1	MC	9		244		
Iron, Fe.....mg	2.60		1	MC	9		3.30		
Magnesium, Mg.....mg	49		1	MC	9		62		
Phosphorus, P.....mg	300		1	MC	9		381		
Potassium, K.....mg	363		1	MC	9		461		
Sodium, Na.....mg	470		1	MC	9		597		
Zinc, Zn.....mg	2.38		1	MC	9		3.02		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
Thiamin.....mg	0.330		1	MC	9		0.419		
Riboflavin.....mg	0.320		1	MC	9		0.406		
Niacin.....mg	3.543		1	MC	9		4.500		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.178		1	MC	9		0.226		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.05		1	MC	9		2.61		
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	379		1	MC	9		481		
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. 21148

School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen

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	2.810		1	MC	9	3.569		
Fatty acids, total monounsaturated.....g	2.120		1	MC	9	2.692		
Fatty acids, total polyunsaturated.....g	2.230		1	MC	9	2.832		
Fatty acids, total trans.....g	0.180		1	MC	9	0.229		
Cholesterol.....mg	12		1	MC	9	15		
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 = 127g: 1 piece 4"x6"

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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





NDB No. 21601

School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, 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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.358		0	BFYN	4		5.404	6.755	
4:0.....g	0.132		0	FLM	4		0.164	0.205	
6:0.....g	0.111		0	FLM	4		0.138	0.172	
8:0.....g	0.070		0	FLM	4		0.087	0.109	
10:0.....g	0.168		0	FLM	4		0.208	0.260	
12:0.....g	0.191		0	FLM	4		0.236	0.295	
13:0.....g									
14:0.....g	0.612		0	FLM	4		0.759	0.949	
15:0.....g									
16:0.....g	1.962		0	FLM	4		2.433	3.042	
17:0.....g									
18:0.....g	0.771		0	FLM	4		0.956	1.195	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.411		0	BFYN	4		2.989	3.736	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.098		0	FLM	4		0.122	0.152	
17:1.....g									
18:1 undifferentiated.....g	1.996		0	FLM	4		2.475	3.094	
20:1.....g	0.018		0	FLM	4		0.022	0.027	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.095		0	BFYN	4		1.357	1.697	
18:2 undifferentiated.....g	0.835		0	FLM	4		1.035	1.294	
18:3 undifferentiated.....g	0.077		0	FLM	4		0.096	0.120	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.010		0	FLM	4		0.013	0.016	
20:5 n-3 (EPA).....g	0.002		0	FLM	4		0.002	0.003	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.004		0	FLM	4		0.005	0.006	
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g	0.316		0	BFYN	4		0.392	0.489	
Cholesterol.....mg	19		0	BFYN	4		23	29	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	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 = 124g: 1 slice per 1/10 pizza

Measure 2 = 155g: 1 slice per 1/8 pizza

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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



NDB No. 21600

School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.000		0	NC	4		5.200		
4:0.....g	0.138		0	FLM	4		0.179		
6:0.....g	0.116		0	FLM	4		0.151		
8:0.....g	0.073		0	FLM	4		0.095		
10:0.....g	0.175		0	FLM	4		0.228		
12:0.....g	0.199		0	FLM	4		0.259		
13:0.....g									
14:0.....g	0.640		0	FLM	4		0.832		
15:0.....g									
16:0.....g	1.921		0	FLM	4		2.497		
17:0.....g									
18:0.....g	0.737		0	FLM	4		0.958		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.837		0	NC	4		2.388		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.104		0	FLM	4		0.135		
17:1.....g									
18:1 undifferentiated.....g	1.719		0	FLM	4		2.234		
20:1.....g	0.015		0	FLM	4		0.019		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.745		0	NC	4		0.969		
18:2 undifferentiated.....g	0.662		0	FLM	4		0.860		
18:3 undifferentiated.....g	0.067		0	FLM	4		0.087		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.011		0	FLM	4		0.014		
20:5 n-3 (EPA).....g	0.002		0	FLM	4		0.003		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.004		0	FLM	4		0.005		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0	BFYN	4		16		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		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 = 130g: 1 piece 4"x6"

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 21 Fast Foods**

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.219		0	NC	4		5.231	6.581	
4:0.....g	0.120		0	FLM	4		0.149	0.187	
6:0.....g	0.101		0	FLM	4		0.125	0.157	
8:0.....g	0.063		0	FLM	4		0.079	0.099	
10:0.....g	0.153		0	FLM	4		0.190	0.239	
12:0.....g	0.174		0	FLM	4		0.216	0.272	
13:0.....g									
14:0.....g	0.600		0	FLM	4		0.744	0.936	
15:0.....g									
16:0.....g	2.114		0	FLM	4		2.622	3.298	
17:0.....g									
18:0.....g	0.894		0	FLM	4		1.108	1.394	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.890		0	NC	4		3.584	4.508	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.149		0	FLM	4		0.185	0.233	
17:1.....g									
18:1 undifferentiated.....g	2.315		0	FLM	4		2.870	3.611	
20:1.....g	0.024		0	FLM	4		0.030	0.037	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.210		0	NC	4		1.500	1.888	
18:2 undifferentiated.....g	0.701		0	FLM	4		0.869	1.093	
18:3 undifferentiated.....g	0.062		0	FLM	4		0.077	0.097	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0	FLM	4		0.018	0.022	
20:5 n-3 (EPA).....g	0.002		0	FLM	4		0.002	0.003	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.004		0	FLM	4		0.005	0.007	
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	24		0	FLM	4		30	38	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	

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**Common Measures:**

Measure 1 = 124g: 1 slice per 1/10 pizza

Measure 2 = 156g: 1 slice per 1/8 pizza

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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



NDB No. 21602

School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, 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					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.810		0	FLM	4		3.569		
4:0.....g	0.089		0	FLM	4		0.113		
6:0.....g	0.075		0	FLM	4		0.096		
8:0.....g	0.047		0	FLM	4		0.060		
10:0.....g	0.114		0	FLM	4		0.144		
12:0.....g	0.129		0	FLM	4		0.164		
13:0.....g									
14:0.....g	0.422		0	FLM	4		0.536		
15:0.....g									
16:0.....g	1.324		0	FLM	4		1.682		
17:0.....g									
18:0.....g	0.521		0	FLM	4		0.661		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.120		0	FLM	4		2.692		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.118		0	FLM	4		0.150		
17:1.....g									
18:1 undifferentiated.....g	1.905		0	FLM	4		2.420		
20:1.....g	0.017		0	FLM	4		0.022		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.230		0	FLM	4		2.832		
18:2 undifferentiated.....g	1.954		0	FLM	4		2.482		
18:3 undifferentiated.....g	0.188		0	FLM	4		0.239		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.023		0	FLM	4		0.029		
20:4 undifferentiated.....g	0.033		0	FLM	4		0.042		
20:5 n-3 (EPA).....g	0.006		0	FLM	4		0.007		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.011		0	FLM	4		0.014		
22:6 n-3 (DHA).....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.262		0	FLM	4		0.332		
Cholesterol.....mg	24		0	FLM	4		30		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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**Common Measures:**

Measure 1 = 127g: 1 piece 4"x6"

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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





NDB No. 21605

School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.219		0	FLC	4		5.442		
4:0.....g	0.112		0	FLC	4		0.145		
6:0.....g	0.094		0	FLC	4		0.122		
8:0.....g	0.059		0	FLC	4		0.077		
10:0.....g	0.142		0	FLC	4		0.184		
12:0.....g	0.164		0	FLC	4		0.211		
13:0.....g									
14:0.....g	0.542		0	FLC	4		0.699		
15:0.....g									
16:0.....g	2.148		0	FLC	4		2.771		
17:0.....g									
18:0.....g	0.782		0	FLC	4		1.009		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.890		0	FLC	4		3.728		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.292		0	FLC	4		0.376		
17:1.....g									
18:1 undifferentiated.....g	2.493		0	FLC	4		3.216		
20:1.....g	0.015		0	FLC	4		0.020		
22:1 undifferentiated.....g	0.003		0	FLC	4		0.003		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.210		0	FLC	4		1.561		
18:2 undifferentiated.....g	1.069		0	FLC	4		1.379		
18:3 undifferentiated.....g	0.085		0	FLC	4		0.109		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.032		0	FLC	4		0.041		
20:5 n-3 (EPA).....g	0.001		0	FLC	4		0.002		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.006		0	FLC	4		0.008		
22:6 n-3 (DHA).....g	0.005		0	FLC	4		0.007		
Fatty acids, total trans.....g	0.150		0	FLC	4		0.194		
Cholesterol.....mg	26		0	FLC	4		34		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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**Common Measures:**

Measure 1 = 129g: 1 slice per 1/10 pizza

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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



NDB No. 21604

School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.488		0	BFYN	4		4.639		
4:0.....g	0.112		0	FLM	4		0.149		
6:0.....g	0.094		0	FLM	4		0.125		
8:0.....g	0.059		0	FLM	4		0.079		
10:0.....g	0.142		0	FLM	4		0.189		
12:0.....g	0.162		0	FLM	4		0.216		
13:0.....g									
14:0.....g	0.524		0	FLM	4		0.697		
15:0.....g	0.054		0	FLM	4		0.072		
16:0.....g	1.675		0	FLM	4		2.228		
17:0.....g									
18:0.....g	0.636		0	FLM	4		0.846		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.244		0	FLM	4		2.984		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.154		0	FLM	4		0.205		
17:1.....g									
18:1 undifferentiated.....g	1.991		0	FLM	4		2.648		
20:1.....g	0.016		0	FLM	4		0.021		
22:1 undifferentiated.....g	0.001		0	FLM	4		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.986		0	FLM	4		1.311		
18:2 undifferentiated.....g	0.864		0	FLM	4		1.149		
18:3 undifferentiated.....g	0.081		0	FLM	4		0.108		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.019		0	FLM	4		0.025		
20:5 n-3 (EPA).....g	0.002		0	FLM	4		0.003		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.005		0	FLM	4		0.007		
22:6 n-3 (DHA).....g	0.002		0	FLM	4		0.002		
Fatty acids, total trans.....g	0.000		0	BFYN	4		0.000		
Cholesterol.....mg	25		0	FLM	4		33		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

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**Common Measures:**

Measure 1 = 133g: 1 piece 4" x 6"

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

**NDB No. 21140**  
**Side dishes, potato salad**

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
<b>Proximates:</b>									
Water.....g	78.73	3.740	3		1		74.79		
Energy.....kcal	114		0		1		108		
Energy.....kJ	477		0		1		453		
Protein (N x 6.25).....g	1.53	0.328	3		1		1.45		
Total lipid (fat).....g	6.03	2.140	3		1		5.73		
Ash.....g	0.68		0	NR	4		0.65		
Carbohydrate, by difference.....g	13.53		0	NC	4		12.85		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14	2.869	4		1		13		
Iron, Fe.....mg	0.73	0.258	4		1		0.69		
Magnesium, Mg.....mg	8	2.866	3		1		8		
Phosphorus, P.....mg	56		2		1		53		
Potassium, K.....mg	270		1		1		257		
Sodium, Na.....mg	328	96.903	4		1		312		
Zinc, Zn.....mg	0.20	0.037	3		1		0.19		
Copper, Cu.....mg	0.079	0.016	3		1		0.075		
Manganese, Mn.....mg	0.074	0.034	3		1		0.070		
Selenium, Se.....µg	0.9		0	BFZN	4		0.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.1	0.940	3		1		1.0		
Thiamin.....mg	0.070	0.007	3		1		0.067		
Riboflavin.....mg	0.110	0.088	3		1		0.105		
Niacin.....mg	0.270	0.200	3		1		0.257		
Pantothenic acid.....mg	0.370		2		1		0.352		
Vitamin B-6.....mg	0.150		2		1		0.143		
Folate, total.....µg	25		2		1		24		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	25		2		1		24		
Folate, DFE.....µg	25		0	NC	4		24		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.12		2		1		0.11		
Vitamin A, RAE.....µg	30		0	NC	4		29		
Retinol.....µg	30		0	NC	4		29		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	100		1		1		95		
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									
<b>Lipids:</b>									

**NDB No. 21140**  
**Side dishes, potato salad**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	1.030		0		1	0.979	
4:0.....g							
6:0.....g							
8:0.....g							
10:0.....g	0.030		2		1	0.029	
12:0.....g	0.010		2		1	0.010	
13:0.....g							
14:0.....g	0.020		2		1	0.019	
15:0.....g							
16:0.....g	0.660		2		1	0.627	
17:0.....g							
18:0.....g	0.280		2		1	0.266	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.690		0		1	1.606	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.120		2		1	0.114	
17:1.....g							
18:1 undifferentiated.....g	1.550		2		1	1.473	
20:1.....g							
22:1 undifferentiated.....g	0.020		2		1	0.019	
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	3.020		0		1	2.869	
18:2 undifferentiated.....g	2.720		2		1	2.584	
18:3 undifferentiated.....g	0.300		2		1	0.285	
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	60		2		1	57	
Phytosterols.....mg							
<b><u>Amino Acids:</u></b>							
Tryptophan.....g	0.017		0		1	0.016	
Threonine.....g	0.073		0		1	0.069	
Isoleucine.....g	0.082		0		1	0.078	
Leucine.....g	0.137		0		1	0.130	
Lysine.....g	0.101		0		1	0.096	
Methionine.....g	0.036		0		1	0.034	
Cystine.....g	0.023		0		1	0.022	
Phenylalanine.....g	0.104		0		1	0.099	
Tyrosine.....g	0.069		0		1	0.066	
Valine.....g	0.090		0		1	0.086	
Arginine.....g	0.086		0		1	0.082	
Histidine.....g	0.037		0		1	0.035	
Alanine.....g	0.072		0		1	0.068	
Aspartic acid.....g	0.233		0		1	0.221	
Glutamic acid.....g	0.209		0		1	0.199	
Glycine.....g	0.059		0		1	0.056	
Proline.....g	0.065		0		1	0.062	
Serine.....g	0.080		0		1	0.076	
Hydroxyproline.....g							

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**NDB No.** 21140

**Side dishes, potato salad**

**Common Measures:**

Measure 1 = 95g: .333 cup

**Calories Factors: Protein** 3.6

**Fat** 8.9

**Carbohydrate**4.06

**Food Group:** 21 Fast Foods

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

NDB No. 21265

TACO BELL, BURRITO SUPREME with beef

Taco Bell Corp.

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
<b>Proximates:</b>									
Water.....g	60.90	0.238	6	A	1		146.77		
Energy.....kcal	183		0	NC	4		441		
Energy.....kJ	765		0	NC	4		1844		
Protein.....g	7.03	0.192	6	A	1		16.95		
Total lipid (fat).....g	6.80	0.132	6	A	1		16.39		
Ash.....g	1.89	0.013	6	A	1		4.57		
Carbohydrate, by difference.....g	23.37		0	NC	4		56.33		
Fiber, total dietary.....g	3.7	0.202	3	A	1		9.0		
Sugars, total.....g	2.10	0.058	3	A	1		5.06		
Sucrose.....g	0.17	0.033	3	A	1		0.40		
Glucose (dextrose).....g	0.50	0.000	3	A	1		1.21		
Fructose.....g	0.60	0.000	3	A	1		1.45		
Lactose.....g	0.33	0.033	3	A	1		0.80		
Maltose.....g	0.50	0.000	3	A	1		1.21		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	14.50	0.231	3	A	1		34.94		
<b>Minerals:</b>									
Calcium, Ca.....mg	90	1.883	6	A	1		218		
Iron, Fe.....mg	1.82	0.025	6	A	1		4.39		
Magnesium, Mg.....mg	23	0.445	6	A	1		55		
Phosphorus, P.....mg	131	1.765	6	A	1		315		
Potassium, K.....mg	204	3.170	6	A	1		490		
Sodium, Na.....mg	451	6.960	6	A	1		1086		
Zinc, Zn.....mg	0.88	0.023	6	A	1		2.13		
Copper, Cu.....mg	0.106	0.002	6	A	1		0.256		
Manganese, Mn.....mg	0.298	0.003	6	A	1		0.718		
Selenium, Se.....µg	10.7	1.419	3	A	1		25.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.213	0.015	3	A	1		0.514		
Riboflavin.....mg	0.223	0.007	3	A	1		0.538		
Niacin.....mg	2.090	0.104	3	A	1		5.037		
Pantothenic acid.....mg	0.345		2	A	1		0.831		
Vitamin B-6.....mg	0.097	0.003	3	A	1		0.234		
Folate, total.....µg	45	3.673	3	A	1		109		
Folic acid.....µg	33	4.916	4	A	1		80		
Folate, food.....µg	12		0	AS	1		29		
Folate, DFE.....µg	68		0	NC	4		164		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.27	0.020	3	A	1		0.65		
Vitamin A, RAE.....µg	52		0	AS	1		125		
Retinol.....µg	45		1	A	1		109		
Carotene, beta.....µg	63		1	A	1		152		
Carotene, alpha.....µg	2		1	A	1		6		
Cryptoxanthin, beta.....µg	22		1	A	1		54		
Vitamin A, IU.....IU	277		0	AS	1		667		
Lycopene.....µg	160		1	A	1		385		
Lutein + zeaxanthin.....µg	77		1	A	1		185		
Vitamin E (alpha-tocopherol).....mg	0.28		2	A	1		0.67		
Tocopherol, beta.....mg	0.03		2	A	1		0.06		
Tocopherol, gamma.....mg	0.78		2	A	1		1.89		
Tocopherol, delta.....mg	0.38		2	A	1		0.92		
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00		
Tocotrienol, beta.....mg	0.03		2	A	1		0.08		
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00		
Tocotrienol, delta.....mg	0.00		2	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
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	5.4	0.270	4	A	1		12.9		
Dihydrophyloquinone.....µg	4.0	0.849	4	A	1		9.5		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.733		0	NC	4		6.587		
4:0.....g	0.036	0.002	3	A	1		0.087		
6:0.....g	0.027	0.001	3	A	1		0.065		
8:0.....g	0.017	0.001	3	A	1		0.042		
10:0.....g	0.047	0.001	3	A	1		0.114		
12:0.....g	0.052	0.002	3	A	1		0.124		
13:0.....g									
14:0.....g	0.221	0.005	3	A	1		0.533		
15:0.....g	0.028	0.001	3	A	1		0.067		
16:0.....g	1.271	0.042	3	A	1		3.063		
17:0.....g	0.035	0.003	3	A	1		0.085		
18:0.....g	0.965	0.043	3	A	1		2.325		
20:0.....g	0.016	0.000	3	A	1		0.038		
22:0.....g	0.012	0.001	3	A	1		0.029		
24:0.....g	0.007	0.000	3	A	1		0.016		
Fatty acids, total monounsaturated.....g	1.803		0	NC	4		4.345		
14:1.....g	0.032	0.001	3	A	1		0.076		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.084	0.006	3	AS	1		0.202		
16:1 c.....g	0.077	0.003	3	A	1		0.185		
16:1 t.....g	0.007	0.003	3	A	1		0.018		
17:1.....g	0.019	0.002	3	A	1		0.046		
18:1 undifferentiated.....g	1.651	0.059	3	AS	1		3.978		
18:1 c.....g	1.532	0.051	3	A	1		3.692		
18:1 t.....g	0.119	0.009	3	A	1		0.286		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.018	0.001	3	A	1		0.043		
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	1.575		0	NC	4		3.795		
18:2 undifferentiated.....g	1.345	0.049	3	AS	1		3.242		
18:2 n-6 c,c.....g	1.305	0.049	3	A	1		3.145		
18:2 CLAs.....g	0.016	0.001	3	A	1		0.038		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.025	0.000	3	A	1		0.059		
18:3 undifferentiated.....g	0.209	0.008	3	AS	1		0.504		
18:3 n-3 c,c,c (ALA).....g	0.202	0.008	3	A	1		0.488		
18:3 n-6 c,c,c.....g	0.007	0.000	3	A	1		0.016		
18:3i.....g	0.000	0.000	3	A	1		0.000		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.002	0.001	3	A	1		0.005		
20:3 undifferentiated.....g	0.004	0.000	3	AS	1		0.009		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.004	0.000	3	A	1		0.009		
20:4 undifferentiated.....g	0.009	0.000	3	A	1		0.022		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	3	A	1		0.004		
21:5.....g									
22:4.....g	0.002	0.000	3	A	1		0.004		
22:5 n-3 (DPA).....g	0.002	0.000	3	A	1		0.006		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.151		0	NC	4		0.363		



NDB No. 21265

TACO BELL, BURRITO SUPREME with beef

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-monoenoic.....g	0.126		0	NC	4		0.303		
Fatty acids, total trans-polyenoic.....g	0.025		0	NC	4		0.059		
Cholesterol.....mg	12	0.520	3	A	1		29		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.063		0	A	1		0.151		
Threonine.....g	0.188		0	A	1		0.453		
Isoleucine.....g	0.268		0	A	1		0.647		
Leucine.....g	0.474		0	A	1		1.142		
Lysine.....g	0.295		0	A	1		0.711		
Methionine.....g	0.107		0	A	1		0.258		
Cystine.....g									
Phenylalanine.....g	0.295		0	A	1		0.711		
Tyrosine.....g	0.152		0	A	1		0.367		
Valine.....g	0.322		0	A	1		0.776		
Arginine.....g	0.322		0	A	1		0.776		
Histidine.....g	0.161		0	A	1		0.388		
Alanine.....g	0.286		0	A	1		0.690		
Aspartic acid.....g	0.501		0	A	1		1.207		
Glutamic acid.....g	1.476		0	A	1		3.557		
Glycine.....g	0.322		0	A	1		0.776		
Proline.....g	0.662		0	A	1		1.595		
Serine.....g	0.295		0	A	1		0.711		
Hydroxyproline.....g	0.090		1	A	1		0.217		

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 = 241g: 1 burrito

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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	5.3	0.254	4	A	1		13.1		
Dihydrophyloquinone.....µg	3.8	0.491	4	A	1		9.5		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.352		0	NC	4		5.832		
4:0.....g									
6:0.....g									
8:0.....g	0.027	0.003	4	A	1		0.068		
10:0.....g	0.057	0.002	4	A	1		0.142		
12:0.....g	0.065	0.003	4	A	1		0.161		
13:0.....g									
14:0.....g	0.230	0.007	4	A	1		0.570		
15:0.....g	0.020	0.000	4	A	1		0.049		
16:0.....g	1.205	0.038	4	A	1		2.988		
17:0.....g	0.020	0.000	4	A	1		0.049		
18:0.....g	0.707	0.043	4	A	1		1.754		
20:0.....g	0.017	0.003	4	A	1		0.043		
22:0.....g	0.002	0.002	4	A	1		0.006		
24:0.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated.....g	2.560		0	NC	4		6.348		
14:1.....g	0.020	0.000	4	A	1		0.049		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.080	0.004	4	A	1		0.198		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	2.445	0.119	4	A	1		6.063		
20:1.....g	0.015	0.003	4	A	1		0.037		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.795		0	NC	4		1.971		
18:2 undifferentiated.....g	0.685	0.021	4	A	1		1.699		
18:3 undifferentiated.....g	0.095	0.003	4	A	1		0.236		
18:4.....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.015	0.003	4	A	1		0.037		
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	21	1.124	4	A	1		51		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.110		0	A	1		0.272		
Threonine.....g	0.373		0	A	1		0.926		
Isoleucine.....g	0.383		0	A	1		0.950		
Leucine.....g	0.696		0	A	1		1.727		
Lysine.....g	0.627		0	A	1		1.555		
Methionine.....g	0.178		0	A	1		0.441		
Cystine.....g	0.110		0	A	1		0.273		
Phenylalanine.....g	0.420		0	A	1		1.041		
Tyrosine.....g	0.283		0	A	1		0.702		
Valine.....g	0.439		0	A	1		1.088		
Arginine.....g	0.473		0	A	1		1.174		
Histidine.....g	0.283		0	A	1		0.702		
Alanine.....g	0.400		0	A	1		0.991		
Aspartic acid.....g	0.838		0	A	1		2.079		
Glutamic acid.....g	1.845		0	A	1		4.574		
Glycine.....g	0.343		0	A	1		0.851		

NDB No. 21266

TACO BELL, BURRITO SUPREME with chicken

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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	Measure 3
Proline.....g	0.561		0	A	1		1.392		
Serine.....g	0.444		0	A	1		1.100		
Hydroxyproline.....g									

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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 = 248g: 1 item

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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	6.0	0.659	4	A	1		14.9		
Dihydrophyloquinone.....µg	4.4	0.868	4	A	1		10.8		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.674		0	NC	4		6.633		
4:0.....g									
6:0.....g									
8:0.....g	0.027	0.003	4	A	1		0.068		
10:0.....g	0.062	0.003	4	A	1		0.155		
12:0.....g	0.070	0.004	4	A	1		0.173		
13:0.....g									
14:0.....g	0.272	0.013	4	A	1		0.676		
15:0.....g	0.030	0.000	4	A	1		0.074		
16:0.....g	1.365	0.036	4	A	1		3.385		
17:0.....g	0.032	0.003	4	A	1		0.080		
18:0.....g	0.805	0.009	4	A	1		1.996		
20:0.....g	0.010	0.000	4	A	1		0.025		
22:0.....g	0.000	0.000	4	A	1		0.000		
24:0.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated.....g	2.822		0	NC	4		6.999		
14:1.....g	0.027	0.003	4	A	1		0.068		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.090	0.004	4	A	1		0.223		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	2.685	0.025	4	A	1		6.659		
20:1.....g	0.020	0.000	4	A	1		0.049		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.770		0	NC	4		1.909		
18:2 undifferentiated.....g	0.672	0.010	4	A	1		1.668		
18:3 undifferentiated.....g	0.087	0.003	4	A	1		0.217		
18:4.....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.010	0.000	4	A	1		0.025		
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	21	1.040	4	A	1		52		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.108		0	A	1		0.267		
Threonine.....g	0.373		0	A	1		0.926		
Isoleucine.....g	0.373		0	A	1		0.926		
Leucine.....g	0.694		0	A	1		1.721		
Lysine.....g	0.616		0	A	1		1.527		
Methionine.....g	0.165		0	A	1		0.409		
Cystine.....g	0.110		0	A	1		0.273		
Phenylalanine.....g	0.416		0	A	1		1.032		
Tyrosine.....g	0.273		0	A	1		0.677		
Valine.....g	0.428		0	A	1		1.062		
Arginine.....g	0.463		0	A	1		1.148		
Histidine.....g	0.248		0	A	1		0.615		
Alanine.....g	0.410		0	A	1		1.018		
Aspartic acid.....g	0.817		0	A	1		2.026		
Glutamic acid.....g	1.895		0	A	1		4.699		
Glycine.....g	0.379		0	A	1		0.941		

NDB No. 21267

TACO BELL, BURRITO SUPREME with steak

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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	Measure 3
Proline.....g	0.586		0	A	1		1.452		
Serine.....g	0.441		0	A	1		1.094		
Hydroxyproline.....g									

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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 = 248g: 1 item

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21264  
TACO BELL, Bean Burrito  
Taco Bell Corp.

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
<b>Proximates:</b>									
Water.....g	53.17	0.543	6	A	1		98.36		
Energy.....kcal	209		0	NC	4		386		
Energy.....kJ	873		0	NC	4		1615		
Protein.....g	7.35	0.133	6	A	1		13.60		
Total lipid (fat).....g	6.05	0.308	6	A	1		11.19		
Ash.....g	2.20	0.069	6	A	1		4.08		
Carbohydrate, by difference.....g	31.23		0	NC	4		57.77		
Fiber, total dietary.....g	4.2	0.033	3	A	1		7.8		
Sugars, total.....g	1.73	0.033	3	A	1		3.21		
Sucrose.....g	0.40	0.000	3	A	1		0.74		
Glucose (dextrose).....g	0.40	0.000	3	A	1		0.74		
Fructose.....g	0.50	0.000	3	A	1		0.93		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.43	0.033	3	A	1		0.80		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	21.58	0.773	6	A	1		39.93		
<b>Minerals:</b>									
Calcium, Ca.....mg	124	5.833	6	A	1		229		
Iron, Fe.....mg	2.37	0.034	6	A	1		4.39		
Magnesium, Mg.....mg	34	0.438	6	A	1		63		
Phosphorus, P.....mg	163	2.206	6	A	1		302		
Potassium, K.....mg	261	4.595	6	A	1		483		
Sodium, Na.....mg	563	6.204	6	A	1		1041		
Zinc, Zn.....mg	0.86	0.017	6	A	1		1.59		
Copper, Cu.....mg	0.164	0.002	6	A	1		0.304		
Manganese, Mn.....mg	0.456	0.007	6	A	1		0.843		
Selenium, Se.....µg	10.4	0.643	4	A	1		19.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		1	A	1		0.7		
Thiamin.....mg	0.190		1	A	1		0.351		
Riboflavin.....mg	0.100		1	A	1		0.185		
Niacin.....mg	2.020		1	A	1		3.737		
Pantothenic acid.....mg	0.168	0.005	4	A	1		0.311		
Vitamin B-6.....mg	0.100		1	A	1		0.185		
Folate, total.....µg	50	9.437	4	A	1		93		
Folic acid.....µg	25	4.743	4	A	1		46		
Folate, food.....µg	25		0	AS	1		47		
Folate, DFE.....µg	68		0	NC	4		125		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.16		1	A	1		0.30		
Vitamin A, RAE.....µg	3		0	AS	1		6		
Retinol.....µg									
Carotene, beta.....µg	40	7.511	4	A	1		74		
Carotene, alpha.....µg	0	0.000	4	A	1		0		
Cryptoxanthin, beta.....µg	0	0.000	4	A	1		0		
Vitamin A, IU.....IU	67		0	AS	1		124		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.50	0.020	4	A	1		0.92		
Tocopherol, beta.....mg	0.02	0.006	4	A	1		0.03		
Tocopherol, gamma.....mg	1.78	0.137	4	A	1		3.29		
Tocopherol, delta.....mg	0.53	0.050	4	A	1		0.98		
Tocotrienol, alpha.....mg	0.02	0.018	4	A	1		0.03		
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, gamma.....mg	0.00	0.005	4	A	1		0.01		
Tocotrienol, delta.....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
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	4.2	0.462	4	A	1		7.7		
Dihydrophyloquinone.....µg	5.1	0.717	4	A	1		9.4		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.309		0	NC	4		4.272		
4:0.....g	0.033	0.005	6	A	1		0.061		
6:0.....g	0.024	0.004	6	A	1		0.044		
8:0.....g	0.016	0.002	6	A	1		0.029		
10:0.....g	0.037	0.005	6	A	1		0.069		
12:0.....g	0.044	0.007	6	A	1		0.082		
13:0.....g									
14:0.....g	0.154	0.024	6	A	1		0.285		
15:0.....g	0.018	0.003	6	A	1		0.034		
16:0.....g	0.980	0.064	6	A	1		1.814		
17:0.....g	0.016	0.001	6	A	1		0.030		
18:0.....g	0.941	0.033	6	A	1		1.741		
20:0.....g	0.018	0.000	6	A	1		0.034		
22:0.....g	0.016	0.000	6	A	1		0.030		
24:0.....g	0.009	0.000	6	A	1		0.017		
Fatty acids, total monounsaturated.....g	1.258		0	NC	4		2.327		
14:1.....g	0.011	0.002	6	A	1		0.020		
15:1.....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated.....g	0.030	0.004	6	AS	1		0.056		
16:1 c.....g	0.025	0.003	6	A	1		0.046		
16:1 t.....g	0.006	0.001	6	A	1		0.010		
17:1.....g	0.006	0.001	6	A	1		0.010		
18:1 undifferentiated.....g	1.174	0.054	6	AS	1		2.173		
18:1 c.....g	1.109	0.048	6	A	1		2.052		
18:1 t.....g	0.065	0.006	6	A	1		0.121		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.034	0.001	6	A	1		0.064		
22:1 undifferentiated.....g	0.001	0.000	6	AS	1		0.002		
22:1 c.....g	0.001	0.000	6	A	1		0.002		
22:1 t.....g	0.000	0.000	6	A	1		0.000		
24:1 c.....g	0.001	0.000	6	A	1		0.002		
Fatty acids, total polyunsaturated.....g	2.229		0	NC	4		4.124		
18:2 undifferentiated.....g	1.873	0.026	6	AS	1		3.465		
18:2 n-6 c,c.....g	1.826	0.027	6	A	1		3.378		
18:2 CLAs.....g	0.012	0.001	6	A	1		0.022		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.035	0.002	6	A	1		0.065		
18:3 undifferentiated.....g	0.336	0.003	6	AS	1		0.621		
18:3 n-3 c,c,c (ALA).....g	0.335	0.004	6	A	1		0.620		
18:3 n-6 c,c,c.....g	0.001	0.000	6	A	1		0.002		
18:3i.....g									
18:4.....g	0.000	0.000	6	A	1		0.001		
20:2 n-6 c,c.....g	0.002	0.000	6	A	1		0.004		
20:3 undifferentiated.....g	0.003	0.000	6	AS	1		0.005		
20:3 n-3.....g	0.000	0.000	6	A	1		0.000		
20:3 n-6.....g	0.003	0.000	6	A	1		0.005		
20:4 undifferentiated.....g	0.005	0.001	6	A	1		0.009		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.002	6	A	1		0.008		
21:5.....g									
22:4.....g	0.003	0.000	6	A	1		0.006		
22:5 n-3 (DPA).....g	0.002	0.000	6	A	1		0.003		
22:6 n-3 (DHA).....g	0.001	0.000	6	A	1		0.001		
Fatty acids, total trans.....g	0.106		0	NC	4		0.196		

NDB No. 21264  
TACO BELL, Bean Burrito

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-monoenoic.....g	0.071		0	NC	4		0.131		
Fatty acids, total trans-polyenoic.....g	0.035		0	NC	4		0.065		
Cholesterol.....mg	5	0.929	3	A	1		10		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.090		0	A	1		0.167		
Threonine.....g	0.298		0	A	1		0.550		
Isoleucine.....g	0.312		0	A	1		0.578		
Leucine.....g	0.602		0	A	1		1.114		
Lysine.....g	0.468		0	A	1		0.865		
Methionine.....g	0.115		0	A	1		0.213		
Cystine.....g	0.093		0	A	1		0.171		
Phenylalanine.....g	0.390		0	A	1		0.721		
Tyrosine.....g	0.245		0	A	1		0.453		
Valine.....g	0.375		0	A	1		0.694		
Arginine.....g	0.365		0	A	1		0.675		
Histidine.....g	0.210		0	A	1		0.389		
Alanine.....g	0.275		0	A	1		0.509		
Aspartic acid.....g	0.690		0	A	1		1.276		
Glutamic acid.....g	1.803		0	A	1		3.336		
Glycine.....g	0.280		0	A	1		0.518		
Proline.....g	0.598		0	A	1		1.106		
Serine.....g	0.427		0	A	1		0.791		
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 = 185g: 1 each burrito

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 21 Fast Foods**

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	7.5	1.188	4	A	1		6.0		
Dihydrophyloquinone.....µg	56.4	5.684	4	A	1		45.1		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.173		0	NC	4		1.738		
4:0.....g	0.011	0.001	3	A	1		0.009		
6:0.....g	0.008	0.000	3	A	1		0.006		
8:0.....g	0.008	0.001	3	A	1		0.007		
10:0.....g	0.019	0.002	3	A	1		0.015		
12:0.....g	0.019	0.002	3	A	1		0.015		
13:0.....g									
14:0.....g	0.068	0.007	3	A	1		0.054		
15:0.....g	0.010	0.001	3	A	1		0.008		
16:0.....g	1.286	0.070	3	A	1		1.029		
17:0.....g	0.014	0.000	3	A	1		0.011		
18:0.....g	0.494	0.031	3	A	1		0.395		
20:0.....g	0.129	0.009	3	A	1		0.103		
22:0.....g	0.068	0.005	3	A	1		0.054		
24:0.....g	0.039	0.003	3	A	1		0.031		
Fatty acids, total monounsaturated.....g	14.020		0	NC	4		11.216		
14:1.....g	0.005	0.001	3	A	1		0.004		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.057	0.003	3	AS	1		0.046		
16:1 c.....g	0.055	0.003	3	A	1		0.044		
16:1 t.....g	0.002	0.000	3	A	1		0.002		
17:1.....g	0.016	0.001	3	A	1		0.013		
18:1 undifferentiated.....g	13.650	0.965	3	AS	1		10.920		
18:1 c.....g	13.619	0.967	3	A	1		10.895		
18:1 t.....g	0.032	0.005	3	A	1		0.025		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.281	0.011	3	A	1		0.224		
22:1 undifferentiated.....g	0.011	0.002	3	AS	1		0.009		
22:1 c.....g	0.011	0.002	3	A	1		0.009		
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	5.040		0	NC	4		4.032		
18:2 undifferentiated.....g	4.372	0.322	3	AS	1		3.498		
18:2 n-6 c,c.....g	4.343	0.321	3	A	1		3.474		
18:2 CLAs.....g	0.005	0.001	3	A	1		0.004		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.024	0.002	3	A	1		0.019		
18:3 undifferentiated.....g	0.649	0.122	3	AS	1		0.519		
18:3 n-3 c,c,c (ALA).....g	0.617	0.113	3	A	1		0.493		
18:3 n-6 c,c,c.....g	0.032	0.009	3	A	1		0.026		
18:3i.....g	0.000	0.000	3	A	1		0.000		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.011	0.000	3	A	1		0.009		
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	0.007	0.000	3	A	1		0.006		
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	0.000	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	0.058		0	NC	4		0.046		
Fatty acids, total trans-monoenoic.....g	0.034		0	NC	4		0.027		

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					
Fatty acids, total trans-polyenoic.....g	0.024		0	NC	4		0.019		
Cholesterol.....mg	3	0.285	3	A	1		2		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.042		0	A	1		0.033		
Threonine.....g	0.156		0	A	1		0.125		
Isoleucine.....g	0.187		0	A	1		0.150		
Leucine.....g	0.521		0	A	1		0.417		
Lysine.....g	0.156		0	A	1		0.125		
Methionine.....g	0.094		0	A	1		0.075		
Cystine.....g									
Phenylalanine.....g	0.229		0	A	1		0.183		
Tyrosine.....g	0.135		0	A	1		0.108		
Valine.....g	0.250		0	A	1		0.200		
Arginine.....g	0.208		0	A	1		0.167		
Histidine.....g	0.135		0	A	1		0.108		
Alanine.....g	0.292		0	A	1		0.233		
Aspartic acid.....g	0.344		0	A	1		0.275		
Glutamic acid.....g	0.916		0	A	1		0.733		
Glycine.....g	0.146		0	A	1		0.117		
Proline.....g	0.531		0	A	1		0.425		
Serine.....g	0.219		0	A	1		0.175		
Hydroxyproline.....g	0.000		1	A	1		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 = 80g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21269  
TACO BELL, Nachos Supreme  
Taco Bell Corp.

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
<b>Proximates:</b>									
Water.....g	58.15	0.671	6	A	1		129.09		
Energy.....kcal	223		0	NC	4		495		
Energy.....kJ	932		0	NC	4		2069		
Protein.....g	6.21	0.314	6	A	1		13.78		
Total lipid (fat).....g	12.48	0.168	6	A	1		27.71		
Ash.....g	1.76	0.027	6	A	1		3.92		
Carbohydrate, by difference.....g	21.39		0	NC	4		47.49		
Fiber, total dietary.....g	3.7		2	A	1		8.1		
Sugars, total.....g	1.63	0.033	3	A	1		3.63		
Sucrose.....g	0.27	0.067	3	A	1		0.59		
Glucose (dextrose).....g	0.23	0.033	3	A	1		0.52		
Fructose.....g	0.27	0.033	3	A	1		0.59		
Lactose.....g	0.87	0.033	3	A	1		1.92		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	14.97	0.841	3	A	1		33.23		
<b>Minerals:</b>									
Calcium, Ca.....mg	47	1.255	6	A	1		105		
Iron, Fe.....mg	1.01	0.021	6	A	1		2.23		
Magnesium, Mg.....mg	33	0.610	6	A	1		72		
Phosphorus, P.....mg	153	2.849	6	A	1		339		
Potassium, K.....mg	298	7.392	6	A	1		662		
Sodium, Na.....mg	348	5.833	6	A	1		772		
Zinc, Zn.....mg	1.05	0.033	6	A	1		2.33		
Copper, Cu.....mg	0.104	0.002	6	A	1		0.230		
Manganese, Mn.....mg	0.202	0.004	6	A	1		0.448		
Selenium, Se.....µg	8.1	0.617	3	A	1		17.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0		
Thiamin.....mg	0.073	0.003	3	A	1		0.163		
Riboflavin.....mg	0.137	0.003	3	A	1		0.303		
Niacin.....mg	1.010	0.071	3	A	1		2.242		
Pantothenic acid.....mg	0.330		2	A	1		0.733		
Vitamin B-6.....mg	0.158	0.009	3	A	1		0.351		
Folate, total.....µg	14	0.924	3	A	1		30		
Folic acid.....µg									
Folate, food.....µg	14	0.924	3	A	1		30		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.31	0.030	3	A	1		0.68		
Vitamin A, RAE.....µg	42		0	AS	1		93		
Retinol.....µg	36		1	A	1		79		
Carotene, beta.....µg	64		1	A	1		142		
Carotene, alpha.....µg	1		1	A	1		2		
Cryptoxanthin, beta.....µg	19		1	A	1		41		
Vitamin A, IU.....IU	242		0	AS	1		536		
Lycopene.....µg	252		1	A	1		559		
Lutein + zeaxanthin.....µg	46		1	A	1		102		
Vitamin E (alpha-tocopherol).....mg	1.75		2	A	1		3.89		
Tocopherol, beta.....mg	0.04		2	A	1		0.10		
Tocopherol, gamma.....mg	2.96		2	A	1		6.56		
Tocopherol, delta.....mg	0.24		2	A	1		0.54		
Tocotrienol, alpha.....mg	0.11		2	A	1		0.25		
Tocotrienol, beta.....mg	0.17		2	A	1		0.37		
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg	0.12		2	A	1		0.27		

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	6.4	0.329	4	A	1		14.2		
Dihydrophyloquinone.....µg	21.1	2.052	4	A	1		46.9		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.549		0	NC	4		5.660		
4:0.....g	0.021	0.002	3	A	1		0.047		
6:0.....g	0.015	0.001	3	A	1		0.034		
8:0.....g	0.011	0.001	3	A	1		0.025		
10:0.....g	0.029	0.002	3	A	1		0.064		
12:0.....g	0.033	0.002	3	A	1		0.072		
13:0.....g									
14:0.....g	0.174	0.005	3	A	1		0.386		
15:0.....g	0.024	0.000	3	A	1		0.054		
16:0.....g	1.373	0.025	3	A	1		3.048		
17:0.....g	0.041	0.003	3	A	1		0.092		
18:0.....g	0.724	0.024	3	A	1		1.607		
20:0.....g	0.055	0.001	3	A	1		0.123		
22:0.....g	0.030	0.001	3	A	1		0.067		
24:0.....g	0.018	0.000	3	A	1		0.040		
Fatty acids, total monounsaturated.....g	6.661		0	NC	4		14.787		
14:1.....g	0.030	0.001	3	A	1		0.067		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.109	0.002	3	AS	1		0.242		
16:1 c.....g	0.102	0.002	3	A	1		0.226		
16:1 t.....g	0.008	0.003	3	A	1		0.017		
17:1.....g	0.028	0.001	3	A	1		0.062		
18:1 undifferentiated.....g	6.378	0.179	3	AS	1		14.159		
18:1 c.....g	6.245	0.175	3	A	1		13.864		
18:1 t.....g	0.133	0.011	3	A	1		0.294		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.112	0.004	3	A	1		0.248		
22:1 undifferentiated.....g	0.004	0.001	3	AS	1		0.010		
22:1 c.....g	0.004	0.001	3	A	1		0.010		
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	2.496		0	NC	4		5.540		
18:2 undifferentiated.....g	2.142	0.086	3	AS	1		4.754		
18:2 n-6 c,c.....g	2.098	0.085	3	A	1		4.658		
18:2 CLAs.....g	0.017	0.000	3	A	1		0.037		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.027	0.001	3	A	1		0.059		
18:3 undifferentiated.....g	0.327	0.023	3	AS	1		0.726		
18:3 n-3 c,c,c (ALA).....g	0.315	0.021	3	A	1		0.699		
18:3 n-6 c,c,c.....g	0.012	0.002	3	A	1		0.027		
18:3i.....g	0.000	0.000	3	A	1		0.000		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.005	0.000	3	A	1		0.012		
20:3 undifferentiated.....g	0.004	0.000	3	AS	1		0.010		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.004	0.000	3	A	1		0.010		
20:4 undifferentiated.....g	0.011	0.001	3	A	1		0.024		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	3	A	1		0.002		
21:5.....g									
22:4.....g	0.002	0.000	3	A	1		0.005		
22:5 n-3 (DPA).....g	0.003	0.000	3	A	1		0.006		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.167		0	NC	4		0.370		

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	0.140		0	NC	4	0.311		
Fatty acids, total trans-polyenoic.....g	0.027		0	NC	4	0.059		
Cholesterol.....mg	14	0.577	3	A	1	30		
Phytosterols.....mg								
<b><u>Amino Acids:</u></b>								
Tryptophan.....g	0.059		0	A	1	0.131		
Threonine.....g	0.216		0	A	1	0.480		
Isoleucine.....g	0.275		0	A	1	0.612		
Leucine.....g	0.541		0	A	1	1.201		
Lysine.....g	0.344		0	A	1	0.764		
Methionine.....g	0.118		0	A	1	0.262		
Cystine.....g								
Phenylalanine.....g	0.285		0	A	1	0.633		
Tyrosine.....g	0.167		0	A	1	0.371		
Valine.....g	0.325		0	A	1	0.721		
Arginine.....g	0.354		0	A	1	0.786		
Histidine.....g	0.187		0	A	1	0.415		
Alanine.....g	0.354		0	A	1	0.786		
Aspartic acid.....g	0.590		0	A	1	1.310		
Glutamic acid.....g	1.053		0	A	1	2.337		
Glycine.....g	0.325		0	A	1	0.721		
Proline.....g	0.511		0	A	1	1.136		
Serine.....g	0.285		0	A	1	0.633		
Hydroxyproline.....g	0.090		1	A	1	0.200		

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 = 222g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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	15.3	2.056	4	A	1		10.6		
Dihydrophyloquinone.....µg	6.6	1.372	4	A	1		4.6		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.384		0	NC	4		3.025		
4:0.....g	0.045	0.004	6	A	1		0.031		
6:0.....g	0.034	0.003	6	A	1		0.023		
8:0.....g	0.023	0.002	6	A	1		0.016		
10:0.....g	0.055	0.005	6	A	1		0.038		
12:0.....g	0.066	0.006	6	A	1		0.046		
13:0.....g									
14:0.....g	0.388	0.023	6	A	1		0.268		
15:0.....g	0.052	0.003	6	A	1		0.036		
16:0.....g	2.414	0.103	6	A	1		1.666		
17:0.....g	0.091	0.003	6	A	1		0.063		
18:0.....g	1.160	0.055	6	A	1		0.800		
20:0.....g	0.027	0.001	6	A	1		0.019		
22:0.....g	0.015	0.001	6	A	1		0.010		
24:0.....g	0.011	0.000	6	A	1		0.008		
Fatty acids, total monounsaturated.....g	4.411		0	NC	4		3.044		
14:1.....g	0.060	0.004	6	A	1		0.041		
15:1.....g	0.001	0.000	6	A	1		0.000		
16:1 undifferentiated.....g	0.231	0.013	6	AS	1		0.159		
16:1 c.....g	0.204	0.012	6	A	1		0.141		
16:1 t.....g	0.027	0.001	6	A	1		0.018		
17:1.....g	0.055	0.002	6	A	1		0.038		
18:1 undifferentiated.....g	4.016	0.141	6	AS	1		2.771		
18:1 c.....g	3.634	0.131	6	A	1		2.508		
18:1 t.....g	0.382	0.017	6	A	1		0.264		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.046	0.002	6	A	1		0.032		
22:1 undifferentiated.....g	0.002	0.000	6	AS	1		0.001		
22:1 c.....g	0.002	0.000	6	A	1		0.001		
22:1 t.....g	0.000	0.000	6	A	1		0.000		
24:1 c.....g	0.001	0.000	6	A	1		0.001		
Fatty acids, total polyunsaturated.....g	3.042		0	NC	4		2.099		
18:2 undifferentiated.....g	2.819	0.055	6	AS	1		1.945		
18:2 n-6 c,c.....g	2.708	0.055	6	A	1		1.869		
18:2 CLAs.....g	0.053	0.004	6	A	1		0.036		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.058	0.003	6	A	1		0.040		
18:3 undifferentiated.....g	0.168	0.015	6	AS	1		0.116		
18:3 n-3 c,c,c (ALA).....g	0.166	0.015	6	A	1		0.115		
18:3 n-6 c,c,c.....g	0.002	0.000	6	A	1		0.001		
18:3i.....g									
18:4.....g	0.001	0.000	6	A	1		0.001		
20:2 n-6 c,c.....g	0.004	0.000	6	A	1		0.003		
20:3 undifferentiated.....g	0.011	0.001	6	AS	1		0.008		
20:3 n-3.....g	0.001	0.000	6	A	1		0.000		
20:3 n-6.....g	0.011	0.000	6	A	1		0.007		
20:4 undifferentiated.....g	0.021	0.001	6	A	1		0.014		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.005	0.000	6	A	1		0.004		
21:5.....g									
22:4.....g	0.005	0.000	6	A	1		0.004		
22:5 n-3 (DPA).....g	0.006	0.000	6	A	1		0.004		
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans.....g	0.467		0	NC	4		0.322		
Fatty acids, total trans-monoenoic.....g	0.409		0	NC	4		0.282		

NDB No. 21260

TACO BELL, Original Taco with beef, cheese and lettuce

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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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.058		0	NC	4		0.040		
Cholesterol.....mg	28	0.929	3	A	1		19		
Phytosterols.....mg									

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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 = 69g: 1 each taco

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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	11.2	1.182	4	A	1		11.4		
Dihydrophyloquinone.....µg	4.8	0.587	4	A	1		4.9		
Menquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.155		0	NC	4		4.238		
4:0.....g	0.046	0.006	6	A	1		0.047		
6:0.....g	0.035	0.005	6	A	1		0.036		
8:0.....g	0.023	0.003	6	A	1		0.024		
10:0.....g	0.057	0.008	6	A	1		0.058		
12:0.....g	0.068	0.009	6	A	1		0.069		
13:0.....g									
14:0.....g	0.366	0.031	6	A	1		0.373		
15:0.....g	0.048	0.003	6	A	1		0.049		
16:0.....g	2.019	0.110	6	A	1		2.059		
17:0.....g	0.078	0.002	6	A	1		0.080		
18:0.....g	1.376	0.052	6	A	1		1.403		
20:0.....g	0.018	0.001	6	A	1		0.018		
22:0.....g	0.013	0.000	6	A	1		0.013		
24:0.....g	0.007	0.000	6	A	1		0.007		
Fatty acids, total monounsaturated.....g	3.243		0	NC	4		3.308		
14:1.....g	0.052	0.003	6	A	1		0.053		
15:1.....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated.....g	0.196	0.010	6	AS	1		0.200		
16:1 c.....g	0.173	0.009	6	A	1		0.176		
16:1 t.....g	0.024	0.002	6	A	1		0.024		
17:1.....g	0.046	0.002	6	A	1		0.047		
18:1 undifferentiated.....g	2.909	0.123	6	AS	1		2.967		
18:1 c.....g	2.578	0.119	6	A	1		2.630		
18:1 t.....g	0.331	0.010	6	A	1		0.337		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.036	0.001	6	A	1		0.037		
22:1 undifferentiated.....g	0.002	0.000	6	AS	1		0.002		
22:1 c.....g	0.002	0.000	6	A	1		0.002		
22:1 t.....g	0.000	0.000	6	A	1		0.000		
24:1 c.....g	0.001	0.000	6	A	1		0.001		
Fatty acids, total polyunsaturated.....g	1.578		0	NC	4		1.610		
18:2 undifferentiated.....g	1.365	0.043	6	AS	1		1.392		
18:2 n-6 c,c.....g	1.273	0.038	6	A	1		1.298		
18:2 CLAs.....g	0.043	0.003	6	A	1		0.044		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.049	0.004	6	A	1		0.050		
18:3 undifferentiated.....g	0.159	0.006	6	AS	1		0.163		
18:3 n-3 c,c,c (ALA).....g	0.157	0.005	6	A	1		0.161		
18:3 n-6 c,c,c.....g	0.002	0.000	6	A	1		0.002		
18:3i.....g									
18:4.....g	0.001	0.000	6	A	1		0.001		
20:2 n-6 c,c.....g	0.004	0.000	6	A	1		0.004		
20:3 undifferentiated.....g	0.010	0.000	6	AS	1		0.010		
20:3 n-3.....g	0.001	0.000	6	A	1		0.001		
20:3 n-6.....g	0.009	0.000	6	A	1		0.010		
20:4 undifferentiated.....g	0.018	0.001	6	A	1		0.019		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.010	0.002	6	A	1		0.010		
21:5.....g									
22:4.....g	0.005	0.000	6	A	1		0.005		
22:5 n-3 (DPA).....g	0.005	0.000	6	A	1		0.006		
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans.....g	0.403		0	NC	4		0.411		
Fatty acids, total trans-monoenoic.....g	0.354		0	NC	4		0.361		

NDB No. 21261

TACO BELL, Soft Taco with beef, cheese and lettuce

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 trans-polyenoic.....g	0.049		0	NC	4	0.050	
Cholesterol.....mg	25	1.683	3	A	1	25	
Phytosterols.....mg							
<b><u>Amino Acids:</u></b>							
Tryptophan.....g	0.105		0	A	1	0.107	
Threonine.....g	0.369		0	A	1	0.377	
Isoleucine.....g	0.377		0	A	1	0.384	
Leucine.....g	0.721		0	A	1	0.736	
Lysine.....g	0.624		0	A	1	0.636	
Methionine.....g	0.195		0	A	1	0.198	
Cystine.....g	0.120		0	A	1	0.122	
Phenylalanine.....g	0.419		0	A	1	0.428	
Tyrosine.....g	0.300		0	A	1	0.306	
Valine.....g	0.454		0	A	1	0.463	
Arginine.....g	0.489		0	A	1	0.499	
Histidine.....g	0.260		0	A	1	0.265	
Alanine.....g	0.462		0	A	1	0.471	
Aspartic acid.....g	0.766		0	A	1	0.782	
Glutamic acid.....g	2.127		0	A	1	2.170	
Glycine.....g	0.519		0	A	1	0.529	
Proline.....g	0.721		0	A	1	0.736	
Serine.....g	0.447		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 = 102g: 1 each taco

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21262

TACO BELL, Soft Taco with chicken, cheese and lettuce

Taco Bell Corp.

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
<b>Proximates:</b>									
Water.....g	58.42	0.420	6	A	1		57.25		
Energy.....kcal	189		0	NC	4		185		
Energy.....kJ	791		0	NC	4		775		
Protein.....g	13.30	0.198	6	A	1		13.03		
Total lipid (fat).....g	6.35	0.193	6	A	1		6.22		
Ash.....g	2.25	0.063	6	A	1		2.20		
Carbohydrate, by difference.....g	19.69		0	NC	4		19.29		
Fiber, total dietary.....g	1.2	0.067	3	A	1		1.1		
Sugars, total.....g	1.30	0.058	3	A	1		1.27		
Sucrose.....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose).....g	0.37	0.033	3	A	1		0.36		
Fructose.....g	0.53	0.033	3	A	1		0.52		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.40	0.000	3	A	1		0.39		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	13.93	0.676	6	A	1		13.65		
<b>Minerals:</b>									
Calcium, Ca.....mg	122	3.293	6	A	1		119		
Iron, Fe.....mg	1.59	0.083	6	A	1		1.56		
Magnesium, Mg.....mg	24	0.239	6	A	1		23		
Phosphorus, P.....mg	244	3.535	6	A	1		239		
Potassium, K.....mg	217	7.064	6	A	1		212		
Sodium, Na.....mg	613	10.535	6	A	1		601		
Zinc, Zn.....mg	0.76	0.011	6	A	1		0.75		
Copper, Cu.....mg	0.060	0.001	6	A	1		0.059		
Manganese, Mn.....mg	0.245	0.004	6	A	1		0.240		
Selenium, Se.....µg	12.7	1.308	4	A	1		12.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		1	A	1		0.2		
Thiamin.....mg	0.160		1	A	1		0.157		
Riboflavin.....mg	0.110		1	A	1		0.108		
Niacin.....mg	5.170		1	A	1		5.067		
Pantothenic acid.....mg	0.747	0.016	4	A	1		0.732		
Vitamin B-6.....mg	0.110		1	A	1		0.108		
Folate, total.....µg	48	6.481	4	A	1		47		
Folic acid.....µg	30	5.344	4	A	1		30		
Folate, food.....µg	18		0	AS	1		17		
Folate, DFE.....µg	69		0	NC	4		68		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.12		1	A	1		0.12		
Vitamin A, RAE.....µg	1		0	AS	1		1		
Retinol.....µg									
Carotene, beta.....µg	15	3.980	4	A	1		15		
Carotene, alpha.....µg	0	0.000	4	A	1		0		
Cryptoxanthin, beta.....µg	0	0.000	4	A	1		0		
Vitamin A, IU.....IU	25		0	AS	1		25		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.35	0.050	4	A	1		0.34		
Tocopherol, beta.....mg	0.02	0.003	4	A	1		0.02		
Tocopherol, gamma.....mg	0.98	0.068	4	A	1		0.97		
Tocopherol, delta.....mg	0.47	0.040	4	A	1		0.47		
Tocotrienol, alpha.....mg	0.03	0.018	4	A	1		0.03		
Tocotrienol, beta.....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, delta.....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
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	8.7	0.806	4	A	1		8.6		
Dihydrophyloquinone.....µg	4.4	0.311	4	A	1		4.3		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.559		0	NC	4		2.507		
4:0.....g	0.044	0.003	6	A	1		0.043		
6:0.....g	0.033	0.002	6	A	1		0.033		
8:0.....g	0.023	0.001	6	A	1		0.022		
10:0.....g	0.053	0.002	6	A	1		0.052		
12:0.....g	0.063	0.002	6	A	1		0.062		
13:0.....g									
14:0.....g	0.220	0.010	6	A	1		0.216		
15:0.....g	0.025	0.001	6	A	1		0.024		
16:0.....g	1.210	0.043	6	A	1		1.185		
17:0.....g	0.019	0.001	6	A	1		0.019		
18:0.....g	0.834	0.033	6	A	1		0.817		
20:0.....g	0.014	0.000	6	A	1		0.014		
22:0.....g	0.012	0.000	6	A	1		0.012		
24:0.....g	0.006	0.000	6	A	1		0.006		
Fatty acids, total monounsaturated.....g	1.621		0	NC	4		1.589		
14:1.....g	0.018	0.001	6	A	1		0.017		
15:1.....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated.....g	0.115	0.010	6	AS	1		0.113		
16:1 c.....g	0.106	0.010	6	A	1		0.104		
16:1 t.....g	0.008	0.000	6	A	1		0.008		
17:1.....g	0.007	0.000	6	A	1		0.007		
18:1 undifferentiated.....g	1.454	0.058	6	AS	1		1.425		
18:1 c.....g	1.377	0.056	6	A	1		1.349		
18:1 t.....g	0.077	0.005	6	A	1		0.076		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.025	0.001	6	A	1		0.024		
22:1 undifferentiated.....g	0.001	0.000	6	AS	1		0.001		
22:1 c.....g	0.001	0.000	6	A	1		0.001		
22:1 t.....g	0.000	0.000	6	A	1		0.000		
24:1 c.....g	0.001	0.000	6	A	1		0.001		
Fatty acids, total polyunsaturated.....g	1.607		0	NC	4		1.575		
18:2 undifferentiated.....g	1.386	0.040	6	AS	1		1.358		
18:2 n-6 c,c.....g	1.343	0.038	6	A	1		1.316		
18:2 CLAs.....g	0.015	0.001	6	A	1		0.015		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.027	0.002	6	A	1		0.027		
18:3 undifferentiated.....g	0.157	0.004	6	AS	1		0.154		
18:3 n-3 c,c,c (ALA).....g	0.153	0.004	6	A	1		0.150		
18:3 n-6 c,c,c.....g	0.004	0.000	6	A	1		0.004		
18:3i.....g									
18:4.....g	0.001	0.000	6	A	1		0.001		
20:2 n-6 c,c.....g	0.005	0.000	6	A	1		0.005		
20:3 undifferentiated.....g	0.010	0.000	6	AS	1		0.010		
20:3 n-3.....g	0.000	0.000	6	A	1		0.000		
20:3 n-6.....g	0.010	0.000	6	A	1		0.010		
20:4 undifferentiated.....g	0.026	0.001	6	A	1		0.026		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.008	0.002	6	A	1		0.008		
21:5.....g									
22:4.....g	0.008	0.000	6	A	1		0.008		
22:5 n-3 (DPA).....g	0.004	0.000	6	A	1		0.004		
22:6 n-3 (DHA).....g	0.002	0.000	6	A	1		0.002		
Fatty acids, total trans.....g	0.113		0	NC	4		0.111		



NDB No. 21262

TACO BELL, Soft Taco with chicken, cheese and lettuce

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 trans-monoenoic.....g	0.086		0	NC	4	0.084	
Fatty acids, total trans-polyenoic.....g	0.027		0	NC	4	0.027	
Cholesterol.....mg	29	0.981	3	A	1	28	
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.153		0	A	1	0.150	
Threonine.....g	0.568		0	A	1	0.557	
Isoleucine.....g	0.596		0	A	1	0.584	
Leucine.....g	1.073		0	A	1	1.051	
Lysine.....g	0.997		0	A	1	0.977	
Methionine.....g	0.315		0	A	1	0.309	
Cystine.....g	0.158		0	A	1	0.155	
Phenylalanine.....g	0.589		0	A	1	0.577	
Tyrosine.....g	0.442		0	A	1	0.433	
Valine.....g	0.682		0	A	1	0.668	
Arginine.....g	0.720		0	A	1	0.706	
Histidine.....g	0.451		0	A	1	0.441	
Alanine.....g	0.640		0	A	1	0.627	
Aspartic acid.....g	1.191		0	A	1	1.167	
Glutamic acid.....g	2.721		0	A	1	2.666	
Glycine.....g	0.512		0	A	1	0.502	
Proline.....g	0.804		0	A	1	0.788	
Serine.....g	0.609		0	A	1	0.597	
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 = 98g: 1 each taco

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21263  
TACO BELL, Soft Taco with steak

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	20.8	0.698	4	A	1		26.4		
Dihydrophyloquinone.....µg	4.2	0.441	4	A	1		5.4		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.369		0	NC	4		4.279		
4:0.....g									
6:0.....g									
8:0.....g	0.022	0.003	4	A	1		0.028		
10:0.....g	0.052	0.002	4	A	1		0.067		
12:0.....g	0.057	0.005	4	A	1		0.073		
13:0.....g									
14:0.....g	0.250	0.009	4	A	1		0.317		
15:0.....g	0.030	0.000	4	A	1		0.038		
16:0.....g	1.877	0.052	4	A	1		2.384		
17:0.....g	0.040	0.000	4	A	1		0.051		
18:0.....g	0.992	0.019	4	A	1		1.260		
20:0.....g	0.030	0.000	4	A	1		0.038		
22:0.....g	0.017	0.003	4	A	1		0.022		
24:0.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated.....g	3.937		0	NC	4		5.000		
14:1.....g	0.030	0.000	4	A	1		0.038		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.122	0.003	4	A	1		0.155		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	3.755	0.148	4	A	1		4.769		
20:1.....g	0.030	0.000	4	A	1		0.038		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.485		0	NC	4		4.426		
18:2 undifferentiated.....g	3.095	0.231	4	A	1		3.931		
18:3 undifferentiated.....g	0.370	0.032	4	A	1		0.470		
18:4.....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.020	0.000	4	A	1		0.025		
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	31	0.170	4	A	1		40		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.145		0	A	1		0.185		
Threonine.....g	0.502		0	A	1		0.638		
Isoleucine.....g	0.500		0	A	1		0.635		
Leucine.....g	0.927		0	A	1		1.178		
Lysine.....g	0.815		0	A	1		1.035		
Methionine.....g	0.252		0	A	1		0.321		
Cystine.....g	0.147		0	A	1		0.187		
Phenylalanine.....g	0.545		0	A	1		0.692		
Tyrosine.....g	0.388		0	A	1		0.492		
Valine.....g	0.562		0	A	1		0.714		
Arginine.....g	0.618		0	A	1		0.784		
Histidine.....g	0.325		0	A	1		0.413		
Alanine.....g	0.567		0	A	1		0.721		
Aspartic acid.....g	1.055		0	A	1		1.340		
Glutamic acid.....g	2.399		0	A	1		3.047		
Glycine.....g	0.460		0	A	1		0.584		

NDB No. 21263  
 TACO BELL, Soft Taco with steak

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	0.760		0	A	1	0.965		
Serine.....g	0.547		0	A	1	0.695		
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 = 127g: 1 item

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
Vitamin D2 (ergocalciferol).....µg										
Vitamin D3 (cholecalciferol).....µg										
Vitamin D.....IU										
Vitamin K (phylloquinone).....µg	10.7	1.353	4	A	1			57.2		
Dihydrophyloquinone.....µg	10.0	1.389	4	A	1			53.2		
Menaquinone-4.....µg										
<b>Lipids:</b>										
Fatty acids, total saturated.....g	2.979		0	NC	4			15.880		
4:0.....g										
6:0.....g										
8:0.....g	0.025	0.003	4	A	1			0.133		
10:0.....g	0.055	0.003	4	A	1			0.293		
12:0.....g	0.060	0.004	4	A	1			0.320		
13:0.....g										
14:0.....g	0.262	0.017	4	A	1			1.399		
15:0.....g	0.030	0.003	4	A	1			0.159		
16:0.....g	1.547	0.065	4	A	1			8.248		
17:0.....g	0.045	0.003	4	A	1			0.240		
18:0.....g	0.927	0.041	4	A	1			4.943		
20:0.....g	0.017	0.003	4	A	1			0.093		
22:0.....g	0.010	0.000	4	A	1			0.053		
24:0.....g	0.000	0.000	4	A	1			0.000		
Fatty acids, total monounsaturated.....g	3.972		0	NC	4			21.172		
14:1.....g	0.030	0.000	4	A	1			0.159		
15:1.....g	0.000	0.000	4	A	1			0.000		
16:1 undifferentiated.....g	0.115	0.006	4	A	1			0.613		
17:1.....g	0.000	0.000	4	A	1			0.000		
18:1 undifferentiated.....g	3.812	0.153	4	A	1			20.320		
20:1.....g	0.015	0.003	4	A	1			0.079		
22:1 undifferentiated.....g	0.000	0.000	4	A	1			0.000		
24:1 c.....g										
Fatty acids, total polyunsaturated.....g	0.752		0	NC	4			4.011		
18:2 undifferentiated.....g	0.655	0.025	4	A	1			3.491		
18:3 undifferentiated.....g	0.098	0.003	4	A	1			0.520		
18:4.....g	0.000	0.000	4	A	1			0.000		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1			0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1			0.000		
20:4 undifferentiated.....g	0.000	0.000	4	A	1			0.000		
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1			0.000		
21:5.....g										
22:4.....g										
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1			0.000		
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1			0.000		
Fatty acids, total trans.....g										
Cholesterol.....mg	19	0.874	4	A	1			99		
Phytosterols.....mg										
<b>Amino Acids:</b>										
Tryptophan.....g	0.086		0	A	1			0.456		
Threonine.....g	0.266		0	A	1			1.416		
Isoleucine.....g	0.268		0	A	1			1.429		
Leucine.....g	0.519		0	A	1			2.765		
Lysine.....g	0.441		0	A	1			2.350		
Methionine.....g	0.120		0	A	1			0.642		
Cystine.....g	0.078		0	A	1			0.415		
Phenylalanine.....g	0.340		0	A	1			1.814		
Tyrosine.....g	0.218		0	A	1			1.161		
Valine.....g	0.311		0	A	1			1.656		
Arginine.....g	0.346		0	A	1			1.844		
Histidine.....g	0.180		0	A	1			0.962		
Alanine.....g	0.321		0	A	1			1.713		
Aspartic acid.....g	0.651		0	A	1			3.472		
Glutamic acid.....g	1.336		0	A	1			7.122		
Glycine.....g	0.306		0	A	1			1.632		

NDB No. 21270  
 TACO BELL, Taco Salad

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	0.473		0	A	1	2.523	
Serine.....g	0.336		0	A	1	1.789	
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 = 533g: 1 item

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21508

WENDY'S, Crispy Chicken Sandwich

Wendy's International, Inc.

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
<b>Proximates:</b>									
Water.....g	45.92	0.479	6	A	1		57.86		
Energy.....kcal	278		0	NC	4		350		
Energy.....kJ	1162		0	NC	4		1464		
Protein.....g	11.72	0.248	6	A	1		14.77		
Total lipid (fat).....g	13.93	0.296	6	A	1		17.56		
Ash.....g	2.06	0.024	6	A	1		2.60		
Carbohydrate, by difference.....g	26.36		0	NC	4		33.22		
Fiber, total dietary.....g									
Sugars, total.....g	3.13	0.067	3	A	1		3.95		
Sucrose.....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose).....g	1.17	0.033	3	A	1		1.47		
Fructose.....g	1.43	0.033	3	A	1		1.81		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.53	0.033	3	A	1		0.67		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	37	2.921	6	A	1		47		
Iron, Fe.....mg	1.49	0.035	6	A	1		1.88		
Magnesium, Mg.....mg	20	0.226	6	A	1		25		
Phosphorus, P.....mg	182	2.349	6	A	1		229		
Potassium, K.....mg	185	4.070	6	A	1		233		
Sodium, Na.....mg	566	5.437	6	A	1		713		
Zinc, Zn.....mg	0.59	0.002	6	A	1		0.74		
Copper, Cu.....mg	0.074	0.001	6	A	1		0.093		
Manganese, Mn.....mg	0.260	0.005	6	A	1		0.327		
Selenium, Se.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.641		0	NC	4		3.328		
4:0.....g	0.001	0.001	3	A	1		0.001		
6:0.....g	0.000	0.000	3	A	1		0.000		
8:0.....g	0.012	0.001	3	A	1		0.015		
10:0.....g	0.010	0.001	3	A	1		0.012		
12:0.....g	0.003	0.001	3	A	1		0.004		
13:0.....g									
14:0.....g	0.031	0.004	3	A	1		0.039		
15:0.....g	0.004	0.000	3	A	1		0.005		
16:0.....g	1.810	0.128	3	A	1		2.281		
17:0.....g	0.014	0.001	3	A	1		0.018		
18:0.....g	0.671	0.032	3	A	1		0.845		
20:0.....g	0.037	0.001	3	A	1		0.047		
22:0.....g	0.035	0.002	3	A	1		0.044		
24:0.....g	0.014	0.000	3	A	1		0.018		
Fatty acids, total monounsaturated.....g	3.193		0	NC	4		4.023		
14:1.....g	0.003	0.001	3	A	1		0.004		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.122	0.039	3	AS	1		0.153		
16:1 c.....g	0.122	0.039	3	A	1		0.153		
16:1 t.....g	0.000	0.000	3	A	1		0.000		
17:1.....g	0.008	0.000	3	A	1		0.010		
18:1 undifferentiated.....g	3.009	0.181	3	AS	1		3.791		
18:1 c.....g	2.988	0.179	3	A	1		3.765		
18:1 t.....g	0.021	0.002	3	A	1		0.026		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.050	0.010	3	A	1		0.063		
22:1 undifferentiated.....g	0.001	0.000	3	AS	1		0.001		
22:1 c.....g	0.001	0.000	3	A	1		0.001		



NDB No. 21508  
 WEND'YS, Crispy Chicken Sandwich

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			
22:1 t.....g	0.000	0.000	3	A	1	0.000		
24:1 c.....g	0.002	0.002	3	A	1	0.002		
Fatty acids, total polyunsaturated.....g	6.634		0	NC	4	8.359		
18:2 undifferentiated.....g	5.942	0.119	3	AS	1	7.487		
18:2 n-6 c,c.....g	5.875	0.123	3	A	1	7.402		
18:2 CLAs.....g	0.016	0.001	3	A	1	0.020		
18:2 t,t.....g								
18:2 i.....g								
18:2 t not further defined.....g	0.052	0.005	3	A	1	0.066		
18:3 undifferentiated.....g	0.635	0.035	3	AS	1	0.800		
18:3 n-3 c,c,c (ALA).....g	0.603	0.033	3	A	1	0.759		
18:3 n-6 c,c,c.....g	0.032	0.003	3	A	1	0.040		
18:3i.....g								
18:4.....g	0.000	0.000	3	A	1	0.000		
20:2 n-6 c,c.....g	0.008	0.000	3	A	1	0.010		
20:3 undifferentiated.....g	0.009	0.002	3	AS	1	0.011		
20:3 n-3.....g	0.000	0.000	3	A	1	0.000		
20:3 n-6.....g	0.009	0.001	3	A	1	0.011		
20:4 undifferentiated.....g	0.028	0.001	3	A	1	0.035		
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.001	0.001	3	A	1	0.001		
21:5.....g								
22:4.....g	0.007	0.003	3	A	1	0.008		
22:5 n-3 (DPA).....g	0.003	0.000	3	A	1	0.003		
22:6 n-3 (DHA).....g	0.002	0.000	3	A	1	0.003		
Fatty acids, total trans.....g	0.073		0	NC	4	0.091		
Fatty acids, total trans-monoenoic.....g	0.021		0	NC	4	0.026		
Fatty acids, total trans-polyenoic.....g	0.052		0	NC	4	0.066		
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 = 126g: 1 sandwich

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21243

WENDY'S, CLASSIC DOUBLE, with cheese

Wendy's International, Inc.

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
<b>Proximates:</b>									
Water.....g	55.84		1	A	1		173.10		
Energy.....kcal	241		0	NC	4		746		
Energy.....kJ	1007		0	NC	4		3122		
Protein (N x 6.25).....g	16.52		1	A	1		51.21		
Total lipid (fat).....g	14.20		1	A	1		44.02		
Ash.....g	1.73		1	A	1		5.36		
Carbohydrate, by difference.....g	11.71		0	NC	4		36.30		
Fiber, total dietary.....g	1.1		1	A	1		3.4		
Sugars, total.....g									
Sucrose.....g	0.00		1	A	1		0.00		
Glucose (dextrose).....g	0.47		1	A	1		1.46		
Fructose.....g	0.62		1	A	1		1.92		
Lactose.....g	0.15		1	A	1		0.46		
Maltose.....g	0.15		1	A	1		0.46		
Galactose.....g									
Starch.....g	8.60		1	A	1		26.66		
<b>Minerals:</b>									
Calcium, Ca.....mg	58		1	A	1		179		
Iron, Fe.....mg	2.94		1	A	1		9.11		
Magnesium, Mg.....mg	19		1	A	1		59		
Phosphorus, P.....mg	134		1	A	1		415		
Potassium, K.....mg	214		1	A	1		663		
Sodium, Na.....mg	422		1	A	1		1308		
Zinc, Zn.....mg	3.05		1	A	1		9.45		
Copper, Cu.....mg	0.075		1	A	1		0.231		
Manganese, Mn.....mg	0.133		1	A	1		0.412		
Selenium, Se.....µg	19.9		1	A	1		61.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		1	A	1		2.3		
Thiamin.....mg	0.242		1	A	1		0.750		
Riboflavin.....mg	0.251		1	A	1		0.778		
Niacin.....mg	3.520		1	A	1		10.912		
Pantothenic acid.....mg	0.359		1	A	1		1.113		
Vitamin B-6.....mg	0.189		1	A	1		0.586		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.92		1	A	1		5.95		
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	6.9		1	A	1		21.4		
Dihydrophylloquinone.....µg	0.0		1	A	1		0.0		
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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Fatty acids, total saturated.....g	5.890		0	NC	4	18.257		
4:0.....g								
6:0.....g								
8:0.....g	0.020		1	A	1	0.062		
10:0.....g	0.050		1	A	1	0.155		
12:0.....g	0.060		1	A	1	0.186		
13:0.....g								
14:0.....g	0.500		1	A	1	1.550		
15:0.....g	0.070		1	A	1	0.217		
16:0.....g	3.240		1	A	1	10.044		
17:0.....g	0.160		1	A	1	0.496		
18:0.....g	1.750		1	A	1	5.425		
20:0.....g	0.020		1	A	1	0.062		
22:0.....g	0.000		1	A	1	0.000		
24:0.....g	0.020		1	A	1	0.062		
Fatty acids, total monounsaturated.....g	5.740		0	NC	4	17.794		
14:1.....g	0.110		1	A	1	0.341		
15:1.....g	0.000		1	A	1	0.000		
16:1 undifferentiated.....g	0.490		1	A	1	1.519		
17:1.....g	0.000		1	A	1	0.000		
18:1 undifferentiated.....g	5.090		1	A	1	15.779		
20:1.....g	0.050		1	A	1	0.155		
22:1 undifferentiated.....g	0.000		1	A	1	0.000		
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.300		0	NC	4	4.029		
18:2 undifferentiated.....g	1.040		1	A	1	3.224		
18:3 undifferentiated.....g	0.150		1	A	1	0.465		
18:4.....g	0.070		1	A	1	0.217		
20:2 n-6 c,c.....g	0.000		1	A	1	0.000		
20:3 undifferentiated.....g	0.010		1	A	1	0.031		
20:4 undifferentiated.....g	0.030		1	A	1	0.093		
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	51		1	A	1	157		
Phytosterols.....mg								
<b><u>Amino Acids:</u></b>								
Tryptophan.....g	0.160		0	A	1	0.496		
Threonine.....g	0.570		0	A	1	1.767		
Isoleucine.....g	0.590		0	A	1	1.829		
Leucine.....g	1.060		0	A	1	3.286		
Lysine.....g	1.010		0	A	1	3.131		
Methionine.....g	0.340		0	A	1	1.054		
Cystine.....g	0.180		0	A	1	0.558		
Phenylalanine.....g	0.570		0	A	1	1.767		
Tyrosine.....g	0.350		0	A	1	1.085		
Valine.....g	0.680		0	A	1	2.108		
Arginine.....g	0.810		0	A	1	2.511		
Histidine.....g	0.380		0	A	1	1.178		
Alanine.....g	0.860		0	A	1	2.666		
Aspartic acid.....g	1.230		0	A	1	3.813		
Glutamic acid.....g	2.440		0	A	1	7.564		
Glycine.....g	0.930		0	A	1	2.883		
Proline.....g	0.900		0	A	1	2.790		
Serine.....g	0.600		0	A	1	1.860		
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.** 21243

**WENDY'S, CLASSIC DOUBLE, with cheese**

**Common Measures:**

Measure 1 = 310g: 1 item

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group:** 21 Fast Foods

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

NDB No. 21239

WENDY'S, CLASSIC SINGLE Hamburger, no cheese

Wendy's International, Inc.

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
<b>Proximates:</b>									
Water.....g	58.41	0.623	4	A	1		127.33		
Energy.....kcal	213		0	NC	4		465		
Energy.....kJ	892		0	NC	4		1945		
Protein (N x 6.25).....g	12.63	0.452	4	A	1		27.53		
Total lipid (fat).....g	10.60	0.168	4	A	1		23.11		
Ash.....g	1.54	0.051	4	A	1		3.36		
Carbohydrate, by difference.....g	16.82		0	NC	4		36.67		
Fiber, total dietary.....g	1.3	0.000	3	A	1		2.8		
Sugars, total.....g									
Sucrose.....g	0.00	0.000	4	A	1		0.00		
Glucose (dextrose).....g	1.14	0.062	4	A	1		2.47		
Fructose.....g	1.32	0.094	4	A	1		2.87		
Lactose.....g	0.00	0.000	4	A	1		0.00		
Maltose.....g	0.22	0.073	4	A	1		0.48		
Galactose.....g									
Starch.....g	11.52	0.250	4	A	1		25.12		
<b>Minerals:</b>									
Calcium, Ca.....mg	34	4.631	4	A	1		75		
Iron, Fe.....mg	2.73	0.167	4	A	1		5.96		
Magnesium, Mg.....mg	18	0.522	4	A	1		40		
Phosphorus, P.....mg	103	2.847	4	A	1		225		
Potassium, K.....mg	195	5.186	4	A	1		426		
Sodium, Na.....mg	395	20.129	4	A	1		861		
Zinc, Zn.....mg	2.47	0.101	4	A	1		5.38		
Copper, Cu.....mg	0.139	0.013	4	A	1		0.304		
Manganese, Mn.....mg	0.187	0.006	4	A	1		0.409		
Selenium, Se.....µg	18.2	1.385	4	A	1		39.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5	0.161	4	A	1		1.2		
Thiamin.....mg	0.275	0.008	4	A	1		0.600		
Riboflavin.....mg	0.205	0.013	4	A	1		0.447		
Niacin.....mg	3.225	0.058	4	A	1		7.030		
Pantothenic acid.....mg	0.336	0.029	4	A	1		0.732		
Vitamin B-6.....mg	0.114	0.009	4	A	1		0.249		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.45	0.083	4	A	1		3.17		
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	9.0	0.403	4	A	1		19.7		
Dihydrophylloquinone.....µg	0.0	0.000	4	A	1		0.0		
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			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
Fatty acids, total saturated.....g	3.689		0	NC	4			8.043		
4:0.....g										
6:0.....g										
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	0.000	0.000	4	A	1			0.000		
13:0.....g										
14:0.....g	0.245	0.009	4	A	1			0.534		
15:0.....g	0.040	0.000	4	A	1			0.087		
16:0.....g	2.110	0.073	4	A	1			4.600		
17:0.....g	0.105	0.005	4	A	1			0.229		
18:0.....g	1.165	0.052	4	A	1			2.540		
20:0.....g	0.015	0.003	4	A	1			0.032		
22:0.....g	0.000	0.000	4	A	1			0.000		
24:0.....g	0.010	0.000	4	A	1			0.022		
Fatty acids, total monounsaturated.....g	4.077		0	NC	4			8.888		
14:1.....g	0.075	0.003	4	A	1			0.163		
15:1.....g	0.000	0.000	4	A	1			0.000		
16:1 undifferentiated.....g	0.330	0.011	4	A	1			0.719		
17:1.....g	0.000	0.000	4	A	1			0.000		
18:1 undifferentiated.....g	3.622	0.074	4	A	1			7.897		
20:1.....g	0.040	0.000	4	A	1			0.087		
22:1 undifferentiated.....g	0.010	0.000	4	A	1			0.022		
24:1 c.....g										
Fatty acids, total polyunsaturated.....g	1.550		0	NC	4			3.379		
18:2 undifferentiated.....g	1.308	0.071	4	A	1			2.850		
18:3 undifferentiated.....g	0.172	0.011	4	A	1			0.376		
18:4.....g	0.050	0.000	4	A	1			0.109		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1			0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1			0.000		
20:4 undifferentiated.....g	0.020	0.000	4	A	1			0.043		
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1			0.000		
21:5.....g										
22:4.....g										
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1			0.000		
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1			0.000		
Fatty acids, total trans.....g										
Cholesterol.....mg	35	1.599	4	A	1			77		
Phytosterols.....mg										
<b>Amino Acids:</b>										
Tryptophan.....g	0.133		0	A	1			0.291		
Threonine.....g	0.459		0	A	1			1.000		
Isoleucine.....g	0.459		0	A	1			1.000		
Leucine.....g	0.827		0	A	1			1.803		
Lysine.....g	0.769		0	A	1			1.677		
Methionine.....g	0.240		0	A	1			0.523		
Cystine.....g	0.153		0	A	1			0.333		
Phenylalanine.....g	0.461		0	A	1			1.005		
Tyrosine.....g	0.251		0	A	1			0.547		
Valine.....g	0.524		0	A	1			1.142		
Arginine.....g	0.666		0	A	1			1.453		
Histidine.....g	0.301		0	A	1			0.656		
Alanine.....g	0.699		0	A	1			1.523		
Aspartic acid.....g	0.997		0	A	1			2.174		
Glutamic acid.....g	2.145		0	A	1			4.676		
Glycine.....g	0.801		0	A	1			1.746		
Proline.....g	0.754		0	A	1			1.644		
Serine.....g	0.491		0	A	1			1.071		
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.** 21239

**WENDY'S, CLASSIC SINGLE Hamburger, no cheese**

**Common Measures:**

Measure 1 = 218g: 1 item

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group:** 21 Fast Foods

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

NDB No. 21240

WENDY'S, CLASSIC SINGLE Hamburger, with cheese

Wendy's International, Inc.

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
<b>Proximates:</b>									
Water.....g	57.50		1	A	1		135.70		
Energy.....kcal	221		0	NC	4		521		
Energy.....kJ	923		0	NC	4		2179		
Protein (N x 6.25).....g	14.87		1	A	1		35.09		
Total lipid (fat).....g	11.60		1	A	1		27.38		
Ash.....g	1.83		1	A	1		4.32		
Carbohydrate, by difference.....g	14.20		0	NC	4		33.51		
Fiber, total dietary.....g	1.4		1	A	1		3.3		
Sugars, total.....g									
Sucrose.....g	0.00		1	A	1		0.00		
Glucose (dextrose).....g	0.82		1	A	1		1.93		
Fructose.....g	1.09		1	A	1		2.57		
Lactose.....g	0.21		1	A	1		0.50		
Maltose.....g	0.29		1	A	1		0.68		
Galactose.....g									
Starch.....g	9.90		1	A	1		23.36		
<b>Minerals:</b>									
Calcium, Ca.....mg	75		1	A	1		177		
Iron, Fe.....mg	2.34		1	A	1		5.52		
Magnesium, Mg.....mg	19		1	A	1		44		
Phosphorus, P.....mg	126		1	A	1		297		
Potassium, K.....mg	187		1	A	1		441		
Sodium, Na.....mg	476		1	A	1		1123		
Zinc, Zn.....mg	2.58		1	A	1		6.09		
Copper, Cu.....mg	0.075		1	A	1		0.176		
Manganese, Mn.....mg	0.162		1	A	1		0.382		
Selenium, Se.....µg	19.1		1	A	1		45.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		1	A	1		1.3		
Thiamin.....mg	0.260		1	A	1		0.613		
Riboflavin.....mg	0.256		1	A	1		0.604		
Niacin.....mg	3.190		1	A	1		7.528		
Pantothenic acid.....mg	0.291		1	A	1		0.687		
Vitamin B-6.....mg	0.106		1	A	1		0.250		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.54		1	A	1		3.63		
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	9.3		1	A	1		21.9		
Dihydrophylloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg									
<b>Lipids:</b>									



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	5.191		0	NC	4		12.251		
4:0.....g	0.122		1	A	1		0.288		
6:0.....g	0.071		1	A	1		0.169		
8:0.....g	0.045		1	A	1		0.105		
10:0.....g	0.073		1	A	1		0.173		
12:0.....g	0.081		1	A	1		0.190		
13:0.....g									
14:0.....g	0.419		1	A	1		0.989		
15:0.....g	0.057		1	A	1		0.135		
16:0.....g	2.719		1	A	1		6.417		
17:0.....g	0.113		1	A	1		0.268		
18:0.....g	1.451		1	A	1		3.425		
20:0.....g	0.020		1	A	1		0.048		
22:0.....g	0.006		1	A	1		0.013		
24:0.....g	0.013		1	A	1		0.031		
Fatty acids, total monounsaturated.....g	4.407		0	NC	4		10.401		
14:1.....g	0.089		1	A	1		0.209		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.393		0	AS	1		0.928		
16:1 c.....g	0.361		1	A	1		0.853		
16:1 t.....g	0.032		1	A	1		0.075		
17:1.....g	0.036		1	A	1		0.084		
18:1 undifferentiated.....g	3.854		0	AS	1		9.094		
18:1 c.....g	3.543		1	A	1		8.361		
18:1 t.....g	0.311		1	A	1		0.733		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.031		1	A	1		0.073		
22:1 undifferentiated.....g	0.005		1	A	1		0.012		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.405		0	NC	4		3.316		
18:2 undifferentiated.....g	1.195		0	AS	1		2.821		
18:2 n-6 c,c.....g	1.143		1	A	1		2.698		
18:2 CLAs.....g									
18:2 t.....g									
18:2 i.....g	0.052		1	A	1		0.122		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.161		0	AS	1		0.380		
18:3 n-3 c,c,c (ALA).....g	0.161		1	A	1		0.380		
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.030		1	A	1		0.071		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.019		0	AS	1		0.044		
20:4 n-6.....g	0.019		1	A	1		0.044		
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	0.394		0	NC	4		0.930		
Fatty acids, total trans-monoenoic.....g	0.342		0	NC	4		0.808		
Fatty acids, total trans-polyenoic.....g	0.052		0	NC	4		0.122		
Cholesterol.....mg	38		1	A	1		91		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.120		0	A	1		0.283		
Threonine.....g	0.450		0	A	1		1.062		
Isoleucine.....g	0.470		0	A	1		1.109		
Leucine.....g	0.850		0	A	1		2.006		
Lysine.....g	0.780		0	A	1		1.841		

NDB No. 21240  
 WENDY'S, CLASSIC SINGLE Hamburger, with cheese

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			
Methionine.....g	0.250		0	A	1	0.590		
Cystine.....g	0.140		0	A	1	0.330		
Phenylalanine.....g	0.470		0	A	1	1.109		
Tyrosine.....g	0.270		0	A	1	0.637		
Valine.....g	0.530		0	A	1	1.251		
Arginine.....g	0.630		0	A	1	1.487		
Histidine.....g	0.310		0	A	1	0.732		
Alanine.....g	0.630		0	A	1	1.487		
Aspartic acid.....g	0.980		0	A	1	2.313		
Glutamic acid.....g	2.200		0	A	1	5.192		
Glycine.....g	0.690		0	A	1	1.628		
Proline.....g	0.790		0	A	1	1.864		
Serine.....g	0.510		0	A	1	1.203		
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 = 236g: 1 item

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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

NDB No. 21246  
 WENDY'S, Chicken Nuggets  
 Wendy's International, Inc.

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
<b>Proximates:</b>									
Water.....g	44.15	0.848	6	A	1		30.02	62.70	
Energy.....kcal	326		0	NC	4		222	463	
Energy.....kJ	1364		0	NC	4		928	1937	
Protein (N x 6.25).....g	16.46	0.439	6	A	1		11.19	23.37	
Total lipid (fat).....g	22.55	0.480	6	A	1		15.34	32.03	
Ash.....g	2.52	0.049	6	A	1		1.71	3.58	
Carbohydrate, by difference.....g	14.31		0	NC	4		9.73	20.33	
Fiber, total dietary.....g									
Sugars, total.....g	0.08	0.009	3	A	1		0.06	0.12	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	0.00	0.000	3	A	1		0.00	0.00	
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	0.08	0.009	3	A	1		0.06	0.12	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11	0.593	6	A	1		7	15	
Iron, Fe.....mg	0.62	0.014	6	A	1		0.42	0.88	
Magnesium, Mg.....mg	22	0.313	6	A	1		15	32	
Phosphorus, P.....mg	271	5.199	6	A	1		184	385	
Potassium, K.....mg	250	6.436	6	A	1		170	355	
Sodium, Na.....mg	708	18.103	6	A	1		481	1005	
Zinc, Zn.....mg	0.61	0.014	6	A	1		0.41	0.86	
Copper, Cu.....mg	0.061	0.003	6	A	1		0.041	0.086	
Manganese, Mn.....mg	0.190	0.008	6	A	1		0.129	0.270	
Selenium, Se.....µg	25.0	0.986	4	A	1		17.0	35.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.3	0.471	4	A	1		0.9	1.8	
Thiamin.....mg	0.079	0.004	4	A	1		0.054	0.113	
Riboflavin.....mg	0.122	0.008	4	A	1		0.083	0.173	
Niacin.....mg	6.042	0.237	4	A	1		4.109	8.580	
Pantothenic acid.....mg	0.905	0.044	3	A	1		0.615	1.285	
Vitamin B-6.....mg	0.254	0.013	4	A	1		0.173	0.361	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.33	0.000	4	A	1		0.22	0.47	
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	8.0	1.198	4	A	1		5.5	11.4	
Dihydrophylloquinone.....µg	17.1	2.556	4	A	1		11.7	24.4	
Menaquinone-4.....µg									
<b>Lipids:</b>									

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					
Fatty acids, total saturated.....g	4.787		0	NC	4		3.255	6.797	
4:0.....g	0.003	0.001	3	A	1		0.002	0.004	
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	
8:0.....g	0.028	0.001	3	A	1		0.019	0.040	
10:0.....g	0.015	0.001	3	A	1		0.010	0.022	
12:0.....g	0.006	0.000	3	A	1		0.004	0.008	
13:0.....g									
14:0.....g	0.070	0.005	3	A	1		0.047	0.099	
15:0.....g	0.009	0.000	3	A	1		0.006	0.012	
16:0.....g	3.395	0.140	3	A	1		2.308	4.820	
17:0.....g	0.023	0.001	3	A	1		0.016	0.033	
18:0.....g	1.111	0.029	3	A	1		0.755	1.578	
20:0.....g	0.058	0.001	3	A	1		0.039	0.082	
22:0.....g	0.049	0.001	3	A	1		0.033	0.069	
24:0.....g	0.022	0.001	3	A	1		0.015	0.031	
Fatty acids, total monounsaturated.....g	6.138		0	NC	4		4.174	8.716	
14:1.....g	0.012	0.001	3	A	1		0.008	0.017	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.358	0.038	3	AS	1		0.243	0.508	
16:1 c.....g	0.356	0.038	3	A	1		0.242	0.505	
16:1 t.....g	0.002	0.000	3	A	1		0.002	0.003	
17:1.....g	0.013	0.001	3	A	1		0.009	0.019	
18:1 undifferentiated.....g	5.645	0.224	3	AS	1		3.839	8.016	
18:1 c.....g	5.601	0.222	3	A	1		3.809	7.953	
18:1 t.....g	0.044	0.002	3	A	1		0.030	0.063	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.100	0.014	3	A	1		0.068	0.142	
22:1 undifferentiated.....g	0.004	0.002	3	AS	1		0.002	0.005	
22:1 c.....g	0.004	0.002	3	A	1		0.002	0.005	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.006	0.002	3	A	1		0.004	0.008	
Fatty acids, total polyunsaturated.....g	10.117		0	NC	4		6.880	14.366	
18:2 undifferentiated.....g	9.186	0.138	3	AS	1		6.246	13.044	
18:2 n-6 c,c.....g	9.042	0.140	3	A	1		6.148	12.839	
18:2 CLAs.....g	0.030	0.001	3	A	1		0.021	0.043	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.114	0.007	3	A	1		0.077	0.162	
18:3 undifferentiated.....g	0.809	0.003	3	AS	1		0.550	1.149	
18:3 n-3 c,c,c (ALA).....g	0.765	0.006	3	A	1		0.520	1.086	
18:3 n-6 c,c,c.....g	0.044	0.003	3	A	1		0.030	0.063	
18:3i.....g									
18:4.....g	0.002	0.000	3	A	1		0.002	0.003	
20:2 n-6 c,c.....g	0.017	0.001	3	A	1		0.011	0.024	
20:3 undifferentiated.....g	0.018	0.000	3	AS	1		0.012	0.025	
20:3 n-3.....g	0.001	0.001	3	A	1		0.001	0.001	
20:3 n-6.....g	0.017	0.001	3	A	1		0.011	0.024	
20:4 undifferentiated.....g	0.056	0.003	3	A	1		0.038	0.080	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	3	A	1		0.001	0.003	
21:5.....g									
22:4.....g	0.018	0.001	3	A	1		0.012	0.025	
22:5 n-3 (DPA).....g	0.006	0.000	3	A	1		0.004	0.008	
22:6 n-3 (DHA).....g	0.003	0.000	3	A	1		0.002	0.005	
Fatty acids, total trans.....g	0.161		0	NC	4		0.109	0.228	
Fatty acids, total trans-monoenoic.....g	0.047		0	NC	4		0.032	0.066	
Fatty acids, total trans-polyenoic.....g	0.114		0	NC	4		0.077	0.162	
Cholesterol.....mg	50	0.855	4	A	1		34	71	
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.

**NDB No. 21246**

**WENDY'S, Chicken Nuggets**

**Common Measures:**

Measure 1 = 68g: 5 pieces

Measure 2 = 142g: 10 pieces

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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



NDB No. 21510

WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.746		0	NC	4		12.354		
4:0.....g	0.077	0.007	3	A	1		0.166		
6:0.....g	0.060	0.005	3	A	1		0.128		
8:0.....g	0.043	0.004	3	A	1		0.092		
10:0.....g	0.100	0.007	3	A	1		0.216		
12:0.....g	0.112	0.008	3	A	1		0.240		
13:0.....g									
14:0.....g	0.565	0.022	3	A	1		1.215		
15:0.....g	0.075	0.003	3	A	1		0.161		
16:0.....g	3.017	0.047	3	A	1		6.486		
17:0.....g	0.122	0.008	3	A	1		0.262		
18:0.....g	1.527	0.041	3	A	1		3.284		
20:0.....g	0.023	0.001	3	A	1		0.049		
22:0.....g	0.015	0.001	3	A	1		0.032		
24:0.....g	0.008	0.001	3	A	1		0.017		
Fatty acids, total monounsaturated.....g	5.352		0	NC	4		11.506		
14:1.....g	0.101	0.003	3	A	1		0.218		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.335	0.005	3	AS	1		0.719		
16:1 c.....g	0.295	0.005	3	A	1		0.635		
16:1 t.....g	0.039	0.001	3	A	1		0.084		
17:1.....g	0.083	0.006	3	A	1		0.178		
18:1 undifferentiated.....g	4.776	0.151	3	AS	1		10.267		
18:1 c.....g	4.264	0.121	3	A	1		9.167		
18:1 t.....g	0.512	0.043	3	A	1		1.101		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.049	0.003	3	A	1		0.105		
22:1 undifferentiated.....g	0.007	0.003	3	AS	1		0.015		
22:1 c.....g	0.007	0.003	3	A	1		0.015		
22:1 t.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.001	0.001	3	A	1		0.003		
Fatty acids, total polyunsaturated.....g	2.366		0	NC	4		5.086		
18:2 undifferentiated.....g	2.045	0.186	3	AS	1		4.397		
18:2 n-6 c,c.....g	1.901	0.185	3	A	1		4.088		
18:2 CLAs.....g	0.067	0.005	3	A	1		0.144		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.077	0.005	3	A	1		0.165		
18:3 undifferentiated.....g	0.252	0.024	3	AS	1		0.541		
18:3 n-3 c,c,c (ALA).....g	0.240	0.023	3	A	1		0.515		
18:3 n-6 c,c,c.....g	0.012	0.003	3	A	1		0.026		
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.005	0.000	3	A	1		0.011		
20:3 undifferentiated.....g	0.018	0.001	3	AS	1		0.038		
20:3 n-3.....g	0.003	0.001	3	A	1		0.006		
20:3 n-6.....g	0.015	0.001	3	A	1		0.032		
20:4 undifferentiated.....g	0.029	0.001	3	A	1		0.063		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	3	A	1		0.006		
21:5.....g									
22:4.....g	0.007	0.000	3	A	1		0.014		
22:5 n-3 (DPA).....g	0.007	0.001	3	A	1		0.015		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.628		0	NC	4		1.351		
Fatty acids, total trans-monoenoic.....g	0.551		0	NC	4		1.185		
Fatty acids, total trans-polyenoic.....g	0.077		0	NC	4		0.165		
Cholesterol.....mg	51	1.486	3	A	1		109		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.145		0	A	1		0.311		
Threonine.....g	0.521		0	A	1		1.119		

NDB No. 21510

WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single

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	0.494		0	A	1	1.062		
Leucine.....g	1.036		0	A	1	2.227		
Lysine.....g	1.004		0	A	1	2.158		
Methionine.....g	0.295		0	A	1	0.635		
Cystine.....g	0.215		0	A	1	0.461		
Phenylalanine.....g	0.558		0	A	1	1.200		
Tyrosine.....g	0.413		0	A	1	0.889		
Valine.....g	0.574		0	A	1	1.235		
Arginine.....g	0.751		0	A	1	1.615		
Histidine.....g	0.360		0	A	1	0.773		
Alanine.....g	0.692		0	A	1	1.489		
Aspartic acid.....g	0.982		0	A	1	2.112		
Glutamic acid.....g	2.802		0	A	1	6.024		
Glycine.....g	0.827		0	A	1	1.777		
Proline.....g	1.320		0	A	1	2.839		
Serine.....g	0.590		0	A	1	1.269		
Hydroxyproline.....g	0.195		2	A	1	0.419		

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 = 215g: 1 sandwich

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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



NDB No. 21507

WENDY'S, Double Stack, with cheese

Wendy's International, Inc.

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
<b>Proximates:</b>									
Water.....g	47.58	0.355	6	A	1		69.46		
Energy.....kcal	285		0	NC	4		416		
Energy.....kJ	1192		0	NC	4		1740		
Protein.....g	18.53	0.272	6	A	1		27.06		
Total lipid (fat).....g	16.60	0.406	6	A	1		24.23		
Ash.....g	1.94	0.064	6	A	1		2.83		
Carbohydrate, by difference.....g	15.35		0	NC	4		22.41		
Fiber, total dietary.....g									
Sugars, total.....g	3.87	0.088	3	A	1		5.65		
Sucrose.....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose).....g	1.50	0.000	3	A	1		2.19		
Fructose.....g	1.63	0.033	3	A	1		2.38		
Lactose.....g	0.33	0.033	3	A	1		0.49		
Maltose.....g	0.40	0.058	3	A	1		0.58		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	73	2.547	6	A	1		107		
Iron, Fe.....mg	2.75	0.116	6	A	1		4.02		
Magnesium, Mg.....mg	21	0.307	6	A	1		30		
Phosphorus, P.....mg	157	3.030	6	A	1		228		
Potassium, K.....mg	258	5.271	6	A	1		376		
Sodium, Na.....mg	477	23.823	6	A	1		696		
Zinc, Zn.....mg	3.37	0.092	6	A	1		4.93		
Copper, Cu.....mg	0.086	0.002	6	A	1		0.126		
Manganese, Mn.....mg	0.173	0.005	6	A	1		0.253		
Selenium, Se.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.851		0	NC	4		10.003		
4:0.....g	0.047	0.004	3	A	1		0.068		
6:0.....g	0.035	0.003	3	A	1		0.051		
8:0.....g	0.025	0.001	3	A	1		0.036		
10:0.....g	0.067	0.003	3	A	1		0.098		
12:0.....g	0.075	0.004	3	A	1		0.109		
13:0.....g									
14:0.....g	0.594	0.023	3	A	1		0.867		
15:0.....g	0.089	0.005	3	A	1		0.129		
16:0.....g	3.642	0.114	3	A	1		5.317		
17:0.....g	0.183	0.017	3	A	1		0.267		
18:0.....g	2.060	0.085	3	A	1		3.008		
20:0.....g	0.019	0.001	3	A	1		0.028		
22:0.....g	0.009	0.001	3	A	1		0.013		
24:0.....g	0.006	0.000	3	A	1		0.009		
Fatty acids, total monounsaturated.....g	7.268		0	NC	4		10.612		
14:1.....g	0.138	0.002	3	A	1		0.201		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.492	0.015	3	AS	1		0.719		
16:1 c.....g	0.441	0.017	3	A	1		0.643		
16:1 t.....g	0.052	0.002	3	A	1		0.075		
17:1.....g	0.133	0.012	3	A	1		0.194		
18:1 undifferentiated.....g	6.420	0.317	3	AS	1		9.372		
18:1 c.....g	5.655	0.309	3	A	1		8.256		
18:1 t.....g	0.765	0.078	3	A	1		1.116		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.063	0.003	3	A	1		0.091		
22:1 undifferentiated.....g	0.021	0.004	3	AS	1		0.031		
22:1 c.....g	0.021	0.004	3	A	1		0.031		

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
			Points	Deriv Code	Code					
22:1 t.....g	0.000	0.000	3	A	1		0.000			
24:1 c.....g	0.002	0.001	3	A	1		0.002			
Fatty acids, total polyunsaturated.....g	1.264		0	NC	4		1.846			
18:2 undifferentiated.....g	1.079	0.039	3	AS	1		1.575			
18:2 n-6 c,c.....g	0.884	0.029	3	A	1		1.291			
18:2 CLAs.....g	0.092	0.005	3	A	1		0.135			
18:2 t,t.....g										
18:2 i.....g										
18:2 t not further defined.....g	0.103	0.008	3	A	1		0.150			
18:3 undifferentiated.....g	0.098	0.004	3	AS	1		0.143			
18:3 n-3 c,c,c (ALA).....g	0.093	0.003	3	A	1		0.136			
18:3 n-6 c,c,c.....g	0.005	0.001	3	A	1		0.007			
18:3i.....g										
18:4.....g	0.000	0.000	3	A	1		0.000			
20:2 n-6 c,c.....g	0.006	0.001	3	A	1		0.008			
20:3 undifferentiated.....g	0.022	0.000	3	AS	1		0.031			
20:3 n-3.....g	0.002	0.001	3	A	1		0.002			
20:3 n-6.....g	0.020	0.001	3	A	1		0.029			
20:4 undifferentiated.....g	0.037	0.000	3	A	1		0.054			
20:4 n-6.....g										
20:5 n-3 (EPA).....g	0.002	0.000	3	A	1		0.003			
21:5.....g										
22:4.....g	0.010	0.000	3	A	1		0.014			
22:5 n-3 (DPA).....g	0.010	0.001	3	A	1		0.014			
22:6 n-3 (DHA).....g	0.001	0.001	3	A	1		0.001			
Fatty acids, total trans.....g	0.919		0	NC	4		1.341			
Fatty acids, total trans-monoenoic.....g	0.816		0	NC	4		1.192			
Fatty acids, total trans-polyenoic.....g	0.103		0	NC	4		0.150			
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 = 146g: 1 sandwich

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 21 Fast Foods

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

NDB No. 21248  
 WENDY'S, Frosty Dairy Dessert  
 Wendy's International, Inc.

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
<b>Proximates:</b>									
Water.....g	69.25		1	A	1		78.25	157.20	206.37
Energy.....kcal	132		0	NC	4		149	299	393
Energy.....kJ	552		0	NC	4		623	1252	1644
Protein (N x 6.25).....g	3.49		1	A	1		3.94	7.92	10.40
Total lipid (fat).....g	2.60		1	A	1		2.94	5.90	7.75
Ash.....g	1.04		1	A	1		1.18	2.36	3.10
Carbohydrate, by difference.....g	23.62		0	NC	4		26.69	53.62	70.39
Fiber, total dietary.....g	3.3		1	A	1		3.7	7.5	9.8
Sugars, total.....g									
Sucrose.....g	8.63		1	A	1		9.75	19.59	25.72
Glucose (dextrose).....g	0.55		1	A	1		0.62	1.25	1.64
Fructose.....g	0.15		1	A	1		0.17	0.34	0.44
Lactose.....g	5.44		1	A	1		6.15	12.35	16.21
Maltose.....g	0.91		1	A	1		1.03	2.07	2.71
Galactose.....g									
Starch.....g	1.30		1	A	1		1.47	2.95	3.87
<b>Minerals:</b>									
Calcium, Ca.....mg	128		1	A	1		145	291	381
Iron, Fe.....mg	1.04		1	A	1		1.18	2.36	3.10
Magnesium, Mg.....mg	20		1	A	1		23	46	61
Phosphorus, P.....mg	112		1	A	1		127	254	334
Potassium, K.....mg	185		1	A	1		209	420	551
Sodium, Na.....mg	98		1	A	1		111	223	293
Zinc, Zn.....mg	0.44		1	A	1		0.50	1.00	1.31
Copper, Cu.....mg	0.075		1	A	1		0.084	0.169	0.222
Manganese, Mn.....mg	0.063		1	A	1		0.071	0.142	0.187
Selenium, Se.....µg	3.3		1	A	1		3.7	7.5	9.8
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin.....mg	0.060		1	A	1		0.067	0.135	0.177
Riboflavin.....mg	0.720		1	A	1		0.814	1.634	2.146
Niacin.....mg	0.348		1	A	1		0.393	0.790	1.037
Pantothenic acid.....mg	0.601		1	A	1		0.679	1.364	1.791
Vitamin B-6.....mg	0.000		1	A	1		0.000	0.000	0.000
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg	27.7		0	AS	1		31.3	62.9	82.5
Betaine.....mg	1.1		1	A	1		1.2	2.5	3.2
Vitamin B-12.....µg	0.59		1	A	1		0.66	1.33	1.75
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	0.4		1	A	1		0.5	0.9	1.2
Dihydrophylloquinone.....µg	0.0		1	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 21248  
 WENDY'S, Frosty Dairy Dessert

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	1.635		0	NC	4	1.847	3.711	4.872
4:0.....g								
6:0.....g								
8:0.....g	0.033		1	A	1	0.038	0.076	0.099
10:0.....g	0.067		1	A	1	0.075	0.151	0.199
12:0.....g	0.075		1	A	1	0.085	0.170	0.224
13:0.....g								
14:0.....g	0.259		1	A	1	0.292	0.587	0.771
15:0.....g	0.025		1	A	1	0.028	0.057	0.074
16:0.....g	0.776		1	A	1	0.877	1.761	2.312
17:0.....g	0.017		1	A	1	0.019	0.038	0.049
18:0.....g	0.384		1	A	1	0.434	0.871	1.144
20:0.....g	0.000		1	A	1	0.000	0.000	0.000
22:0.....g	0.000		1	A	1	0.000	0.000	0.000
24:0.....g	0.000		1	A	1	0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.692		0	NC	4	0.782	1.572	2.063
14:1.....g	0.017		1	A	1	0.019	0.038	0.049
15:1.....g	0.000		1	A	1	0.000	0.000	0.000
16:1 undifferentiated.....g	0.042		1	A	1	0.047	0.095	0.124
17:1.....g	0.000		1	A	1	0.000	0.000	0.000
18:1 undifferentiated.....g	0.634		1	A	1	0.716	1.439	1.889
20:1.....g	0.000		1	A	1	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.117		0	NC	4	0.132	0.265	0.348
18:2 undifferentiated.....g	0.100		1	A	1	0.113	0.227	0.298
18:3 undifferentiated.....g	0.017		1	A	1	0.019	0.038	0.049
18:4.....g	0.000		1	A	1	0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		1	A	1	0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		1	A	1	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		1	A	1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		1	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	16		1	A	1	18	36	47
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.040		0	A	1	0.045	0.091	0.119
Threonine.....g	0.150		0	A	1	0.170	0.341	0.447
Isoleucine.....g	0.150		0	A	1	0.170	0.341	0.447
Leucine.....g	0.290		0	A	1	0.328	0.658	0.864
Lysine.....g	0.250		0	A	1	0.283	0.568	0.745
Methionine.....g	0.070		0	A	1	0.079	0.159	0.209
Cystine.....g	0.040		0	A	1	0.045	0.091	0.119
Phenylalanine.....g	0.140		0	A	1	0.158	0.318	0.417
Tyrosine.....g	0.120		0	A	1	0.135	0.272	0.357
Valine.....g	0.180		0	A	1	0.203	0.409	0.536
Arginine.....g	0.110		0	A	1	0.124	0.249	0.328
Histidine.....g	0.080		0	A	1	0.090	0.181	0.238
Alanine.....g	0.110		0	A	1	0.124	0.249	0.328
Aspartic acid.....g	0.280		0	A	1	0.316	0.636	0.834
Glutamic acid.....g	0.640		0	A	1	0.723	1.453	1.907
Glycine.....g	0.070		0	A	1	0.079	0.159	0.209
Proline.....g	0.270		0	A	1	0.305	0.613	0.805
Serine.....g	0.170		0	A	1	0.192	0.386	0.507
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. 21248**

**WENDY'S, Frosty Dairy Dessert**

**Common Measures:**

Measure 1 = 113g: 1 junior 6 oz. cup

Measure 2 = 227g: 1 small 12 oz. cup

Measure 3 = 298g: 1 medium 16 oz. cup

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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

NDB No. 21244

WENDY'S, Homestyle Chicken Fillet Sandwich

Wendy's International, Inc.

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
<b>Proximates:</b>									
Water.....g	54.94		1	A	1		126.36		
Energy.....kcal	214		0	NC	4		493		
Energy.....kJ	896		0	NC	4		2061		
Protein (N x 6.25).....g	13.78		1	A	1		31.69		
Total lipid (fat).....g	8.10		1	A	1		18.63		
Ash.....g	1.63		1	A	1		3.75		
Carbohydrate, by difference.....g	21.55		0	NC	4		49.57		
Fiber, total dietary.....g	1.3		1	A	1		3.0		
Sugars, total.....g									
Sucrose.....g	0.00		1	A	1		0.00		
Glucose (dextrose).....g	0.87		1	A	1		2.00		
Fructose.....g	1.14		1	A	1		2.62		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.15		1	A	1		0.34		
Galactose.....g									
Starch.....g	16.10		1	A	1		37.03		
<b>Minerals:</b>									
Calcium, Ca.....mg	23		1	A	1		52		
Iron, Fe.....mg	1.50		1	A	1		3.45		
Magnesium, Mg.....mg	24		1	A	1		56		
Phosphorus, P.....mg	161		1	A	1		370		
Potassium, K.....mg	228		1	A	1		524		
Sodium, Na.....mg	401		1	A	1		922		
Zinc, Zn.....mg	0.61		1	A	1		1.41		
Copper, Cu.....mg	0.135		1	A	1		0.311		
Manganese, Mn.....mg	0.230		1	A	1		0.529		
Selenium, Se.....µg	24.4		1	A	1		56.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		1	A	1		0.8		
Thiamin.....mg	0.295		1	A	1		0.678		
Riboflavin.....mg	0.130		1	A	1		0.299		
Niacin.....mg	3.300		1	A	1		7.590		
Pantothenic acid.....mg	0.526		1	A	1		1.210		
Vitamin B-6.....mg	0.189		1	A	1		0.434		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.33		1	A	1		0.76		
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	10.7		1	A	1		24.6		
Dihydrophylloquinone.....µg	4.3		1	A	1		9.9		
Menaquinone-4.....µg									
<b>Lipids:</b>									

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	1.618		0	NC	4		3.722		
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	0.001		1	A	1		0.003		
12:0.....g	0.003		1	A	1		0.008		
13:0.....g									
14:0.....g	0.012		1	A	1		0.027		
15:0.....g	0.004		1	A	1		0.010		
16:0.....g	1.056		1	A	1		2.428		
17:0.....g	0.004		1	A	1		0.010		
18:0.....g	0.487		1	A	1		1.119		
20:0.....g	0.023		1	A	1		0.052		
22:0.....g	0.021		1	A	1		0.048		
24:0.....g	0.008		1	A	1		0.018		
Fatty acids, total monounsaturated.....g	2.921		0	NC	4		6.719		
14:1.....g	0.003		1	A	1		0.008		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.131		0	AS	1		0.300		
16:1 c.....g	0.131		1	A	1		0.300		
16:1 t.....g	0.000		1	A	1		0.000		
17:1.....g	0.002		1	A	1		0.005		
18:1 undifferentiated.....g	2.764		0	AS	1		6.357		
18:1 c.....g	2.371		1	A	1		5.452		
18:1 t.....g	0.394		1	A	1		0.905		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.021		1	A	1		0.048		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.086		0	NC	4		7.098		
18:2 undifferentiated.....g	2.826		0	AS	1		6.499		
18:2 n-6 c,c.....g	2.705		1	A	1		6.222		
18:2 CLAs.....g									
18:2 t.....g									
18:2 i.....g	0.120		1	A	1		0.277		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.233		0	AS	1		0.536		
18:3 n-3 c,c,c (ALA).....g	0.233		1	A	1		0.536		
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.010		1	A	1		0.023		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.017		0	AS	1		0.040		
20:4 n-6.....g	0.017		1	A	1		0.040		
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	0.514		0	NC	4		1.182		
Fatty acids, total trans-monoenoic.....g	0.394		0	NC	4		0.905		
Fatty acids, total trans-polyenoic.....g	0.120		0	NC	4		0.277		
Cholesterol.....mg	31		1	A	1		72		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.150		0	A	1		0.345		
Threonine.....g	0.500		0	A	1		1.150		
Isoleucine.....g	0.540		0	A	1		1.242		
Leucine.....g	0.930		0	A	1		2.139		
Lysine.....g	0.830		0	A	1		1.909		

NDB No. 21244

WENDY'S, Homestyle Chicken Fillet Sandwich

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			
Methionine.....g	0.290		0	A	1	0.667		
Cystine.....g	0.180		0	A	1	0.414		
Phenylalanine.....g	0.510		0	A	1	1.173		
Tyrosine.....g	0.270		0	A	1	0.621		
Valine.....g	0.590		0	A	1	1.357		
Arginine.....g	0.650		0	A	1	1.495		
Histidine.....g	0.380		0	A	1	0.874		
Alanine.....g	0.650		0	A	1	1.495		
Aspartic acid.....g	1.060		0	A	1	2.438		
Glutamic acid.....g	2.360		0	A	1	5.428		
Glycine.....g	0.520		0	A	1	1.196		
Proline.....g	0.680		0	A	1	1.564		
Serine.....g	0.530		0	A	1	1.219		
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 = 230g: 1 item

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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



NDB No. 21242

WENDY'S, Jr. Hamburger, with cheese

Wendy's International, Inc.

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
<b>Proximates:</b>									
Water.....g	48.06		1	A	1		62.00		
Energy.....kcal	256		0	NC	4		330		
Energy.....kJ	1070		0	NC	4		1380		
Protein (N x 6.25).....g	13.06		1	A	1		16.85		
Total lipid (fat).....g	11.50		1	A	1		14.84		
Ash.....g	2.41		1	A	1		3.11		
Carbohydrate, by difference.....g	24.97		0	NC	4		32.21		
Fiber, total dietary.....g	1.4		1	A	1		1.8		
Sugars, total.....g									
Sucrose.....g	0.00		1	A	1		0.00		
Glucose (dextrose).....g	2.06		1	A	1		2.66		
Fructose.....g	2.23		1	A	1		2.88		
Lactose.....g	0.23		1	A	1		0.30		
Maltose.....g	0.15		1	A	1		0.19		
Galactose.....g									
Starch.....g	16.60		1	A	1		21.41		
<b>Minerals:</b>									
Calcium, Ca.....mg	92		1	A	1		119		
Iron, Fe.....mg	2.78		1	A	1		3.59		
Magnesium, Mg.....mg	22		1	A	1		28		
Phosphorus, P.....mg	134		1	A	1		173		
Potassium, K.....mg	178		1	A	1		230		
Sodium, Na.....mg	660		1	A	1		851		
Zinc, Zn.....mg	2.18		1	A	1		2.81		
Copper, Cu.....mg	0.109		1	A	1		0.140		
Manganese, Mn.....mg	0.242		1	A	1		0.312		
Selenium, Se.....µg	21.9		1	A	1		28.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6		1	A	1		0.8		
Thiamin.....mg	0.361		1	A	1		0.466		
Riboflavin.....mg	0.171		1	A	1		0.221		
Niacin.....mg	3.080		1	A	1		3.973		
Pantothenic acid.....mg	0.302		1	A	1		0.389		
Vitamin B-6.....mg	0.956		1	A	1		1.233		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.30		1	A	1		1.68		
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	4.2		1	A	1		5.4		
Dihydrophylloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg									
<b>Lipids:</b>									

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	5.181		0	NC	4		6.684		
4:0.....g	0.104		1	A	1		0.134		
6:0.....g	0.065		1	A	1		0.083		
8:0.....g	0.045		1	A	1		0.058		
10:0.....g	0.083		1	A	1		0.107		
12:0.....g	0.096		1	A	1		0.123		
13:0.....g									
14:0.....g	0.477		1	A	1		0.616		
15:0.....g	0.062		1	A	1		0.080		
16:0.....g	2.658		1	A	1		3.429		
17:0.....g	0.113		1	A	1		0.146		
18:0.....g	1.443		1	A	1		1.862		
20:0.....g	0.022		1	A	1		0.028		
22:0.....g	0.004		1	A	1		0.006		
24:0.....g	0.009		1	A	1		0.012		
Fatty acids, total monounsaturated.....g	4.398		0	NC	4		5.674		
14:1.....g	0.082		1	A	1		0.106		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.377		0	AS	1		0.486		
16:1 c.....g	0.342		1	A	1		0.441		
16:1 t.....g	0.035		1	A	1		0.045		
17:1.....g	0.036		1	A	1		0.047		
18:1 undifferentiated.....g	3.862		0	AS	1		4.982		
18:1 c.....g	3.476		1	A	1		4.484		
18:1 t.....g	0.386		1	A	1		0.497		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.032		1	A	1		0.041		
22:1 undifferentiated.....g	0.010		1	A	1		0.013		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.181		0	NC	4		1.524		
18:2 undifferentiated.....g	1.009		0	AS	1		1.302		
18:2 n-6 c,c.....g	0.963		1	A	1		1.242		
18:2 CLAs.....g									
18:2 t.....g									
18:2 i.....g	0.046		1	A	1		0.059		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.122		0	AS	1		0.158		
18:3 n-3 c,c,c (ALA).....g	0.122		1	A	1		0.158		
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.030		1	A	1		0.039		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.020		0	AS	1		0.026		
20:4 n-6.....g	0.020		1	A	1		0.026		
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	0.466		0	NC	4		0.602		
Fatty acids, total trans-monoenoic.....g	0.420		0	NC	4		0.542		
Fatty acids, total trans-polyenoic.....g	0.046		0	NC	4		0.059		
Cholesterol.....mg	36		1	A	1		46		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.130		0	A	1		0.168		
Threonine.....g	0.440		0	A	1		0.567		
Isoleucine.....g	0.480		0	A	1		0.619		
Leucine.....g	0.870		0	A	1		1.122		
Lysine.....g	0.700		0	A	1		0.903		

NDB No. 21242

WENDY'S, Jr. Hamburger, with cheese

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			
Methionine.....g	0.250		0	A	1	0.322		
Cystine.....g	0.160		0	A	1	0.206		
Phenylalanine.....g	0.500		0	A	1	0.645		
Tyrosine.....g	0.260		0	A	1	0.335		
Valine.....g	0.550		0	A	1	0.709		
Arginine.....g	0.580		0	A	1	0.748		
Histidine.....g	0.300		0	A	1	0.387		
Alanine.....g	0.590		0	A	1	0.761		
Aspartic acid.....g	0.920		0	A	1	1.187		
Glutamic acid.....g	2.480		0	A	1	3.199		
Glycine.....g	0.650		0	A	1	0.838		
Proline.....g	0.900		0	A	1	1.161		
Serine.....g	0.540		0	A	1	0.697		
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 = 129g: 1 item

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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

NDB No. 21241

WENDY'S, Jr. Hamburger, without cheese

Wendy's International, Inc.

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
<b>Proximates:</b>									
Water.....g	48.25	0.572	4	A	1		56.46		
Energy.....kcal	243		0	NC	4		284		
Energy.....kJ	1017		0	NC	4		1190		
Protein (N x 6.25).....g	12.62	0.218	4	A	1		14.77		
Total lipid (fat).....g	8.75	0.132	4	A	1		10.24		
Ash.....g	1.92	0.065	4	A	1		2.25		
Carbohydrate, by difference.....g	28.45		0	NC	4		33.29		
Fiber, total dietary.....g	1.7	0.029	4	A	1		2.0		
Sugars, total.....g									
Sucrose.....g	0.00	0.000	4	A	1		0.00		
Glucose (dextrose).....g	2.43	0.337	4	A	1		2.84		
Fructose.....g	2.66	0.370	4	A	1		3.12		
Lactose.....g	0.00	0.000	4	A	1		0.00		
Maltose.....g	0.51	0.188	4	A	1		0.60		
Galactose.....g									
Starch.....g	19.25	0.591	4	A	1		22.52		
<b>Minerals:</b>									
Calcium, Ca.....mg	45	8.138	4	A	1		53		
Iron, Fe.....mg	3.35	0.321	4	A	1		3.92		
Magnesium, Mg.....mg	21	0.339	4	A	1		25		
Phosphorus, P.....mg	107	0.750	4	A	1		125		
Potassium, K.....mg	175	3.119	4	A	1		204		
Sodium, Na.....mg	539	19.332	4	A	1		630		
Zinc, Zn.....mg	2.10	0.045	4	A	1		2.46		
Copper, Cu.....mg	0.117	0.004	4	A	1		0.137		
Manganese, Mn.....mg	0.281	0.009	4	A	1		0.328		
Selenium, Se.....µg	23.1	1.960	4	A	1		27.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5	0.115	4	A	1		0.6		
Thiamin.....mg	0.422	0.032	4	A	1		0.493		
Riboflavin.....mg	0.235	0.064	4	A	1		0.275		
Niacin.....mg	3.887	0.087	4	A	1		4.548		
Pantothenic acid.....mg	0.346	0.027	4	A	1		0.405		
Vitamin B-6.....mg	0.124	0.024	4	A	1		0.145		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.27	0.033	4	A	1		1.48		
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	4.5	0.248	4	A	1		5.3		
Dihydrophylloquinone.....µg	0.0	0.000	4	A	1		0.0		
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	3.466		0	NC	4		4.055		
4:0.....g	0.007		2	A	1		0.008		
6:0.....g	0.007		2	A	1		0.008		
8:0.....g	0.004	0.002	4	A	1		0.005		
10:0.....g	0.005	0.003	4	A	1		0.005		
12:0.....g	0.031	0.018	4	A	1		0.037		
13:0.....g									
14:0.....g	0.232	0.006	4	A	1		0.272		
15:0.....g	0.037	0.002	4	A	1		0.043		
16:0.....g	1.928	0.066	4	A	1		2.256		
17:0.....g	0.090	0.006	4	A	1		0.105		
18:0.....g	1.105	0.055	4	A	1		1.293		
20:0.....g	0.012	0.001	4	A	1		0.014		
22:0.....g	0.003	0.002	4	A	1		0.004		
24:0.....g	0.003	0.002	4	A	1		0.004		
Fatty acids, total monounsaturated.....g	3.531		0	NC	4		4.131		
14:1.....g	0.069	0.003	4	A	1		0.080		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.334		0	AS	1		0.390		
16:1 c.....g	0.307	0.014	4	A	1		0.359		
16:1 t.....g	0.027		2	A	1		0.031		
17:1.....g	0.029	0.017	4	A	1		0.034		
18:1 undifferentiated.....g	3.062		0	AS	1		3.582		
18:1 c.....g	2.857		2	A	1		3.343		
18:1 t.....g	0.205		2	A	1		0.239		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.028	0.007	4	A	1		0.032		
22:1 undifferentiated.....g	0.010	0.006	4	A	1		0.012		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.116		0	NC	4		1.305		
18:2 undifferentiated.....g	0.980		0	AS	1		1.147		
18:2 n-6 c,c.....g	0.943	0.033	4	A	1		1.103		
18:2 CLAs.....g									
18:2 t.....g									
18:2 i.....g	0.038		2	A	1		0.044		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.103		0	AS	1		0.120		
18:3 n-3 c,c,c (ALA).....g	0.103	0.006	4	A	1		0.120		
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.020	0.012	4	A	1		0.023		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.012		0	AS	1		0.014		
20:4 n-6.....g	0.012	0.001	4	A	1		0.014		
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g	0.269		0	NC	4		0.315		
Fatty acids, total trans-monoenoic.....g	0.231		0	NC	4		0.271		
Fatty acids, total trans-polyenoic.....g	0.038		0	NC	4		0.044		
Cholesterol.....mg	27	0.722	4	A	1	32			
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.117		0	A	1		0.137		
Threonine.....g	0.410		0	A	1		0.480		
Isoleucine.....g	0.425		0	A	1		0.498		
Leucine.....g	0.781		0	A	1		0.913		
Lysine.....g	0.618		0	A	1		0.723		

NDB No. 21241

WENDY'S, Jr. Hamburger, without cheese

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			
Methionine.....g	0.222		0	A	1	0.260		
Cystine.....g	0.160		0	A	1	0.187		
Phenylalanine.....g	0.458		0	A	1	0.536		
Tyrosine.....g	0.210		0	A	1	0.246		
Valine.....g	0.483		0	A	1	0.565		
Arginine.....g	0.565		0	A	1	0.661		
Histidine.....g	0.283		0	A	1	0.331		
Alanine.....g	0.596		0	A	1	0.697		
Aspartic acid.....g	0.853		0	A	1	0.998		
Glutamic acid.....g	2.390		0	A	1	2.796		
Glycine.....g	0.683		0	A	1	0.800		
Proline.....g	0.836		0	A	1	0.978		
Serine.....g	0.488		0	A	1	0.571		
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 = 117g: 1 item

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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

NDB No. 21245

WENDY'S, Ultimate Chicken Grill Sandwich

Wendy's International, Inc.

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
<b>Proximates:</b>									
Water.....g	59.67		1	A	1		134.26		
Energy.....kcal	179		0	NC	4		404		
Energy.....kJ	751		0	NC	4		1689		
Protein (N x 6.25).....g	14.73		1	A	1		33.14		
Total lipid (fat).....g	5.00		1	A	1		11.25		
Ash.....g	1.72		1	A	1		3.87		
Carbohydrate, by difference.....g	18.88		0	NC	4		42.48		
Fiber, total dietary.....g	1.1		1	A	1		2.5		
Sugars, total.....g									
Sucrose.....g	0.00		1	A	1		0.00		
Glucose (dextrose).....g	1.87		1	A	1		4.21		
Fructose.....g	1.80		1	A	1		4.05		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.15		1	A	1		0.34		
Galactose.....g									
Starch.....g	13.40		1	A	1		30.15		
<b>Minerals:</b>									
Calcium, Ca.....mg	25		1	A	1		56		
Iron, Fe.....mg	1.55		1	A	1		3.49		
Magnesium, Mg.....mg	24		1	A	1		55		
Phosphorus, P.....mg	168		1	A	1		378		
Potassium, K.....mg	221		1	A	1		497		
Sodium, Na.....mg	427		1	A	1		961		
Zinc, Zn.....mg	0.57		1	A	1		1.29		
Copper, Cu.....mg	0.075		1	A	1		0.168		
Manganese, Mn.....mg	0.196		1	A	1		0.441		
Selenium, Se.....µg	31.3		1	A	1		70.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.1		1	A	1		2.5		
Thiamin.....mg	0.392		1	A	1		0.882		
Riboflavin.....mg	0.260		1	A	1		0.585		
Niacin.....mg	4.160		1	A	1		9.360		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.141		1	A	1		0.317		
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.33		1	A	1		0.74		
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	8.9		1	A	1		20.0		
Dihydrophyloquinone.....µg	0.8		1	A	1		1.8		
Menaquinone-4.....µg									
<b>Lipids:</b>									

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	1.030		0	NC	4		2.317		
4:0.....g									
6:0.....g									
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	0.010		1	A	1		0.022		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.730		1	A	1		1.643		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.280		1	A	1		0.630		
20:0.....g	0.010		1	A	1		0.022		
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	1.460		0	NC	4		3.284		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.130		1	A	1		0.292		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	1.300		1	A	1		2.925		
20:1.....g	0.020		1	A	1		0.045		
22:1 undifferentiated.....g	0.010		1	A	1		0.022		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.810		0	NC	4		4.072		
18:2 undifferentiated.....g	1.600		1	A	1		3.600		
18:3 undifferentiated.....g	0.190		1	A	1		0.427		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.020		1	A	1		0.045		
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	40		1	A	1		89		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.170		0	A	1		0.382		
Threonine.....g	0.570		0	A	1		1.282		
Isoleucine.....g	0.620		0	A	1		1.395		
Leucine.....g	1.040		0	A	1		2.340		
Lysine.....g	0.990		0	A	1		2.228		
Methionine.....g	0.320		0	A	1		0.720		
Cystine.....g	0.190		0	A	1		0.427		
Phenylalanine.....g	0.560		0	A	1		1.260		
Tyrosine.....g	0.320		0	A	1		0.720		
Valine.....g	0.660		0	A	1		1.485		
Arginine.....g	0.760		0	A	1		1.710		
Histidine.....g	0.420		0	A	1		0.945		
Alanine.....g	0.730		0	A	1		1.643		
Aspartic acid.....g	1.230		0	A	1		2.768		
Glutamic acid.....g	2.450		0	A	1		5.513		
Glycine.....g	0.560		0	A	1		1.260		
Proline.....g	0.680		0	A	1		1.530		
Serine.....g	0.580		0	A	1		1.305		
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.** 21245

**WENDY'S, Ultimate Chicken Grill Sandwich**

**Common Measures:**

Measure 1 = 225g: 1 item

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group:** 21 Fast Foods

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			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Code	Code					
Isoleucine.....g										
Leucine.....g										
Lysine.....g										
Methionine.....g										
Cystine.....g										
Phenylalanine.....g										
Tyrosine.....g										
Valine.....g										
Arginine.....g										
Histidine.....g										
Alanine.....g										
Aspartic acid.....g										
Glutamic acid.....g										
Glycine.....g										
Proline.....g										
Serine.....g										
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 = 71g: 1 kid's meal Serving
- Measure 2 = 113g: 1 small Serving
- Measure 3 = 142g: 1 medium Serving

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 21 Fast Foods**

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



NDB No. 21463

Yogurt parfait, lowfat, with fruit and granola

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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.525		0	RKI	6		0.782		
4:0.....g	0.021		0	RKI	6		0.032		
6:0.....g	0.014		0	RKI	6		0.021		
8:0.....g	0.009		0	RKI	6		0.014		
10:0.....g	0.021		0	RKI	6		0.031		
12:0.....g	0.025		0	RKI	6		0.037		
13:0.....g									
14:0.....g	0.076		0	RKI	6		0.114		
15:0.....g									
16:0.....g	0.249		0	RKI	6		0.372		
17:0.....g									
18:0.....g	0.077		0	RKI	6		0.115		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.307		0	RKI	6		0.457		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		0	RKI	6		0.024		
17:1.....g									
18:1 undifferentiated.....g	0.273		0	RKI	6		0.407		
20:1.....g	0.000		0	RKI	6		0.000		
22:1 undifferentiated.....g	0.000		0	RKI	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.122		0	RKI	6		0.182		
18:2 undifferentiated.....g	0.106		0	RKI	6		0.158		
18:3 undifferentiated.....g	0.016		0	RKI	6		0.023		
18:4.....g	0.000		0	RKI	6		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RKI	6		0.000		
20:5 n-3 (EPA).....g	0.000		0	RKI	6		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	RKI	6		0.000		
22:6 n-3 (DHA).....g	0.000		0	RKI	6		0.000		
Fatty acids, total trans.....g	0.000		0	RKI	6		0.000		
Cholesterol.....mg	3		0	RKI	6		4		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RKI	6		0.0		
Caffeine.....mg	0		0	RKI	6		0		
Theobromine.....mg	0		0	RKI	6		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 = 149g: 1 item

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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